

First Issue of 2011!!



Dr. Jason Freeman was recently featured in WCAV's 'Sargent Solutions: Exercise Addiction.' Find the article below.

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More and more people are heading to the gym in an effort to lose weight, however working out can quickly become a dangerous addiction. This week's Sargent Solutions highlights a problem that affects hundreds of thousands of people across the nation.

"In my case, exercise became a coping mechanism," said Kate Bruno.

Bruno said that she suffered from anorexia at age 11, which sparked her compulsion for excessive exercise.

"It actually was not about so much my weight as it might have seemed on the surface, but about much more about depending upon this activity and the stimulus that the chemicals in my brain provided," said Bruno.

For Bruno, it took years of treatment to learn to cope with the anxiety, which she believes stemmed from

puberty and wanting to hold onto her childhood.

"I think the first thing to recognize is, that the rest of my life isn't going according to plan, my fitness is actually controlling me, as opposed to me controlling my fitness," noted Bruno.

Similar to a drug addiction, those addicted to exercise rely on needing more and more exercise to receive enough of an adrenaline rush to satisfy the brain.

"Really it's about trying to find alternative strategies or behaviors that can take over the same kind of reward that the exercise was producing for the individual," explained **Dr. Jason Freeman, PhD, of the University of Virginia Health System.**

(Continued on page 3)

Staff Spotlight on *Laura Brown*



Laura Helen Brown initially joined UVA and the Department of Psychiatry & NB Sciences in November 2006 working as an Access Specialist in the Northridge outpatient clinic. In February 2009, she began working part-time on the academic side as a temporary employee, where she learned a lot about the business of human resources. In October 2010, Laura officially began working for the department full time as a Human Resources Specialist and is happy for the contribution she can make.

Laura's proudest achievements are earning her Bachelor's Degree in Psychology from George Mason University in 2003 and raising her two sons, Wesley, 13, and Anthony, 10. Outside of work, Laura currently coaches two Destination Imagination teams. She enjoys reading, cooking, hiking, watching movies and talking politics with her husband, Mike. Laura just finished reading Ayn

Rand's *Anthem* and is now looking for something else to read. If you have any suggestions, please let her know!

Clinical Trial Announcement

Dr. Bankole Johnson and Dr. Nassima Ait-Daoud would like to invite all physicians to consider these clinical trials for their patients who may be eligible. These studies are available through **UVA C.A.R.E.** We are currently conducting the following clinical trials:

Trial to Assess the Efficacy of Varenicline Tartrate for Alcohol Dependence

For alcohol-dependent adults 18 or older who are interested in reducing or stopping their intake of alcohol. The study is testing the effectiveness of varenicline on the drinking levels of the participants. IRB-HSC#15288.

Combining Medications for the Treatment of Alcoholism

For alcohol-dependent adults 18 or older who are interested in reducing or stopping their intake of alcohol. The study is testing the effect of topiramate and ondansetron on the cravings for alcohol. IRB-HSR#11599.

Ondansetron for the Treatment of Heavy Drinking Among Emerging Adults

For binge drinkers and alcohol-dependent drinkers ages 18 to 25 to test the effects of ondansetron on the drinking levels of young adults. IRB-HSR#13610.

Effectiveness of Topiramate in Treating Cocaine-Dependent Individuals

For cocaine users 18 or older who are interested in discontinuing their use of cocaine. The purpose of the study is to test the effectiveness of topiramate on the cravings for cocaine. IRB-HSR#11578.

(Continued on page 7)

Meet our Fellows: *Sarah Neely, MD*

Dr. Sarah Neely began her training at UVA as a Psychiatry Resident in 2006 and will graduate from the Child and Adolescent Psychiatry Fellowship program this summer. Sarah has greatly enjoyed the program and the many opportunities she has had

to explore outside of the department, especially medical missions. Sarah's passion for medical missions began in medical school at Emory University where she participated in missions trips to Peru, Costa Rica, and Kenya. Throughout her residency and into her fellowship Sarah has served in Honduras and, most extensively, Haiti. She has found that she is most drawn to serving in countries with the greatest needs.

