



# 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](mailto:psychweb@mail.med.upenn.edu).

*Dwight L. Evans, MD  
Ruth Meltzer Professor and Chair*

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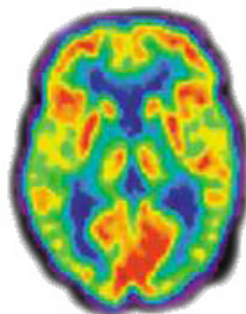
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## Departmental Goings On

### A Possible New Treatment for Depression



Department of Psychiatry physicians and facilities are participating in an exciting new clinical study evaluating the effectiveness of a new treatment for treatment resistant depression. Synchronized transcranial magnetic stimulation (sTMS) is a non-invasive brain stimulation treatment that uses low energy, synchronized transcranial magnetic stimulation synchronized to an individual's natural brain rhythms to help alleviate symptoms of depression. By offering the potential for customizing therapy to a patient's individual brain physiology, sTMS is an advance beyond repetitive transcranial magnetic stimulation (rTMS or just TMS), which cannot be tailored for individual patients, though it has proven effective in many

cases. Penn clinicians are expert in both rTMS, which received Federal Drug Administration (FDA) approval in 2008, and sTMS, not yet FDA-approved.

**Mahendra T. Bhati, MD**, Assistant Professor of Clinical Psychiatry, is co-leading the sTMS evaluation efforts at Penn, along with **Michael E. Thase, MD**, Professor of Psychiatry and Director of the Department's Mood and Anxiety Disorders Treatment and Research Program. Penn is one of 16 sites nationwide testing the safety and efficacy of the new sTMS treatment, hopefully eventually leading to FDA approval. Plans are to make the device portable, said Dr. Bhati, "so it can be used at home where you can plug into the wall and listen to a built-in mp3 player. It's painless, relaxing, and a physiologically tailored treatment for depression. If it works, it may be a treatment patients can administer to themselves from the convenience of their own home, unlike rTMS which requires five times a week visits to a doctor's office."

For additional information about sTMS, please visit the Penn Medicine blog - <http://news.penmedicine.org/blog/2013/02/new-hope-on-the-horizon-penn-tests-non-invasive-medication-free-treatment-for-depression-.html>



Mahendra T. Bhati, MD



Michael E Thase, MD

# 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>.



### Treating Depression During Pregnancy

**C. Neill Epperson, MD**, Associate Professor of Psychiatry and Obstetrics and Gynecology and Director of the Penn Center for Women's Behavioral Wellness, was interviewed for a March 2013 article in *Fit Pregnancy*, which discussed how expectant mothers can help fight depression during pregnancy. In addition to medications, several other therapies have been studied, including light therapy and transcranial magnetic stimulation (TMS), Dr. Epperson said. She explained that light therapy might be effective for pregnant women who experience symptoms of depression in the fall or winter, but the evidence base for using light therapy for non-seasonal depression (during pregnancy or not) is less convincing. Pregnant depressed women who wish to try light therapy should discuss this with their health care provider prior to initiation of therapy. The typical daily regimen for light therapy includes 45-60 minutes in front of a light box that emits 10,000 lux of light. It is important to begin the light therapy soon after awakening and at about the same time each day. One study showed that thirteen

out of 16 pregnant, moderately depressed women receiving light therapy for five weeks had an at least 50 percent improvement in symptoms – four stopped being depressed completely. Dr. Epperson cautioned that simply getting more regular sunlight in winter is not enough due to the low intensity of winter light. A special light-box device is needed.

