

**Inside this issue:**

**Staff Spotlight, 2**  
**Announcements,**  
**Promotions, New**  
**Employees,**

**Meet our Fellows 3**

**Presentations, 4**  
**Grants, Awards,**  
**Appointments &**  
**Honors**

**Staff Farewell & 5**  
**Clinical Trial**  
**Announcements**

**Publications, 6-7**  
**Posters &**  
**Presentations**

**Saathoff story 8**  
**continued**

**Grand Rounds, 9**  
**Baby Announce-**  
**ment & Cartoon**  
**Corner**

# AD ASTRA

July 2010

## Happy Summer to Everyone!

Hopefully everyone has been enjoying this HOT  
Charlottesville summer!

Here is the Summer edition of Ad Astra!



Our very own **Dr. Gregory b. Saathoff** was featured in the July 4th edition of The Daily Progress regarding his new book....here are some highlights.

### UVa doctors pen book on criminal poisoning

By Tasha Kates

Poisoning symptoms can be different every time — nausea, seizures, skin discoloration, double vision and more. Determining that a patient has been poisoned takes a team of doctors, specialists and psychologists, plus law enforcement if the poisoning is a crime.

To ensure that all these professionals can work together easily, two University of Virginia doctors have helped co-author a new manual called "Criminal Poisoning: Clinical and Forensic Perspectives."

**Dr. Gregory B. Saathoff**, associate professor of research in psychiatry and neurobehavioral sciences and associate professor of emergency medicine at UVA, said the book helps create a common language for the professionals.

"One of the big goals with this book is to really bring the disciplines together," **Saathoff** said. "The poisoner succeeds when the various disciplines are not communicating."

The book points out that the FBI's Uniform Crime Report shows that 0.16 percent, or 638 of 389,756 homicides between 1980 and 1999, were poisonings. Although the total number of homicides decreased about 8 percent in that time period, homicidal poisonings increased by 18 percent.

Dr. Christopher P. Holstege, the book's co-author and chief of UVA's Division of Medical Toxicology and associate professor of emergency medicine and pediatrics, said the federal statistics might be misleading.

(continued on page 8)

### Staff Spotlight on *Ann Richards*



**Ann Richards** joined the Department of Psychiatry and Neurobehavioral Sciences in December 2009 as a Research Specialist.

Ann moved from Boston where she spent four years working as a Clinical Research Coordinator for the Tobacco Research and Treatment Center at Massachusetts General Hospital. Before moving to Boston, Ann was at the University of Rochester completing her undergraduate degree.

At UVa, Ann serves as the editor for Ad Astra and provides research support for Professor Johnson and Dr. Ait-Daoud. Many of the faculty members have received emails from Ann regarding the department's "Handbook", as she has been the lead person for coordinating and organizing this project. Ann is also serving as study coordinator for a multi-site trial which is just getting underway.

Ann has really enjoyed her time living in Charlottesville so far (except for the snow, which she thought she'd be escaping from for the first time in her life!). In her spare time, Ann is a coach for the Piedmont YMCA swim team, also known as CYAC. She enjoys traveling to Washington DC, where her sister lives, and loves stopping along the way to go to Wegman's grocery store on 29N! (If you have never been, I highly recommend checking it out!)

Ann's fiancé, Josh Evans, is currently a student at the Darden School of Business and the couple are currently preparing for their wedding on August 14 on the North Fork of Long Island.

#### **Announcements**

**Lenny Marcus, M.D.**, is holding MBSR groups (Mindfulness Based Stress Reduction) every Tuesday and Thursday afternoons at the Salem VAMC for veterans suffering from PTSD and other anxiety and depressive disorders.

#### **Promotions**

**Wendy Lynch, Ph.D.** and **Scott D. Bender, Ph.D., ABPP**, have both been recently promoted from Assistant to Associate Professors.

