Johns Hopkins Medicine
Department of Psychiatry and Behavioral Sciences
PSYCHIATRY E-NEWS UPDATE

January 2019

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Visit our website: www.hopkinsmedicine.org/psychiatry | Read the latest Issue of Hopkins BrainWise

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**Highlights**

- **JOIN US - February 21st, 2019**
  5:30 PM | Hurd Hall | Johns Hopkins Hospital
*Psychiatry and the Arts presents Film Screening: Far From the Tree with Film Introduction by Andrew Solomon*

Based on Solomon’s book, the new documentary Far From the Tree explores the difficulties and rewards of raising and being a child whose experience is vastly different from that of his or her parents.

- **A WOMAN’S JOURNEY - Seminars to Note**
  A Woman’s Journey at Palm Beach | Thursday, January 31, 2019 | ONSITE REGISTRATION
Karen Swartz, M.D. presents **Impact of Stress**

Stress is ubiquitous. How we cope with it impacts our health and promotion of the hormone cortisol, which can lead to disease. Psychiatrist Karen Swartz focuses on the connections between stress and cortisol that can affect your metabolism, cardiovascular disease and mental health.

A Woman’s Journey at Naples | Friday, February 22, 2019 | REGISTRATION
Karen Swartz, M.D. presents **A Response to Suicide**

It was the suicide of a friend that propelled psychiatrist Karen Swartz to focus on suicide prevention. Learn the primary causes of this tragedy and our role in preventing it among those we love.

- **LISTEN! Writers LIVE: Leslie Jamison, The Recovering: Intoxication and Its Aftermath (podcast)**

Leslie Jamison is in conversation with Adam Kaplin, MD, PhD, of the Departments of Psychiatry and Neurology at Johns Hopkins University School of Medicine. (Note: You are being redirected to a web site outside of Johns Hopkins for informational purposes only. Johns Hopkins is not responsible for any aspect of the external web site.)

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Check out the latest issue of *Hopkins BrainWise*, the Department Newsletter | WINTER 2019

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**Research News**

**WEBNOTES**
Features a monthly selection of recent research citations by Department faculty | Click on ‘Psychiatry’.
RECENT PRESS RELEASES

Johns Hopkins Bloomberg School of Public Health - January 15, 2019
Fraction of U.S. Outpatient Treatment Centers Offer Medication for Opioid Addiction

Johns Hopkins Medicine - January 9, 2019
Schizophrenia Linked with Abnormal Immune Response to Epstein-Barr Virus

Johns Hopkins Medicine - December 17, 2018
How Marijuana May Damage Teenage Brains in Study Using Genetically Vulnerable Mice

Johns Hopkins Medicine - December 4, 2018
Vaping Cannabis Produces Stronger Effects Than Smoking Cannabis For Infrequent Users

Johns Hopkins Medicine - November 27, 2018
Study Affirms Challenges in Managing Severe Pain of Sickle Cell Disease
Findings underscore need to find alternatives and supplements to opioids, researchers say

Johns Hopkins Medicine - November 2, 2018
4-Year Johns Hopkins Study Improves East Baltimore Health, Saves $113 Million
Accomplishments of federally funded pilot program published today in JAMA Network Open

Johns Hopkins Medicine - October 17, 2018
Deep Brain Stimulation for Alzheimer’s Not for Everyone
Patients with late-onset Alzheimer’s may show some long-term benefit, but none for early-onset

Research Volunteers Needed

Are you interested in participating in research? Below is an example of a study in the Department that is recruiting volunteers. There are many more on our website. See Research Volunteers Needed

Healthy Volunteers Needed for Research Study at Johns Hopkins Bayview
Johns Hopkins University School of Medicine researchers are seeking healthy volunteers ages 18-65 to participate in a research study of the effects of commonly used medications on mood and medication preference. This study requires brief visits to our Bayview campus on weekdays. Participants may earn up to $2000. Please call (410) 550-1927 or email MedChoiceStudy@jhmi.edu for more information. Principal Investigator: Roland R. Griffiths, Ph.D. Protocol: IRB00165287. Download flyer.

In the Media

Our faculty members are often reported on or quoted in the general media about a wide range of topics. Below is a sampling of recent coverage.

