University of Virginia Health System

Department of Psychiatry and Neurobehavioral Sciences

AD ASTRA

April 2010

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Simulator Puts You Behind The Virtual Wheel

Reported by Julie Bercik on NBC29.com

How good of a driver do you think you are?

New technology at the University of Virginia can tell you exactly what your strengths and weaknesses are behind the wheel. The driving simulator turns everyday roads into a virtual reality, and driving this simulator is actually a lot more difficult than you think.

It puts you right in the middle of driving situations that you will run into right here in Charlottesville. The purpose of it is to evaluate how well an individual drives, but it also helps determine whether drivers with medical conditions are still fit to be on the road. Equipped with all the controls and gears your car has, the simulator is a realistic experience. You can drive on old Lynchburg Road, or Interstate 64.

"They also have un-signaled sudden stops," said Virginia Driving Safety Lab Director **Dr. Daniel Cox.** "Where a car suddenly from the left lane pulls into your lane with no signal. Or a parked car as you're approaching pulls out in front of you."

And if you have to slam on the brakes, you will experience the effects.

"This will lurch forward when you brake suddenly," explained **Cox.** "Or you'll be pushed back into your seat when you accelerate."

The simulator is designed to train anxious drivers, putting them in dangerous scenarios without exposing them to any real danger. It also serves as a rehabilitation tool.

"Patients who have had strokes, who have had traumatic brain injury," **Cox** said.

Based on the results, doctors can then determine if a patient should be behind the wheel. *(continued on page 10)*

The Washington Post

Our very own **Janet Warren** is quoted in an article from the March 16, 2010 issue of The Washington Post. Find the link to the full article on the East Coast Rapist in your email.

Administration Spotlight on *Sandra Foster*

Sandra Foster joined the Department of Psychiatry and Neurobehavioral Sciences in January 2005 as the Administrative Assistant to a team of 10 researchers and staff.

The challenges and experiences of working with the professors, researchers and staff at the Center for Addiction Research and Education (CARE) have offered her great learning opportunities in the world of research administration. Sandra has enjoyed working at CARE since its inception as, "It is exciting and inspiring to be part of a research center with well-recognized researchers that has developed from a staff of 10 to over 50." In addition to serving as an administrative assistant, Sandra also takes on responsibilities as a research coordinator, which includes coordinating schedules, seminars and events, managing procurement functions and pre-award grant tasks as well as welcoming new employees.

After she received her bachelor's degree from Hendrix College, Sandra began a 15 year long career with Job Corps as a guidance counselor, compliance specialist and training manager and 6 years in information technology. Sandra and her husband Claude moved to Charlottesville 9 years ago from Dallas after Claude's retirement.

Once an avid traveler and art historian, Sandra loves spending long hours in museums and playing tennis. She also loves cooking and was thrilled when she received a 2nd place ribbon for her apple pie at the Albemarle County Fair!

Away from the office, Sandra volunteers as a mentor for Computer4kids and is also a licensed realtor and graphic artist on the side. Sandra and her husband spend their time together doing the things they love, which includes attending Civil War conferences and playing with their bichon frise, Pandora.

Welcome

Mari Oliveri, RN, joined Dr. Kovatchev's group as a Clinical Research Coordinator.

Sung Gon Yi, PhD, joined Dr. Li's lab as a statistician.

Announcements

Professor John O'Quigley, PhD, is now collaborating with us on research projects in the addiction field.

The Virginia Driving Safety Center of Excellence has launched a new clinical service. The brochure is attached to your email.

Incoming Intern Class for 2010-2011

Ivona Benkowska - Ben-Gurion University of the Negev
Andrew Chambers - Vanderbilt University School of Medicine
Nicolas Crall - Chicago College of Osteopathic Medicine of Midwestern University
Evelyn Escobar - University of Medicine & Dentistry of New Jersey/School of Osteopathic Medicine
Bradley Grant - Philadelphia College of Osteopathic Medicine
Kirsten Graslie - Sanford School of Medicine of the University of South Dakota
Crystal Hagood - Medical University of South Carolina
Melanie Melville - Universidad Francisco Marroquin
Peter Oliver - University of Virginia
Margarita Valladares - Escuela de Medicina Ignacio A. Santos

Meet our Fellows
Dr. Grace H. Chang

Dr. Grace H. Chang joined us in 2008. She is finishing her second year fellowship in Forensic Psychology.

