



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
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Departmental Goings On

History of Insomnia Raises Risk for PTSD and Depression in Troops



Philip Gehrman, PhD, Assistant Professor of Psychology in Psychiatry, was the lead author of a new study showing that military service members who have trouble sleeping prior to deployments may be at greater risk of developing posttraumatic stress disorder (PTSD), depression, and anxiety once they return home. The new study, conducted in collaboration with researchers from the Naval Health Research Center in San Diego and published in the July 1, 2013 issue of the journal *SLEEP*, found that pre-existing insomnia symptoms conferred almost as a large of a risk for those mental disorders as combat exposure. Sleep problems before deployment at least doubled the risk for PTSD and quadrupled it for depression.

In a June 28, 2013 Penn Medicine news release, Dr. Gehrman explained that “understanding environmental and behavioral risk factors associated with the onset of common major mental disorders is of great importance in a military occupational setting.” He noted, “We found that insomnia is both a symptom and a risk factor for mental illness and may present a modifiable target for intervention among military personnel. We hope that by early identification of those most vulnerable, the potential exists for the designing and testing of preventive strategies that may reduce the occurrence of PTSD, anxiety, and depression.” Of added importance, the study also found that short sleep duration (less than six hours of sleep per night), separate from general insomnia, was associated with new-onset PTSD symptoms.

Dr. Gehrman discussed his research in a July 8, 2013 story on WHYY radio’s Newsworks (Philadelphia), where he explained that the connection between pre-existing sleep issues and mental health disorders could result from the role sleep plays in regulating emotions. “When we don’t sleep well, our brain is not as adept at regulating our emotions, so we are more likely to respond to a situation with a stronger emotional reaction,” he said. “I think not sleeping well when you were entering deployment made it more difficult for you to regulate your emotions in the face of these intense combat situations.” The study was also covered by other media outlets, including the *Los Angeles Times* (June 28), *Huffington Post* (June 28), and *PsychCentral* (June 30).



View the Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2013/06/gehrman/

Departmental Goings On

Seizure Drug Topiramate May Be Useful in Cocaine Addiction

Kyle M. Kampman, MD, Professor of Psychiatry and Medical Director of the Charles O'Brien Center for Addiction Treatment, was the lead author of a study published in the June 27, 2013 issue of *Drug and Alcohol Dependence* suggesting that the drug topiramate, typically used to treat epilepsy and more recently weight loss, may also help people addicted to both cocaine and alcohol use less cocaine, particularly heavy users. Results from the double-blind, placebo-controlled trial added to the growing body of evidence supporting topiramate as a possible medication to treat addiction.

"Based on the study's results," Dr. Kampman said in a July 18, 2013 Penn Medicine news release, "this drug, plus cognitive behavioral therapy, may be a good option for people addicted to both alcohol and cocaine to help reduce their cocaine use." He added that "this study further supports topiramate as a promising medication for people who are both alcohol and cocaine dependent. Future studies are planned in which topiramate will be combined with other promising medications for the treatment of cocaine dependence in the hope of achieving even higher levels of cocaine abstinence than were achieved with topiramate alone."

Dr. Kampman acknowledged that the results of the 13-week clinical trial of 170 alcohol and cocaine dependent people were mixed. The drug reduced alcohol cravings, but did not reduce drinking, and was not better at reducing cocaine cravings. However, addicts on topiramate versus those on a placebo were more likely to stay in treatment and abstain from cocaine during the last three weeks of the trial. People with more severe cocaine withdrawal symptoms—agitation, restless behavior, and depressed mood—appeared to have benefited most from topiramate. "We were hoping for a more robust response from topiramate, and I'm not really sure why we didn't get it. But we were just glad to see that topiramate did promote abstinence at the end of the trial in a significant number of folks," Dr. Kampman told Medscape in a July 24 article.

Dr. Kampman's study co-authors were all from Penn - **Helen M. Pettinati, PhD**, (Psychiatry), **Kevin G. Lynch, PhD** (Psychiatry), Kelly Spratt, DO, (Medicine), Michael R. Wierzbicki (Center for Clinical Epidemiology and Biostatistics [CCEB]), and **Charles P. O'Brien, MD, PhD** (Psychiatry).

