

**YOU
SHOULD
READ
THIS!
2021**

Dalhousie University
Department of Psychiatry
Grand Rounds

December 15, 2021

Presented by Drs. Lara Hazelton,
Jason Morrison, Emily Fraser (PGY4)

Overview

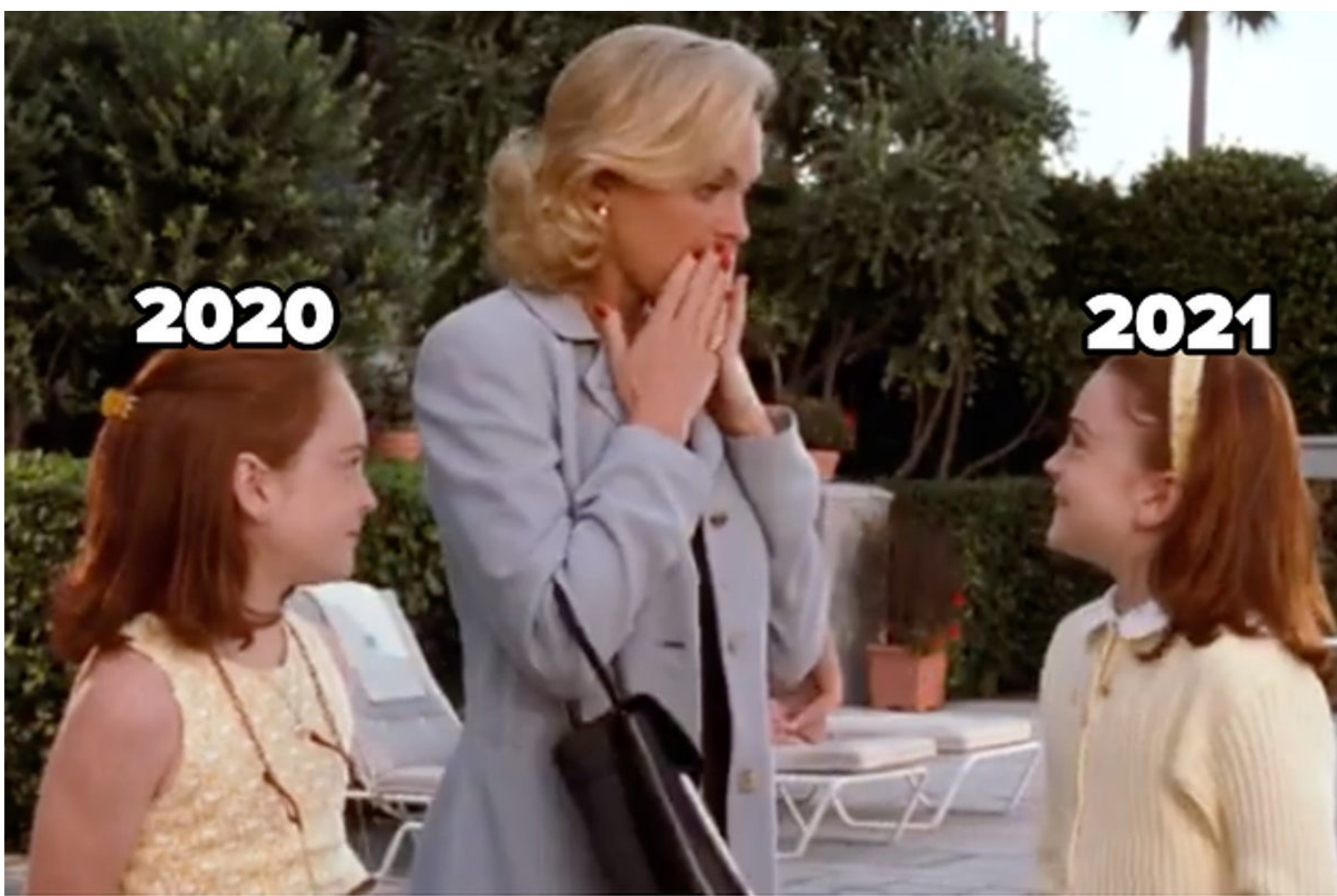
- Introduction and background
- Review of submissions
 - Articles by category
 - Books
 - Movies
 - Podcasts
- Department book clubs and journal clubs
- Prize draw

A list of all submissions will be circulated to the department after the presentation.

2021

2020

2021







PHARMACOTHERAPY

ARTICLES

Lithium Treatment in the Prevention of Repeat Suicide-Related Outcomes in Veterans With Major Depression or Bipolar Disorder: A Randomized Clinical Trial

- Katz, I.R., Rogers, M.P., Lew, R., et al. (2021). *JAMA Psychiatry*, published online November 17, 2021.
- Submitted by Dr. Katie Lines (PGY4)

Should Canadian patients look forward to aducanumab for Alzheimer disease

- Watt, J.A., Marple, R., Hemmelgarn, B., Straus, S.E. (2021). *CMAJ*, 193 (36), E1430-1431.
- Submitted by Dr. Christelle Boudreau (PGY6)

Maintenance or Discontinuation of Antidepressants in Primary Care

- Lewis, G., Marston, L., Duffy, L., et al. (2021). *N Engl J Med*, 385 (14), 1257-1267.
- Submitted by Dr. David Gratzner, University of Toronto



PSYCHOTHERAPY

ARTICLES

Prevention of Incident and Recurrent Major Depression in Older Adults With Insomnia

- Irwin, M.R., Carrillo, C., Sadeghi, N., et al. (2021). *JAMA Psychiatry*, published online November 24, 2021.
- Submitted by Dr. Christelle Boudreau (PGY6)

Maximizing Exposure Therapy: An Inhibitory Learning Approach

- Craske, M.G., Treanor, M., Conway, C., Zbozinek, T., Vervliet, B. (2014). *Behav Res Ther*, 58, 10-23.
- Submitted by Dr. Peggy Richter, Sunnybrook Health Sciences Center



CHILD AND ADOLESCENT

ARTICLES

Review: How should child mental health services respond to the refugee crisis?

