



PENN PSYCHIATRY PERSPECTIVE



Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

Ideas, Suggestions, and News!

We welcome your ideas, suggestions, and news about your activities for stories or announcements in Penn Psychiatry Perspective, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to psychweb@mail.med.upenn.edu.

Dwight L. Evans, MD
Ruth Meltzer Professor and Chair

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Departmental Goings On

Psychiatry's Early Beginnings at Penn

In the July/August 2012 issue of *The Pennsylvania Gazette*, author Susan Frith examines pioneering work on mental health conducted by Benjamin Rush, a great 18th- and 19th-century physician, eloquent lecturer, prolific scholar, Dean of the Penn medical school, philanthropist, and signer of the Declaration of Independence. Rush was the world's leading expert on mental diseases in his time and his book published in 1812, *Medical Inquiries and Observations Upon Diseases of the Mind*, was the first American textbook of psychiatry. This volume forever identified him as the "Father of American Psychiatry" and Penn as the "Birthplace of American Psychiatry" and, for these reasons, the Department of Psychiatry has made Rush's image part of the masthead of our eNewsletter, *Penn Psychiatry Perspective*.



Writer Frith discusses the remedies that Rush prescribed 200 years ago for a range of psychiatric and psychological disorders and presents the views of Penn mental health experts on how well Rush's solutions stack up to modern therapies. Department of Psychiatry faculty members **Edna B. Foa, PhD**, **Michael E. Thase, MD**, and **Paul Grant, PhD** were each quoted extensively in the article.

To read the full article, please visit http://www.upenn.edu/gazette/0712/feature3_1.html.

Curbing Risk

Caryn Lerman, PhD and Joseph Kable, PhD received a major grant from the National Cancer Institute (NCI) to conduct a cognitive neuroscience investigation of the effects of neurocognitive training on decision-making processes, as well as the neural substrates underlying training effects. The grant is titled "Retraining Neurocognitive Mechanisms of Cancer Risk Behavior" and was funded through the NCI's "Provocative Questions" Initiative. Dr. Lerman, Mary W. Calkins Professor in the Department of Psychiatry and Deputy Director of the Abramson Cancer Center, is Principal Investigator (PI) on the grant, together with Principal Investigator Dr. Kable, the Baird Term Assistant Professor of Psychology in the School of Arts & Sciences (SAS).

For more detail about this study, please visit the Penn Medicine press release - http://www.uphs.upenn.edu/news/News_Releases/2012/10/training/.

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The Center for the Study of Sex and Gender in Behavioral Health is Established

C. Neill Epperson, MD and **Tracy L. Bale, PhD** received a \$3.7 million grant from the National Institutes of Health (NIH) to establish and support the Center for the Study of Sex and Gender in Behavioral Health, a new translational interdisciplinary research entity to explore the role of sex and gender in behavioral health.

The new Center will be co-led by Dr. Epperson, Associate Professor of Psychiatry and Founder and Director of the Penn Center for Women's Behavioral Wellness, and Dr. Bale, Associate Professor of Psychiatry at the Perelman School of Medicine and Director of the Neuroscience Center at the University of Pennsylvania School of Veterinary Medicine. The Center will examine how hormonal developmental milestones such as puberty, pregnancy, and menopause and early life adversity interact to impact neuropsychiatric health in women across the lifespan. Using behavioral and molecular models of stress and reproductive neuroendocrinology, psychophysiology, and neuroimaging, the Center will investigate the unique mechanisms affecting sex differences in neuropsychiatric disorders.

For more detail about the Center for the Study of Sex and Gender in Behavioral Health, please visit the Penn News press release - <http://www.upenn.edu/pennnews/news/penn-medicine-receives-nih-grant-launch-new-center-study-sex-and-gender-behavioral-health>



C. Neill Epperson, MD



Tracy L. Bale, PhD

News and Announcements

In the News

Penn Department of Psychiatry faculty are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. For a more complete listing, please visit Penn Psychiatry In the News - <http://www.med.upenn.edu/psych/news.html>.



In SAD Season

Mahendra T. Bhati, MD, Assistant Professor of Clinical Psychiatry, discussed seasonal affective disorder (SAD) on PHL17 (Philadelphia) in an October 31, 2012 television story. SAD is a mood disorder associated with depression and bipolar disorder and is related to seasonal variations of light, affecting half a million people every winter between September and April. SAD impacts more women than men. "It's something that's very common and a lot of us experience where, as the days get shorter, as the weather changes, people start to develop things where they become more lethargic, have sleep disturbances, [and] energy problems," Dr. Bhati said in the story.

