



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

Parkinson's Disease is Linked to Depression Among Early Parkinson's Disease (PD) Patients and Dopamine Replacement Therapy Is Associated with an Increase in Impulse Control Disorders in PD's Early Stages



Daniel Weintraub, MD was the senior author of a study showing that neuropsychiatric symptoms such as depression, anxiety, and fatigue are more common in newly diagnosed Parkinson's disease (PD) patients compared to the general population. The study also reported that initiation of dopamine replacement therapy, the most common treatment for PD, was associated with increasing frequency of impulse control disorders and excessive daytime sleepiness. The new findings, the first longitudinal study to come out of the Parkinson's Progression Markers Initiative (PPMI), were published in the August 15, 2014 issue of *Neurology*[®], the medical journal of the American Academy of Neurology.

The study examined 423 newly diagnosed, untreated Parkinson's patients and 196 healthy controls at baseline and 281 people with PD at six months. Of these, 261 PD patients and 145 healthy controls were evaluated at 12 months, and 96 PD patients and 83 healthy controls evaluated at 24 months.

The research showed that while there was no significant difference between PD patients and healthy controls at baseline in the frequency of impulse control disorders - neuropsychiatric symptoms that include compulsive gambling, sexual behavior, eating or spending - 21 percent of newly diagnosed PD patients and a similar percentage of healthy controls screened positive for such symptoms at baseline. That percentage did not increase significantly over the 24-month period. However, six patients who had been on dopamine therapy for more than a year at the 24-month evaluation showed new-onset impulse control disorders or related behavior symptoms, while no incident impulse control symptoms were reported in PD patients who had not commenced dopamine therapy. Initiation of dopaminergic therapy did help with fatigue, with 33 percent of patients improving their fatigue test score over 24 months compared with only 11 percent of patients not on dopaminergic therapy.

The investigators also found evidence that depression may be undertreated in early PD patients. Approximately two-thirds of patients who screened positive for depression during their first two years with the disease had not received therapy to combat their mood symptoms.

The PPMI project, sponsored by The Michael J. Fox Foundation for Parkinson's Research, follows volunteers for five years. In a Penn Medicine news release, Dr. Weintraub emphasized the importance of this longer timeframe, noting the preliminary nature of the results obtained over the initial two-year study. "We will more closely look at cognitive changes over time," he said.

Departmental Goings On

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"Two years is not a sufficient period of follow up to really look at meaningful cognitive decline." Because many patients with PD live for 10 to 20 years following their diagnosis, Dr. Weintraub underscored that the five-year study period offers the "chance to assess the frequency and characteristics of psychiatric and cognitive symptoms in PD, compare it with healthy controls, and then also look at its evolution over time. The hope is that we will be able to continue this work so that we can obtain long-term follow up data on these patients."

Dr. Weintraub's study was covered in the print and electronic media by the *Washington Post*, *Philadelphia Inquirer*, *Psychiatric News*, *NBCNews.com*, *BBC*, and *WHYY* (Philadelphia) Radio.

Dr. Weintraub is Associate Professor of Psychiatry and Neurology at the Penn Perelman School of Medicine and a fellow in Penn's Institute on Aging. The study was conducted in collaboration with the Parkinson's Disease Research, Education and Clinical Center (PADRECC) at the Philadelphia VA Medical Center and the University Hospital Donostia in Spain (Patricia de la Riva, MD). Other Penn authors include: Kara Smith, MD (Neurology) and Sharon X. Xie, PhD (Biostatistics and Epidemiology).

View the Penn Medicine news release at - http://www.uphs.upenn.edu/news/News_Releases/2014/08/weintraub/



Happy 90th Birthday, Dr. Rickels

On September 26, 2014, the Department of Psychiatry held a party for **Karl Rickels, MD** on the occasion of his 90th birthday. The event, held during the monthly Program Directors Forum, honored Dr. Rickels, a world pioneer in the field of psychopharmacology and a member of the Department for six decades.

Making it an Annual Event - Penn Psychiatry Again Participates in AFSP's "Out of the Darkness" Community Walk

On October 5, enthusiastic volunteers representing Penn's Department of Psychiatry and Penn Behavioral Health again joined over 5000 participants to support a very worthy cause – suicide prevention. They all traveled to the Philadelphia Art Museum to participate in the Philadelphia "Out of the Darkness" Community Walk and related events sponsored by the American Foundation for Suicide Prevention (AFSP). The money pledged for the Walk will fund AFSP's nationwide research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide, and provide support for survivors of suicide loss. The Penn Psychiatry volunteers, including those pictured here, helped the cause in multiple ways – by walking the course, staffing the Penn Medicine table, and collecting donations from those who attended the day's program. The Department thanks all of them, as well as others from the Penn Psychiatry community, who contributed their personal time and effort on a beautiful Sunday morning to help the AFSP preserve the lives of those in need.



