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Deepak Prabhakar

Sports

Impact of Bullying on Recovery from Sport-Related Concussion

Raphaela Shea Fontana, Timothy Ryan Parker, and Aaron Slone Jeckell

Sport-related concussion (SRC) has emerged as an important public health concern. Similarly, the issue of bullying in sport (BIS) has gained more awareness as a psychosocial stressor that can impact performance and participation levels. The aim of this review article is to identify how bullying may impact an athlete's recovery after sustaining SRC. We postulate that BIS after SRC can impact disclosure rates, influence the return to play (RTP) process, or precipitate early retirement from sport. Acknowledgment and understanding of this potential risk factor are critical as we continue to address the identification and management of concussion.

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Lesbian, Gay, Bisexual, Trans, and Queer Mental Health in Elite Sport: A Review

Paul Gorczynski, Claudia L. Reardon, and Cindy Miller Aron

Within elite sport, very little is known about the mental health symptoms and disorders of lesbian, gay, bisexual, trans, and queer (LGBTQ+) identifying athletes, their experiences with accessing treatment, or their journeys through recovery. Individuals who identify as LGBTQ + are more likely to experience mental health symptoms and disorders, and nonaccidental violence, compared with others. Mental health researchers and providers who work with LGBTQ + identifying elite athletes are in positions to improve knowledge and pathways to mental health services, address and minimize barriers to mental health services, and enhance mental health service delivery.

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Psychiatric Treatment Preferences for the Management of Postconcussion Symptoms: A Survey and Brief Literature Review

Aaron Slone Jeckell, Lydia J. Mckeithan, Aaron M. Yengo-Kahn, and Katherine A. Gifford

Some athletes who experience a sport-related concussion (SRC) develop new or worsened neuropsychiatric symptoms. A survey was disseminated among a group of psychiatrists to

evaluate their preferences for treating such symptoms. Our findings demonstrated that providers see a wide range of individuals who have experienced concussion. Preferences for the management of SRC-related symptoms vary among providers and are not associated with patient volume, despite confidence being correlated with volume. The wide variability in treatment preferences and lack of confidence among low volume providers reinforces the need for robust studies and evidence-based guidelines for the management of concussion-related neuropsychiatric symptoms.

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Neurosciences

Neuropsychiatric Aspect of Posterior Cortical Atrophy

Chuang-Kuo Wu

The clinical diagnosis of posterior cortical atrophy (PCA) has been established for more than 3 decades. Yet, this diagnostic entity only has obtained valuable academic attention in recent years. The cognitive profile of PCA is well documented and underlying pathology is extensively investigated. By contrast, the neuropsychiatric manifestation of PCA is rarely discussed in the medical literature. Based on the longitudinal observational study, this author has noted 3 stages or aspects of neuropsychiatric presentation of PCA through the disease course. More importantly, without effective treatment, neuropsychiatric symptoms play a major role in causing caregiver burden.

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Psychedelics for Alzheimer's Disease Palliative Care

Kaitlin R. McManus, Regan Patrick, Meg I. Striepe, Mia J. Drury, Rosain Ozonsi, Brent P. Forester, and Marc S. Weinberg

Psychedelic compounds (psilocybin, lysergic acid diethylamide, ayahuasca) paired with psychotherapy offer great potential for addressing multiple aspects of unmet palliative care needs for aging patients with Alzheimer's disease and their caregivers. In this review, the authors integrate recent findings from psychedelic and psychedelic-assisted therapy clinical research with key domains of Alzheimer's disease palliative care, from neurobehavioral symptom management to social and spiritual aspects of care in patients and their caregivers. In doing so, they provide a framework for approaching use of these exciting compounds in the Alzheimer's disease population, while recognizing some of the practical challenges faced.

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The Therapeutic Potential of Restoring Gamma Oscillations in Alzheimer's Disease

Arianna Ferretti, Cassidy Rogers-Healion, and
Aryandokht Fotros

A growing body of research supports an important role in the effect of brain waves and their dynamics on cognitive function. Studies have shown there are differences between the brain rhythms of patients with Alzheimer's disease (AD) and healthy individuals, namely reduction of gamma waves. In this article, we will review the current research about the significance of these changes in brain oscillations and a proposed biological mechanism for decreased oscillations in the gamma frequency. Additionally, we discuss the efforts to stimulate neural networks at this frequency to alleviate symptoms and prevent neurodegeneration.

