

From: [APA Communications](#)
To: lpmastaff@apma.net
Subject: APA Headlines: Teens Who Stay Up Late May Be Worse At Self-Regulation, Study Suggests
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Good morning Ms Cathy Thompson

November 4, 2016

Leading The News

Teens Who Stay Up Late May Be Worse At Self-Regulation, Study Suggests.

[Reuters](#) (11/3, Rapaport) reports that [research](#) published in Pediatrics indicates “teens who want to stay up late and sleep in or who feel drowsy during the day may have a harder time with behavior and reasoning than their peers who simply fail to get enough rest at night.” Investigators found that “the amount of sleep kids got didn’t influence what’s known as self-regulation, or the ability to manage things like memory, behavior, emotions and impulses.” However, “adolescents who were night owls...were significantly worse at self-regulation than their peers that tended to turn in and wake up early.”

The [NPR](#) (11/3, Stein) “Shots” blog reports that investigators came to these conclusions after surveying more than 2,000 students from 19 schools in Virginia. Also covering the story are [HealthDay](#) (11/3, Reinberg) and [MedPage Today](#) (11/3, Boyles).

Psychiatric News Alert



[Medicare Final Rule Increases Payment for Psychiatric Consultation in Collaborative Care](#)

[Cultural Formulation Interview Can Help You Identify Unique Needs of Patients](#)

Do You Have Experience Providing Psychological Testing with a Technician?

APA is interested in identifying practices and/or physicians that have experience providing psychological testing through the use of a technician. If you provide this in practice and would be willing to participate in a brief phone interview, please contact Becky Yowell at byowell@psych.org.



Psychiatric Treatment/Disorders

Substance Abuse, Particularly Cannabis And Alcohol, May Be Associated With Increased Risk For Schizophrenia, Study Suggests.

[Healio](#) (11/3, Oldt) reports, “Substance abuse, particularly cannabis and alcohol, were associated with increased risk for schizophrenia,” researchers found after conducting “a nationwide prospective register-based cohort study of all residents born in Denmark from 1955 to 1999 (n = 3,133,968).” The findings were presented at the International Early Psychosis Association meeting.

Government and Psychiatry

Public Option Gaining Attention As Debate Over Future Of ACA Continues.

The [Wall Street Journal](#) (11/3, Armour, Subscription Publication) reports that as groups gear up to battle over the future of the Affordable Care Act, the public option is regaining visibility. The Journal says groups like the American Hospital Association, U.S. Chamber of Commerce, and the Pharmaceutical Researchers and Manufacturers of America are planning post-election strategies against the public

option and adds that at an event at the Chamber this month, America's Health Insurance Plans CEO Marilyn Tavenner voiced her opposition to the public option.

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Psychiatry and Public Health

Middle School Students As Likely To Die From Suicide As From Traffic Accidents, CDC Study Finds.

The [New York Times](#) (11/4, A3, Tavernise, Subscription Publication) reports, "It is now just as likely for middle school students to die from suicide as from traffic accidents," researchers from the CDC's National Center for Health Statistics found. Investigators reported that "in 2014, the most recent year for which data is available, the suicide rate for children ages 10 to 14 had caught up to their death rate for traffic accidents." The [findings](#) were published Nov. 3 in the Morbidity and Mortality Weekly Report. According to the Times, the data add to "an accumulating body of evidence that young adolescents are suffering from a range of health problems associated with the country's rapidly changing culture." [Reuters](#) (11/3, Dobuzinskis) and [CNN](#) (11/3, Middlebrook) also cover the story.

Other News

Health Anxiety May Increase Risk Of Heart Disease By 73%, Study Finds.

[STAT](#) (11/3, Boodman) reports that "health anxiety – what physicians until recently called hypochondriasis – increased the patients' risk of [heart disease](#) (10/31, Garde) by 73 percent," researchers found.

[TIME](#) (11/3, Oaklander) reports that investigators examined "data from more than 7,000 people in a long-term Norwegian health study who had answered questionnaires and had had a physical around 1997." Participants "were also measured on a health anxiety scale."

[HealthDay](#) (11/3, Reinberg) reports, "The proportion of those who developed heart disease was twice as high among the worried well as it was among those not anxious about their health – 6 percent versus 3 percent, respectively," the study revealed. The [findings](#) were published online in BMJ Open.

Data Show Healthcare Costs Have Been Rising Faster Than Wages.

The [AP](#) (11/3, Murphy) reports an analysis conducted by the Brookings Institution revealed that healthcare costs are rising "faster than wages and inflation, eating away at our ability to pay for other things we want (beer, televisions, vacations) or need (rent, heat, food)." Indeed, data from the Kaiser Family Foundation show "premiums have increased by 213 percent since 1999 for family coverage purchased through an employer." In contrast, wages have grown by "60 percent, while inflation is up 44 percent."

Thursday's Lead Stories

- [Subtle Feelings Of Loneliness May Warn Of Impending Alzheimer's In Older People, Small Scan Study Indicates.](#)
- [Miscarriage Or Ectopic Pregnancy May Put Women At Risk Of Developing PTSD, Small Study Suggests.](#)
- [CDC Study Indicates Progress In Reducing Number Of Uninsured Is Slowing Down.](#)
- [Military Wives May Be More Likely Than Civilian Peers To Suffer From Mental Health Disorders, Drink, And Abuse Prescription Medications, SAMHSA Report Finds.](#)

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