

From: [APA Communications](#)
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Subject: APA Headlines: Aerobic Activity May Improve Cognitive Function, Preserve Brain Volume In Adults With Mild MCI, Small Scan Study Suggests
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Good morning Ms Cathy Thompson

December 1, 2016

Leading The News

Aerobic Activity May Improve Cognitive Function, Preserve Brain Volume In Adults With Mild MCI, Small Scan Study Suggests.

The [New York Daily News](#) (11/30, Dziemianowicz) reports that a study indicated that "aerobic activity...improved cognitive function and preserved brain volume in adults with mild cognitive impairment (MCI)." The findings were presented at the annual meeting of the Radiological Society of North America.

[HealthDay](#) (11/30, Preidt) reports that "the study included 16 people, average age 63, who did aerobic workouts such as on a treadmill, stationary bike or elliptical training." These individuals "worked out four times a week for six months." The control group consisted "of 19 people, average age 67, who did stretching exercises four times a week for six months but no aerobic activity." Study participants, all of whom had MCI, underwent brain scans.

[Diagnostic Imaging](#) (11/30) reports the researchers found that "both aerobic and stretching exercise groups experienced volumetric increases in most regions of the gray matter."

Psychiatric News Alert



[Online CBT for Insomnia May Lead to Long-Lasting Sleep Improvements](#)

[Findings Related to Auditory Hallucinations Could Lead to New Antipsychotics](#)

Annual Meeting Registration Now Open for Members!

Join your colleagues from across the U.S. and around the world for the premier psychiatry event of the year! APA's 2017 Annual Meeting will be held May 20-24 in San Diego. Expand your knowledge, network and meet certification and licensure requirements with more than 450 educational sessions and courses.

Starting today, members can [register for the meeting](#) and [reserve your hotel](#). Nonmember registration and housing opens Dec. 15.

Browse the [Annual Meeting](#) site and the [Preliminary Program](#) for more information.



Psychiatric Treatment/Disorders

Frequent Posting On Facebook May Be Associated With Increased Rumination And Depression, Review Indicates.

[USA Today](#) (11/30, Hafner) reports, "Frequent posting on Facebook" may be associated with "increased rumination and depression," researchers found after reviewing "studies from 14 countries entailing 35,000 participants between ages 15 and 88." The review's [findings](#) (pdf) were published in the November issue of the journal *Cyberpsychology, Behavior, and Social Networking*.

Some Chronic Insomniacs Who Use An Automated Online Therapy Program May See Improvement Within Weeks, Study Suggests.

The [New York Times](#) (12/1, A14, Carey, Subscription Publication) reports that research indicated “more than half of chronic insomniacs who used an automated online therapy program reported improvement within weeks and were sleeping normally a year later.” The [findings](#) were published online Nov. 30 in JAMA Psychiatry.

[HealthDay](#) (11/30, Reinberg) reports that in “the study, more than 300 adults were randomly assigned to the six-week program,” called SHUTi (Sleep Healthy Using the Internet), “or to online patient education about improving sleep.”

[Healio](#) (11/30) reports that “participants who received SHUTi exhibited greater improvement in insomnia severity ($P < .001$), sleep-onset latency ($P < .001$) and wake after sleep onset ($P < .001$), compared with those who received online education.” The investigators found that “treatment effects were maintained at 1-year follow-up, with 56.6% of the SHUTi group achieving remission status and 69.7% identified as treatment responders at 1 year based on Insomnia Severity Index data.”

[Psychiatric News](#) (11/30) reports the authors of an accompanying [editorial](#) observed that the study’s “results provide an indication that the benefits conferred by SHUTi are not diminished by the presence of either psychiatric or medical comorbidities.”

Circadian Rhythm Disruptions On Their Own May Be Enough To Cause Anxiety And Depression, Mouse Study Indicates.

[Medical Daily](#) (11/30, Glowatz) reports that “disruptions in the circadian rhythm...are enough on their own to cause” anxiety and depression, researchers found after working with mice. When investigators “manipulated mouse genes to suppress the ones in the brain responsible for regulating their circadian rhythm...the mice ‘were slower to escape’ from an uncomfortable situation” and also “spent less time in bright light, considered to be a sign of anxiety.” The [findings](#) were published in the December issue of Biological Psychiatry.

Vast Majority Of People Worldwide Suffering From Depression May Not Be Receiving Even Minimally Adequate Treatment, Researchers Say.

