

# ADASTRA

Volume 2, Issue 10

July 2008

## Inside this issue:

Ingersoll's paper Wins Shepard Award	3
CIAG Receives Funds	3
ILPPP Meeting for Changes in Civil Commitment Law	3
Resident and Fellow Graduation	4
Meet Pat Estes	5
DOPS Moves to New Location	5
Meet Brian Ablitz	6
Spotlight on Child and Adolescent Fellows	7
Publications	8
Presentations	9
Clinical Trials	10
New Additions	11
Grand Rounds	11

## 1st Artificial Pancreas Clinical Trial Performed at UVA

On June 19-20 the first worldwide artificial pancreas clinical trial using a personalized, individually-"prescribed", control algorithm was performed at UVA. The study uses the new technologies of subcutaneous continuous glucose monitoring and insulin delivery, linked by a new type of model-predictive control algorithm. The artificial pancreas system uses Navigator TM continuous glucose sensor (Abbott Diabetes Care), Omnipod insulin pump (Insulet Corp.), and proprietary control algorithm and software developed at UVA and in Italy. The attending physician Dr. Stacey Anderson and the engineering team, consisting of **Drs. Marc Breton and Boris Kovatchev**, spent the night at the GCRC observing the system performance, which exceeded expectations...*continued on page 2*

## Dr. Cox Receives New Grant for Driving Safety

**Dr. Daniel Cox** has just been awarded a new \$3.7 million grant from the NIH to further his studies in driving safety for diabetics. Dr. Cox, along with co-investigators **Drs. Linda Gonder-Frederick, Lee Ritterband, Karen Ingersoll, and Boris Kovatchev**, will lead a three phase study to examine ways of identifying those drivers with Type 1 Diabetes (T1DM) who are at high-risk of experiencing a hypoglycemia-related driving mishap in the next 12 months, and interventions that can reduce this risk.

During Phase I, the *Reanalysis Phase*, the team will work with an extensive and unique data set previously collected...*continued on page 2*

## Saathoff's Meeting with Assistant Secretary of Defense

On June 18, **Dr. Greg Saathoff**, Exec Director of the Critical Incident Analysis Group (CIAG), hosted a reception and dinner for the leaders of **Virginia's Wounded Warrior Program**.

Attendees included Commissioner Reinhard (Virginia DMHMRSAS), Veteran Affairs Commissioner Vince Burgess, former Senator and current CIAG Advisory Board Member Chuck Robb, CIAG co-chair Edwin Meese, and corporate executives in the insurance and defense industry, as well as community leaders. Dr. Saathoff was particularly impressed and encouraged by the attendance of Assistant Secretary of Defense for Health Affairs, **S. Ward Casscells M.D.**, who shared the following thoughts on the meeting:



"I was encouraged by their recognition that most veterans come home stronger and able to play a leading role in their communities. Those who come home shaken need our help until they get back on their feet. They do not want pity, but a chance to prove themselves in a job with a future. That is the best therapy. My hat is off to the hard-working, civic-minded Virginians."

The purpose of the meeting was to introduce community leaders to the Wounded Warrior Mental Health Initiative, designed to provide funding to expand treatment for mental-health disorders which effect nearly two-thirds of those returning from active military duty. Gov. Kaine approved the program on April 4, and it will go into effect on July 1.

## First Artificial Pancreas Trial *continued from page 1*

This experiment has two unique new features:

(1) The clinical trial and the control algorithm were designed and tested entirely in silico, via computer simulation, which was accepted by the FDA as a substitute to animal trials. This reduced the development time from several years to three months

(2) The model-predictive control is based on the following idea: a patient with type 1 diabetes is first screened and key individual metabolic parameters are determined. Then a model of that particular patient is built and is used to "prescribe" an individually-tailored control algorithm.

Complete results are expected by the end of this year. Similar clinical trials using the same system are scheduled to begin in Italy this month and in France in two months. We all hope that this trial is just the beginning of in silico-personalized treatment, and that physicians would be prescribing algorithms in the near future as easily as they prescribe pills now.



