

# UBC PSYCHIATRY

## September Research Bulletin

### Up Coming Events

- 16th Pacific Rim College of Psychiatrists Scientific Meeting, Vancouver- October 5-7, 2014
  - ✦ Alexander McGirr, R3, will be giving an oral presentation titled *Effectiveness of Accelerated Repetitive Transcranial Magnetic Stimulation for Treatment of Resistant Major Depressive Disorder.*

UBC Psychiatry Residents are Moving Psychiatry Forward through Research. Our Residents are doing GREAT things that are impacting patient care.

Each Month we'll be highlighting a few achievements from our resident body.

Please keep us up to date with your research by emailing us at [ubcpsychscholarly@gmail.com](mailto:ubcpsychscholarly@gmail.com)

## Resident Spotlight- Priyanka Halli

After doing some research in undergrad, I came to the conclusion that research was not for me.

The tedious chart reviewing, multiple failed grant applications and working for someone else's vision rather than my own did not instill a sense of confidence in my skills. However, over a year ago I had a conversation with *Dr. Hadjipavlou* and we realized that the psychiatry residency program did not have a publicized stance on resident psychotherapy.

**We wondered whether receiving personal psychotherapy was associated with increased or decreased perceived competence in providing psychotherapy and its relationship with burn out.** This conversation led creating a national survey of 400 psychiatry residents in Canada to address this question. This experience has renewed my enthusiasm for research, and under the mentorship of *Dr. Sidhu*, **I have also been**



## RESIDENT RESEARCH OPPORTUNITY

### UBC Translational Psychiatric Genetics Group !

The UBC Translational Psychiatric Genetics Group, led by Dr. Jehannine Austin, would be excited to host an elective rotation for a psychiatry resident who has interest in the application of genetic/genomic testing in psychiatry. *Specifically, we would like to work with a resident to develop a resource for clinicians regarding how to provide appropriate counselling for patients when ordering genetic testing in the context of psychiatric disorders.* The project could readily be adapted to integrate a research component if desired by the resident (i.e. evaluating the resource). For more information, contact [jehannine.austin@ubc.ca](mailto:jehannine.austin@ubc.ca)

**studying psychiatry delivery to the First Nation population.** This has been a much tougher endeavour and one I did not feel comfortable tackling without further training. Thus, this summer I started a Masters of Public Health and am happy to say have been hooked onto a lifetime of asking questions and researching answers

### Recent Achievements

#### *Residents Who Recently Published in a Peer Reviewed Journal*

**Magda Szumilas (PGY1)**- *Pharmacy students' experiences in provision of community pharmacy mental health services.* Published in Canadian Pharmacy Journal

**Verna Strehlau (PGY2)**- *Post traumatic stress disorder and substance use disorder comorbidity in homeless adults: Prevalence, correlates, and sex differences.* Published in Psychology of Addictive Behaviour.

*Sexual health, vulnerabilities and risk behaviours among homeless adults.* Published in Journal of Sex Health .

**Andrew Perrin (PGY2)**- *Habit-tic deformity.* Published in Canadian Medical Association Journal.

**Julia Gibson (PGY3)**- *Effectiveness of an educational handbook in improving psychiatry resident knowledge of second-generation antipsychotics.* Published in Academic Psychiatry.



**Alexander McGirr (PGY3)**- *Effectiveness and acceptability of deep brain stimulation (DBS) of the subgenus cingulate cortex for treatment-resistant depression: a systematic review and explanatory meta-analysis.* Published in Journal of Affective Disorders

*A systematic review and meta-analysis of randomized, double-blind, placebo-controlled trials of ketamine in the rapid treatment of major depressive episodes.* Published in Journal of Psychological Medicine.

*Personality dimensions and deep repetitive transcranial magnetic stimulation (DTMS) for treatment-resistant depression: a pilot trial on five-factor prediction of antidepressant response.* Published in Journal of Neuroscience Letters.

**KaWai Leong (PGY4)**- *Research track programs for residents in psychiatry: a review of literature and report of 4 Canadian Experiences.* Published in Canadian Journal of Psychiatry.

**Nadeesha Fernando (PGY 6)**- *Impact of depressive episodes on cognitive deficits in early bipolar disorder: data from the Systemic Treatment Optimization Programme for Early Mania.* Published in British Journal of Psychiatry.

### *Recent Presentations*

**Anyssa Shakeri (PGY4)**-Gave an oral presentation on *Modified mindfulness-based cognitive group therapy with the cognitively impaired elderly.* Presented at the Annual Scientific Meeting of the Canadian Association for Geriatric Psychiatry 2014.

**Verena Strehlau (PGY2)**- Gave a poster presentation on *A trauma-informed curriculum for Sheway- a community service for pregnant woman and postpartum women using substances.* Presented at the Annual American Psychiatry Association Conference in New York 2014.

**Trish Nolan (PGY5)** - Gave a poster presentation on- *Depressive and anxiety symptoms in academic medical faculty.* Presented at the Annual American Psychiatry Association Conference in New York 2014.