View the Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2013/07/kampman/

News and Announcements

Leadership Appointments

Dr. Kranzler Succeeds Dr. O'Brien as Director of the Center for Studies of Addiction



Henry R. Kranzler, MD, Professor of Psychiatry, was appointed the Director of the Center for Studies of Addiction (CSA) in the Department of Psychiatry, effective July 1, 2013. His work focuses on the identification of genetic risk factors and pharmacological treatments for drug and alcohol dependence. Since 1987, Dr. Kranzler's research has been funded by the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse. His contributions to the field of alcohol research include advancing clinical trials methodology, the identification of interactive effects of serotonergic medications with alcoholism subtypes, the use of a targeted approach to naltrexone treatment of heavy drinkers, the development of long-acting naltrexone as a treatment option, and the identification of pharmacogenetic moderators of the response to naltrexone, sertraline, and topiramate in the treatment of alcohol dependence. The CSA, established in 1971, is a clinical research and treatment center for addictive disorders. It conducts research on the etiology and pathogenesis of addictions, as well as clinical trials of pharmacologic and psychotherapeutic treatments for a variety of addictive disorders. Dr. Kranzler succeeds Charles P. O'Brien, MD, PhD, CSA's Founding Director and one of the foremost addiction psychiatrists in the world. Under Dr. O'Brien's leadership, CSA has served as a national and international resource for the empirical validation of assessment and treatment methods and training in these methods, and in the dissemination of knowledge to the addictions treatment and research communities.

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>.



Diabetes Drug Metformin Proves Useful for Other Problems

Alzheimer's expert **Steven Arnold, MD**, Professor of Psychiatry and Neurology and Director of the Geriatric Psychiatry Section, Cellular and Molecular Neuropathology Program, and Penn Memory Center, is studying the ability of the diabetes drug metformin to slow or prevent mental decline, as reported in a July 30, 2013 story in *USA Today*. Early research by several investigators suggests this decades-old drug, the most widely used diabetes drug in the world, can slow cancer, reduce heart disease, and maybe even limit the ravages of Alzheimer's. These initial findings were recently bolstered by a National Institute on Aging (NIA) study in mice that found that metformin can extend life by a number of weeks, the human equivalent of three to four years. The paper was published in the July 30, 2013 issue of *Nature Communications*.

View the July 30, 2013 *USA Today* article at - <http://www.nih.gov/news/health/jul2013/nia-30.htm>



How Insufficient Sleep Impacts Overall Health

David F. Dinges, PhD, Professor of Psychology in Psychiatry and Director of the Division of Sleep and Chronobiology in the Department of Psychiatry, described the symptoms of sleep deprivation in a June 20, 2013 article in *Fast Company*. He categorized the symptoms as irritability, moodiness, and disinhibition, as well as apathy, slowed speech and flattened emotional responses, and impaired memory and an inability to be novel or multitask. The article pointed out that research is increasingly demonstrating how sleeping habits affect just about every phase of our lives - be it life expectancy, decision making, or ability to learn.

View the June 20, 2013 *Fast Company* article at - <http://www.fastcompany.com/3013266/unplug/how-insufficient-sleep-makes-you-fat-stupid-and-dead>



Inside the Addiction Drug Pipeline

Kyle M. Kampman, MD, Professor of Psychiatry and Medical Director of the Division of Addiction Treatment and Medication Development in the Center for Studies of Addiction (CSA), was interviewed for a July 26, 2013 story in *The Fix* on the development of new medications and treatment vaccines for drug addiction. The article stated that the Department of Psychiatry's CSA "may be our best hope for getting effective treatments into addicts' bodies in the near term. Because CSA not only researches new treatment options but actually works with people with substance abuse problems, they have established a unique program of clinical trials of psychoactive drugs already approved for other conditions to see if they can help curb addiction. This is one of the most economical ways to bring an addiction treatment to market. Most of these drugs have been around for years, so their safety issues are well known; they can go directly into human trials." CSA investigators are using these already-approved drugs in combination to target specific addictions and simultaneously occurring dependencies, such as dual alcohol and cocaine addiction. Dr. Kampman reported in the article that

his lab just completed a trial of a cocaine vaccine and that analysis of the data is proceeding.

View July 26, 2013 *The Fix* article at - <http://www.thefix.com/content/inside-addiction-drug-pipeline-vaccines-Scripps8242?page=1>

News and Announcements

Awards and Honors

Regional, National, and International Honors



Charles P. O'Brien, MD, PhD will receive a significant honor in October 2013 from the President of France, when he will be named chevalier (knighthood in English) in the National Order of the Legion of Honor. The letter announcing this recognition, on behalf of the President, acknowledges Dr. O'Brien's "exemplary personal commitment to French-American relations as symbolized by [his] exceptional cooperation in science and public health." The letter adds that the "partnerships you have established with French research units are a blueprint for French-American scientific exchanges, a priority for my government and a source of hope for the caregivers who will benefit from it." Dr. O'Brien is the Kenneth E. Appel Professor of Psychiatry and Founder of the Center for Studies of Addiction in the Department of Psychiatry.