Dr. Kovatchev



Two identical systems running simultaneously

## Driving Safety *continued from page 1*



Data include over 1,700 drivers an international cross sectional survey. Instead of analyzing group differences, as had been done in prior studies, they will use the database to develop an item bank of diabetes driving risk factors and a CAT algorithm quantifying Diabetes

Driving Risk Profile specific to each person.

For the next 3 years they will evaluate the Risk Profile from a national sample and recruit those identified as high-risk for future driving mishaps, randomly assigning those recruited to a No-Treatment group and a Treatment Group. In Phase II, the *Assessment Phase*, they will prospectively evaluate the sensitivity/specificity of this Risk Profile in predicting future driving mishaps with this sample.

Phase III, the *Treatment phase*, will be a randomized clinical trial where the High Risk drivers for future driving mishaps would receive one of three

## Congratulations!

### Patti Spencer

Who will celebrate **35 years**  
in the Department on August 1st!

"doses" of treatment: 1) Static Information, 2) interactive, personalized Diabetes Driving Safety Training designed to reduce the occurrence of and better detect and treat hypoglycemia while driving, or 3) safety training plus motivational interviewing, with assessment of Risk Profiles pre and post intervention, and prospective follow-up for 12 months for driving mishaps.

The results of this project are intended to provide clinicians with a practical and accurate tool to identify high risk patients, provide these high risk drivers with effective treatment to reduce future driving mishaps and their associated costs, as well as help to decrease a prejudicial attitude often directed toward all T1DM drivers.

## Ingersoll's Paper Wins Award

Dr. Karen Ingersoll's Project CHOICES Efficacy Study recently received the Center for Disease Control's (CDC) highest honor, **the Charles C. Shepard Award**. The Awards recognize excellence in science achievement by CDC authors of outstanding scientific papers. They are given in honor Dr. Shepard, a former CDC scientist, whose career was marked by the pursuit of scientific excellence. The awards began in 1986 and are presented annually.



UVA released a press statement last January to coincide with the paper release date, which was met with media coverage in over 20 newspapers and online health news services in response to the paper. Check out the award winning paper yourself:

Floyd RL, Sobell M, Velasquez MM, Ingersoll K, Nettleman M, Sobell L, Dolan P, Mullen P, Ceperich S, von Sternberg K, Bolton B, Skarpness B, Nagaraja J, on behalf of the Project CHOICES Efficacy Study Group. (2007). Preventing alcohol-exposed pregnancies: A randomized controlled trial. *Am J Prev Med.* 2007;32:1-10.

PubMed ID: 17218187

Project  
C.H.O.I.C.E.S.

## CIAG Receives Funds to Shed Light on 'Suicide by Cop'

The Law Enforcement Legal Defense Fund will provide funding for **Dr. Saathoff** and his **Critical Incident Analysis Group** to conduct an international symposium to address the growing "suicide by cop" phenomenon. The phrase "suicide by cop" refers to the incidence when a person wishes to commit suicide, but is too cowardly to do so, instead takes hostages. After being surrounded by cops, he shows himself, perhaps firing a few shots as to entice the cops to shoot and kill him. It is a very traumatic experience for the cops involved who usually only become aware of true situation after killing the person by finding a suicide note.

The goal of the symposium is to present cases and shed new light on the problem. The symposium is scheduled to take place in Charlottesville this December. The Psychiatry Department's Institute of Law, Psychiatry, and Public Policy (ILPPP) will also participate.

## ILPPP Hosts Meeting to Address Changes to Civil Commitment Law

On June 4-5, the **Institute of Law, Psychiatry, and Public Policy (ILPPP)** hosted an *Overview of Civil Commitment Law and Changes made by the 2008 General Assembly* in an effort to promote a common understanding of the legislative changes facing the Commonwealth. There were over 300 people in attendance for the event at the Double-Tree Hotel, including several speakers and panels with representatives from mental health care providers to consumers of the mental health care system. Presenters from the Department of Psychiatry included **Richard Bonnie, Dr. Yad Yabbapour, and Dr. Bruce Cohen**, with several more in attendance.

