



PENN PSYCHIATRY PERSPECTIVE



Perelman School of Medicine at the University of Pennsylvania | Department of Psychiatry

Ideas, Suggestions, and News!

We welcome your ideas, suggestions, and news about your activities for stories or announcements in Penn Psychiatry Perspective, the eNewsletter of the University of Pennsylvania Department of Psychiatry. Our goal is to offer useful and interesting news to readers and highlight our many outstanding faculty, programs, and services. Please submit your recommendations to psychweb@mail.med.upenn.edu.

*Dwight L. Evans, MD
Ruth Meltzer Professor and Chair*

In this Issue

Departmental Goings-On.....1

- Organizational Culture and Climate....1
- Cigarette Warning Labels.....2

News and Announcements....2

- In the News.....2
- Announcements.....4
- Upcoming Events.....4

Departmental Goings On

Organizational Culture and Climate Predicts Use of Evidence-based Practices in the Treatment of Youth with Psychiatric Disorders



Rinad Beidas, PhD was the lead author of a new multi-institution study suggesting that an organization’s culture and climate are better predictors of the use of evidence-based practices than an individual therapist’s characteristics in the treatment of children and adolescents with psychiatric disorders. The study, published in the February 16, 2015 issue of *JAMA Pediatrics*, is the first comprehensive investigation of its kind. Data for the study came from 188 therapists, supervisors, and administrators at 23 community mental health organizations in Philadelphia, who were surveyed about their knowledge, attitudes, use of therapy strategies, organizational culture and climate, and leadership.

Many mental health therapists use treatments that have little evidence to support them. “Therapists employ many different treatment methods when working with young people, even though research indicates that evidence-based practices such as cognitive behavioral therapy (CBT) and family therapy are more effective than others, such as psychodynamic techniques,” said Dr. Beidas in a February 16, 2015 Penn Medicine news release.

“Our research shows that targeting organizational culture and climate may increase the use of evidence-based therapy strategies,” said Dr. Beidas, “but we will still need to change therapists’ knowledge and attitudes to help them stop using less effective treatment strategies.” Further, Dr. Beidas suggested that “improving the way our youth are treated requires knowing what levers to pull. Do we engage in organizational change or do we work directly with the clinicians? Our results suggest that we should target organizational culture and climate changes that will improve the effectiveness of services, while also working directly with clinicians to reduce use of ineffective treatment techniques.”

Dr. Beidas is Assistant Professor of Psychology in Psychiatry at Penn and a member of the Center for Mental Health Policy and Services Research in the Department of Psychiatry. Additional authors from the Department of Psychiatry at Penn included senior author **David S. Mandell, ScD, Trevor Hadley, PhD, Lucia M. Walsh, BS, Danielle R. Adams, BA, Arthur C. Evans, PhD, and Matthew O. Hurford, MD**. Other Penn authors included Steven Marcus, PhD and Frances K. Barg, PhD, MEd. The study also included authors from institutions outside of Penn - University of California at San Diego, New York University, Medical University of South Carolina, and the City of Philadelphia’s Department of Behavioral Health and Intellectual disAbility Services.

View the February 16, 2015 Penn Medicine News Release at - http://www.ups.upenn.edu/news/News_Releases/2015/02/beidas/

Departmental Goings On

'Emotional' Cigarette Warning Labels Affect Smokers' Brains and Behavior



Daniel D. Langleben, MD was the senior author of a new study that was the first to report the use of functional magnetic resonance imaging (fMRI) to evaluate smokers' brain response to graphic cigarette warning labels. According to a February 4, 2015 news release from Penn's Annenberg Public Policy Center (APPC), the multi-

institutional research team found that warnings with more emotionally salient images produced greater activation in parts of the brain that process emotional memory and fear. The more emotional labels were also more memorable and were associated with greater reduction in the urge to smoke than the less emotional labels. The study was first published online on January 6, 2015 in *Tobacco Control*.

