

From: [APA Communications](#)
To: lpmastaff@apma.net
Subject: APA Headlines: High Utility Bills May Cause Anxiety, Depression In Low-Income Families, Small Study Suggests
Date: Wednesday, September 28, 2016 7:08:15 AM

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Good morning Ms Cathy Thompson

September 28, 2016

Leading The News

High Utility Bills May Cause Anxiety, Depression In Low-Income Families, Small Study Suggests.

[HealthDay](#) (9/27, Preidt) reports that research suggests high utility bills may “cause anxiety and depression in low-income families.” Researchers studied “72 families in the Boston area with annual incomes of \$32,000 or less.” The investigators found that “the inability to pay utility bills caused mental health problems such as anxiety and depression.” The findings were published online in Social Science and Medicine.

Psychiatric News Alert



[Fear of Mental Health Diagnosis on Record May Keep Physicians From Seeking Care](#)

[Experts Offer Several Strategies for Treating Premenstrual Exacerbations of Mood Disorders](#)

Nominations for APA's 2017 Election - Due Oct. 1

All APA members are invited to submit nominations for APA's 2017 election for the offices of president-elect and secretary. APA members in Areas 2 and 5 are invited to submit nominations for trustees in their respective Areas. Resident-fellow members are invited to submit nominations for resident-fellow member trustee-elect. Send nominations to election@psych.org by Oct. 1. [More information.](#)

Component Appointment Nominations being accepted. APA President-elect Anita Everett, M.D., invites APA voting members to indicate their interest in serving on APA components. Send the name of the component(s) along with a one-page description of the nominee's background, experience, and qualifications to appointments@psych.org.



Psychiatric Treatment/Disorders

MDMA May Improve Results Of Therapy For Patients With PTSD, Small Study Suggests.

[Medscape](#) (9/27, Davenport) reports MDMA (3,4-methylenedioxymethamphetamine) “may enhance psychological therapy in patients with posttraumatic stress disorder” (PTSD) according to research presented at the 29th European College of Neuropsychopharmacology (ECNP) Congress, finding that MDMA “reduced brain activation in response to self-referent processing” while increasing “activation while patients recalled positive memories.” In one small pilot study, “MDMA was associated with marked reductions in the number of participants meeting the diagnosis for PTSD.” That study randomly assigned 22 patients to 100 mg of MDMA hydrochloride or placebo. Two weeks afterward, the groups were switched.

Government and Psychiatry

House Passes Measure Exempting Some Co-Op Enrollees From ACA Mandate, But Obama Threatens To Veto It.

[The Hill](#) (9/27, Sullivan) reports that on Tuesday, the House approved a measure which “would allow people enrolled in failed health insurance ‘co-ops’ to skip this year’s penalty for not having coverage.” The bill passed largely along party lines with a vote of 258-165. Rep. Charles Boustany Jr. (R-LA) is quoted as saying, “It’s just wrong, it’s wrong, to hold these working families financially responsible for a co-op’s failure because it went under due to factors beyond their control.”

The [Washington Times](#) (9/27, Boyer) reports that prior to the bill’s passage, President Obama threatened to veto it. According to the White House, the bill is “unnecessary given consumer protections already available.” The White House added that President Obama is convinced this legislation “would create a bad precedent’ for exempting people from the individual-responsibility provision in the health care law,” which is crucial to the proper functioning of the ACA, and which helps prevent consumers from enrolling in plans only after they become ill.

[The Hill](#) (9/27, Sullivan) also covers the story.

Psychiatry and Public Health

Advertisement



Nearly Half Of Physicians Surveyed Said They Did Not Seek Treatment For Suspected Mental Illness.

[HealthDay](#) (9/27, Pallarito) reports on a study published in General Hospital Psychiatry finding that “physicians often avoid getting help for depression and other mental illnesses.” The study was based on a survey of over 2,000 female physicians, all of whom were part of a closed Facebook group of physicians who are also mothers. Of those surveyed, “nearly half” said that they thought they suffered from “mental illness at some point in their careers, but didn’t seek treatment.” Of the various reasons they gave for not seeking treatment, “more than two-thirds were stigma-related.”

[Psychiatric News](#) (9/27) reports the study was based on “an anonymous, 24-question survey” available to everyone in the group “for eight weeks from February through April 2016.” There were 2,109 respondents. Of those, just 6 percent who reported “a prior mental health diagnosis” disclosed that to the state medical board.

Telemedicine May Help People In Rural Areas Struggling With Opioid Addiction.

[Kaiser Health News](#) (9/27) reports telemedicine may help address the opioid crisis in rural areas by connecting patients struggling with opioid addiction with physicians trained in how to treat addiction. The article points out that the US Department of Agriculture has given \$1.4 million in funding for five pilot projects in a few states to test whether telemedicine can help patients addicted to opioids in rural areas.

Psychiatric Medication Update

AD/HD Medications May Not Help Children Complete Homework Or Get Better Grades, Small Study Suggests.

[Reuters](#) (9/27, Rapaport) reports that giving stimulants to children with AD/HD “may not help them complete homework or get better grades,” according to a small [study](#) published in the Journal of Consulting and Clinical Psychology. Researchers randomly assigned 75 children “to receive either behavioral treatment that included daily report cards for kids and coaching parents to help with homework or a long-acting stimulant.” Children “were around 8 years old on average, but ranged from 5 to 12” and all had a diagnosis of AD/HD. The results suggest that medication “had no significant effects on homework completion or accuracy, compared with a placebo,” whereas children receiving behavioral treatment “got 10 percent to 13 percent more homework problems finished and completed 8 percent more problems accurately than they did without the treatment.”

Tuesday's Lead Stories

- [Researchers Announce Progress In Diagnosing CTE In The Living.](#)
- [More Than One-Third Of Calls To Suicide Hotline For Veterans Go Unanswered, Former Director Says.](#)
- [Neural Differences May Affect Attention In Major Depressive Disorder, Small Study Indicates.](#)
- [Nearly Half Of Physicians Are Enthusiastic About Digital Health Tools, Study Indicates.](#)
- [Zika-Related Brain Damage Can Make Some Infants Appear Developmentally Accelerated, Experts Say.](#)

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