Walk donations will be accepted by the AFSP until December 31, 2014. To learn more about the AFSP, including how to donate, visit - <http://www.afsp.org/>

Departmental Goings On

Mania Risk Seen in Treating Bipolar Patients with Antidepressants Alone



Michael E. Thase, MD was a co-author of a study providing evidence that antidepressant therapy alone appears to correlate with a risk of mania in bipolar patients, while no risk of mania was seen in patients on antidepressants along with mood stabilizers. The study was published online on June 17, 2014 in the *American Journal of Psychiatry in Advance*.

Swedish national registries were used in the study to identify 3,240 patients with bipolar disorder who started treatment with an antidepressant and had no antidepressant treatment during the previous year. Patients were categorized into those receiving antidepressant monotherapy and those receiving an antidepressant plus a mood stabilizer. In an August 1, 2014 *Psychiatric News* article, Dr. Thase said that even though current practice guidelines recommend using antidepressants in combination with mood stabilizers in bipolar disorder patients,

in Europe the practice of monotherapy is not uncommon. "Our findings suggest that antidepressants alone are associated with increased manic switching, and when it happens, it happens pretty quickly. The converse finding is that patients who got mood stabilizers while treated with antidepressants not only did better in the short term, but had an improved course in the long run. This means if you can prevent cycling or switching to any degree, your patients have a better chance of staying well over the long-term."

In addition to Dr. Thase, Professor of Psychiatry and Director of the Mood and Anxiety Disorders Treatment and Research Program in the Department of Psychiatry at Penn, study authors included researchers from Sweden's Karolinska Institute and the University of Gothenburg.

View the August 1, 2014 *Psychiatric News* article at - <http://dsm.psychiatryonline.org/newsArticle.aspx?articleid=1894588&RelatedWidgetArticles=true>

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>.



Enhancing Social Functioning in Adults with Autism Spectrum Disorder (ASD)

Edward ("Ted") S. Brodtkin, MD is the Principal Investigator of a National Institute of Mental Health (NIMH) R34 grant that was cited in a September 10, 2014 NIMH press release. The grant, titled "Services to Enhance Social Functioning in Adults with Autism Spectrum Disorder," is one of 12 funded by the NIMH to develop "effective, real-world-ready approaches to providing early diagnosis, treatment, and supportive services for people with autism spectrum disorder (ASD)," according to the press release. The grants are part of a broad research effort to provide models for the delivery of needed services to children, youth, and adults with ASD across different communities and care settings, appropriate to each age and individual. Dr. Brodtkin's specific grant will develop and test strategies to enhance social functioning in adults with ASD by enhancing their motivation to engage socially and capacity to participate in the intervention,

enhancing social cognition and social skills, and helping participants to apply and generalize their newly acquired social understanding and skills in a community-based volunteer work setting.

In his September 11, 2014 blog, NIMH Director Thomas R. Insel, MD articulated the ultimate objective that this set of 12 grants is designed to advance: "What's the vision? Every and any child or adult with ASD will be connected to appropriate and state of the art interventions and services. The ability to access care should ultimately depend not on the savvy, resources, and tenacity of families but on the broad availability of high quality, evidence-based service systems addressing unmet needs..."

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News and Announcements

In the News

Enhancing Social Functioning in Adults with Autism Spectrum Disorder (ASD)

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Dr. Brodtkin is Associate Professor of Psychiatry, Director of the Social Neuroscience Laboratory in the Department of Psychiatry at Penn, and Director of the Adult Autism Spectrum Program at Penn Medicine (www.med.upenn.edu/aas).