- Eruyar, S., Huemer, J., Vostanis, P. (2018). *Child and Adolescent Mental Health*, 23 (4), 303-312.
- Submitted by Laura Callaghan, NP

As Safe as Possible (ASAP): a brief app-supported inpatient intervention to prevent post-discharge suicidal behavior in hospitalized, suicidal adolescents

- Kennard, B.D., Goldstein, T., Foxwell, A.A., et al. (2018). *Am J Psychiatry*, 175 (9), 864-872.
- Submitted by Dr. Addo Boafo, CHEO

Suicide risk behaviors among sexual minority adolescents in the United States, 2015

- Caputi, T.L., Smith, D., Ayers, J.W. (2017). *JAMA*, 318 (23), 2349-2351.
- Submitted by Dr. Addo Boafo, CHEO

Effect of an Internet-Delivered Stepped-Care Program vs In-Person Cognitive Behavioral Therapy on Obsessive-Compulsive Disorder Symptoms in Children and Adolescents: A Randomized Clinical Trial

- Aspvall, K., Andersson, E., Melin, K., et al. (2021). *JAMA*, 325 (18), 1863-1873.
- Submitted by Dr. Sandra Meier



WELLNESS

ARTICLES

Making space for grief

- Harrison, K.L. (2021). *JAMA*, 326 (8), 699-700.
- Submitted by Dr. Sarah Burm

Physician Well-being 2.0: Where Are We and Where Are We Going

- Shanafelt, T.D. (2021). *Mayo Clin Proc.*, 96 (10), 2682-2693.
- Submitted by Dr. Glen Bandiera, University of Toronto

Executive Leadership and Physician Well-being: Nine Organizational Strategies to Promote Engagement and Reduce Burnout

- Shanafelt, T.D., Noseworthy, J.H. (2017). *Mayo Clin Proc.*, 92(1), 129-146.
- Submitted by Dr. Zenovia Ursuliak

A bitter pill: When the doctor becomes the patient

- Horton, J. (Updated November 29, 2021). The Globe and Mail. <https://www.theglobeandmail.com/opinion/article-a-bitter-pill-when-the-doctor-becomes-the-patient/>
- Submitted by Dr. Laura Downing



**me giving
mental health
advice**

**my mental
health**



SCHIZOPHRENIA

ARTICLES

Development Over Time of the Population-Attributable Risk Fraction for Cannabis Use Disorder in Schizophrenia in Denmark

- Hjorthøj, C., Posselt, C.M., Nordentoft, M. (2021). *JAMA Psychiatry*, 78 (9), 1013-1019.
- Submitted by Dr. Candice Crocker

The contribution of cannabis use to variation in the incidence of psychotic disorder across Europe (EU-GEI): a multicenter case-control study

- Di Forti, M., Quattrone, D., Freeman, T.P. (2019). *Lancet Psychiatry*, 6, 427–436.
- Submitted by Dr. Jason Morrison

Exercise as a Treatment for Schizophrenia: A Review

- Girdler, S.J., Confino, J.E., Woesner, M.E. (2019). *PsychoPharmacology Bulletin*, 49 (1), 56-69.
- Submitted by Dr. Zenovia Ursuliak



SIDE EFFECTS AND OTHER MEDICAL CONDITIONS

ARTICLES

Tardive Syndromes

- Friedman, J. (2019). *Continuum*, 25 (4, Movement Disorders), 1081-1098.
- Submitted by Dr. Aditya Nidumolu (PGY3)

Risk of serious medical events in patients with depression treated with electroconvulsive therapy: a propensity score-matched, retrospective cohort study

- Kaster, T.S., Vigod, S.N., Gomes, T., Sutradhar, R., Wijeyesundera, D.N., Blumberger, D.M. (2021). *Lancet Psychiatry*, 8, 686-695.
- Submitted by Dr. Amy Gough (PGY5)

Screening for Vitamin D Deficiency in Adults US Preventive Services Task Force Recommendation Statement

- US Preventive Services Task Force. (2021). *JAMA*, 325 (14), 1436-1442.

Why USPSTF Still Finds Insufficient Evidence to Support Screening for Vitamin D Deficiency

- Michos, E.D., Kalyani, R.R., Segal, J.B. (2021). *JAMA Network Open*, 4 (4), e213627.

- Submitted by Dr. Roy Chengappa, University of Pittsburgh

Clozapine treatment and risk of COVID-19 infection: retrospective cohort study

- Govind, R., de Freitas, D.F., Pritchard, M., Hayes, R.D., MacCabe, J.H. (2021). *The British Journal of Psychiatry*, 219, 368-374.
- Submitted by Dr. Jessica Gannon, University of Pittsburgh

Mortality among male forensic and non-forensic psychiatric patients: matched cohort study of rates, predictors and causes-of-death.

