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To: lpmastaff@apma.net
Subject: APA Headlines: Combination Of Brain Scans, Assessment Of Early Life Stress May Predict Which People Are More Likely To Respond To An Antidepressant Right From The Start, Small Study Indicates
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Good morning Ms Cathy Thompson

October 11, 2016

Leading The News

Combination Of Brain Scans, Assessment Of Early Life Stress May Predict Which People Are More Likely To Respond To An Antidepressant Right From The Start, Small Study Indicates.

[TIME](#) (10/10, Park) reports that "a combination of brain scans and assessment of early life stress can predict which people are more likely to respond to an antidepressant right from the start," researchers found after scanning "the brains of 80 people with depression using functional MRI," then assessing participants for "early life stress," and finally randomizing participants "to one of three popular antidepressants." The [findings](#) were published online Oct. 10 in the Proceedings of the National Academies of Science.

Psychiatric News Alert



[Refugees' Mental Stresses Similar Regardless of Country of Origin, Say Experts](#)

[NYC First Lady Describes ThriveNYC, Urges Psychiatrists to Be Advocates](#)

APA to Develop a Mental Health Clinical Data Registry

The APA Board of Trustees in early 2016 approved the development of a mental health clinical data registry. APA's registry is in the initial stages of development. Once implemented, the registry will help psychiatrists meet new Medicare quality reporting requirements and maintain professional recertification. The registry will:

- help psychiatrists avoid payment penalties and instead achieve bonuses for meeting CMS quality reporting requirements
- reduce the burden of submitting Performance-in-Practice data and obtaining ABPN MOC Part IV credit to maintain board certification and hospital credentialing

APA is seeking member volunteers for a pilot project. [Volunteer for the pilot.](#) [Learn more.](#)



Psychiatric Treatment/Disorders

Certain Blood Pressure Medications May Increase Risk For Severe Mood Disorder Episodes, Study Suggests.

[Reuters](#) (10/10, Seaman) reports that research suggest "common blood pressure medications may increase the risk for severe mood disorder episodes." Investigators found that individuals "taking...beta-blockers and calcium antagonists for more than 90 days were twice as likely to be

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hospitalized for a mood disorder such as major depression or bipolar disease, compared to people treating their hypertension with “angiotensin antagonists.” The [findings](#), which included “144,066 patients ages 40 to 80,” were published online in Hypertension.

Structured Group Psychoeducation No More Effective Than Unstructured Peer Support For Remitted BD, Researchers Say.

[Healio](#) (10/10, Oldt) reports, “Structured group psychoeducation was no more effective than unstructured peer support for remitted bipolar disorder [BD], though was more beneficial to individuals with fewer past bipolar episodes,” researchers found after randomizing “304 individuals to receive psychoeducation (n = 153) or peer support (n = 151).” The [findings](#) were published online Sept. 26 in The Lancet Psychiatry. The authors of an accompanying [editorial](#) observed, “Group psychoeducation may work well in bipolar patients with few episodes and perhaps with no substantial comorbidity.” Due to “its low cost, it should be implemented and delivered as part of a community-centered early intervention approach,” the editorialists added.

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Gene Therapy May One Day Offer Way To Prevent, Treat Alzheimer’s, Mouse Study Suggests.

[HealthDay](#) (10/10) reports, “Gene therapy might one day offer a way to prevent and treat Alzheimer’s disease, new research in mice” indicates. UK researchers “used a modified virus to deliver a gene called PGC1-alpha into the brain cells of mice.” Studies performed previously indicate “this gene may prevent the formation of a protein called amyloid-beta peptide.” The findings were published online Oct. 10 in the Proceedings of the National Academy of Sciences. The [Telegraph \(UK\)](#) (10/10, Knapton) also covers the story.



Many Migrants To Europe Bear An Enormous Burden Of Mental-Health Disorders.

In a nearly 2,500-word piece, [Nature](#) (10/10, Abbott) reports, “Europe is experiencing the largest movement of people since the Second World War,” as migrants from Syria, Afghanistan and Iraq seek asylum in the European Union. Many of these refugees and migrants bear an “enormous burden of mental-health disorders.” Now, researcher and physicians “are working with refugees to develop practical, cheap and effective therapies for trauma-related disorder.”

Government and Psychiatry

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Mental Health Parity In Insurance Coverage Will Not Overcome Barriers To Access Presented By Practitioners Who Reject Third-Party Reimbursement.

[Modern Healthcare](#) (10/8, Johnson, Subscription Publication) reported, “Just 55% of psychiatrists accepted private insurance as payment in 2010...and the percentage had declined 17% since 2005, according to a 2014 [study](#) published in JAMA Psychiatry.” In addition, “Medicare and Medicaid acceptance rates among psychiatrists were also lower compared with the rates of other physicians.” According to Modern Healthcare, “mental health parity in insurance coverage won’t overcome the barriers to access presented by” practitioners “who continue to reject third-party reimbursement.” The piece also pointed out, “About 55% of US counties, all rural, have no practicing psychiatrists, psychologists or social workers, according to a 2013 [report](#) to Congress from the Substance Abuse and Mental Health Services

Administration.”



Psychiatry and Public Health

Viewpoint Article Discusses Barriers To Effective Care For Mental Health And Substance Use Disorders In the US.

[Healio](#) (10/10, Oldt) reports in a [viewpoint](#) published online Sept. 26 in JAMA Psychiatry, investigators “discuss barriers to effective care for mental health and substance use disorders in the United States and provide vital directions from the National Academy of Medicine to address these barriers.” The researchers found that fragmented healthcare, an undersized work force to serve people with substance use and mental health disorders, and the “current fee-for-service payment system” are “three key barriers to effective mental health and substance use disorders care.”

Monday's Lead Stories

- [Congress May Not Have Enough Time During Lame-Duck Session To Pass Mental Healthcare Reform Legislation.](#)
- [Government May Select Plans For Many ACA Customers Whose Insurers Have Left Marketplace.](#)
- [US Torture Program Left Legacy Of Mental Illness, Analysis Suggests.](#)
- [Rapunzel Syndrome A Complication Of Trichotillomania, Psychiatrist Explains.](#)
- [General Bolduc An “Evangelist” For Raising Awareness Of PTSD.](#)

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