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Psychotherapeutics

Advances in Psychotherapy with Internet- Based Cognitive Behavioral Therapy for Anxiety and Obsessive-Compulsive Disorder

Allie N. Townsend, Alyssa G. Hertz,
Johann M. D'Souza, and Andrew D. Wiese

Advances in modern technology have contributed to the recent evolution of virtual therapy options for anxiety disorders and obsessive-compulsive disorder (OCD). This article discusses videoconferencing, self-help, and Internet-based cognitive behavioral therapy (ICBT) for anxiety disorders and OCD. Empirical support for ICBT for panic disorder, social anxiety disorder, generalized anxiety disorder, health anxiety, and OCD is reviewed, as are variables associated with treatment outcomes. Globally, ICBT for anxiety disorders and OCD is an efficacious treatment yet lack of patient engagement is a significant barrier. Lastly, clinical implications and future directions are identified to promote research that further improves these technological interventions.

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Advances in Psychotherapy for Older Adults Using Video-to-Home Treatment

Jennifer Freytag, Hilary N. Touchett, Jennifer L. Bryan, Jan A. Lindsay, and Christine E. Gould

Providing telemental health services to older adults has become especially important during the COVID-19 pandemic. Video-to-home (VTH) treatment is an effective treatment modality; research shows that older adults are open to using VTH. However, there are unique barriers to using VTH with older adults. Barriers include access to technology, acceptance of technology, and physical and cognitive limitations. Additional concerns include establishing rapport with older patients and the policy and ethical concerns surrounding the use of VTH. Methods of addressing these barriers have been developed, and more research is needed to develop evidence-based VTH practice.

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Recent Advances in Psychotherapy with Virtual Reality: Closing the Research-to-Practice Gap

Joey Ka-Yee Essoe, Ainsley K. Patrick, Katlyn Reynolds, Abigail Schmidt, Kesley A. Ramsey, and Joseph F. McGuire

With consumer devices becoming increasingly affordable, virtual reality (VR) bears therapeutic promise for psychiatry and psychotherapy. Nevertheless, there remains a research-to-practice gap as advances in VR technology outpace clinical research: VR therapeutics practical for day-to-day clinical care remain largely unavailable, inaccessible, or unaffordable. This article returns to three foundational promises of VR: enhancing

treatments already feasible in the clinic, making feasible treatments impractical in the clinic, and making possible “impossible” treatments in the clinic. These are discussed in terms of current state of research; whether VR therapeutics are available, accessible, and affordable to frontline clinicians; limitations; and areas of growth via practical examples. This is followed by a discussion on clinical research approach to further bridge the research-to-practice gap: first, using in research only VR devices that are practical for frontline clinics, and second, developing VR-therapeutics with scalability and excellence in mind—through optimization and a team-science approach.

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Affective Computing in Psychotherapy

Rahul Khanna, Nicole Robinson, Meaghan O'Donnell, Harris Eyre, and Erin Smith

Affective computing, the discipline aimed at enabling computers to interpret, express, and modify emotion, is rapidly maturing. Although not aimed exclusively at health care, the technology holds promise to increase our understanding of psychotherapy, train future generations of clinicians, and directly deliver care alongside human therapists. It may also enhance autonomous therapy systems to deliver care in a stepped-care model. This article reviews the principles of, and recent advances

in, affective computing for psychotherapy. It outlines emerging and potential applications and pitfalls, concluding with steps toward ethical development and clinical adoption.

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Women's Mental Health

Perimenopause and Mental Health: Implications for the Assessment and Treatment of Women at Midlife

Nicole Leistikow and Milena H. Smith

Perimenopause is a 4- to 9-year window of risk before menopause in which women may experience new onset or worsening of psychiatric symptoms, particularly depression. Therefore, primary care assessment of women at midlife should include routine depression screening. In addition, psychiatric evaluations of midlife women should also screen for symptoms of perimenopause, including hot flashes and night sweats; sleep disturbance; cognitive complaints; sexual, vaginal, and urinary problems; and joint pain, with concerning symptoms receiving further workup or appropriate referral. Treatment of perimenopausal depression should include treatment of contributing perimenopausal symptoms and consideration of agents with efficacy for vasomotor symptoms.