**Congratulations!**

### **Welcome new staff members!**

**Xing Tang**, joined the department on June 21 as a research assistant for Ming Li's group.

**Jason Franklin**, joined the department on July 12 as a research specialist also working with Ming Li's group.

**Molly McElwee**, joined the department on July 19 as a clinical research coordinator for Boris Kovatchev's group.

**Karen Vajda**, joined the department on July 20 as a research specialist for Dr. Gonder-Frederick's group.

## Meet our Fellows

**Dr. Adrienne Turner** started her training in the summer of 2005 as an Intern in the Psychiatric Medicine Residency program. Five years later, she is still in the program, and is now Chief Fellow completing her last year of training, focusing on Child and Adolescent Psychiatry.

Adrienne decided to focus on Child Psychiatry in her fourth, and last year, of training in the adult Psychiatry Residency Program. It was the year that she rotated through the Child and Family Psychiatric outpatient clinic, when she realized that she was meant to be there all along. Despite the fact that doing a fellowship would add another 2 years to her training, it was an easy decision in the end.

One of Adrienne's interests is sharing her joy of child psychiatry with medical students and other residents. She has enjoyed teaching both while in the clinic and while lecturing during the Basic Sciences Seminars for the fourth year medical students. She has had an interest in research since winning first place at her Elementary

school science fair. Her more recent work has been survey-based studies at both the Adult and Child Psychiatric clinics, which lead to a poster presentation at the APA annual meeting and winning the Young Scientist Award in 2009. She is currently first author of a manuscript based on one of these studies. The manuscript has been submitted for publication.



Adrienne met her fiancé, Steve Johnson, in Charlottesville during her intern year. He was the "Trivia Master" at a local restaurant where she and a fellow resident frequented on Tuesdays to test their knowledge and see the cute trivia guy. Adrienne and Steve will be married this September.

## The Medical Psychology Fellowship Program would like to welcome the following new postdoctoral fellows for the 2010-2011 academic year

**Christina Hill** - Addictions

**Ninoska DeBraganza** - Behavioral Medicine

**Cale Palmer** - Behavioral Medicine (Rehabilitation)

**Kimberly Mercer** - Behavioral Psychology

**Lisa Yee Kan** - Forensic Psychology

**Anthony DeMarco** - Neuropsychology

**J. Porter Evans** - Neuropsychology (Military - USN)

**Judy Kelly** - Neuropsychology (Military - USAF)

**Shawna Lynch-Chee** - Neuropsychology (Military - USN)

**Heidi Rossetti** - Neuropsychology

## Presentations

**Barth, JT**, Management of the acute consequences of TBI in football: To play or not to play. Johns Hopkins Medicine: TBI in Professional Football: An Evidence Based Perspective, Washington DC, June 2, 2010.

**Barth, JT**, Mild TBI in sports and combat blast injuries. Williamsburg Rehabilitation Conference, June 4, 2010.

**Barth, JT**, TBI: From dings to dementia. Eisenhower Army Medical center and the Augusta VAMC, June 17 and 18, 2010.



(Continued on page 7)

## New Grants

**Lee Ritterband**: 2010-2015, R01HD062538-01A1: An Internet CBT intervention for pediatric chronic pain and disability (PI is Tonya Palermo, Seattle Children's Hospital). National Institutes of Health / National Institute of Child Health and Human Development (Direct + Indirect = \$2,841,330).

**Jaclyn Shepard**, post-doctoral fellow, has received an NIH training grant through the Diabetes Center to fund her research on Dr. Gonder-Frederick and Dr.

Kovatchev's diabetes grants. She will be working on the "Fear of Hypoglycemia" and "Glucose Control Systems" projects.

**Wendy Lynch, Ph.D.**, received a new supplement for her NIDA R01 to examine the effects of exercise on cocaine craving and its underlying neurobiology.



## Awards, Appointments and Honors

**Ben Wiseman, M.D.**, one of our rising second years has been elected as the Medical Society of Virginia's Resident and Fellows Section Chair-Elect. With this position comes an appointment to the Board of Directors of the MSV and a delegate position to the AMA Resident and Fellows Section.