View the March 2013 *Fit Pregnancy* article at - <https://penmedicine.box.com/s/2facc22u53pijc0osyen>



### Ketamine Used to Fight Depression

**Michael E. Thase, MD**, Professor of Psychiatry and Director of the Department of Psychiatry's Mood and Anxiety Disorders Treatment and Research Program, was interviewed in a January 31, 2013 6ABC (Philadelphia) news segment about the use of ketamine to help patients who suffer from depression and cannot tolerate antidepressants. For about one-third of patients who suffer with depression, antidepressants either don't work or the side effects outweigh the benefits. Ketamine, an FDA-approved anesthetic, may provide help. Researchers at the NIH discovered that a lower dose injection of ketamine could lift depression for some within just hours. Dr. Thase urged caution about ketamine, however. "Its longer term benefits have not been proved and there are legitimate concerns about its safety," he noted. Still, he said that the new interest in ketamine has opened up a new avenue of research that should be explored. Dr. Thase and his colleagues are currently studying several drugs with ketamine-like effects.

View the January 31, 2013 6ABC segment at - <http://abclocal.go.com/wpvi/story?section=news/health&id=8972528>



### Separating Fact From Fiction On Weight Loss and Obesity

**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, was a featured guest on WHYY's (Philadelphia) February 12, 2013 "Radio Times" program to discuss the findings in a recent paper in *The New England Journal of Medicine*. The article identified seven commonly held beliefs about obesity and weight loss that have never been scientifically proven. For instance, conventional wisdom holds that slow, gradual weight loss is better than losing weight fast. However, the study contends that, in the long run, there is no difference between the two strategies. Other myths revolve around eating breakfast and breastfeeding. But what do scientists really know about obesity, weight gain and weight loss? What does research tell us about what works and what doesn't?

To learn more, visit the February 12, 2013 WHYY segment at - <http://why.org/cms/radiotimes/2013/02/12/separating-fact-from-fiction-on-weight-loss-and-obesity/>

# News and Announcements

## In the News

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### Battling Jet Lag

**David F. Dinges, PhD**, Professor of Psychology in Psychiatry and Director of the Division of Sleep and Chronobiology in the Department of Psychiatry, told the *New York Times* in a February 11, 2013 story that everyone deals with travel across time zones differently. The issue is important, because research shows that travel across time zones is associated with “reduced mental capacity, diminished communication skills, decreased ability to concentrate and engage others, reduced tolerance levels and an increased risk of ill health,” the article reported. Dr. Dinges, who has conducted research in the area of sleep deprivation and time zones, said that everyone deals with travel across time zones differently. “Some tolerate it better than others. All get in deficit. There are large individual differences,” he said. Sleep deprivation, Dr. Dinges continued, is associated with obesity, diabetes, stroke and heart attack, which could be enough to make frequent travelers question their lifestyle, and some do, he said.

View the February 11, 2013 *New York Times* article at - [http://www.nytimes.com/2013/02/12/business/how-to-cope-with-time-zone-changes-and-jet-lag-when-flying.html?emc=rss&partner=rss&\\_r=1&](http://www.nytimes.com/2013/02/12/business/how-to-cope-with-time-zone-changes-and-jet-lag-when-flying.html?emc=rss&partner=rss&_r=1&)

## Awards and Honors

### Regional and National Honors

**John B. Jemmott III, PhD** was selected as one of 60 scholars profiled by the National Science Foundation’s (NSF) Graduate Research Fellowship Program (GRFP) from among over 46,000 fellows since 1952, and the only Penn faculty member profiled in connection with the 60th Anniversary of the GRFP. For over 20 years, Dr. Jemmott has been funded by the National Institutes of Health (NIH) to conduct research developing and testing the efficacy of theory-based culturally appropriate HIV/STD risk-reduction interventions for a variety of populations in the U.S. and sub-Saharan Africa. Dr. Jemmott is Professor of Communication in Psychiatry at the Perelman School of Medicine, Kenneth B. Clark Professor of Communication at the Annenberg School for Communication, and Director of the Center for Health Behavior and Communication Research.