She received her Ph.D. in Clinical Psychology from University of Nebraska-Lincoln with an emphasis in Forensic Psychology. She completed a one-year internship at the Department of Psychiatry and Behavioral Medicine at West Virginia University-Charleston Division.

During her graduate career, Grace began her forensic psychology training at a medium/maximum security mental health hospital conducting forensic-related assessments and evaluations, and providing trial competence restoration services. She also received training at the state penitentiary facilities conducting parole/custody evaluations and risk assessments. With regard to academic research, she was actively involved with threat assessment research projects, specifically examining risk factors associated with harassment and violent behaviors posed toward legislators, as well as written content-related criteria in detecting potential deception. After completing her fellowship at UVA this year, she will be joining a federal law enforcement agency working as a threat assessment researcher.

In her spare time, Grace enjoys outdoor activities including trail running, hiking in the mountains, and swimming in the ocean. She also enjoys traveling, reading, listening to music, singing, playing the piano, going to museums, coffee shops, movies, and trying new restaurants.

Meet our Residents
Dr. Jorge Castro-Alvear

Dr. Jorge Castro-Alvear joined our residency program in 2006. He will being his geriatric fellowship at UVa next academic year.

Jorge was born in Guayaquil, Ecuador and lived in Phoenix for a short period before returning to Ecuador to attend high school. He attended Georgetown University for his undergraduate program as well as for medical school. While at UVa, Jorge has been a vital part of the team at CARE. "Dr. Castro-Alvear has done a wonderful job at CARE during his elective rotation with us! We are proud of his accomplishments here and with the EMS!" - J Kim Penberthy

In the fall of 2008, Jorge joined the Albemarle County fire rescue department as a volunteer. Looking for more of a challenge, Jorge entered the fire academy during the summer of 2009. This past March, he graduated from the academy after completing a 20-week program consisting of 120+ hours of lecture and 80 hours of evolutions, which are practicals rehearsing fire attack, search and rescue and ventilation operations, and passing a state certification exam.

In his spare time, Jorge mentors a child through the local Big Brothers Big Sisters program and also enjoys practicing aikido, a form of Japanese martial arts. Jorge is an avid soccer fan and is looking forward to enjoying this summer by watching plenty of World Cup action!

Mark Your Calendar

Friday Neurobiology Lab Seminar Series

Spring 2010

Department of Psychiatry & NB Sciences
Center for Addiction Research & Education
Neurobiology Section Seminars

UVA North Fork Research Park
Location: UVA CARE Conference Room
Time and Date: 12:00pm - 1:00pm; Every other Friday
Boxed Lunch

April 30th
The Effect of Nicotine on Toll-Like Receptor Pathways
Wenyan Cui, Ph.D.

May 14th
Reciprocal and Efficacious Relationship Between Insomnia and Depression: A Model for Understanding Co-occurring Disorders
Nile Wagley, M.D.

Seminars will pick back up again in September

New Grants

Drs. Cox, Gonder-Frederick, Ritterband and Kovatchev secured an NIH stimulus package supplemental grant to upgrade their interactive internet introversion, BG*AT*Home.com, for adults with type 1 diabetes to improve their ability to anticipate and prevent, as well as detect and manage, extreme blood glucose levels.

Dr. Ritterband secured an R01: An Internet Intervention for Insomnia: Efficacy and Dissemination. National Institutes of Health / National Institute of Mental Health (Direct + Indirect = $2,885,606 for 2010-2015).

Awards, Appointments and Honors

Bernice A. Marcopulos, Ph.D., was awarded Fellow Status in Division 40 Clinical Neuropsychology of the American Psychological Association. Fellowship is an honor bestowed upon psychologists who have made an unusual and outstanding contribution to psychology on a national or international level.