**Yad Jabbarpour, M.D.**, was awarded the "Outstanding Friend and Psychiatrist Award" by the National Alliance on Mental Illness (NAMI), of Roanoke Valley.

**Bernice Marcopulos, Ph.D.**, will be given an award by the American Board of Clinical Neuropsychology, American Board of Professional Psychology, at the American Psychological Association meeting Aug. 14, for "exemplary service and continuous contributions to the profession and ABPP".

**Lee Ritterband, Ph.D.**, as of July 1, is an Associate Editor of the journal Health Psychology.

## Farewell!

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

**Katelynn Hobbs**, Research Administrative Assistant, is heading to Prague where she will receive a certification to teach English and will be placed somewhere in Europe, possibly in Germany to teach and further her studies on the German language.

**Maggie Davis**, Research Specialist, is heading to Auburn University's Clinical Psychology program to get her PhD and plans to study and research PTSD.

**Chris Shaw**, Research Specialist, is heading to Pikeville College's School of Osteopathic Medicine and plans to specialize in Gastroenterology.

**Maecy Bingler**, Excelsior Program Coordinator, is moving to St. Louis, MO.



---

### A Special Farewell to:

**Nancy Mays Tapager**, Neuropsychometrician, who will be retiring later this month. Nancy has been with the Neuropsychology and Behavioral Medicine Department for 34 years!!

## 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:

### 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. 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, experiencing decreased desire, and meet other criteria.

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 email [clinicaltrials@virginia.edu](mailto:clinicaltrials@virginia.edu)

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

## Publications & Posters

**Alvarado, CS** (2010). Investigating Mental Mediumship: Research Suggestions from the Historical Literature. *Journal of Scientific Exploration*, 24, 267-294.

**Alvarado, CS** (2010). Online Resources for the History of Out-of-Body Experiences and Death-Related Phenomena. *Journal of Near-Death Studies*, 28, 143-162.

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

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

**Farrell, L, Fabbri, S, Ingersoll, KS**. In press. Letter to the Editor: Technicalities: getting and staying connected to people living with HIV/AIDS in the southern United States. *Patient Education and Counseling*.

**Johnson, BA**: Medication treatment of different types of alcoholism. *The American Journal of Psychiatry* 167 (6): 630-639, 2010.

**Johnson, BA, Ait-Daoud, N**: Topiramate in the new generation of drugs: efficacy in the treatment of alcoholic patients. *Current Pharmaceutical Design* 16 (19) (special issue: Old and new pharmacotherapies in the management of patients with alcohol dependence; Addolorato, G., Leggio, L., eds.): 2103-2112, 2010.

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

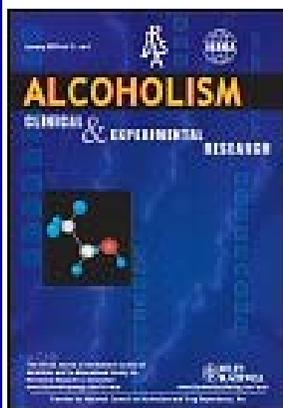
Murphy PF, Miyazaki Y, **Detweiler MB, Kim KY**: Longitudinal Analysis of Agitation of a Therapeutic Wander Garden of Demented Patients Based on Ambulation Ability. *Dementia: The Intl J of Social Research and Practices*. Manuscript accepted for publication.

**Kim KY, Detweiler MB**: Apathy in Alzheimer's Disease. *Alzheimer's Care Today*. Manuscript accepted for publication.

**Lynch WJ**, Nicholson KL, Dance ME, Morgan RW, Foley PL. Animal models of substance abuse and addiction: implications for science, animal welfare, and society. *Comp Med*. 2010;60(3):177-88.

Breslin FJ, **Johnson BA, Lynch WJ**. Effect of topiramate treatment on ethanol consumption in rats. *Psychopharmacology (Berl)*. 2010 Jan;207(4):529-34.