[Reuters](#) (11/30, Kelland) reports, “The vast majority of the estimated 350 million people worldwide suffering from depression are not receiving even minimally adequate treatment,” researchers found after analyzing data on some “50,000 people in 21 countries.” The findings were published online Dec. 1 in the British Journal of Psychiatry.

Government and Psychiatry

House Passes 21st Century Cures Act.

The [Washington Post](#) (11/30, Johnson) reports the House passed the 21st Century Cures Act with a vote of 392-26 on Wednesday night. The “wide-ranging bill” of almost 1,000 pages aims to expedite the development of new drugs and would increase funding for biomedical research including several research initiatives begun under the Obama Administration.

The [Wall Street Journal](#) (11/30, Burton, Subscription Publication) reports the bill would increase funding for the Food and Drug Administration by \$500 million and would also provide \$1 billion in funding to address opioid abuse and addiction in the US.

[USA Today](#) (11/30, Shesgreen) reports the bill would increase funding for the National Institutes of Health by almost \$4.8 billion over the next decade. The bill would also “strengthen existing laws requiring insurers to cover mental health the same way they cover other medical issues.”

The [New York Times](#) (11/30, Steinhauer, Tavernise, Subscription Publication) says Senate passage “appears likely” next week, “even though Senator Elizabeth Warren, Democrat of Massachusetts, has taken to the floor twice to criticize the bill as a windfall for drug companies, with too few safety provisions.”

APA in the News

Psilocybin May Reduce Depression And Anxiety In Some Cancer Patients, Small Studies Suggest.

In a front-page story, the [New York Times](#) (12/1, A1, Hoffman, Subscription Publication) reports on studies published in The Journal of Psychopharmacology on the use of psilocybin, finding that “about 80 percent of cancer patients showed clinically significant reductions in both” depression and anxiety, which was “sustained some seven months after the single dose.” The NYU study included 29 patients and the JHU study 51. Dr. Jeffrey Lieberman, a past president of the American Psychiatric Association, and Dr. Daniel Shalev of the New York State Psychiatric Institute, wrote that the studies are “a model for revisiting criminalized compounds of interest in a safe, ethical way.” Psilocybin is also being tested in trials as an aid in patients with “alcoholism, tobacco addiction and treatment-resistant depression.”

[USA Today](#) (12/1, Painter) reports the studies were accompanied by “10 commentaries from experts in psychiatry, end-of-life care and drug policy.”

The [Washington Post](#) (12/1, McGinley) recounts the experiences of several of the participants and describes the studies as indicating that psilocybin “helps cancer patients deal with the anxiety, depression and fear of death that often accompanies the disease.”

The [Los Angeles Times](#) (11/30, Healy) reports the studies “could pry open a door closed for nearly half a century” by showing that psilocybin “the depression and soothes the anxiety of patients contending with serious illness and the prospect of imminent death.”

Mood, Substance Abuse Disorders Top List Of



Conditions Negatively Affecting Health Of Americans With Commercial Health Insurance.

[Medscape](#) (11/30, Anderson) reports, "Mood and substance abuse disorders top the list of conditions negatively affecting the health of Americans with commercial health insurance, the newly published [Blue Cross Blue Shield \(BCBS\) Health Index](#)" indicates. Based on data on some "40 million BCBS members, this first-of-its-kind index identified depression, anxiety, and other mood disorders as the top category of health conditions affecting longevity and quality of life." Speaking about these "findings, American Psychiatric Association (APA) President Maria A. Oquendo, MD, PhD, said the report 'highlights the impact of mental health and substance use disorders on people's health and quality of life and reinforces the importance of making access to quality mental healthcare for all a national priority.'" What's more, "the new data also show the need for parity when it comes to coverage of

mental illness, said Saul Levin, MD, who is medical director and CEO of the APA."

Small Study Refutes Gaze Aversion Hypothesis About Autism.

[Healio](#) (11/30, Oldt) reports there appears to be "association between diminished eye-looking in autism and passive insensitivity to social signals in others' eyes, refuting the gaze aversion hypothesis about autism," researchers found after collecting "eye-tracking data from 86 children, aged two years, of which 26 had autism, 38 were typically developing and 22 were developmentally delayed." The [findings](#) were published online Nov. 18 in the American Journal of Psychiatry, a publication of the American Psychiatric Association.

Wednesday's Lead Stories

- [Trump Names Price, Verma To Head HHS, CMS.](#)
- [MicroRNA Molecule Depletion May Be Linked To Auditory Hallucinations, Research In Mice Suggests.](#)
- [House To Vote On Cures Bill On Wednesday.](#)
- [FDA Calling For Further Research On Earlier Stages Of Alzheimer's.](#)

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