Bernice A. Marcopulos, Ph.D., was also appointed to the American Psychological Association's Board of Scientific Affairs' Committee on Psychological Tests and Assessment (CPTA) effective January 1, 2010. This Committee "addresses all aspects of psychological testing and assessment across the variety of contexts in which psychological and behavioral tests [are administered]. Activities include monitoring federal legislation/ regulations governing the use of tests in schools, employment, and health services settings; promoting the proper use of assessment instruments; setting standards; and investigating cases that allegedly involve misuse or abuse of test instruments." (APA website)

Donna Broshek, Ph.D., represented the National Academy of Neuropsychology at the Brain Injury Awareness Fair on Capitol Hill on March 17.

Donna Broshek, Ph.D., was invited to be part of an expert panel on sports concussion by the NCAA and attended a summit on concussion practices in Indianapolis on April 9.

Donna Broshek, Ph.D., was featured on a NBC Channel 29 House Call segment to discuss the General Assembly bill to mandate sports concussion education and management in high schools and middle schools.

(Continued on page 9)

Farewell!

Wishing all the best to those who will be leaving the department shortly

Michelle D. Vaughan, Ph.D., Chief Fellow in Addictions, will be completing the second year of her post-doctoral fellowship this June and has accepted a tenure-track Assistant Professor position at Westminster College in Fulton, Missouri (outside of Columbia) starting in August. Through her position at Westminster, Dr. Vaughan will teach a wide range of undergraduate courses in psychology, including Addictive Behaviors, Human Sexual Behavior, Abnormal Psychology, Counseling Theories and Methods, and a Senior Seminar course for majors. She will also coordinate clinically-oriented internships for psychology majors and continue her research on risk and protective factors for substance use disorders in at-risk populations.

Christen Lambert, Research Specialist, is headed to Virginia Commonwealth University's Nursing School for the Accelerated Master's Program to become a Nurse Practitioner in Women's Health.

Chelsea Finn, Research Specialist, is headed to University of Virginia's Nursing School for the Accelerated Master's Program to become a Clinical Nurse Leader.

Jen Crosby, who worked at the Human Lab on 5 East, has taken a position with the SOM Research Administration department.

Billy Vernatter, who worked at the Human Lab on 5 East, has taken a nursing position with the dialysis facilities at the Medical Center.

Clinical Trial Announcement

Dr. Anita Clayton's Center for Psychiatry Clinical Research would like to invite all physicians to consider these clinical trials for their patients who may be eligible. We currently have clinical trials for:

Major Depressive Disorder
Potential subjects must be currently depressed and may be currently treated with an antidepressant.

Schizophrenia or Schizoaffective Disorder
Potential subjects must be on a stable dose of a neuroleptic for 3 months and can have type II diabetes or tardive dyskinesia or neither (they cannot have both). This study involves only an AIMS and blood draw. This study is also enrolling healthy volunteers as controls.

Bipolar I Depression
Potential subjects must be currently depressed, have a history of previous pharmacological treatment during a manic episode, and no other Axis I diagnoses.

Hypoactive Sexual Desire Disorder
Potential subjects must be surgically or naturally post-menopausal and cannot have other Axis I diagnoses.

If you think you have a patient who would benefit from being in one of our trials, please contact:
Rachel Bailey, MS (243-4631) or Royanne Dell, CCRC (243-4655) Or email **clinicaltrials@virginia.edu**

CURRENT ENROLLING STUDIES: IRB-HSR#13134, 13557, 14503, 14764, 14701

Publications & Posters

Alvarado, CS (2009). Online materials for the study of the history of hypnosis. *Psychological Hypnosis, 18*(2), 4-8, 12-13.

Barth, JT, Isler, W, Helmick, C, and Wingler, I (2010). Acute battlefield assessment of concussion/mTBI and return to duty evaluations. In C. Kennedy & J. Moore (Eds.) Military Neuropsychology. Springer, New York

Johannes, CB, **Clayton, AH,** Odom, DM, Rosen RC, Russo, PA, Shifren, JL, Monz, BR (2009). Distressing Sexual Problems in United States Women Revisited: Prevalence After Accounting for Depression. *Journal Clinical Psychiatry*, 70:12.