The majority of the two-day workshop was devoted to discussing the changes that will go into effect on July 1, clarifying the language of the statutes, and exploring how the changes will affect actual practice and application. For example, the training offered fundamental information regarding obtaining emergency custody and temporary detention orders as well as adult and juvenile inpatient and outpatient civil commitment.

There was ample time allowed for questions from the audience, which proved to be an important forum for further discussion and clarification.

A highlight of the event was a talk given by long-time mental health care consumer, John Otenasek, who was diagnosed with schizophrenia at age 18 and is currently the Program Director of the Recovery Education and Creative Healing (REACH) Program, VOCAL Network. He provided the perspective of someone who has been through the health care system and is now taking the opportunity to use what he has learned through personal experience to contribute to the system.

The efforts of the ILPPP in bringing the community together was evident. The workshop provided an excellent opportunity for anyone involved in the mental health care system to clarify upcoming changes, understand the rationale behind the legislation, and to network with other professionals—all of which are sure to improve the quality of mental health care across the Commonwealth.

## Resident and Fellow Graduation– June 13th at The Greencroft Club



**Laura Covert**, Residency Coordinator, and **Dr. Ed Kantor**, Residency Director, gave many well wishes and awards to the departing residents and fellows while receiving many thanks themselves. This was a particularly special class of residents for Laura as they were the first group she has seen from their very first days of the program.



It must have been a special occasion...

**Dr. Kantor was wearing socks!** For a guy who you will usually find barefoot in his loafers, he was quite dressed up.



Chief Residents **Shane Rau** and **Kurt Miceli** presenting **Dr. Larry Merkel** with the Outpatient Faculty Teacher Award.

### Humanitarianism Award- Resident

Chosen by the residents for a humanitarian approach to the practice of psychiatry and medicine

**Sean Munnelly**

### Faculty Teaching Award- In Hospital

Elected yearly by the residents in recognition of excellence in didactic and clinical teaching in psychiatry in the hospital setting.

**Randy Canterbury**

### Faculty Teaching Award- Outpatient

Elected yearly by the residents in recognition of excellence in didactic and clinical teaching in psychiatry in the clinic or outpatient setting.

**Larry Merkel**

### Peer Commendation Award

nominated by resident physician peers, in recognition of outstanding contributions to the morale, camaraderie and support of fellow residents and the residency program mission

**Kurt Miceli**

### Nurses Commendation Award

nominated by residents, in recognition of outstanding contributions to the morale, camaraderie and support of residents and the mission of the residency program.

**Debbie French**

### The Scholarship Award

is chosen by the faculty for excellence in clinical and academic pursuits.

**Shane Rau**

### Golden Apple Teaching Award

The Child Psychiatry Faculty Teaching Award is determined by vote of the Fellows each year for excellence in teaching.

**Jim Tucker**

## A few more updates on the futures of our graduating residents ...

**Sean Munnelly, MD** has accepted a locum tenens position in Hawaii and will try to work in some patient time when surfing isn't good.

**Michael Ward, MD** – Michael graduated in March and has been in Charlottesville working at Western State Hospital.

**Jennifer Wabin, MD** will be traveling and doing locum tenens work over the next two years. Her first appointment is in Eureka California

**Mark Pajeau, MD** has accepted a fellowship at West Virginia University in Hematology Oncology.

## Administrative Spotlight on Pat Estes

Pat Estes joined the Psychiatry Department's Division of Perceptual Studies (DOPS) in '84, which is just where she has been since. She began as a manuscript typist for Dr. Ian Stevenson, who was the Director of DOPS at the time. She was very grateful that the material she was typing for 8 hours a day was so interesting! She is currently the office manager for DOPS which entails organizing all of the finances of the division, allocating funds to the proper projects, and assisting many of the international visitors from as far away as Iceland, Australia, Thailand and India. Pat really enjoys working with the great group of people that make up DOPS, **Dr. Greyson** and **Dr. Tucker** just to name a few, whom she describes as contentious and meticulous yet open and friendly.