## Announcements

### Enrollment Now Open for Social Skills Seminar for Adults

The Social Learning Disorders Program of the University of Pennsylvania Department of Psychiatry offers an innovative 8 week social skills seminar designed for young adults to improve social skills. Classes run weekly from 5:30-8:30pm, beginning on Tuesday, April 2nd, 2013 and are designed for young adults with Asperger Syndrome, High-Functioning Autism or Social Phobia who would like to improve their social awareness and sense of social competency.

Please visit the following website to learn more - [http://www.med.upenn.edu/add/sldp\\_group.html#adults](http://www.med.upenn.edu/add/sldp_group.html#adults)

### Special Notice to Providers and Students Regarding Upcoming PBHMind Symposia Series

Penn employees, students, and Penn Behavioral Health network providers are invited to attend PBHMind symposia series events at a special rate.

For more information about this opportunity, upcoming courses, CE credits, and PBHMind as a whole, please visit - [www.pbhmind.com](http://www.pbhmind.com).



# News and Announcements

## Upcoming Events

### **Department of Psychiatry Grand Rounds – March 14 and March 28**

Department of Psychiatry Grand Rounds are held from 12:00 noon to 1:00 pm on the designated dates in the locations indicated. 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>

#### **March 14, 2013**

Education and Psychiatry Module - "Professionalism and the Internet"

Speaker: Anthony L. Rostain, MD, MA, Professor of Psychiatry and Pediatrics, Director of the Adult Developmental Disorders Program, Director of Education, Department of Psychiatry, Perelman School of Medicine, University of Pennsylvania

Location: BRB II/III Auditorium

#### **March 28, 2013**

Education and Psychiatry Module - "The Future of Psychiatry Residency Education: Milestones and Lifelong Learning"

Speaker: Richard F. Summers, MD, Clinical Professor of Psychiatry, Co-Director of Residency Training, Department of Psychiatry, Perelman School of Medicine, University of Pennsylvania

Location: 3535 Market Street, 16th Floor, Conference Room B

### **PBHMind Symposia Series**

The University of Pennsylvania's Department of Psychiatry and Penn Behavioral Health invite practitioners in the mental health and wellness arena to earn continuing education credits and Certificates of Advanced Training through PBHMind. Courses are designed to provide varying levels of knowledge for psychologists, social workers, therapists, and other practitioners in 11 different topic areas. Offerings include 1.5 day symposia, live webinar series, and small group consultation with experts. March symposia are listed below. Visit our website at [www.pbhmind.com](http://www.pbhmind.com) to learn more about our programs and to view our full course catalog.

#### **March 8-9, 2013**

**Weight and Eating Disorders Symposium** - "Etiology and Treatment of Obesity and Eating Disorders: A Primer for Mental Health Professionals"

Speakers: David B. Sarwer, PhD, Thomas A. Wadden, PhD, Kelly C. Allison, PhD, Robert I. Berkowitz, MD

Location: 3400 Civic Center Blvd, Smilow Center for Translational Research

For additional information or to register, please visit: <http://www.pbhmind.com/weight-symposium-13>

#### **March 8-9, 2013**

**Workplace/EAP Symposium** - "Employee Assistance Programs: Incorporating the EAP Model Into Your Practice"

Speakers: Jody J. Foster, M.D., MBA, Charles J. Baker, MSW, LSW, Elizabeth Scime, LCSW, Kristin Shaner, LPC, CAADC, CEAP, Kate Ledwith, DSW, LCSW, Paul Rusch, MDIV, CEAP, Julie Tennille, LSW, PhD candidate

Location: 3417 Spruce Street, Houston Hall, Ben Franklin Meeting Room

For additional information or to register, please visit: <http://www.pbhmind.com/workplace-symposium-13>

#### **March 15-16, 2013**

**ADHD Symposium** - "Adult ADHD: Symptoms, Conceptualization, Assessment, and Treatment"

Speakers: Anthony L. Rostain, MD, MA and J. Russell Ramsay, PhD

Location: 3400 Civic Center Blvd, Smilow Center for Translational Research

For additional information or to register, please visit: <http://www.pbhmind.com/adhd-symposium-13>