Clayton, AH, Dennerstein, L, Fisher, WA, Kingsberg, SA, Perelman, MA, Pyke, RE (2010). Standards for Clinical Trials in Sexual Dysfunction in women: Research Designs and Outcomes Assessment. *Journal Sexual Medicine*, 7:541-560.

Clayton, AH, Ninan, PT (2010). Depression or Menopause? Presentation and Management of Major Depressive Disorder in Perimenopausal and Postmenopausal Women. *Journal Clinical Psychiatry*, 12(1).

Cox DJ, Ford D, **Gonder-Frederick, LA,** Clark WL, Mazze R, Weinger K, **Ritterband L.** (2009) Driving Mishaps Among Individuals with Type 1 Diabetes Mellitus: A Prospective Study. *Diabetes Care*, 32: (12) 2177-2180.

Ritterband, LM, Thorndike, FP, Cox, DJ, Kovatchev, BP, & Gonder-Frederick, L (2009). A behavior change model for Internet interventions. *Annals of Behavioral Medicine.*

Cox CV, Moncrief R, Wharam R, Mourant R, **Cox DJ** (2009) Does virtual reality driving simulation training transfer to on-road driving in novice drivers? A pilot study. *Chronicle for Driver Education Professionals* 57 (1) 9-22.

Cox, DJ, Davis, M, Singh H, Barber B, **Nidiffer, FD, Trudel T,** Mourant R, Moncrief R (In Press). Driving Rehabilitation for Military Personnel Recovering from Traumatic Brain Injury using Virtual Reality Driving Simulation: A Feasibility Study, *Military Medicine*

Sim, DL; Bagavant, H; Scindia, YM; Ge, Y; **Gaskin, F**; Fu, SM; and Deshmukh, US (2009). Genetic Complementation Results in Augumented Autoantibody Responses to Lupus-associated Antigens. *J.Immunol.*; 183:3505-3511.

Jiang, C; Deshmukh, US; **Gaskin, F**; Bagavant, H; Hanson, J; David, CS; and Fu, SM (2010). Differential Responses to SmD Autoantigen by Mice with HLA-DR and HLA-DQ Transgenes: Dominant Responses by HLA-DR3 Transgenic Mice with Diversifications of Autoantibodies to snRNP, dsDNA and Nuclear Antigens. *J.Immunol.*; 184:1085-1091.

Publications & Posters

Johnson, BA (in press). Disulfiram. In Stolerman, IP (Ed.): Encyclopedia of Psychopharmacology, Springer Science+Business Media, New York, 2010.

Johnson, BA, Marzani-Nissen, G (in press). Alcohol: clinical aspects. In **Johnson, BA** (Ed.): Addiction Medicine: Science and Practice, Springer Science+Business Media, New York, 2010.

Johnson, BA, Ait-Daoud, N (in press). Pharmacotherapy for alcoholism and some related psychiatric and addictive disorders: scientific basis and clinical findings. In **Johnson, BA** (Ed.): Addiction Medicine: Science and Practice, Springer Science+Business Media, New York, 2010.

Johnson, BA (in press). Opportunities, challenges, and successes in the development of medicines for the treatment of addiction. In **Johnson, BA** (Ed.): Addiction Medicine: Science and Practice, Springer Science+Business Media, New York, 2010.

Johnson, BA (in press). Medicines to treat different types of alcoholism. *The American Journal of Psychiatry.*

Johnson, BA (in press). Pharmacologic treatment of alcohol abuse and dependence – I and II. *UpToDate*.

Johnson, BA, Ait-Daoud, N (in press). Topiramate in the new generation of drugs: efficacy in the treatment of alcoholic patients. *Current Pharmaceutical Design* (special issue: Old and new pharmacotherapies in the management of patients with alcohol dependence; Addolorato, G, Leggio, L, eds.)