Ladies and gentlemen...  
A REAL typewriter!



Since Pat's arrival in the Division of Perceptual Studies, she has done an outstanding job tracking their accounts, managing the day to day activities, and serving as "office manager extraordinaire" for the operation. She is always willing to do whatever it takes to get the job done and during the recent move was an invaluable help to everyone involved. Her interest and investment in DOPS shines through every day as she works hard to ensure that everything in the office is running smoothly.

In her free time Pat enjoys spending time with her family and her husband, Howard, who recently retired. She has two children: Amy who is an attorney in Woodbridge and Ryan who owns a local landscape business. Pat also enjoys reading and watching history television programs. She is currently in the planning phase of a trip to visit historical sites across the country.

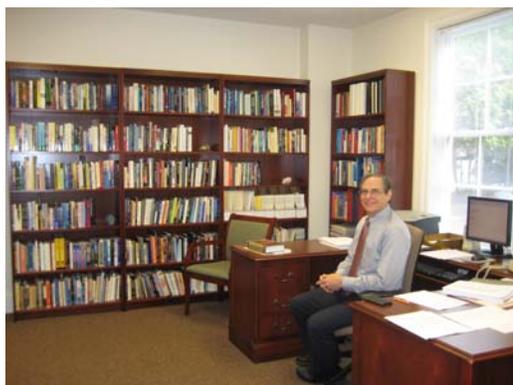
## DOPS has a New Place to Call Home

The Division of Perceptual Studies (DOPS) has finally moved from their old "character filled" building to a brand new two story facility in the Randolph Building located just minutes from the Downtown Mall on the corner of Market and Tenth street. In addition to the welcoming reception desk and bright and airy researcher and faculty offices, DOPPS also has enough space for a large library. The library, aptly named the *Ian Stevenson Memorial Library*, will house their 5000+ volumes donated by the former Director of DOPS himself as well as old photographs capturing moments throughout Dr. Stevenson's worldwide travels in the pursuit of research.

DOPS hopes to have an open-house for members of the Department in the Fall.



The  
Randolph  
Building



Dr. Greyson in his new office





## Meet Our Fellows

### ***Brian Ablitz, Psy.D.***

Brian is now officially a second year Neuropsychology Fellow. He received his Psy D in Clinical Psychology from the Illinois School of Professional Psychology in Chicago with an emphasis in behavioral health psychology and neuropsychology. He completed his internship year at Westside Neurorehabilitation Services, part of Neurorehabilitation Services at Goodwill, in Lewiston, Maine. Throughout his academic career Brian was very active in clinical and research activities focusing on behavioral health psychology and pain management. While at Westside he was a member of a research team that debunked the commonly held belief that rehabilitation over 2 years following brain injury was not efficacious. In fact, the team provided evidence that even up to 25 years following an injury, multidisciplinary neurorehabilitation can improve overall function. Take that insurance companies! His time as a fellow has not yet allowed opportunities for research, but he hopes to continue expanding upon his prior research, focusing on issues relative to neurorehabilitation.

Brian's fellowship takes him to UVA/Health South for 1 ½ days per week, and the remainder of the week to Woodrow Wilson Rehabilitation Center in Fishersville, VA. At Health South he provides inpatient rehab, bedside neuropsych testing, and therapy predominately for acquired brain injury and spinal cord injury patients. At Woodrow Wilson he serves a similar population, performing comprehensive neuropsychological evaluations and providing therapy for both outpatient and residential brain injury patients. Multidisciplinary team consultation and development of rehabilitation treatment planning are also included as part of his duties at Woodrow Wilson Rehab Center. Brian appreciates the different challenges and opportunities the two facilities offer, as well as the different roles a neuropsychologist plays in each setting. Previous to Health South, Brian had limited experience working within an inpatient setting, and is especially grateful for the exposure to new and, at times, very rare conditions. Upon completing his fellowship next year he hopes to continue pursuing a career within a rehabilitation setting where he looks forward to working intimately with an interdisciplinary team to provide the best overall patient care.

