
UBC PSYCHIATRY

July Research Bulletin

Putting the SPOTLIGHT on the Face of UBC PSYCHIATRY

The leadership shown by UBC residents like **Dr. Smitha Nadoo (R6)** and **Dr. Amanda Degenhardt (R2)** are moving Psychiatry Forward.

Dr. Smita N. Naidoo & Andrea Bell.

Bibliotherapy as a psychoeducational tool and enhancer for therapeutic alliance.

Epidemiological research suggests a very small percentage of children with mental health issues reach the appropriate resources for help (Carnino et al, 2004). In addition, the perceived stigma in mental health likely acts as a barrier in even



Smita Naidoo, MD, MMPH

is a resident fellow in Child & Adolescent Psychiatry. Her wish has been to form a creative & strategic outlet to marry the fields of medicine and public health. Smita has received numerous awards, including the William T. Green Award for excellence in Public Health, University of Pittsburgh, and multiple global grants. She continues her medical journey exploring innovative avenues in de-stigmatizing mental health through community empowerment.

seeking treatment. In Canada we are well aware that there are **limitations in being able to obtain mental health expertise in a timely manner. Therefore, increasing the availability of current evidence-based information that's accessible, could dramatically benefit children.** It would be paramount to address this gap in the market before children reach tertiary level of care or have a formal mental health diagnosis. There is a lack of understanding of the spectrum of "normal" in

mental health and a diagnosis-hungry-culture. But through books and self-directed approaches, how do we keep our clients engaged and motivated? In it proves to be a unique opportunity. The motivation towards seeking help is through the care-taker, teacher, or community health nurse. Similar to cognitive behavioural therapy, there are attempts to enable the patient to learn and implement new skills via age appropriate structured narrative. In addition, early literacy experiences will strengthen the parent-child bond. It can also give clues, regarding their academic functioning, comprehension, attention, encoding and interpretation.

We are learning about the importance of scaffolding and how childrens' language abilities can be obtained from simple interventions. Talking about the pictures in a book, the appropriate use of role modelling and feedback can enhance a child's use of language. Parents in turn gain more confidence in their child's abilities, being prompted through narration to ask the appropriate questions and demonstrate corrective modeling.

The impacts of childhood mental disorders are common and carry a serious global burden. However, anxieties, mood changes, challenging behaviours are also part of the natural development of children. The need for fun cutting-edge tools that are developmentally appropriate will equip and inspire both the child and the adult reader. **We are in the midst of developing an exciting evidence-informed first step "go-to" book series for children and adolescents.**



These friendly colour themed books will be targeted to families, health professionals and teachers. Each book will educate and focus on relevant topics which have not been written about, or are outdated. Our first book is near completion and highlights sleep disturbances and impact on function. We will also

be writing on gender dysphoria, developmental disabilities and the process of immigration. Most importantly we are hoping to create a vibrant, evidence informed platform where MSI's and residents can become involved in subjects they are passionate about. We hope to run a quantitative analysis in hospital and out patient settings for each book. **We hope to measure the impact on understanding of illness, therapeutic alliance, and waitlist times.** Each book will be the published work of the researcher who will be involved in the creative process of producing a book. We hope this will reap many benefits, for medical learners, and the community at large.

Dr. Amanda Degenhardt

Dr. Amanda Degenhardt is a second year psychiatry resident in the Fraser Track program based out of Royal Columbian Hospital. She has previously done research focusing in pain research in the pharmaceutical industry and in academic clinical research. Prior to residency, one of her main research focuses was an NIH follow-up study investigating the effects of premature birth on neurodevelopment in school-age children. This included studying the relation between maternal depression, cortisol levels in premature children, and its contribution to learning and behavioral difficulties in children.