Marcopulos, BA (2010). Everything You Wanted to Know About SVTs but Were Afraid to Ask. Neuropsychology of Malingering Casebook. Joel E. Morgan and Jerry J. Sweet (Eds.). 2009. New York: Psychology Press, 677 pp., $89.95 (HB). Journal of the International Neuropsychological Society, Volume 16, Issue 02, pp 395 - 397

Penberthy, JK, Ait-Daoud, N, Vaughan, MD, Fanning T. Review of Treatment for Cocaine Dependence. *Current Drug Abuse Reviews:* Pp. 49-62 *http://www.benthamdirect.org/pages/b_viewarticle.php?3158049*

Penberthy, JK, Wartella, JA & Vaughan, MD (in press). Cognitive behavioral therapy for addiction. In **Johnson, BA** (Ed.): Addiction Medicine: Science and Practice, Springer Science+Business Media, New York, 2010.

Penberthy, JK & Vaughan, MD. LGBT medical education at the University of Virginia: feedback from residents and faculty on two lectures. 2010 Academy of Distinguished Educators (ADE) medical education poster session.

More Publications & Posters

Ritterband, LM & Tate, DF (2009). The science of Internet interventions. *Annals of Behavioral Medicine*, 38, 1-3.

Ritterband, LM, Thorndike, FP, Gonder-Frederick, L, Magee, JC, Bailey, E, Saylor, DK, & Morin, CM (2009). Efficacy of an Internet-based behavioral intervention for adults with insomnia. *Archives of General Psychiatry*, 66(7), 692-698.

Magee, JC, Ritterband, LM, Thorndike, FP, Cox, DJ, & Borowitz, SM (2009). Exploring the relationship between parental worry about their child's health and usage of an Internet intervention for pediatric encopresis. *Journal of Pediatric Psychology*, 34, 530-538.

Ritterband, LM & Palermo, TM (2009). eHealth in Pediatric Psychology. *Journal of Pediatric Psychology*, 34, 453-456.

Thorndike, FP, Carlbring, P, Smyth, FL, Magee, JC, **Gonder-Frederick, L**, Ost, L, **Ritterband, LM** (2009). Web-based measurement: Effect of completing single or multiple items per webpage. *Computers in Human Behavior*, 25(2), 393-401.

Thorndike, FP (2009). Commentary: Interest in Internet interventions: An infant sleep program as illustration. *Journal of Pediatric Psychology*, 34, 470-473.

Short, D, Hawley, J, McCarthy, M (2009). Management of Schizophrenia with Medical Disorders: Cardiovascular, Pulmonary, and Gastrointestinal. *Psychiatric Clinics of North America*.

Warren, JI, Loper, AB, Komarovskaya (2009). Symptom patterns related to exposure among female inmates with and without a diagnosis of Post Traumatic Stress Disorder. *Journal of the American Academy of Psychiatry and the Law, 37(3),* 294-305.

Commentary by H.J Bursztajn: Inadequacy of the categorical approach of the DSM for diagnosing female inmates with Borderline Personality Disorders and/or PTSD.

Commentary by M Hackett: Trauma and female inmates: Why is witnessing more traumatic?

Beasley, J, Cramer, A, Beyers, K, Haynes, R, Berson, S, & **Warren, JI** (2009). Patterns of prior offending in child molester: A comparison of fatal and non-fatal outcomes. *International Journal of Forensic Sciences, 32.* 273-280.

Warren, JI, Duval, J, Komarovskaya, I, Chauhan, P, Buffington- Vollum, J &. **Ryan, E** (2010). Developing a forensic service delivery system for juveniles adjudicated incompetent to stand trial. *International Journal of Forensic Mental Health, 8, 245-263.*

Zingrone, NL, Alvarado, CS, & Cardeña, E (2010). Out-of-body experiences, physical body activity and posture: Responses from a survey conducted in Scotland. *Journal of Nervous and Mental Disease*, *198*, 163-165.

Presentations

Johnson, BA: Pills for the personalized treatment of alcoholism. Grand Rounds, Virginia Commonwealth University, Richmond, Virginia.

Johnson, BA, Liu, L (presenter), Ma, J: A multi-level two-part random effects model, with application to an alcohol dependence study, in the symposium titled "Innovations in statistical modeling of health outcomes – part I", chaired by M. Khare. The 8th International Conference on Health Policy Statistics (American Statistical Association), Washington, D.C., 2010.