An avid runner, in his free time he has been training for the Peachtree 10k, which is the largest 10k in the world, and which will take place on July 4<sup>th</sup> in Atlanta, Georgia. He enjoys doing anything outdoors, particularly hiking and camping. Also, in the midst of his graduate studies he took a two year leave of absence and travelled to Israel to engage in an intense program of Judaic studies. He is still informally involved and working with the local Chabad Rabbi to develop a class on the Talmud, a series of books documenting the Jewish oral tradition.

#### ACHIEVEMENT

On June 23 **Dr. Mudhasir Bashir** qualified to be Board certified for a subspecialty in Geriatric Psychiatry. Congratulations!

#### ACHIEVEMENT

**Ben Wiseman**, UVA 4th year medical student, has won an *American Academy of Child and Adolescent Psychiatry-Summer Medical Student Fellowship* with our Department. He will be spending 12 weeks in Child Psychiatry starting the end of June in this mentored (**Dr. Burket**) clinical and research experience. His project concerns Telepsychiatry Satisfaction Outcomes and will be completed in our Child Psychiatry Telemedicine Clinic. This is a very competitive award, and the strength his proposal and background application were evident to the judges.

## Spotlight on Child and Adolescent Psychiatry Fellows

Each Child and Family fellow spends most of their time devoted to outpatient child psychiatry services, which include CBT, play therapy, medication management, and telemedicine. When not busy in the clinic or providing community services to Region 10, the fellows participate in academics, specifically in groups and lectures given by the Child and Family faculty. Within the two year program each fellow will also spend 6 months at the Commonwealth Center for Children and Adolescents (CCCA) in Staunton providing outpatient services. Opportunities for research at the moment include assisting **Dr. Burket** with his studies involving ADHD as well as analyzing data previously collected by Child and Family faculty and past fellows.

### Harry Sekhon, M.D.

Harry completed medical school in his homeland of India and afterwards spent a year working in a learning disability clinic and working in a forensic psychiatry hospital in England before crossing the sea to join the UVA Psychiatry residency program. He is now officially beginning his second year as a Child and Family fellow. He enjoys traveling and will be looking for a J1 visa waiver job for 3 years before settling in California, where much of his family is located. Harry sees himself continuing to work in the child and adolescent psychiatry arena, most likely in a clinical practice. Since his wife is currently a first year family medicine resident he comparatively has plenty of free time, in which he has picked up many hobbies including tennis, golf, hiking the trails around C'Ville and playing soccer on his Wii. He also enjoys reading Russian literature (in English...) and has spent the majority of June glued to the TV watching EURO 2008 Soccer games and Formula 1 racing.



### Aamir Mahmood, M.D.

Aamir received his M.D. in Pakistan where he then worked in an attachment clinic, followed by a tenure as a primary care physician and a teacher in a Medical School for 3 years before deciding to specialize in psychiatry. Aamir traveled back and forth from Pakistan to Detroit, where his wife was in residency at Henry Ford Hospital, from 1999-2003 before joining the residency program himself. He transferred to the residency program here at UVA due to his love of Charlottesville and Virginia...of course the program. After completing the fellowship next year Aamir plans to go into private practice in Northern Virginia seeing patients from child- to adulthood and perhaps performing research. While in the program Aamir has enjoyed the sense of connectedness among the residents and faculty, who he describes as helpful, supportive, and just plain nice. His free time is mostly devoted to his two children: his 7 ½ year old son and his 3 ½ year old daughter. Aamir and his son have just begun piano lessons together and he hopes that his love of music will rub off. He enjoys swimming and singing (he sang while in College) mostly Hindi songs. At any moment, busy or free, Aamir always appreciates the natural beauty of C'Ville.