In her first fellowship year, Sarah had the opportunity to go to Haiti. After her initial visit to Haiti in 2009, Sarah became the psychiatry consultant to a Haitian healthcare worker organization, Vwazen Nou ("our neighbor" in Creole), which was started by a friend and fellow church-member. As a psychiatry consultant, Sarah helps to make the formulary provided for each clinic trip, sets protocols for psychiatric illness for other physicians, teaches the healthcare workers about psychiatric issues, and participates in meetings regarding the development of the healthcare worker program.

During her second trip to Haiti, in January 2010, Sarah was in the church teaching the Haitian healthcare workers about depression and anxiety when the earthquake occurred. While it was a traumatic time, Sarah was glad that she was able to be of assistance during the crisis. In fact,



Sarah and her friend were able to use supplies that they had just received and unpacked that day to care for the many wounded who poured into the church over the next several hours. While many of their Haitian friends and family were lost, including their

Haitian grandmother with whom Sarah and her friend were staying, everyone at the church survived. Since then Sarah has returned to Haiti to help rebuild, once for a medical clinic and once for a PIH conference with the healthcare workers on emergency care and PTSD.

After graduation, Sarah hopes to continue work in Haiti when she moves back to Atlanta by helping churches there establish relationships with other sister churches in Port-au-Prince where there is a need.

...Freeman article continued from page 1

Alternatives such as hobbies and other social outlets can help. Once Bruno had control of her eating disorder, she began to look at exercise in a different light.

"I got very involved in weight lifting and actually decided that I was going to motivate myself to be stronger and a better athlete," said Bruno.

Now that Bruno has found a healthy balance in her exercise, she teaches others to do the same in her own gym. She is a registered dietitian and certified fitness trainer.

"For me it was very rewarding to feel that exercise didn't hold me hostage anymore. I felt like I was in charge of when and why and how I wanted to do it," said Bruno.

Institute of Law, Psychiatry, and Public Policy Announcement

Upcoming Advanced Seminars for Forensic, Criminal Justice, and Other Professionals

Violence Risk Assessment, Structured Professional Judgment, and the HCR:20

March 1, 2011 Charlottesville, VA

Laura Guy, PhD, University of Massachusetts School of Medicine

Assessing Trial Competence: Beyond the Basics

April 6, 2011 Charlottesville, VA

Patricia Zapf, PhD, John Jay College of Criminal Justice, City University of New York

*Each program is expected to convey 6 hours of Continuing Education contact hours or credits of interest to physicians, psychologists, attorneys and others.
Hour(s) or credit(s) for ethics of professional practice may be available.*

Welcome New Faculty and Staff Members!

Dr. Vishal Madaan - Assistant Professor in Child and Family Psychiatry

Patrick Keith-Hynes - Instructor for Dr. Kovatchev's group - 11/01/2010

Bhagirathi Dash - Research Associate for Dr. Li - 11/29/2010

Amanda Nizam - Research Specialist at Charlottesville UVA CARE - 12/06/2010

Candice Wills - Grants Administrative Specialist - 1/19/11

Grants, Awards and Honors

Dr. Jeffrey T. Barth is the PI of a collaborative project with UTHSCA entitled, "Assessment of Traumatic Brain Injury & Posttraumatic Stress Disorder After Blast." It is a three year project with a total award of \$105,937.

Dr. Donna Broshek is the PI of a collaborative SBIR Phase II project with a group in Florida.

Dr. Roger Burket and **Dr. Kim Penberthy** are on the UVA School of Medicine Admissions Committee and have been active in interviewing applicants for medical school this fall and winter.

Dr. Kim Penberthy and **Greg Benham** have been invited to participate in the Leaders in Academic Matters program (LAM).

Dr. Matthew Sachs was awarded a "Google Earth Pro Grants for Educators" worth \$350 for his project "Using Geographic Information Systems (GIS) to Plot Patient Demographics and Determine Future Placements of Telemedicine Sites."

Dr. Nassima Ait-Daoud Tiouririne passed the 2010 American Board of Addition Medicine Certification Examination in December.