- Sørensen, L.U., Bengtson, S., Lund, J., Ibsen, M., Långström, N. (2020). *Nordic Journal of Psychiatry*, 74 (7), 489-496.
- Submitted by Dr. Harry Kennedy, Trinity College Dublin

Delusions, illusions and hallucinations in epilepsy:

1. Elementary phenomena

2. Complex phenomena and psychosis

- Elliott, B., Joyce, E., Shorvon, S. (2009). *Epilepsy Research*, 85, 162-171 (Part 1), 172-186 (Part 2).
- Submitted by Dr. Mahmoud Awara



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GENETICS

ARTICLES

The role of epigenetics in psychological resilience

- Smeeth, D., Beck, S., Karam, E.G., Pluess, M. (2021). *Lancet Psychiatry*, 8, 620-629.
- Submitted by Dr. Michael Ungar

Differential functional variability of serotonin transporter and monoamine oxidase a genes in macaque species displaying contrasting levels of aggression-related behavior

- Wendland, J.R., Lesch K.-P., Newman, T.K., Timme, A., Gachot-Neveu, H., Thierry, B., Suomi, S.J. (2006). *Behavioral Genetics* 36 (2), 163-72.
- Submitted by Dr. Martin Alda

Risk in Relatives, Heritability, SNP-Based Heritability, and Genetic Correlations in Psychiatric Disorders: A Review

- Baselmans, B.M.L., Yengo, L., van Rheenen, W., Wray, N.R. (2021). *Biological Psychiatry*, 89 (1), 11-19.
- Submitted by Dr. Martin Alda

Potential reversal of epigenetic age using a diet and lifestyle intervention: a pilot randomized clinical trial

- Fitzgerald, K.N., Hodges, R., Hanes, D., et al. (2021). *Aging*, 13 (7), 9419-9432.
- Submitted by Dr. Martin Alda



ASSESSMENT AND COMMUNICATION

ARTICLES

Cultural Formulation Interview (CFI)

- American Psychiatric Association. (2013). Accessible via <https://multiculturalmentalhealth.ca/clinical-tools/cultural-formulation/>
- Submitted by Laura Callaghan, NP

The Trap of Meaning: A Public Health Tragedy

- Lyketsos, C.G., Chisolm, M.S. (2009). *JAMA*, 302 (4), 432-433.
- Submitted by Dr. Nicole Herschenhous

The Lingua Franca of Addiction- Stigmatizing Words That Wound

- Slomski, A. (2021). *JAMA*, 326 (15), 1468-1470.
- Submitted by Dr. Pamela Arenella

Ableism/Language

- Brown, L.X.Z. (Updated November 16, 2021). Autistic Hoya. <https://www.autistichoya.com/p/ableist-words-and-terms-to-avoid.html>
- Submitted by Dr. John Teshima, Sunnybrook Health Sciences Centre



MISCELLANEOUS

ARTICLES

The Female Autism Phenotype and Camouflaging: a Narrative Review

- Hull, L., Petrides, K.V., Mandy, W. (2020). *Review Journal of Autism and Developmental Disorders*, 7, 306–317

Career Development Strategies for the Clinical Educator

- Mandel, J. (2020). *ATS Scholar*, 1 (2), 101-109.
- Submitted by Dr. Lara Hazelton

The Sadistic Murderer

- Brittain, R.P. (1970). *Medicine, Science and the Law*, 10, 198-207.
- Submitted by Dr. Harry Kennedy, Trinity College Dublin

The Live Guide to Psychiatry

- <https://docs.google.com/document/d/1-di34A1rOAKDrbBaQC2BV-MNysSwD1cziTZ6-kofu0Q/edit?usp=sharing> Edited by Nunes, A.
- Submitted by Dr. Abe Nunes



Headless horse, man


@HlessHman



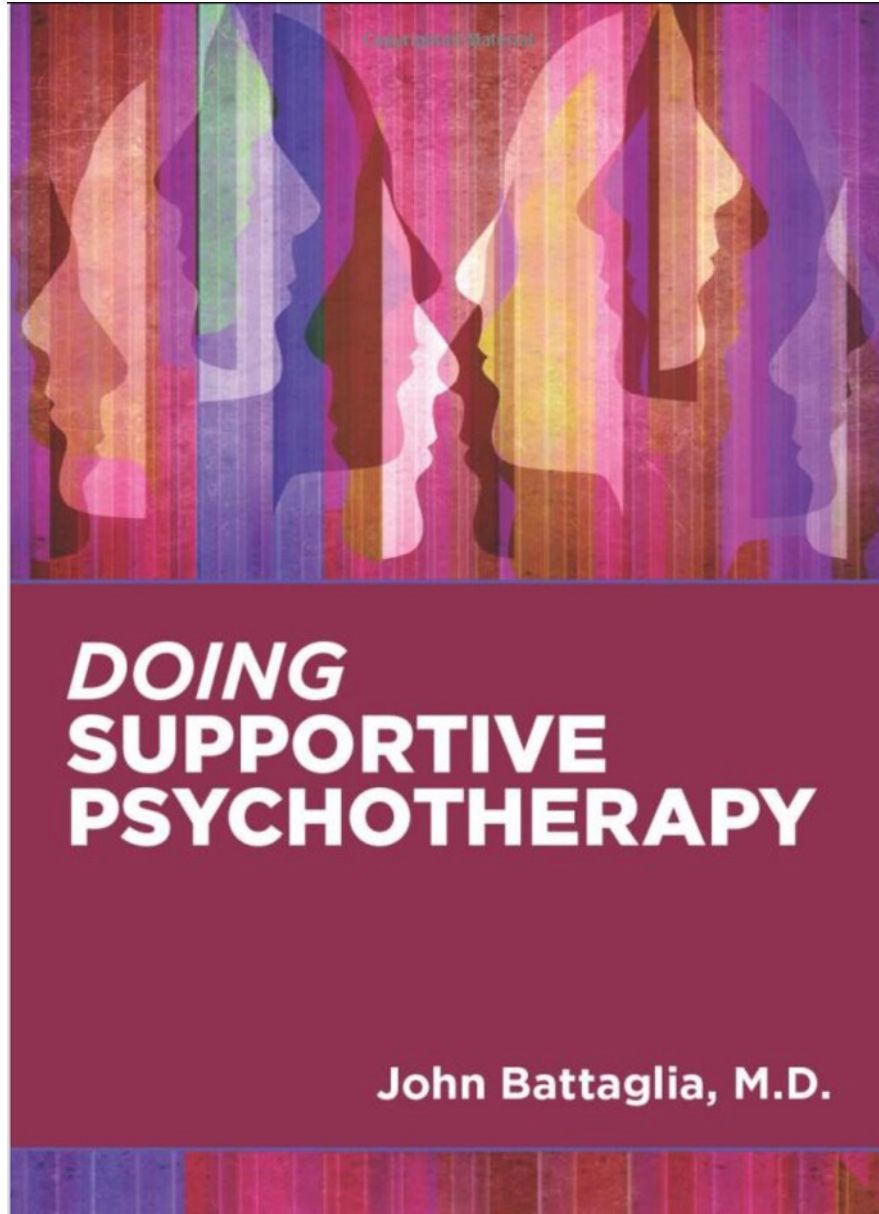
When everyone is getting off the zoom call but you're struggling to find the leave meeting button so then it's just you and the host