**Marcus L** (in press) *Psychiatric Disorders and their Treatment*, 2nd edition.



## Publications & Posters

Abdollahi A, Acosta G, Breslin FJ, Hemby SE, **Lynch WJ**. Incubation of nicotine seeking is associated with enhanced protein kinase A-regulated signaling of dopamine- and cAMP-regulated phosphoprotein of 32 kDa in the insular cortex. *Eur J Neurosci*. 2010 Feb;31(4):733-41.

Angarita GA, Pittman B, Gueorguieva R, Kalayasiri R, **Lynch WJ**, Sughondhabirom A, Morgan PT, Malison RT. Regulation of cocaine self-administration in humans: lack of evidence for loading and maintenance phases. *Pharmacol Biochem Behav*. 2010 Mar;95(1):51-5.

**Lynch, WJ**, Piehl, KB, Acosta, G, Peterson, AB, Hemby, SE. Aerobic exercise attenuates cocaine-craving and associated neuroadaptations in the prefrontal cortex. *Biological Psychiatry* (In Press)

**Ritterband, LM** (2010). Commentary: Can cognitive behavioral therapy of insomnia be effectively provided via an Internet-based program? *Best of Sleep Medicine 2010: An Annual Collection of Scientific Literature*.

**Ritterband, L, Thorndike, F**, Vasquez, D, & Saylor, D. (2010). Treatment credibility and satisfaction with internet interventions In J. Bennett-Levy, D. Richards, P. Farrand, H. Christensen, K. Griffiths, et al. (Eds.), *Oxford Guide to Low Intensity CBT Interventions*. Oxford: Oxford University Press

Low Intensity CBT interventions. Bennett-Levy, J., Richards, D. A., Farrand, P., Christensen, H., Griffiths, K. M., Kavanagh, D. J., Klein, B., Lau, M. A., Proudfoot, J., **Ritterband, L.**, White, J., & Williams, C. (Eds.). (2010). *Oxford Guide to Low Intensity CBT Interventions*. Oxford: Oxford University Press.

(continued from page 4)

## Presentations

**Johnson, BA** (2010, July 21) Richmond Drug Court Office Staff Meeting. Presentation on drug addictions, followed by a question and answer session, Richmond, Virginia.

**Johnson, BA** (2010 June) Personalized medical treatment for alcohol dependence. Invited lecture for the University of Virginia Health System's Payers' Forum, Charlottesville, Virginia.

**Marcopulos, B** (2010, July 1) "Advances in Modern Neuropsychology" with Diane Howieson, Jennifer Manly, David Schretlen, Emilia Łojek & Joanna Stacóczak, presented at the International Neuropsychological Society mid-year meeting, Jagiellonian University, Krakow Poland.

**Ritterband, LM** (2010, March 27). Insomnia: Alternatives to individual counseling. Paper presentation at the 24th Annual Conference of the North East Sleep Society, Boston, Massachusetts.

**Ritterband, LM** (2010, April 7). Internet interventions: Model for research. Paper presentation as part of the pre-conference workshop Informatics, eHealth & Behavioral Science: Synergy for best implementation and outcome. Workshop conducted at the Society of Behavioral Medicine's 31st Annual Meeting and Scientific Sessions, Seattle, Washington.

(continued from page 1)

"The problem is we don't know how many are occurring," Holstege said. "There is probably a significant percentage not being picked up."

Holstege said UVa has seen suspected date rape cases involving drugs and cases of Münchhausen syndrome by proxy, when a person induces illness in another person. The toxicologist said it is rare to get a criminal poisoning case resulting in homicide in the area.

Donna Somerville faced a first-degree murder trial in 2004 in Orange County after being accused of drugging and killing her husband, Hamilton Somerville, with Oxycodone, codeine and morphine in 2001. She was acquitted.