For the full story, please visit: <http://www.myphl17.com/shows/eye-opener-tv/wphl-phl-17s-ashley-johnson-reports-on-seasonal-affective-disorder-20121031,0,4615942.story>

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In the News (cont.)

About Sleep

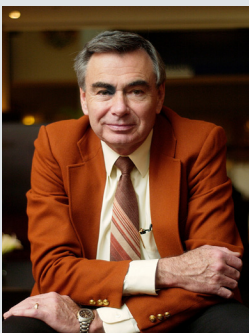
David F. Dinges, PhD, Professor of Psychology in Psychiatry and Chief of the Division of Sleep and Chronobiology in the Department of Psychiatry, spoke to *WHYY Radio* (Philadelphia) in a September 28, 2012 interview about the serious health consequences of shift work. Among other observations, he noted that epidemiological data suggest that night shift work has been associated with elevated risk of cancer. "The World Health Organization has declared night shift as a carcinogenic activity," said Dr. Dinges. "The cause-effect relationship has not been demonstrated definitively, but the association that's found in the population studies suggests that both prostate and breast cancer rates are higher when people work night shift work." Read entire article at <http://www.newsworks.org/index.php/health-science/item/44760-sleep-interrupted>



Also, Dr. Dinges' NASA-funded research was cited in a September 22, 2012 *New York Times* article about segmented sleep. His research shows that "letting subjects nap for as little as 24 minutes improved their cognitive performance." Click for article - <http://www.nytimes.com/2012/09/23/opinion/sunday/rethinking-sleep.html?pagewanted=2&r=0&smid=pl-share>

Active Military Members at Risk for Addiction

Charles P. O'Brien, MD, PhD, Kenneth E. Appel Professor of Psychiatry and Director of the Penn Center for Studies in Addiction, chaired the Institute of Medicine (IOM) committee reporting that alcohol and prescription drug abuse has increased among active members of the military over the course of the past decade. Dr. O'Brien told *TIME magazine* in a September 17, 2012 story that "better care for service members and their families is hampered by inadequate prevention strategies, staffing shortages, lack of coverage for services that are proved to work, and stigma associated with these disorders." Coverage of the report was also featured in the *New York Times*, *Washington Post*, CBS News, PBS News Hour, *US News & World Report*, NBCNews.com, and WHYY (Philadelphia) radio. Read more at <http://nation.time.com/2012/09/17/the-downer-side-of-war/#ixzz2BMf6DCcS>



Long-Term Impact of ADHD in Men

Anthony L. Rostain, MD, MA, Professor of Psychiatry and Pediatrics and Director of the Adult Developmental Disorders Program, was interviewed in an October 18, 2012 *Medscape Medical News* article reporting new research showing that "men diagnosed with attention-deficit/hyperactivity disorder (ADHD) in childhood have significantly worse functional outcomes as adults compared to their counterparts without the disorder." Asked about the implications of the study conducted at the New York University Langone Medical Center, Dr. Rostain said, "Difficulties with substance use, academic underachievement, and relationship issues — all of those are already there in adolescence, so it speaks to the importance of addressing these problems in adolescence because they have life-long consequences." To read the article, please visit: <http://www.medscape.com/viewarticle/772834>



Awards and Honors

Three (3) Department of Psychiatry faculty members received prestigious regional and national honors.

Edna B. Foa, PhD, Professor of Clinical Psychology in Psychiatry and Director of the Center for the Treatment and Study of Anxiety, was one of 22 honorees who each received a \$25,000 award from the Elizabeth Hurlock Beckman Award Trust. This prestigious award recognizes educators who have inspired their former students to “create an organization which has demonstrably conferred a benefit on the community at large” or “establish on a lasting basis a concept, procedure, or movement of comparable benefit to the community at large.” She was presented the award at a ceremony at The Carter Center in Atlanta, Georgia on November 10, 2012. Dr. Foa is a world leading expert on obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD) and the developer of Exposure and Ritual Prevention (EX/RP) therapy to treat OCD and Prolonged Exposure (PE) therapy to treat PTSD. EX/RP is the gold standard treatment for OCD and has been adopted by clinics around the world. PE has been adopted by the U.S. Military and the Department of Veterans Affairs for treating combat veterans, as well as by governments and private health facilities around the world. For more about the Beckman award, please visit: www.wellsfargo.com/privatefoundationgrants/beckman