Clinical Recognition

The quality of the Department's clinical services at the Hospital of the University of Pennsylvania (HUP) ranked 12th nationally in the 2013-14 *US News & World Report's* Annual Ranking of Best Hospitals, up from 14th place in the prior survey. Overall, HUP ranked 11th nationally, continuing its presence in the survey's "Honor Roll," where it has placed in 16 of the past 17 years. HUP remains the top ranked hospital for psychiatric care in the region.

Announcements

Ethics Workshops Added to PBHMind Fall Courses

Marna S. Barrett, PhD will present two PBHMind workshops on the topic of Ethics in Mental Health, on September 28th and October 5th. Register for any of PBHMind's fall symposia offerings and qualify for a discounted rate for an Ethics workshop (a 55% discount). Information about upcoming courses, CE credits, new Group Rates, and PBHMind as a whole can be found at www.pbhmind.com.

Get Healthy When the Kids Go Back to School!

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

2013 Penn Medicine Neuroscience Center Symposium

Please save the date for the upcoming **Penn Medicine Neuroscience Center Symposium**, entitled "Neural Repair: Molecular Mechanisms to Clinical Approaches". The Symposium will take place on Thursday, December 5th, 2013 from 9:00 am to 5:00 pm in the Biomedical Research Building II/III Auditorium on the Penn campus. This one-day symposium will feature internal speakers from the Penn Neuroscience community and external guest speakers, as well as poster presentations. Breakfast and lunch are provided and there will be a reception following the event. Attendance is free, but registration is required.

A preliminary agenda and registration information are available on our website http://www.uphs.upenn.edu/neuroscience-center/education/pmnc_symposium.html. Please feel free to circulate this information to any of your colleagues who may be interested in attending.

News and Announcements

Upcoming Events

Department of Psychiatry Grand Rounds

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 lectures are listed below. For more information about Grand Rounds and the 2013-14 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>

September 26, 2013

"Estrogen and the Brain: Studies in Cognitive Aging"

Speaker: Paul Newhouse, MD, Jim Turner Professor of Cognitive Disorders, Professor of Psychiatry, Pharmacology, and Medicine, Director, Vanderbilt Center for Cognitive Medicine, Vanderbilt University School of Medicine

Location: BRB II/III Auditorium

October 10, 2013

"Beyond Phineas Gage: Lesion Studies of Human Behavior and Emotion in the 21st Century"

Speaker: Edward D. Huey, MD, Herbert Irving Assistant Professor of Psychiatry and Neurology, Taub Institute for Research on Alzheimer's Disease and the Aging Brain, The Gergrude H. Sergievsky Center, Columbia University

Location: BRB II/III Auditorium

October 24, 2013

"Neurobiology of Late Life Depression; Can We Distinguish it from Preclinical Dementia?"

Speaker: Yvette Sheline, MD, Professor of Psychiatry, Radiology and Neurology, Perelman School of Medicine, University of Pennsylvania

Location: BRB II/III Auditorium

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 a variety of topic areas. Upcoming events are listed below. Visit our website at www.pbhmind.com to learn more about our programs and to view our full course catalog.

September 27-28, 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

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

September 28, 2013

Ethics Workshop - "Ethical Issues & Decision Making in the Treatment of Borderline Personality Disorder"

Speaker: Marna S. Barrett, PhD

For additional information or to register, please visit: <http://www.pbhmind.com/ethics-seminar1-13>

October 4-5, 2013

Memory and Aging Symposium - "Healthy Aging, Cognitive Impairment & Dementia: Diagnosis, Care, Treatment and Prevention"

Speakers: Steven E. Arnold, MD, Dawn Mechanic-Hamilton, PhD, Nicholas Tsopelas, MD, Melissa Livney, PsyD, Selam Negash, PhD, MSc, and Felicia Greenfield, LCSW

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

October 5, 2013

Ethics Workshop - "Ethics & the DSM-5"

Speaker: Marna S. Barrett, PhD

For additional information or to register, please visit: <http://www.pbhmind.com/ethics-seminar2-13>