Q. Where do people obtain poisons?

Holstege. You'd be surprised where they can get them. There was a study done five years ago that looked at what you could buy on eBay, and there are all types of things you can buy on eBay. There is a whole host of toxins out there in the grocery store, pharmacy and herbal store.

Q. Why do people poison others? What qualities do poisoners have?

**Saathoff.** It can be a silent killer. It is certainly much harder to detect poisoning than it would be to detect fatality by gunshot or stabbing.

For effective poisoning to take place, there is planning that is required. In many cases of criminal poisoning, there also is an intimacy — intimacy between doctor and patient, or a kind of special relationship that people have with family members or co-workers. For some poisoners, some of the incentive is that process of planning, planning, planning. It's something we have seen on many occasions when poisoners talk about the steps that they went through. They can be very specific and very detailed in terms of reliving the methodical process.

Sometimes you have an issue where the poisoner maintains a very strong bond with the victim so that the victim is the last to know. The victim sometimes will, to the bitter end, state 'they have taken good care of me,' but in fact the opposite is true. ... If there ever was an Academy Award for criminals, it would most

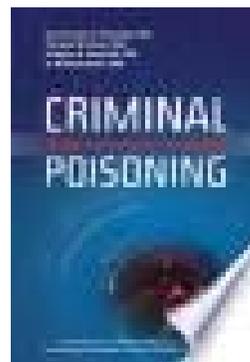
likely go to poisoners because of this whole issue of things not being as they seem.

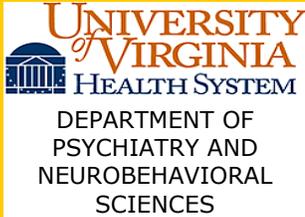
Q. If you believe a patient is poisoned, what do you do?

Holstege. The inappropriate thing to say is that we'll do testing for everything, because we can't do that. Too many of these substances that we talk about in the book are so esoteric that you're not going to be able to find them in testing. What we truly try to do is determine the clinical signs and symptoms, which will narrow to what might be our differential diagnosis and what toxin might be doing that. Then we do what are some basic tests that you would usually do in medicine, and then tie that together with history, time course, signs and symptoms along with some common laboratory tests that we might get to pigeonhole what this might be and direct our analytical testing to the agents that might be causing that.

It takes some time and effort to do that. ... For the general public, probably one of the biggest misconceptions is that medicine can just run a battery of tests and know exactly what it is.

**Saathoff.** Sometimes people who make claims of being poisoned are actually suffering from psychiatric illness. So if someone like Dr. Holstege gets a call into the emergency room about a possible poisoning, he has to look at the individual ... from the standpoint of a toxicologist, but he also has to consider the psychiatric ramifications and whether or not this person is ill. Either way, they need treatment, but the treatment and the approach are very different. Sometimes that is a challenging call to make. You don't want to be wrong.





*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.

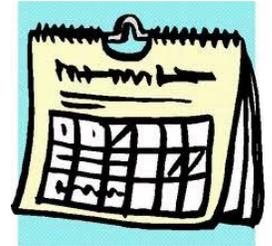
## MARK YOUR CALENDAR

### Grand Rounds

Tuesday, August 24 at 4pm in McKim Auditorium

Kim Penberthy, Ph.D.

The Role of Motivation and Affect in a Pharmacobehavioral Trial for Alcohol Dependence



Phone: 434-982-4116

Fax: 434-924-5149

aer7g@virginia.edu

1670 Discovery Drive

Charlottesville, VA

22911



## Congratulations!

Dr. Heather M. Haughey and Brad L. Pemberton are proud to announce the birth of their son, **Finn Luther Pemberton**, on Sunday June 6th at 8:18am. He was born at 7 lbs. 1 oz. and 20 and 1/4 inches long.

Our website:  
[www.healthsystem.virginia.edu/internet/psychiatric/](http://www.healthsystem.virginia.edu/internet/psychiatric/)

Edited by  
**Ann E. Richards**

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

## Cartoon Corner!