Institute of Law, Psychiatry, and Public Policy Announcement

Second Advanced Juvenile Program: April 29, 2011 Charlottesville, VA

Assessment Issues with Juveniles - 1: The Teen Brain: Insight from Neuroimaging:

Jay Giedd, MD, NIMH Child Psychiatry

Assessment Issues with Juveniles – 2: Prodromal Syndrome for First Onset Psychosis - The PRIME North America Study:

Diana O Perkins, MD, Professor of Psychiatry, University of
North Carolina

Identifying Pathways to Child Prostitution: A Process of Indoctrination and Control:

SSA Terri Patterson, FBI Unit on Child Abduction and Child Murder

*Each program is expected to convey 6 hours of Continuing Education contact hours or credits of
interest to physicians, psychologists, attorneys and others.*

Hour(s) or credit(s) for ethics of professional practice may be available.



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:

Treatment-Resistant Major Depressive Disorder

Potential subjects must be age 18-65, non-smokers who are currently depressed and having <50% improvement from their current antidepressant treatment. The study is testing an add-on therapy to SSRI's.

Major Depressive Disorder in Peri and Postmenopausal Women

Potential subjects must be age 40-70 and depressed for at least 2 weeks. The study is testing a different dose of an approved antidepressant.

Female Hypoactive Sexual Desire Disorder

Potential subjects must be surgically or naturally post-menopausal, experiencing decreased desire, and meet other criteria. The study is testing a low dose of topical testosterone.

Schizophrenia or Schizoaffective Disorder

Potential subjects must be on a stable dose of a neuroleptic for 1 month and can have type II diabetes or tardive dyskinesia or neither (they cannot have both). This study involves only an AIMS and blood draw.

If you have a patient who may be eligible to participate in one of our trials, please contact:

Rachel Bailey, MS; Phone: 243-4631; Email: RB6ST@virginia.edu

CURRENT ENROLLING STUDIES

IRB-HSR#13134, 13557, 14701, 15036, 15086

Publications

Bonnie, R (2010). Should a personality disorder qualify as a mental disease in insanity adjudication? *Journal of Law, Medicine and Ethics*.

Clayton, AH, et al. (2010). Validation of the sexual interest and desire inventory-female in hypoactive sexual desire disorder. *J Sex Med*, 7(12):3918-28.

Carnahan, LF, Ritterband, LM, Bailey, E, Thorndike, FP, Lord, HR, Baum, LD. (2010). Results from a study examining the feasibility and preliminary efficacy of a self-hypnosis intervention available on the Web for cancer survivors with insomnia. *E-Journal of Applied Psychology*, 6(2).

Falk, D, **Wang, XQ, Liu, L**, Fertig, J, Mattson, M, Ryan, M, **Johnson, B**, Stout, R, Litten, RZ. (2010). Percentage of subjects with no heavy drinking days: evaluation as an efficacy endpoint for alcohol clinical trials. *Alcoholism: Clinical and Experimental Research* 34(12):2022-34.

Johnson, BA, Elkashef, AM, **Seneviratne, C, Ait-Daoud, N**, Kahn, R, Li, SH, Bloch, DA, Holmes, TH, **Wang, XQ**, Vocci, FJ, Jr., **Li, MD**. (2010). Methamphetamine Study Group: Association between genotype of the serotonin transporter-linked polymorphic region of the serotonin transporter gene and age of onset of methamphetamine use: a preliminary analysis. *Frontiers in Addictive Disorders*, 1(Article 145):1-8.

Johnson, BA, Ait-Daoud, N, Seneviratne, C, Roache, JD, Javors, MA, **Wang, XQ, Liu, L, Penberthy, JK**, DiClemente, CC, **Li, MD**. (2011). Pharmacogenetic approach at the serotonin transporter gene as a method of reducing the severity of alcohol drinking. *Am J Psych* 168 (in press).

Johnson, BA, et al. (2011). Should the reorganization of addiction-related research across all the National Institutes of Health be structural?—The devil is truly in the details. *Alcoholism: Clinical and Experimental Research* 35 (in press).

Lynch, WJ, Sofouglu, M. (2010). Progesterone as a treatment for nicotine addiction: evidence from initiation to relapse prevention. *Experimental and Clinical Psychopharmacology*, 18(6):451-61.