### Heather Krausse, M.D.

Heather completed medical school at the nearby Virginia Commonwealth University's Medical College of Virginia. She was attracted to the residency program here at UVA because of the quality of training and the excellent atmosphere for learning, and thus it wasn't a hard decision to stay on for the fellowship years. After completing the fellowship program in the next year, Heather hopes to continue on into clinical practice. Her free time is typically spent playing with her three children, Luke, Maggie, and Shane.



## Publications

**Scott Bender** (2008). Malingered Traumatic Brain Injury. In R. Rogers (Ed.), *Clinical Assessment of Malingering and Deception*, Third Edition. New Jersey: Wiley.

Roache JD, Wang Y, **Nassima Ait-Daoud**, **Bankole Johnson**. Prediction of Serotonergic Treatment Efficacy Using Age of Onset and Type A/B Typologies of Alcoholism.

*Alcohol Clin Exp Res*. 2008 Jun 19.

**Lee Ritterband**, Ardalan, K., **Frances Thorndike**, **Joshua Magee**, **Drew Saylor**, **Dan Cox**, Sutphen, J. L., & Borowitz, S. M. (in press). Real world use of an Internet intervention for pediatric encopresis. *Journal of Medical Internet Research*.

**Joshua Magee**, **Lee Ritterband**, **Frances Thorndike**, **Dan Cox**, & Borowitz, S. M. (in press). Exploring the relationship between parental worry about their child's health and usage of an Internet intervention for pediatric encopresis. *Journal of Pediatric Psychology*.

Mourant, R., Rengarajan, P., **Dan Cox**, Lin, Yingzi, and Yaeger, B. K. "The Effect of Driving Environments on Simulator Sickness", *Proceedings of the 51st Annual Meeting of the Human Factors and Ergonomics Society*, Baltimore, MD, October, 2007, pages 1232-1236.

**Dan Cox**, **Melissa Moore**, **Roger Burket**, Wilson HK, **Larry Merkel**, Mikami AY, **Boris Kovatchev** (2008) Rebound effects with long-acting amphetamine or methylphenidate stimulant medication preparations among adolescent male drivers with attention deficit hyperactivity disorder. *J. Child & Adolescent Psychopharmacology*. 18 (1) 1-10.

**Linda Gonder-Frederick**, Zrebiec, J, **Andrea Bauchowitz**, Lee, J, **Dan Cox**, **Lee Ritterband**, **Boris Kovatchev**, Clarke, W. (2008) Detection of Hypoglycemia by Children With Type 1 Diabetes 6 to 11 Years of Age and Their Parents: A Field Study. *Pediatrics*, 121 (3) e489-495

**Dan Cox**, Mikami A, Cox BS, Coleman MT, **Aamir Mahmood**, Sood A, **Melissa Moore**, **Roger Burket**, **Larry Merkel**. (2008) Impact of Long-acting Methylphenidate on Routine Driving of Adolescents with Attention-Deficit/Hyperactivity Disorder (ADHD): two case reports. *Archives of Pediatric & Adolescent Medicine*. 162 (8) Aug.

Verster JC, **Dan Cox**. (2008) ADHD, methylphenidate & driving: Does some legislation endanger public health? *Journal of Psychopharmacology*, 22 (3): 227-229

**Bankole Johnson**, Rosenthal N, Capece JA, Wiegand F, Mao L, Beyers K, McKay A, **Nassima Ait-Daoud**, Addolorato G, Anton RF, Ciraulo DA, Kranzler HR, Mann K, O'Malley SS, Swift RM; Topiramate for Alcoholism Advisory Board; Topiramate for Alcoholism Study Group. Improvement of physical health and quality of life of alcohol-dependent individuals with topiramate treatment: US multisite randomized controlled trial. *Arch Intern Med*. 2008 Jun 9;168 (11):1188-99.



### In the news...

**Prof. Bankole Johnson and Dr. Nassima Ait-Daoud's** recent study publication drew media attention from over 40 print, broadcast and internet news outlets, from as far away as New Zealand, including U.S. News & World Report's print and internet editions and The study, published in the *Archives of Internal Medicine* on June 9, found that the drug topiramate could not only reduce heavy drinking but also improved the health of those who took it.