Thorndike, F, Ritterband, L, Lord, H, Cox, D, & Borowitz, S (2009, October 16). The efficacy and acceptability of an Internet intervention plus treatment as usual for children with encopresis. In Frances Thorndike (Chair), Web-based Treatment in Pediatric Populations. Symposium conducted at the Fourth Meeting of the International Society for Research on Internet Interventions, Amsterdam, the Netherlands.

Ritterband, LM (2010, January 29). Use of the Internet for delivering psychological treatments. Paper presentation at the 36th Advanced International Winter Symposium: Addictive Disorders, Behavioral Health and Mental Health, Colorado Springs, Colorado.

Ritterband, LM (2010, January 29). Internet intervention for adult insomnia. Paper presentation at the 36th Advanced International Winter Symposium: Addictive Disorders, Behavioral Health and Mental Health, Colorado Springs, Colorado.

Tussey, CM & Marcopulos, BA (February, 2010). The Utility of Trial 1 of the TOMM in an Inpatient Population . Poster presented at the 38th meeting of the International Neuropsychological Society meeting, Acapulco, Mexico.

Penberthy, JK is coordinating and leading (as the North American Representative) the International Cognitive Behavioral Analysis System (CBASP) Annual Meeting on October 14-16, 2010 in Richmond, Virginia. The focus will be on CBASP Innovations and the Neurobiology of Change. We are presenting findings from fMRI data in Berlin and Bonn that demonstrate neurobiological changes in chronic depressives after treatment with CBASP! More information can be obtained at www.cbasp-network.org.

More Awards, Appointments and Honors

Genya Saunders, has achieved certification as a Professional in Human Resources.

Carlos S. Alvarado, Assistant Professor in the Department of Psychiatry & NB Sciences in the Division of Perceptual Studies, has been awarded the American Society for Clinical Hypnosis's Harold & Sherry Crasilneck Award for the Best Paper on Hypnosis, for his article, "Ambroise August Liébeault and Psychic Phenomena," published in the *American Journal of Clinical Hypnosis*, 52:111-21, 2009

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Edited by Ann E. Richards

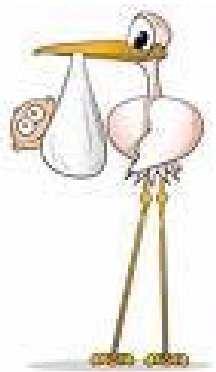
Please remember to email your stories and other information to Ann Richards for the next Ad Astra issue.

AD ASTRA

***AD ASTRA* is a quarterly newsletter created by the University of Virginia, Department of Psychiatry and Neurobehavioral Sciences. Our purpose is to keep the department informed of people and events that make this department at UVA extraordinary while promoting dialogue between researchers and staff.**

Congratulations!

Jaclyn Shepard, Psy.D., Medical Psychology Fellow in Behavioral Medicine, gave birth to a baby girl. Jackie and her husband Josh welcomed the arrival of Leila Alise Shepard on April 26, 2010. Mom and baby are doing well.



HealthFest at STAB

Residents **David Byrnes, David Meyer, Nicolas Canon**, and **Matthew Sachs** presented at St. Anne-Belfield School's HealthFest on February 26. The topics included substance abuse, cutting behavior, depression, and eating disorders. The high school students in attendance had nothing but rave reviews!

...Daniel Cox continued from page 1

Funded by the National Institutes of Health and the Department of Defense, this is actually the second generation of the simulator.

"Research that takes place here gets disseminated worldwide and has had worldwide impacts," **Cox** added.

The driving safety lab is now accepting patients. It cost $300 to participate. Results will not be given to the Department of Motor Vehicles. That $300 fee covers up to four sessions, and the cost is not covered by insurance.

For more information about the simulator, you can call the Virginia Driving Safety Lab at UVA at 434-924-5913.

Cartoon Corner!

"Let's set aside the role as the 'Bringer of Death' and explore your desire to dance."