Lynch, WJ, Piehl, KB, Acosta, G, Peterson, AB, Hemby, SE. (2010). Aerobic exercise attenuates cocaine-craving and associated neuroadaptations in the prefrontal cortex. *Biol Psych*, 68(8):774-7.

Penberthy, JK, Hook, JN, Vaughan, MD, Davis, DE, **Wagley, JN**, DiClemente, CC, **Johnson, BA** (in press). Impact of Motivational Changes on Drinking Outcomes in Pharmacobehavioral Treatment for Alcohol Dependence. *Alcoholism: Clinical and Experimental Research*.

Marks, DM, **Shah, MJ**, et al. (2009) Serotonin-norepinephrine reuptake inhibitors for pain control: premise and promise. *Current Neuropharmacology*, 7(4):331-6.

Pae, CU, Marks, DM, **Shah, M**, Han, C, Ham, BJ, Patkar, AA, Masand, PS. (2009). Milnacipran: beyond a role of antidepressant. *Clin Neuropharmacol*, 32(6):355-63.

Presentations and Invited Events

Dr. Donna Broshek represented the National Academy of Neuropsychology at the *National Forum on Youth Sport Concussion: Taking Action, State by State* on January 14, 2011.

Dr. Wendy Lynch presented, 'Sex differences in the molecular mechanisms of addiction' at the 5th International Congress on Gender Medicine in Tel Aviv, Israel, November 2010.

Dr. Wendy Lynch presented, 'Sex differences in drug addiction: a translational perspective' at the Human Nature – Women Mental Health, Canadian Institutes on Health Research in Montreal, Canada, January 2011.

2010 Day of Caring

Members of our Department participated in UVA's 2010 Day of Caring on September 22. They volunteered their time cleaning up the Oakland School here in Charlottesville.



(Continued from Page 2)

Clinical Trial Announcement *(continued)*

New Medication Treatment for Stimulant Dependence

For cocaine users 18 or older who are interested in discontinuing their use of cocaine. The study is testing the effectiveness of ondansetron on the cravings for cocaine. IRB-HSR # 13419.

Novel Pharmacotherapy for Dual Dependence

For adults 18 or older with dependencies on both alcohol and cocaine who are interested in reducing or stopping the use of both substances. The study is testing the effectiveness of topiramate on the cravings for alcohol and cocaine. IRB-HSR # 11620.

If you have a patient who may be eligible to participate in one of our trials, please contact:

UVA CARE/ Charlottesville/ Richmond

Tel: 434.243.0541 or toll-free 888.882.2345

E-mail: uvacare@virginia.edu

www.medicine.virginia.edu (look under Community Service> Centers> UVA C.A.R.E.)



Department Holiday Party January 14, 2011



A big thanks to everyone who attended. The Department donated 254 pounds of food to the Thomas Jefferson Area Food Bank.



Dancing...



Food...

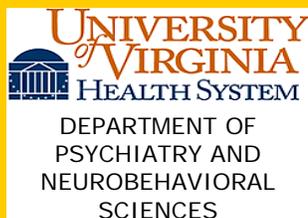


Barbies...



...And fun had by all!





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.



NEUROBIOLOGY LAB SERIES
Conference Room at UVa CARE

FEBRUARY 11, 2011

IDENTIFICATION OF N-TERMINAL, EXTRACELLULAR DOMAIN OR OTHER DETERMINANTS IN ACETYLCHOLINE RECEPTOR (nAChR) $\alpha 6$ SUBUNITS THAT INFLUENCE EFFECTS OF WILD-TYPE OR MUTANT $\beta 3$ SUBUNITS ON FUNCTION OF $\alpha 6\beta 2^*$ - OR $\alpha 6\beta 4^*$ -NACHRS

BHAGIRATHI DASH, PH.D

FEBRUARY 25, 2011

TBD

TIANHUA "TIM" NIU, PH.D.

MARCH 25, 2011

TBD

CHAMINDI SENEVIRATNE

APRIL 15, 2011; APRIL 29, 2011; MAY 27, 2011— TBD

MAY 13, 2011

TBD

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Please remember to
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AD ASTRA

Cartoon Corner!



LYNCH