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Infertility and Its Association with Depression, Anxiety, and Emotional Distress: A Current Review

Neha Shroff Hudepohl and Kelsey Smith

Infertility is a complex medical phenomenon with the potential for profound impact on mental health. The relationship between infertility and mental health is bidirectional, with interactions in pathophysiology and treatment. Evidence suggests that depression, anxiety, and emotional distress are more prevalent in those undergoing infertility evaluation and assisted reproductive technology, and that the presence of these mental health conditions may have an impact on the outcomes of evaluation and treatment. Evidence-based treatment approaches in the context of infertility are often administered by infertility centers directly. Screening and referral for appropriate treatment can improve outcomes for patients with infertility.

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Child and Adolescent Intensive Treatments for Youth with Obsessive-Compulsive Disorder and Anxiety Disorders

Caitlyn E. Maye, Caitlin M. Pinciotti, and Eric A. Storch

Anxiety disorder and obsessive-compulsive disorder (OCD) in youth are prevalent and debilitating. Without effective treatment, prolonged symptoms can have significant adverse outcomes later in life. Currently, effective treatments for anxiety disorders often use a cognitive behavioral therapy (CBT) approach. Specifically, for youth with OCD, the gold-standard, evidence-based cognitive behavioral treatment is CBT with exposure and response prevention. Although CBT reduces symptoms and improves overall functioning for youth with OCD or anxiety, this treatment is not effective for all youth.

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Moving Beyond the Clinic: Leveraging Telehealth Strategies to Address Youth Mental Health Challenges

Gabrielle F. Freitag, Anya E. Urcuyo, and Jonathan S. Comer

Telehealth treatment formats for youth mental health problems use synchronous interactive communication technologies (eg, videoconferencing) to facilitate real-time interactions between patients/families and providers. Recent years have witnessed a sharp uptick in the evaluation, acceptance, and use of telehealth approaches, and the COVID-19 pandemic pushed telehealth into the clinical mainstream. Against this backdrop, we provide an overview of telehealth practice in youth mental health care, focusing on the rationale, history, practice trends, and supporting evidence. We discuss key administrative,

ethical, and policy-related considerations and controversies for telehealth providers working with children and families.

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Common Treatment Elements of Manualized Evidence-Based Treatments for Youth Anxiety Disorders

Sandra L. Cepeda, Hannah L. Grassie, and Jill Ehrenreich-May

This review aims to provide a descriptive evaluation on the commonalities and differences across 15 evidence-based treatment protocols for childhood anxiety, with emphasis on guiding clinicians in mapping a personalized treatment plan that most fits a given child and family. The reviewed treatment approaches contain overlapping strategies that are common to theoretical frameworks of cognitive behavioral therapy, mindfulness, and acceptance and commitment therapy. This review suggests that most practitioners may select materials from any of the included programs, but are encouraged to provide at minimum techniques of psychoeducation, cognitive flexibility, and exposure-based strategies to youth with anxiety.

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Geriatrics

Promotion of Psychological Well-Being in Later Life and Prevention of Late-Life Mental Disorders

Nancy A. Pachana

The prevention of mental health disorders in later life is greatly facilitated by the active promotion of positive mental well-being across the lifespan, but particularly in later life. A lifespan perspective is vital to helping older individuals achieve psychological well-being and includes the individual's history and context as well as proximal (ie, life events) and distal (ie, biological) influences. An individual's cultural context is increasingly recognized as vital in the context of clinical assessment and treatment. Life transitions may negatively impact well-being; interventions to restore wellbeing in such instances should work toward the patient's own life goals. A clear and shared understanding of the individual's history, context, and their own views of their aging can facilitate effective interventions.