### In the news...

On June 19th, **Richard Bonnie**, Director of the Institute of Law, Psychiatry and Public Policy, was interviewed on NPR's *All Things Considered* for a story about a Supreme Court ruling that a criminal defendant found mentally competent to stand trial might not have the right to act as his own lawyer. Bonnie said he did not think the ruling would limit the rights of defendants to represent themselves. "This is about severe mental illness and lack of capacity to pay attention, to express coherent thoughts, somebody with severe mental disorganization who would unravel under stress," he said.

### SPECIAL RECOGNITION

**Dr. Ed Kantor** was invited to give two national presentations by the current and upcoming presidents of the **American Association of Emergency Psychiatry (AAEP)**. The first is a live webinar on psychiatry training in emergency and crisis. The second is a workshop and panel on resident education in emergency psychiatry at the APA spring meeting.

On another note, Dr. Kantor was invited to serve as a member of the **Mental Health Law Reform Commission on Future Mental Health Legislation**.

## Presentations

**Drs. Chriscelyn Tussey & Laura Campbell** gave a talk on June 13 entitled *Emotional adjustment after transplantation* at the Fifth Annual Living Well After Transplantation seminar hosted by the UVA Cardiopulmonary Transplant Department.

**Dr. Tussey** also presented for the Virginia Correctional Association and Virginia Probation and Parole in Virginia Beach on June 27. The topic was *Understanding Criminal Behavior in the 21st Century: A look inside the world of psychology and the American justice system*.

**Dr. Chris Bailey** presented a paper on *Motivation and Neuropsychological Performance Following Sports-Related Concussion in College Athletes* at the American College of Sports Medicine conference in Indianapolis, IN, on May 28th.

**Dr. Chris Bailey** also presented a poster with **Dr. Bernice Marcopulos** titled *Feigned Versus Legitimate Cognitive Impairment in an Inpatient Psychiatric Population: Issues of Specificity in the Assessment of Cognitive Malingering* at the American Academy of Clinical Neuropsychology conference in Boston, MA, on June 19th.

**Lee Ritterband** will present on *Evaluation of an Internet intervention for adult insomnia* with co-authors **Frances Thorndike, Linda Gonder-Frederick, Joshua Magee, Elaine Bailey, Drew Saylor, & Morin, C, and...**

**Thorndike, Ritterband, Magee, Saylor, Bailey, and Gonder-Frederick** will present the poster *Sleep symptom changes while using an Internet intervention for insomnia* at the 19th Congress of the European Sleep Research Society, SECC in Glasgow, Scotland on September 12th.

## CLINICAL TRIALS

**Dr. Anita Clayton's** Center for Psychiatry Clinical Research would like to invite all physicians to consider one of our clinical trials for all of their patients. We currently have clinical trials for:

**Hypoactive Sexual Desire Disorder**  
**Bipolar Depression**  
**Generalized Anxiety Disorder**

Potential subjects should not have more than this primary diagnosis that meet Axis I criteria. If you think you have a subject who would benefit from being in one of our trials, please call

**Royanne Dell, CCRC (243-4655) or**  
**Catherine Morrisette, CCRC (243-4631)**

### CURRENT STUDIES

IRB-HSR#13557  
 IRB-HSR#13351  
 IRB-HSR#13134

**Drs. Lee Ritterband and Lora Baum** are conducting a research study on **Insomnia in Cancer Patients**. Adult participants who are in remission from cancer and experiencing disturbed sleep will receive access to an Internet insomnia intervention called SHUTi, as well as to self-hypnosis recordings. They will also attend an in-person interview, fill out online questionnaires at the beginning, middle, and end of the study, and track their sleep patterns daily for 4 months. Compensation is \$100 for completion of the study. If you know of a potential participant, please have the contact the project coordinator:

**Elaine Bailey, Ph.D.**  
**(434) 924-2097**  
**study@shuti.net**

IRB-HSR# 13685



**CART Project**  
**Dr. Karen Ingersoll** looking for volunteers for a research study testing an investigational counseling method, and if you are HIV positive and sometimes use cocaine. Compensation is up to \$300 for completing 3 assessment sessions and 6 treatment visits over the course of 5-6 months.