Dr. Langleben stated in the APPC news release that "this study shows that the labels' pictures reduce craving, which means you can't separate *scary* from *effective*. The emotional effects and behavioral effects may be inseparable." These preliminary results respond, in part, to the questions raised by a 2012 federal appeals court ruling about the constitutionality of graphic cigarette warning labels. The court opined that the

selected images "do not convey any warning information at all" and were "unabashed attempts to evoke emotion (and perhaps embarrassment) and browbeat consumers into quitting." The Penn study authors contended that their results "suggest that emotional reaction to graphic warning labels contributes to their public health impact and may be an integral part of the neural mechanisms underlying their effectiveness." They added, "Given the urgency of the debate about the constitutional risks and public health benefits of graphic warning labels, these preliminary findings warrant consideration while longitudinal clinical studies are underway."

Dr. Langleben is Associate Professor of Psychiatry at Penn and a distinguished research fellow at APPC. He was joined in the study by other authors from APPC, including lead author An-Li Wang, PhD, Daniel Romer, PhD, and Mario Giorno. Steven B. Lowen, PhD from the Department of Psychiatry at Harvard University was also a co-author.

View the February 4, 2015 Annenberg Public Policy Center News Release at - <http://www.annenbergpublicpolicycenter.org/wp-content/uploads/Emotional-tobacco-warnings-affect-brain-and-behavior-02-04-15.pdf>

News and Announcements

In the News

Penn Department of Psychiatry faculty are highly acclaimed experts in their chosen fields, often contacted by local, national, and international media outlets for their knowledge about topics of immediate interest. In this section, we provide just a brief sample of the many recent interactions that our faculty have with the press. For a more complete listing, please visit Penn Psychiatry In the News - <http://www.med.upenn.edu/psych/news.html>.

Is It Binge Eating Disorder or Night Eating Syndrome?



Kelly C. Allison, PhD discussed the differences and similarities between binge eating and night eating disorders in a recent WebMD article. In both disorders, she said, you eat when you're not hungry. "People are turning to food for comfort," Dr. Allison explained. She noted that people with binge eating disorder often try to numb emotions, like sad or angry feelings, with food, and that people with night eating syndrome wake up and grab a meal or snack to soothe insomnia and help themselves fall back asleep.

Dr. Allison is Associate Professor of Psychology in Psychiatry and Director of Clinical Services at the Center for Weight and Eating Disorders in the Department of Psychiatry.

View the WebMD article at - <http://www.webmd.com/mental-health/eating-disorders/binge-eating-disorder/features/binge-eating-disorder-night-eating-syndrome>

News and Announcements

Prolonged Exposure Therapy



Edna B. Foa, PhD spoke extensively in a January 23, 2015 article in *Elle* magazine about using prolonged exposure therapy in patients with post-traumatic stress disorder (PTSD) resulting from rape or military service. Prolonged exposure therapy, developed by Dr. Foa, guides patients approaching situations that are distressing because they remind the patient of the traumatic experience. For instance, when veterans who encountered car-bomb attacks are petrified to drive, Dr. Foa has them drive on roads that are easier for them to tolerate and gradually drive in more distress-evoking roads. In this way, the patient learns that driving is not dangerous. Also, the patient is instructed to narrate the traumatic experience aloud repeatedly in order to learn that thinking and talking about the trauma does not lead to harmful consequences, like “falling apart.”

Dr. Foa and her colleagues have learned that about 85 percent of people recover naturally from trauma without professional intervention, usually within a few weeks or months. Those who recover do not avoid thinking or talking about the trauma or situation that reminds them of the trauma. While recovery won't ever make a disaster into a happy memory, the memory is not devastating.

However, Dr. Foa pointed out in the article that when processing of the traumatic memory is stymied, people develop two erroneous cognitions that together create and maintain PTSD - the world is an entirely dangerous place, and I'm incapable of coping successfully with stress. To counter these inaccurate thoughts, Dr. Foa devised prolonged exposure therapy that simultaneously ramps up distress and gives people information to disconfirm the feared consequence.