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Addressing Mental Health in Aged Care Residents: A Review of Evidence-Based Psychological Interventions and Emerging Practices

Sunil Bhar, Deborah Koder, Hemalatha Jayaram, Mark Silver, and Tanya Davison

The prevalence of mental health conditions in residential aged care facilities is substantially higher than in the community. Yet, most research into evidence-based treatments for late life mental health conditions has involved older adults living in the community, rather than aged care residents. This article provides clinicians with an overview of evidence-based psychological interventions and emerging approaches for supporting the mental health of aged care residents, as well as recommendations for how to customize the delivery of such interventions within this environment.

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Advances in the Psychological Management of Older Adult Mental Health

Viviana M. Wuthrich, Jessamine T-H. Chen, and Diana Matovic

The most common mental disorders in later life are unipolar mood disorders, anxiety disorders,

and substance use disorders. This review outlines the key information needed for the psychological management of common mental disorders in older adults, as well as the challenges pertaining to the recognition and treatment of mental disorders in later life. Some differences in the prevalence of geriatric mental disorders as well as differences in the clinical presentation of mental disorders require minor modification to the assessment and treatment of symptoms. However, there are more similarities than differences in the overall assessment and treatment techniques needed to work with this population.

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Education and Clinical Practice

Training and Education Related to Suicide Prevention

Zheala Qayyum, Samantha M. Taylor, and
Marguerite Reid Schneider

Suicide is a large and growing public health problem. While mental health providers certainly have a key role to play in suicide prevention, the

data support more universal screening for potential suicidality. There is an emergent need to educate all health care professionals broadly to create a health care system that can more universally deliver compassionate preventative care and treatment of suicidal patient. Suicide prevention education must include practical skills for using evidence-based tools for a complete assessment, triage, and treatment planning following a positive screen, and skills for basic brief interventions for those individuals with suicidality not requiring urgent inpatient care, including safety planning and lethal means restriction. The experience of losing a patient to suicide can have a profound effect on providers, especially when it occurs during training. Therefore, it is essential that institutions develop comprehensive programming for responding to a suicide when one takes place.

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Neurostimulation and Women's Health

Deval Zaveri, Monica Rettenmier, and Patricia Carlson

We intend to review the available neurostimulation treatments in psychiatry, namely, Electroconvulsive, therapy, Transcranial Magnetic Stimulation, Deep Brain Stimulation, and Vagal Nerve Stimulation. The article briefly outlines the indications, techniques, for each of these treatment

modalities, with a focus on women's health, special consideration for women's reproductive mental health when using these treatment approaches.

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The Interface Between Psychiatry and Palliative Medicine

Avani Prabhakar and Lisa MacLean

Palliative medicine provides an interdisciplinary approach to meet the needs of the patient and their family at any stage of serious illness regardless of their prognosis or stage of illness and works in collaboration with the primary treating team with the intention of improving quality of life and minimizing suffering for patients and their families throughout the illness

journey. This article aims to explore the interface of palliative medicine and psychiatry and the suggestion that consultation-liaison psychiatry is one way to address the specialized needs of the terminally ill patient with psychiatric needs.

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Introduction to Dialectical Behavior Therapy for Psychiatrists and Psychiatry Residents

Andrea L.B. Gottlieb, Christopher L. Klinger, and Daniela Sampaio

Comprehensive dialectical behavior therapy (DBT) is effective in treating emotion dysregulation and associated behavioral problems and well supported in psychotherapy literature. Psychiatrists often interact with patients in DBT programs and for whom DBT principles are warranted. DBT is a set of principles, strategies, and skills that can be applied to not only psychotherapy but also psychiatric care of patients with chronic emotion dysregulation. This article provides key points to help with an introduction to comprehensive DBT in order to benefit psychiatrists in their care of such patients.

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Recent Advances in Psychopharmacology

Alexander J. Poznanski and Esther Akinyemi

There is a better understanding of mental illness and the potential underlying mechanisms leading to new medications with novel mechanisms of action. The new medications seek to reduce side effects while optimizing efficacy. Attention-deficit hyperactivity disorder, mood disorders, movement disorders, neurocognitive disorders, psychotic disorders, sexual disorders, and sleep disorders have all had newly approved medications in the last 5 years. Some of the new indications are of older medications being explored for other

indications. This article describes these medications, the trials supporting them, and relevant clinical information about each medication.

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