imgflip.com

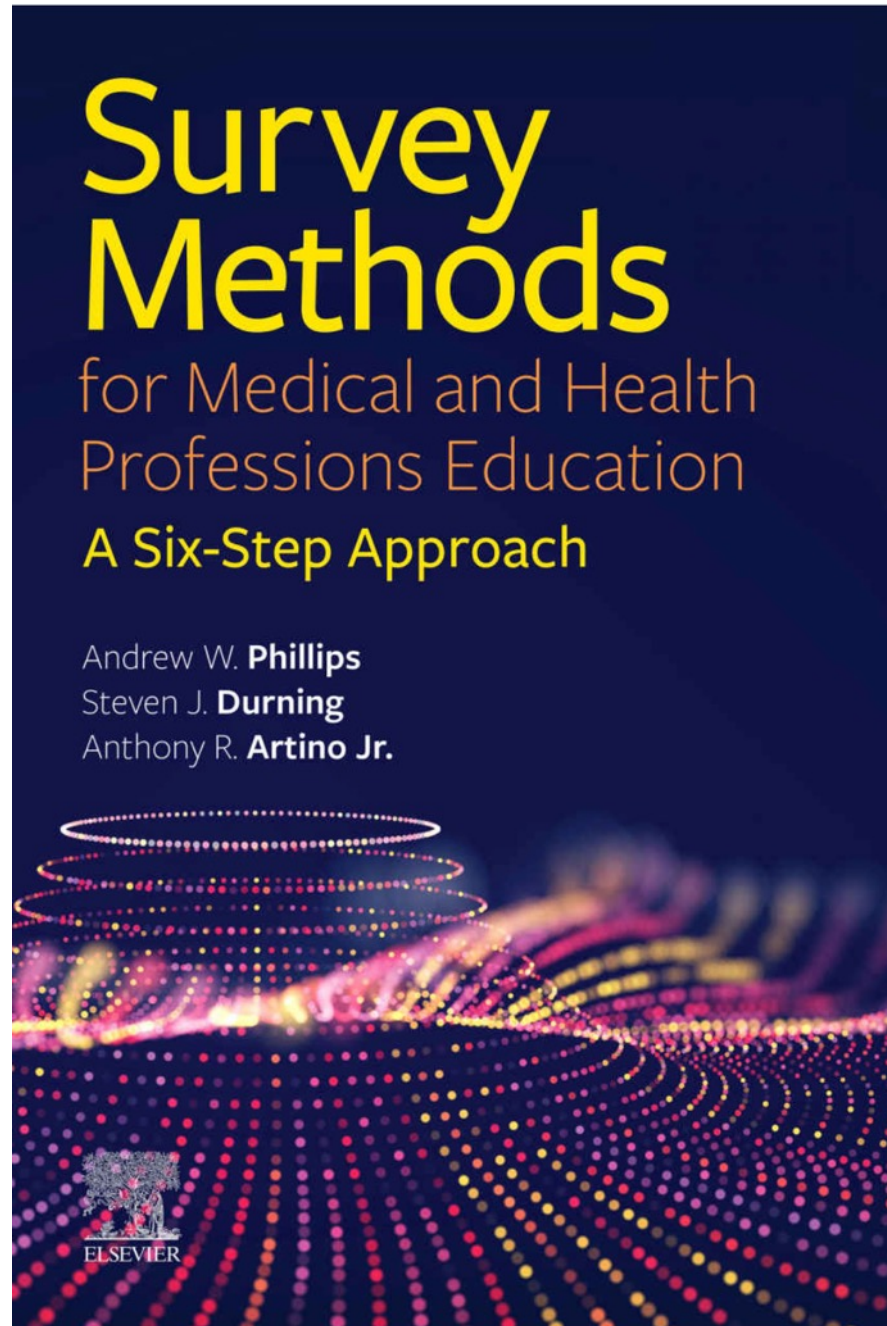


BOOKS



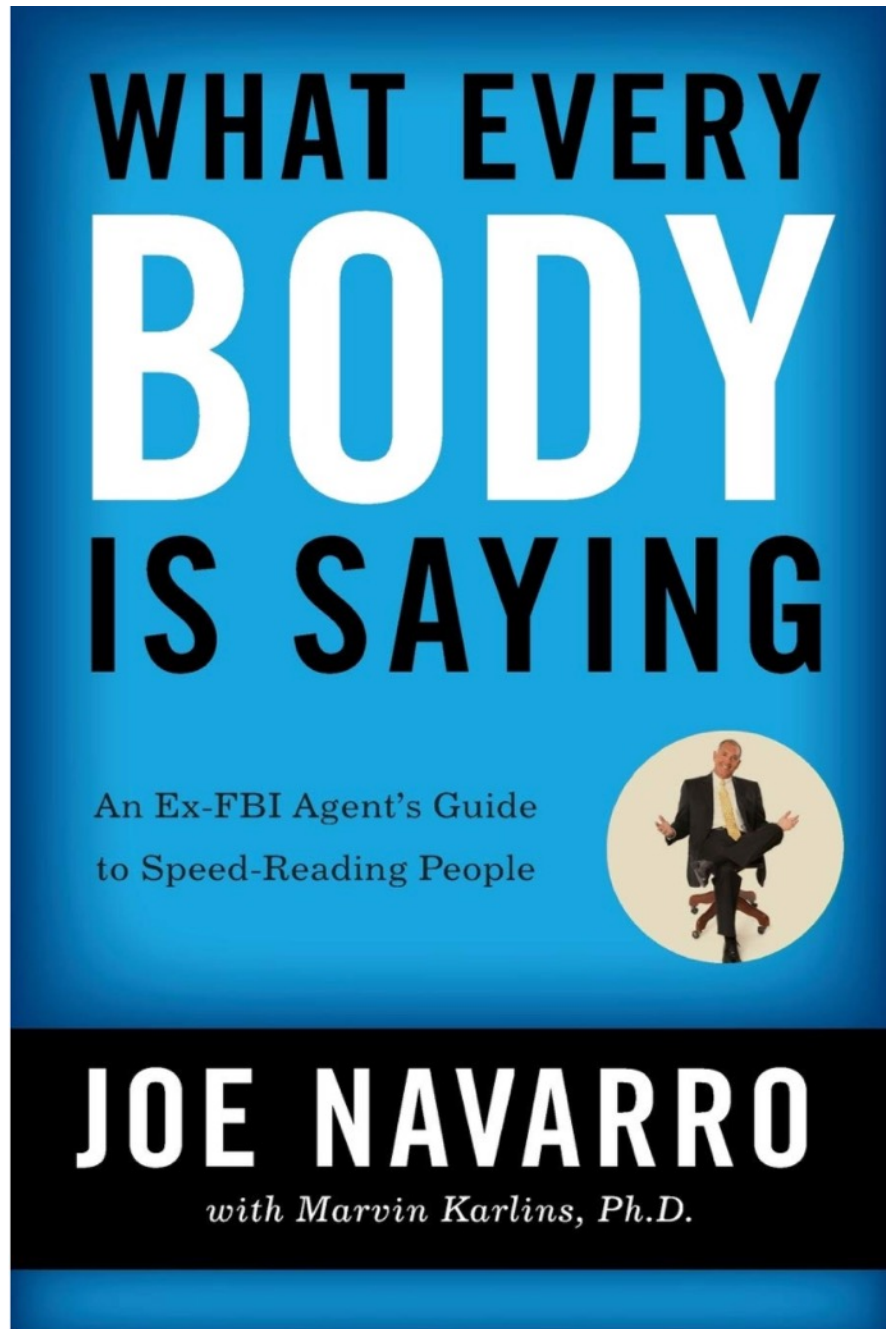
Doing Supportive Psychotherapy

- Battaglia, J. (2019). American Psychiatric Assoc Pub.
- Submitted by Dr. Magdalena Walentynowicz



*Survey Methods for Medical
and Health Professions
Education: A Six-Step
Approach*

- Phillips, A.W., Durning, S.J., Artino Jr., A.R. (2021). Elsevier Canada.
- Submitted by Mandy Eslinger



WHAT EVERY BODY IS SAYING

An Ex-FBI Agent's Guide
to Speed-Reading People



JOE NAVARRO

with Marvin Karlins, Ph.D.

What Every Body Is Saying

- Navarro, J. (2008). William Morrow Paperbacks.
- Submitted by Dr. Greg MacMullin



Stand Out of Our Light: Freedom and Resistance in the Attention Economy

- Williams, J. (2018). Cambridge University Press.
- Submitted by Dr. Beverley Cassidy