Hopkins researchers to study whether financial rewards, video monitoring can help opioid addiction treatment* - Baltimore Sun
Researchers at the Johns Hopkins University School of Medicine have been awarded $2.1 million by the U.S. Centers for Disease Control and Prevention to study whether paying patients to take their medicine and
tracking their doses with video software can help patients stick with their treatment for opioid addiction. Also reported by: Baltimore Business Journal*, Healio

**Millennials’ odds for depression rise with social media use (study)** – HealthDay

Because this was an observational study, the researchers can’t say in what direction the association between depression and social media works, noted Joseph McGuire, an assistant professor of psychiatry and behavioral sciences at Johns Hopkins Children's Center in Baltimore. He was not involved with the study. "Is it that people who tend to be on social media more then start to feel depressed, or is it that the people who are more depressed are more withdrawn and this is their only social contact?” McGuire asked.

**Study shows tai chi and dance benefit the brain in older adults** - Everyday Health

A new meta-analysis [has] found that older adults who participate in mind-body exercises can actually show improvements in several important aspects of brain function, such as memory, verbal fluency, and learning. These findings are not surprising considering that we already know that mental activities and physical activities are good for the brain, says Neda Gould, PhD, a clinical psychologist and assistant professor of psychiatry and behavioral sciences at Johns Hopkins University School of Medicine in Baltimore, who was not involved in this research.

**How marijuana can harm teenage brains, and what may be done to prevent the damage** - New Atlas

In a compelling new study, researchers at Johns Hopkins Medicine have established a fascinating hypothesis attempting to explain how marijuana use in some teenagers can result in cognitive impairment in adulthood. The research also suggests anti-inflammatory therapies may be able to prevent the marijuana-induced brain damage.

**Understanding addiction: Researchers look at solving opioid crisis (video)** - WMAR-TV

Researchers ... are fighting back against the opioid crisis, not in court but on campus. At Johns Hopkins Medicine, Dr. Kelly Dunn is leading research that asks the question, what if you could predict addiction?

**How to recognize and treat seasonal affective disorder (SAD)** - The Fix

Although many people joke that they feel like hibernating during the winter, people who actually have seasonal affective disorder experience depressive symptoms that are severe enough to interfere with day-to-day life, just like the symptoms experienced by people with major depression. “Diagnosis of SAD lies on the spectrum of depression,” said Dr. Neeraj Gandotra, a psychiatrist who is on the faculty at Johns Hopkins University School of Medicine…. “It’s a form of depression.”

**Stories from The Stoop: Graham Redgrave** – WYPR

Here’s a Stoop Story from Dr. Graham Redgrave, an expert in treating eating disorders at Johns Hopkins.

**Symptoms of mental illness in seniors you shouldn’t ignore** - CBS12-TV (West Palm Beach, Fla.)

Dr. Susan W. Lehmann, who is the clinical director of the division of geriatric psychiatry and neuropsychiatry and director of the Geriatric Psychiatry Day Hospital at the Johns Hopkins University School of Medicine, told the U.S. News & World Report that “adults over age 65 are much less likely to be asked by their primary care physician if they felt tense or anxious and were much less likely to be referred by their primary care physician for mental health specialty care.”

**Most older breast cancer patients do not suffer mental decline after chemo (study)** – Reuters

“This is an important study,” said Tracy Vannorsdall, an assistant professor of psychiatry and behavioral...
medicine at Johns Hopkins Medicine [who was not involved in the study] “We know breast cancer occurs more frequently in older women. But there are far fewer studies in older women showing how diseases and treatments affect them. There’s been a need for this kind of study.”

Dr. Peter J. Fagan, former director of research and development at Johns Hopkins HealthCare, dies* - Baltimore Sun
Dr. Peter J. Fagan, a former priest and a clinical psychologist who had been director of the Sexual Behaviors Consultation Unit at the Johns Hopkins University School of Medicine, died Saturday from multiple myeloma at his Fulton residence. He was 77.

*Login required

See all of our coverage in the general media

About Us

This E-New Update is published quarterly by the Johns Hopkins Department of Psychiatry and Behavioral Sciences.

The Hopkins BrainWise Newsletter is full of stories about the clinical and research work of the department and the people who do it. It is published three times a year and is always available online along with archived issues.  Current Issue  |  Past Issues

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