Call toll-free at **866-485-5226**  
 email **cartproject@virginia.edu**.

IRB-HSR #12235



**Dr. Bankole Johnson and Dr. Nassima Ait-Daoud** are currently recruiting **alcohol and cocaine users for both in-patient and out-patient clinical trials**.

The out-patient trials include eight or thirteen weeks of treatment to test the efficacy of medications to treat alcohol and/or cocaine dependence in combination with therapy and other forms of intervention. Subjects are compensated between \$260 and \$475 for treatment study completion. For alcohol and cocaine users not seeking treatment, the in-patient studies include two nine-week stays at the UVA hospital and participants are compensated up to \$1900 for study completion.

**Mindy Borszich**

**1-888-882-2345**

### CURRENT STUDIES

IRB-HSR# 12350	IRB-HSR# 12381
IRB-HSR# 11578	IRB-HSR# 12790
IRB-HSR# 13419	IRB-HSR# 11599
IRB-HSR# 11620	IRB-HSR# 13201

### ATX Alcohol Study

**Dr. Heather M. Haughey** is seeking volunteers ages 21 to 45 for a new investigational medication study examining **cravings for alcohol**. Participants will take two 5-day periods of an investigational medication (Strattera®) and make 5 outpatient visits to the UVa C.A.R.E. Clinic. Compensation is \$150.

**Phone: (888) UVA-2345**  
**ask for ATX Study**

HSR #13464



### Project EARLY

**Dr. Karen Ingersoll** is looking for 18-44 year old women who are sexually active and drink alcohol. Women who volunteer and are eligible will be asked to provide information about their health behaviors and to take part in a one-time meeting with a counselor lasting between one and two hours and two follow-up meetings in 3- and 6-months. Women will receive up to \$175 in reimbursement for their time.

**(866) 485-5226**

IRB-HSR #12794





DEPARTMENT OF  
PSYCHIATRY AND  
NEUROBEHAVIORAL  
SCIENCES

Phone: 434-982-4116  
Fax: 434-924-5149  
cmn3j@virginia.edu  
Box 800623  
Charlottesville, VA

22908

Ad Astra ONLINE  
[www.healthsystem.virginia.edu/  
internet/  
psychiatric/  
AdAstra.cfm](http://www.healthsystem.virginia.edu/internet/psychiatric/AdAstra.cfm)

**Edited by  
Caitlin Novero**

**AD ASTRA** is the monthly 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.

### **GRAND ROUNDS**

Camp Heart Auditorium

Off for the summer...

The next Grand Rounds will be

**August 12**

with

Yad M. Jabbarpour, MD, DFAPA

### **Neurobiology Section Lunch Seminar Series**

North Fork Research Park

Off for the summer...

See you in September!

## **Welcome to the Department**

### **Robert Johnston**

...who has joined Karen Ingersoll's group as a temporary research specialist. On July 21 he will take over for Leah Farrell on a permanent basis.

### **Jennifer Hetteema, Ph.D.**

...from the University of San Francisco will begin work with Karen Ingersoll's EARLY and CART studies. She is an experienced motivational interview instructor and a General Psychology teacher.

Note from the Editor...

Thank you all for your growing participation and interest in Ad Astra! This publication has become just what we intended it to be: a common ground between researchers and practitioners, faculty and staff. I have truly enjoyed watching all ends of the Department come together this year. While I will be leaving my post as a Research Specialist in the Department to begin my own Ph.D. this month, I will return in September to continue creating Ad Astra. So keep sending in those stories! Have a wonderful summer.

My best,

Caitlin

**Please continue to send your news, upcoming events, recently published articles, and presentations for the next issue!**