Rationality

WHAT IT IS

WHY IT SEEMS SCARCE

WHY IT MATTERS

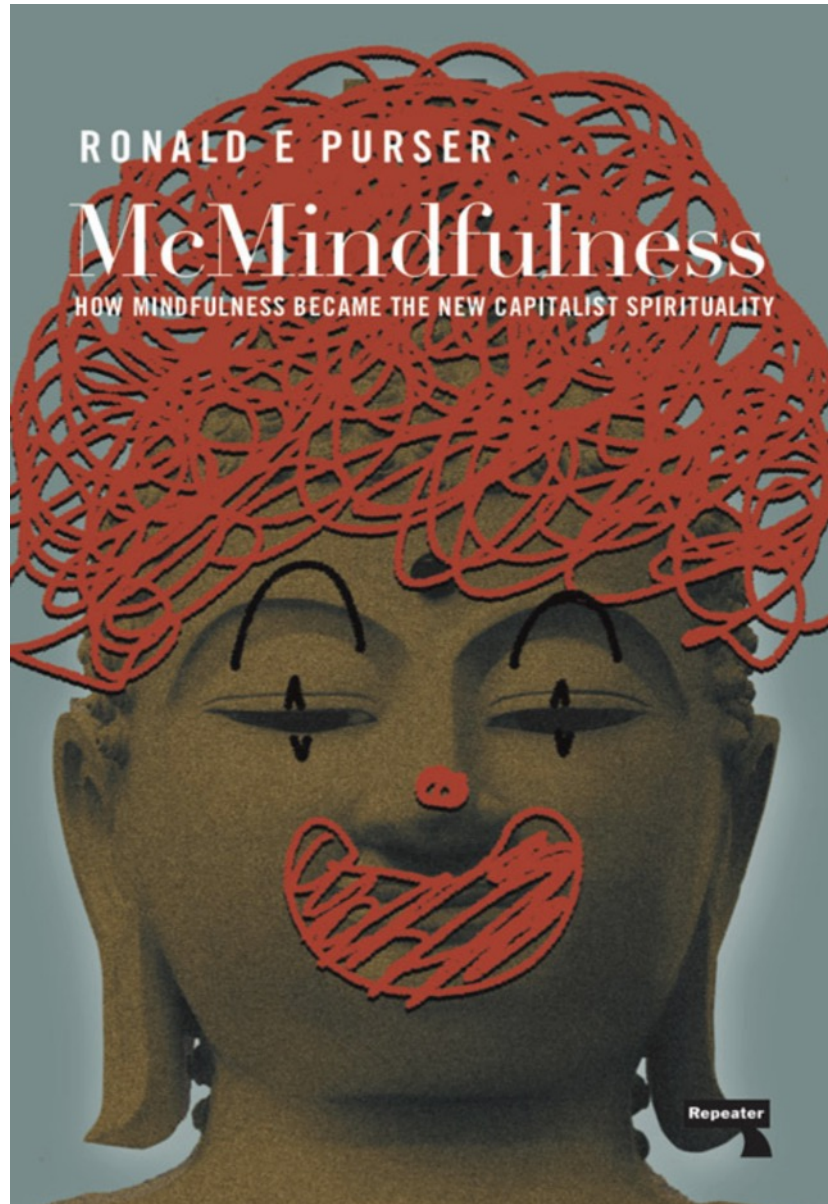
STEVEN

PINKER

Author of the *New York Times* bestseller
ENLIGHTENMENT NOW

Rationality- what it is, why it seems scarce and why it matters

- Pinker, S. (2021). Viking.
- Submitted by Dr. Beverley Cassidy

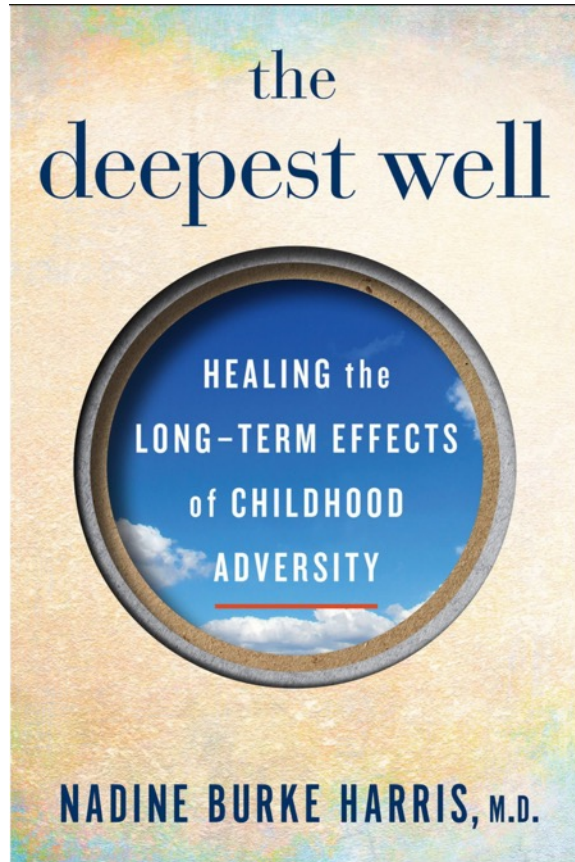


McMindfulness: How Mindfulness Became the New Capitalist Spirituality

- Purser, R.E. (2019). Repeater.
- Submitted by Dr. Michael Ungar

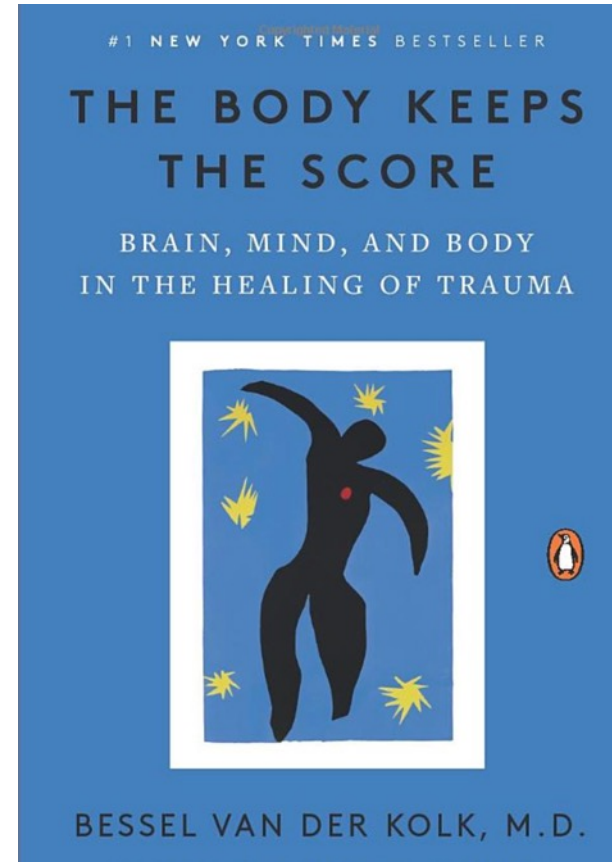
The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity

Harris, N.B. (2018). Mariner Books

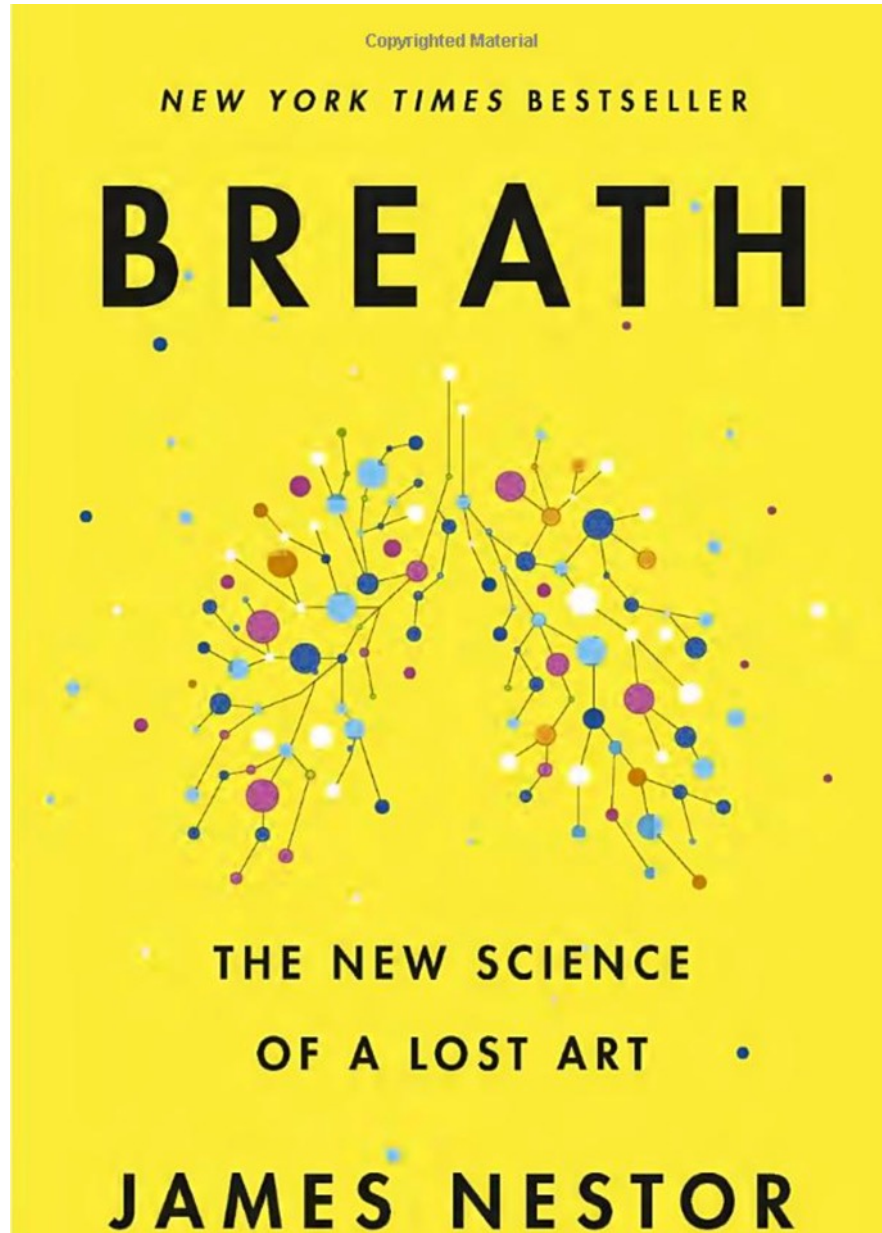


The Body Keeps the Score - Brain Mind and Body in the Healing of Trauma

Van der Kolk, B. (2015). Penguin Publishing Group.



- Submitted by Dr. Selene Etches



Breath: The New Science of a Lost Art

- Nestor, J. (2020). Riverhead Books.
- Submitted by Dr. Zenovia Ursuliak

JILLIAN HORTON, M.D.