Dr. Foa is Professor of Clinical Psychology in Psychiatry and Director of the Center for the Treatment and Study of Anxiety in the Department of Psychiatry.

View the January 23, 2015 *Elle* article at - http://images.burrelsluce.com/image/6270KL/6270KL_NA300001

Forget the Excuses: There's No Substitute for Sleep



Philip Gehrman, PhD, Assistant Professor of Psychology in Psychiatry, was featured in a January 21, 2015 *Philly.com* article on why sleep is vital to human health and how to obtain a better night's sleep. He recommended that adults get seven to eight hours of sleep a night. Without it, people will end up with a sleep debt that will just grow every day and increase their chances of obesity, memory loss, and perhaps even dementia, among other potential health problems. “Napping and catching up on sleep on the weekend is certainly better than nothing,” Dr. Gehrman added, “but it is still not a substitute for a regular night of sleep. A lot of people think they can get used to living with a lack of sleep, but we lose the ability to judge our mental impairment when we do.”

View the January 21, 2015 *Philly.com* article at - http://www.philly.com/philly/health/Forget_the_excuses_Theres_no_substitute_for_sleep.html

News and Announcements

Announcements



It Takes a Village: Creating a Positive School Experience for your Child with Autism

Learn about services for school-aged children with autism from experts from the School District of Philadelphia, Community Behavioral Health, Elwyn, Inc., and the University of Pennsylvania on April 24, 2015. The event is free to attend and open to parents, professionals, & students. Pre-registration is required. To register or learn more about the event, please visit <https://autismphilly.eventbrite.com/> or call 215-573-8472.



Mood and Anxiety Disorders Treatment and Research Program

The Mood and Anxiety Disorders Treatment and Research Program strives to provide the best in cutting-edge treatment through research for those who suffer from mood and anxiety disorders. Our studies are commonly outpatient studies, which help determine the efficacy and usefulness of new or improved medication, psychotherapy, and combined treatments. To learn more about our program and research offerings, please visit <http://www.med.upenn.edu/mads/> or call 215-898-4301.



Recovery at Penn Medicine

Recovery at Penn Medicine at the University of Pennsylvania is dedicated to the recovery efforts of our patients. Through the utilization of innovative and evidence-based interventions, our knowledgeable staff is able to function as beacons of hope for those seeking to establish and maintain abstinence from alcohol, drugs, and/or compulsive gambling. Visit our website to read more about our program - <http://www.med.upenn.edu/recovery/>.

Upcoming Events

Department of Psychiatry Grand Rounds

Department of Psychiatry Grand Rounds are held from 12:00 noon to 1:00 pm on the designated dates. All Grand Rounds for the 2014-2015 academic year will be held in the BRB Auditorium. The next two lectures are listed below. For more information about Grand Rounds and the 2014-15 schedule, please visit - <http://www.med.upenn.edu/psych/rounds.html>. To join our email listserv, please send an email to nataliec@upenn.edu.

March 26, 2015

Psychotherapy Module: Psychoanalytic/Psychodynamic Cluster

Speaker: Lawrence D. Blum, MD
Clinical Assistant Professor of Psychiatry
Department of Psychiatry
Perelman School of Medicine at the University of Pennsylvania

April 9, 2015

Speaker: Paul M. Grant, PhD
Research Assistant Professor of Psychiatry
Aaron T. Beck Psychopathology Research Center
Department of Psychiatry
Perelman School of Medicine at the University of Pennsylvania

April 23, 2015

Stinnett Honorary Lecture
Speaker: Charles L. Raison, MD
Professor, Department of Psychiatry, College of Medicine
Barry and Janet Lang Associate Professor of Integrative Mental Health
John and Doris Norton School of Family and Consumer Sciences
University of Arizona