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Good morning Ms Cathy Thompson

September 21, 2016

Leading The News

Sleep Quality, Duration In Late Childhood May Predict Substance Use Later In Adolescence, Small Study Suggests.

[Medical Daily](#) (9/20, Dharshini) reports that "sleep quality and sleep duration in late childhood can predict alcohol and drug use later in adolescence," researchers found. The study revealed that "boys who slept the least were more likely to report early use of alcohol or marijuana, intoxication and repeated substance use." The [findings](#) of the 186-child study were published online Sept. 19 in the journal Drug and Alcohol Dependence.

Psychiatric News Alert



[Patients With Alcohol Dependence Who Like Sweets May Respond Better to Naltrexone](#)

[Study Highlights How Children at High Risk of Suicide May Differ From Adolescents](#)

Submissions Welcome: AJP Residents' Journal and Psychiatric News

Editor-in-Chief Katherine S. Pier, M.D., invites residents to submit articles to the American Journal of Psychiatry Residents' Journal. Having your article published in the journal is a great way to build your C.V. and share your work with peers. [More information](#).

Resident-Fellow Member Trustee Stella Cai, M.D., is the editor of the Residents' Forum in Psychiatric News. These articles appear in the print version of the publication as well as online. If you are interested in writing an article or have questions contact her at stellacai85@gmail.com.



Psychiatric Treatment/Disorders

Small Scan Study Examines Adolescents' Response To Anxiety.

[Healio](#) (9/20, Oldt) reports that "adolescents' response to anxiety includes brain regions associated with emotions as well as movement control centers in the brain, which may be related to movement inhibition experienced during stress," researchers found in a study involving functional magnetic resonance imaging scans. The findings of the 19-participant were presented at the European College of Neuropsychopharmacology Congress.

Impairments In Brain's Endocannabinoid System May Play Important Role In Development Of

Anorexia Nervosa, Mouse Study Indicates.

[Medscape](#) (9/20, Davenport) reports, "Impairments in the endocannabinoid system in the brain could play an important role in the development of anorexia nervosa," researchers concluded after working with mice.

Investigators "found not only that the density of cannabinoid receptors was significantly reduced in areas associated with appetite, but also that administration of receptor agonists led to increases in body weight and a reduction in interest in exercise." The findings were presented at the European College of Neuropsychopharmacology Congress.

Government and Psychiatry

IRS Rules Prevent Some High-Deductible Plans From Covering Chronic Care Before Patients Meet Deductibles.

[Kaiser Health News](#) (9/20, Andrews) reports that as more people enroll in high-deductible health plans, "some insurers and employers are easing the strain on consumers' wallets by covering certain benefits like doctor visits or generic drugs before people have reached their plan's deductible." Yet, there is one obstacle, because according to IRS rules, "high-deductible plans that are set up to link to health savings accounts can only cover preventive services like vaccines and mammograms until patients buy enough services on their own to pay down their deductible." The article points out that a bipartisan bill which was introduced in Congress in July would allow such plans to pay for chronic illnesses including "diabetes and heart disease before plan members have met their deductibles."

Other News

Stress In Women May Erase Benefits Of A Healthful Diet.

The [Los Angeles Times](#) (9/20, Healy) reports in "Science Now" that stress in women may "erase the benefits of a healthful diet," researchers found. Specifically, the 58-woman study revealed that "suffering a day of stresses...erased the difference between women who got healthy fats and those who got fats more commonly linked to heart disease." The [findings](#) were published Sept. 20 in *Molecular Psychiatry*. [HealthDay](#) (9/20, Thompson) also covers the study.

Many Physicians Authorized To Prescribe Buprenorphine Are Not Prescribing It, Study Suggests.

On its website, [CNBC](#) (9/20, Mangan) reports many physicians authorized to prescribe buprenorphine, which can be used to treat opioid addiction, are not prescribing it, according to a new study by the RAND Corporation published in the *Journal of the American Medical Association*. Researchers found that about one-fifth of the physicians authorized to prescribe the drug write about 90% of all prescriptions for it. The article points out that probuphine, a long-acting implant version of the drug, has been available for a few months in the US, but fewer than 250 patients have received prescriptions for it, according to CNBC.

On its website, the [NPR](#) (9/20, Shute) "Shots" blog reports that the study found 3,234 physicians had prescribed buprenorphine to new patients between 2010 and 2013. Of those physicians, 22% treated fewer than four patients, while about 10% treated more than 75 patients.

Tuesday's Lead Stories

- **[Two-Thirds Of Parents Want Schools To Teach Students More About Mental Health, Survey Finds.](#)**
- **[EPO May Improve Cognitive Performance In Patients With BD Or MDD, Small Study Indicates.](#)**
- **[Analysis Shows Unsubsidized ACA Premiums 10% Lower Than Employer-Sponsored Coverage.](#)**
- **[About One In Five US Women Will Experience Depression In Her Lifetime.](#)**

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