She has always enjoyed being involved in research and has a keen interest in Child and Adolescent Psychiatry, and thus, at the beginning of residency started exploring different research opportunities in that area. While investigating the research occurring at UBC in Child and Adolescent Psychiatry, Dr. Tyler Black's interest in suicide and risk assessment and acute crisis were highlighted. These

were the same topics as Amanda had found fascinating in the adolescent population. 3 July 6, 2015

Over the course of her first year of residency, with Drs. Tyler Black and Ali Eslami, she has helped create and perform a retrospective study on the admissions to the Child and Adolescent Psychiatric Emergency (CAPE) unit to assess the seasonal trends in admission of youngsters for primarily externalizing symptomatology. The study asks: "Is there a seasonal relationship between psychiatric admissions and externalizing disorders?" This study compares emergency psychiatry admissions to CAPE since the inception of unit relative to time and reason for admission. It will look at **probability of admission because of externalizing symptoms during the summertime vs. school year.** This retrospective study will help us to understand if BC follows seasonal peaks and valleys in psychiatric admission. If our hypothesis is validated, **this study identifies a specific vulnerability period for individuals with externalizing disorders.** This can help to develop preventative measures to decrease psychiatric crises and consequently emergency admissions during this period. It could potentially help to plan alternative structure frameworks within the community care teams. Amanda currently is evaluating a subset of the patients from this retrospective study with the ICD-10 diagnosis of borderline personality disorder in adolescents examining the underlying stressors for presentation, presenting symptoms and comorbidities of this population. She plans to continue to perform research within the CAPE population throughout residency as the team develops a prospective study and registry for the CAPE unit.

Research Day

UBC Department of Psychiatry held its 28th Annual Research Day at UBC, showcasing research done by faculty and residents. There were 49 posters presented and over 250 participants!



Please see attached Abstract Booklet.

The Following Residents Presented. Their place in the Abstract Booklet is in brackets.

1. Spontaneous Somatic-Patterned Cortical Activity in Mouse Models of Depression (1)
Alexander McGrir. Oral Presentation

2. Gender Differences in the Experience of Depression in Parkinson's Disease (6)
Andrew Parin. Oral Presentation

3. An Indo-Canadian Cross Cultural Qualitative Study on Caregivers of Persons with Dementia (12)
Nadeesha L Fernando. Poster Presentation

4. Personality Correlates of Psychopathy in Women Removed From Family Care in Childhood (33)
Gillian E.S. Munro. Poster Presentation.

5. The Hotel Study: Downtown Community Court Cohort (30)
Magdalena Szumilas. Poster Presentation

6. SHEWAY Project 'One Year After': Changes in Staff Practices, Attitudes and Trauma-Related Knowledge 12 months After a Comprehensive Trauma-Informed Training Curriculum (28)
Verena Strehlau Langheimer. Poster Presentation

7. Topiramate for Cocaine Dependence: A Systematic Review and Meta-Analysis of Randomized Control Trials (25)
Mohit Singh. Poster Presentation.

8. Personality Correlates of Psychopathy in Women Removed From Family Care in Childhood (21)
Gillian E.S. Munro. Poster Presentation.

9. The Safety and Efficacy of Adjunctive Modern Antidepressant Therapy With a Mood Stabilizer or Antipsychotic in Acute Bipolar Depression: A Meta-Analysis of Randomized Placebo Controlled Trials (20)
Alexander McGrir. Poster Presentation.

RESIDENTS RECENTLY RECOGNIZED WITH AWARDS

1. **Kawai Leong:** UBC Clinician Investigator Program Award

2. **Trisha Chakrabarty:** UBC George A. Davidson Scholarship Award

3. **Alex McGirr:** CINP Rafaelsen Young Investigator Award, APA Resident Research Scholar, UBC Significant Contribution to Research Award

RESIDENTS WHO RECENTLY PUBLISHED

Joanna Cheek:

Hippman C, Ringrose A, Inglis A, Cheek J, Albert AYK, Remick R, Honer WG, Austin JC. A pilot randomized clinical trial evaluating the impact of genetic counselling for serious mental illness. J Clin Psychiatry (in press).

Rachel Rothbart:

Rothbart R, Stein DJ. Pharmacotherapy of trichotillomania (hair pulling 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

an updated systematic review. Exp Opin Pharmacother 2014; 15:2709-2719.

Krista Schultz :

Schultz K, Tham J, Northcott C, Chan P, Vila-Rodriguez F. **Occurrence of postictal α/β activity during maintenance course of electroconvulsive therapy. J ECT. 2015 Mar 10. [Epub ahead of print].**