David B. Sarwer, PhD, Professor of Psychology in Psychiatry and Surgery, Director of Clinical Services at the Center for Weight and Eating Disorders, and Director of the Albert J. Stunkard Weight Management Program, received the 2012 Circle of Excellence Award from the American Society of Metabolic and Bariatric Surgery (ASMBS). The award recognizes achievement in education, research, patient care, and administrative and/or public awareness in the field of metabolic and bariatric surgery. This is the first time the surgical society has honored a mental health professional with the award. Dr. Sarwer is a world-renowned expert in the study and treatment of obesity, with particular research interests in the psychological aspects of bariatric surgery and cosmetic and reconstructive surgery. He was presented the Circle of Excellence Award at the Annual Meeting of the ASMBS in June 2012 in San Diego.

Raquel E. Gur, MD, PhD, the Karl and Linda Rickels Professor of Psychiatry and Director of the Neuropsychiatry Section, received the 1st Annual Benefit for the Brain Scientific Research Award from the National Alliance on Mental Illness (NAMI) Pennsylvania Montgomery County on November 14, 2012 at a benefit dinner held by NAMI in Philadelphia. The award and benefit dinner “recognize[d] research that has significantly contributed to a better understanding and treatment of schizophrenia,” work for which Dr. Gur is internationally acclaimed. For more about NAMI Pennsylvania Montgomery County and the Scientific Research Award, please visit: www.nami-montcopa.org



Upcoming Events

Department of Psychiatry Grand Rounds – December 6 and December 20

Department of Psychiatry Grand Rounds are held in BRB II/III Auditorium from 12:00 noon to 1:00 pm on the designated dates. The next two lectures are listed below. For more information about Grand Rounds and the 2012-13 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

December 6, 2012

Psychiatry in the Armed Forces Module - "Psychiatry in the Armed Forces Module Case Conference"

Speaker: Paul Kettl, MD, MHA, Clinical Professor of Psychiatry, Perelman School of Medicine, University of Pennsylvania; Education Director, Behavioral Health Service, Philadelphia VA Medical Center

December 20, 2012

James Stinnett Honorary Lecture - "The Integration of Patient-Reported Outcomes into Ongoing Care of the Patient with Pain"

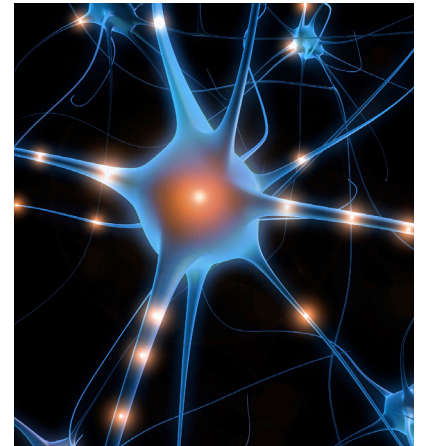
Speaker: Michael Ashburn, MD, MPH, MBA, Professor of Anesthesiology and Critical Care, Director of Pain Medicine, Co-director of Palliative Care, Perelman School of Medicine, University of Pennsylvania

Dr. Bhati Speaking to TMS Support Group of Chester County on December 11

Mahendra T. Bhati, MD, Assistant Professor of Clinical Psychiatry, will speak to the TMS Support Group of Chester County on December 11, 2012 at 7:00 pm at the West Chester United Methodist Church, located at 129 S. High Street in West Chester.

The group serves as a support network for those who have been treated or are currently in treatment with TMS therapy. The informal meetings allow individuals to share their experiences with depression and TMS and they provide support to participants through their stories. The group also serves as a support system for family and friends who have experienced depression second-hand. The meetings also serve as a venue for those unfamiliar with TMS therapy to learn more the treatment from practitioners, as well as patients.

For more information about Dr. Bhati's talk and the group, please call the sponsoring organization, the TMS Institute of Pennsylvania, at (610) -738-8671.



Announcements

Enrollment Now Open for Hall Mercer Child and Parent Center Winter 2013 Programs

Registration is now open for the Winter 2013 programs at **Hall Mercer's Child and Parent Center**. Please visit their website to download the Winter 2013 schedule and application form or to learn more about their programs - <http://www.med.upenn.edu/hallmercer/center.shtml>

New Year, New You!

The University of Pennsylvania's **Albert J. Stunkard Weight Management Program** builds on decades of research expertise to provide the highest quality of weight loss treatment. To learn more about discounts for Penn and UPHS employees, visit the Stunkard Program website at <http://www.med.upenn.edu/weightloss/> or call 215-746-4100 to register for a FREE orientation.