



2024: A Year of Insights & Impact

Message from CMER Director, M. Zachary Rosenthal, Ph.D.



Thank you to everyone who contributed to the impact we made in 2024. We are humbled to have your trust as global leaders in research, education, advocacy, and clinical services for misophonia. We especially want to thank those who generously funded our work. Without you, we would not have had CARE Day for Misophonia, trained the national 988 infrastructure about misophonia, submitted a proposal to the World Health Organization to include misophonia as a new diagnosis, advanced the field with scientific research, or provided free educational sessions to families, sufferers, and motivated clinicians around the world. Everything we do to accelerate knowledge and treatment for misophonia is made possible by your generosity.

CMER Research

Dr. Ashley Moskovich, a clinical psychologist on our team, is one of eight recipients in the **Misophonia Research Fund (MRF)** 2024 grant cycle. Dr. Moskovich will be rigorously evaluating the prevalence of misophonia in adults in the U.S. and determine any changes to their symptom severity across one calendar year.



2024 CMER Publications:

- [Network analysis of misophonia symptoms using the Duke Misophonia Questionnaire](#)
- [Using a standardized sound set to help characterize misophonia: The International Affective Digitized Sounds](#)
- [Misophonia is related to stress but not directly with traumatic stress](#)
- [The unified protocol for transdiagnostic treatment of emotional disorders for misophonia: a pilot trial exploring acceptability and efficacy](#)
- [An experimental examination of neurostimulation and cognitive restructuring as potential components for Misophonia interventions](#)

CMER Collaborations



We have significantly expanded our global collaborative efforts to help people around the world in studying and treating misophonia. Thank you for helping us make a global impact!

Advocacy/Education

We are grateful to the **Brown Family** for their generous gift that has enabled us to significantly expand our efforts to raise awareness of misophonia and further **our mission to ensure clinicians provide evidence-based resources and services for people with misophonia.**



We partnered with the 988 Suicide & Crisis Lifeline team to establish training materials *specific to misophonia* for their staff.



We are part of a multi-disciplinary workgroup of sufferers, loved ones, scientists, and clinicians who submitted a **proposal for misophonia to be a new diagnostic code in the ICD-11!** If approved, misophonia would become a billable diagnosis. Read the proposal [here](#). You must register/login to view the proposal.

CMER 2024 Quarterly Webinars

"Misophonia: From Sensory Sensitivity to Clinical Vulnerability" with [Dr. Jamie Ward](#)



"Audiologic Assessment in Misophonia" with [Dr. Julia Campbell](#)



"Raising Awareness: What Doctors Need to Know" with [Dr. Zach Rosenthal](#)



We cohosted the 2nd annual **CARE Day**, possibly one of the largest misophonia advocacy events to date.



In August, we partnered with **Actor Melissa Gilbert**, who played **Laura Ingalls Wilder** on **"Little House on the Prairie"**, to increase awareness of misophonia. We were blown away by the impact this made. We received many messages from people of all ages, all over the world who feel validated and no longer alone. [Listen to her story](#) | [Read Q&A](#)

Upcoming Event: "2024 Year in Review" Webinar—January 24th, 2025 12pm ET—Email us to register

We would like to thank our donors for making all of this work possible. If you would like to help further our mission to advance research, education, compassionate care and improve lives, visit [Support Us](#).

Duke CMER wishes you a happy and healthy New Year!