View the September 10, 2014 NIMH press release at - <http://www.nimh.nih.gov/news/science-news/2014/new-grants-fund-cross-lifespan-services-research-for-autism-spectrum-disorder.shtml>

View Dr. Insel's September 11, 2014 blog at - <http://www.nimh.nih.gov/about/director/2014/childhood-and-beyond-services-research-for-asd.shtml>

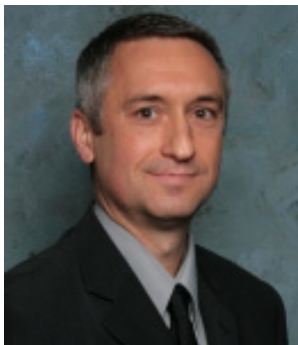
Perpetuating Schizophrenia's Stigma



Irene Hurford, MD, Assistant Professor of Psychiatry at Penn, and Penn medical student Edward Larkin co-authored an op-ed published in the August 12, 2014 issue of the *New York Times* about a recent patient struggling with schizophrenia. During his psychiatry rotation, Mr. Larkin and the clinical team prescribed the patient a medication that could cause a multitude of serious side effects, instead of an equally effective drug with milder side effects - all because he was uninsured and could not afford the newer, more expensive medication. The patient was high-functioning and did not qualify for disability benefits and Medicaid; he was, in effect, penalized for being employable, they said in the op-ed. For patients such as this individual, having access to the appropriate antipsychotics is "potentially the difference between a life spent gainfully employed thanks to consistent treatment, and a life spent in and out of treatment and increasingly out of control, stopping and starting medication, and always under threat of a disfiguring side effect," the authors wrote.

View the August 12, 2014 *New York Times* op-ed at - <http://nyti.ms/1ISNmeY>

Seven Questions To Ask If You Think You Have ADHD



J. Russell Ramsay, PhD was interviewed in an August 13, 2014 *Huffington Post* article that addressed seven questions about Attention Deficit Hyperactivity Disorder (ADHD). He told the publication that in the 1980s and 1990s, eight times as many boys as girls sought help for ADHD. However, since 2012, the greatest increase in usage of ADHD drugs comes from adult women. He also noted that "those who suffer from the disorder have also sought out coping strategies - they usually know all the things they're supposed to do. However, they find themselves unable to implement them without extra help, in the form of medication, a therapist or coach, or some other form of intervention." Dr. Ramsay is Associate Professor of Clinical Psychology in Psychiatry at Penn and Co-Director of the Adult ADHD Treatment and Research Program in the Department of Psychiatry.

View the August 13, 2014 *Huffington Post* article at - http://www.huffingtonpost.com/2014/08/13/signs-of-adult-add_n_5663005.html

News and Announcements

Announcements

PBHMind Offering CME Credits

On Friday, November 14, 2014, PBHMind will offer Continuing Medical Education (CME) credits for the first time. The one-day symposium, "Evidence-Based Practice for Mood Disorders: An Update on Pharmacological and Psychotherapeutic Treatments," will be presented in conjunction with the Office of Continuing Medical Education. The Perelman School of Medicine at the University of Pennsylvania is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. For more information about this Symposium and upcoming courses, program costs, CE credits, and PBHMind as a whole, please visit - www.pbhmind.com.



A Group Coaching Program for Adults with ADHD

Come learn essential time-management, organizational, and planning skills, and discover how mindfulness can help you manage stress and improve your attention and focus. For more information, please visit http://www.med.upenn.edu/add/adhd_group.html.

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. All Grand Rounds for the 2014-2015 academic year will be held in the BRB Auditorium. The next two lectures are listed below. For more information about Grand Rounds and the 2014-15 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>. To join our email listserv, please send an email to nataliec@upenn.edu.

October 30, 2014

Forensic Module
Speaker: Robert L. Sadoff, MD
Clinical Professor of Psychiatry
Director, Forensic Fellowship Program
Department of Psychiatry
Perelman School of Medicine at the University of Pennsylvania

November 20, 2014

Strecker Award Lecture
Speaker: J. Raymond DePaulo, Jr, MD
Henry Phipps Professor and Director
Department of Psychiatry and Behavioral Sciences
Johns Hopkins University School of Medicine

PBHMind Symposia Series

The University of Pennsylvania 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 various topic areas. Visit our website at www.pbhmind.com to learn more about our programs and to view our full course catalog.

November 7, 2014

Evidence-Based Interventions for Children & Adolescents with Anxiety Disorders
6 CE Hours
www.pbhmind.com/youth-anxiety-symposium-14

November 14, 2014

Evidence-Based Practice for Mood Disorders: An Update on Pharmacological & Psychotherapeutic Treatments
7.5 CE Hours
www.pbhmind.com/mood-symposium-14

December 12, 2014

Psychiatry and Family Therapy: New Collaborations at Penn
7 CE Hours
www.pbhmind.com/couples-symposium-14