We
Are All
Perfectly
Fine

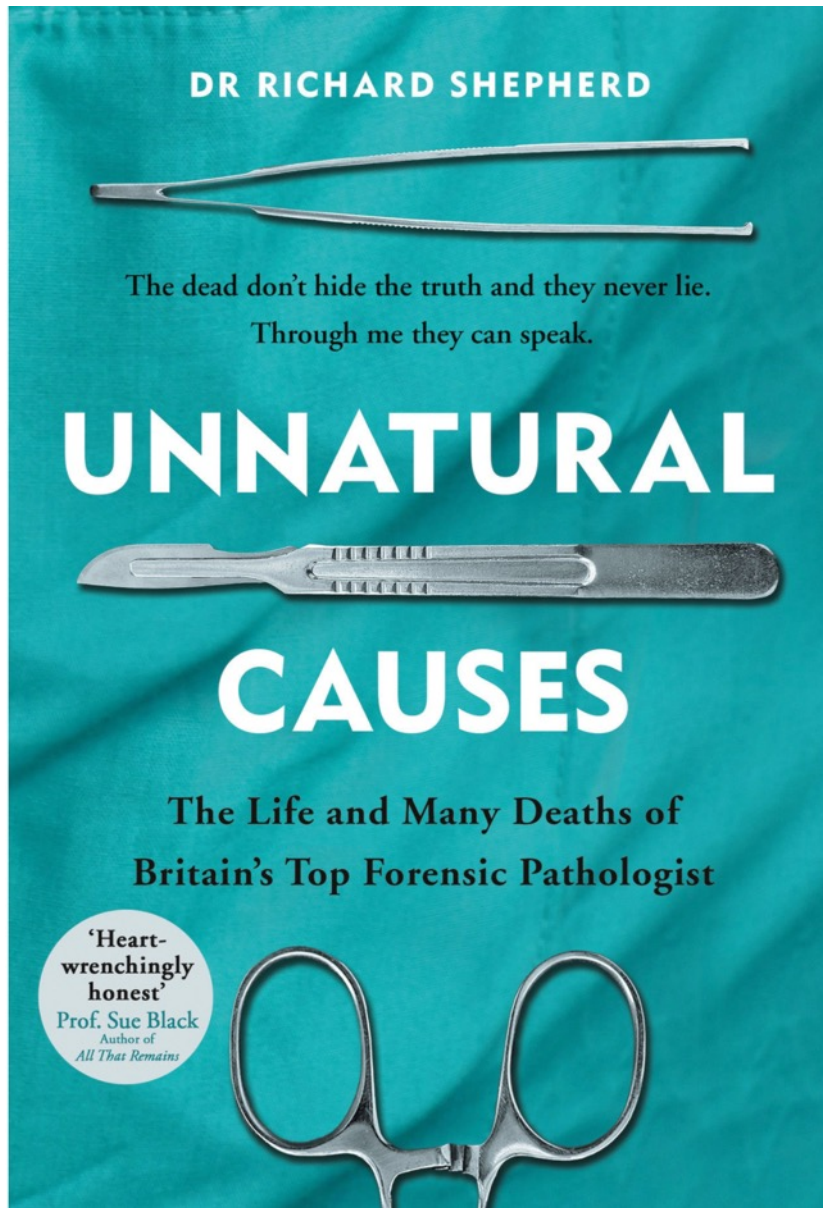


*A Memoir of Love,
Medicine and Healing*

"BRILLIANT." —Alan Alda

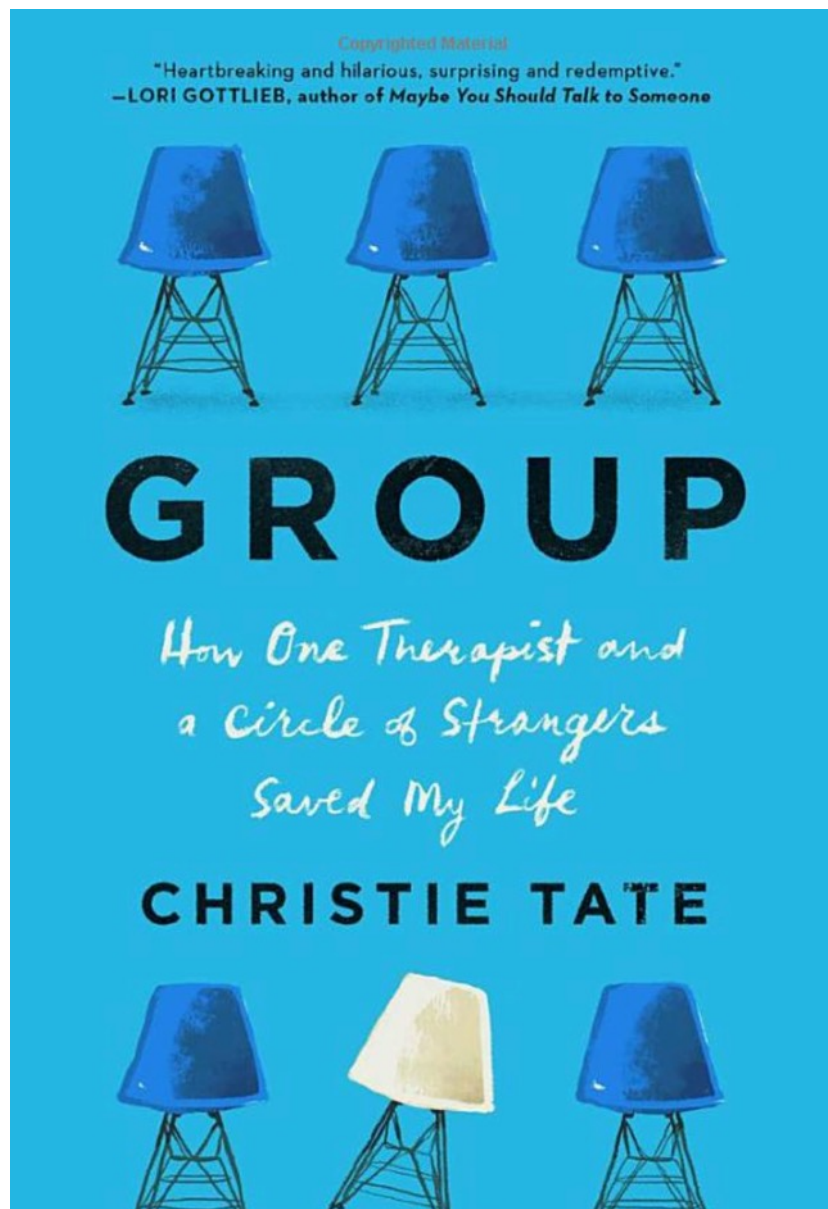
We Are All Perfectly Fine

- Horton, J. (2021). HarperCollins.
- Submitted by Dr. Laura Downing



Unnatural Causes: The Life and Many Deaths of Britain's Top Forensic Pathologist

- Shepherd, R. (2018). Michael Joseph.
- Submitted by Dr. Alexandra Manning



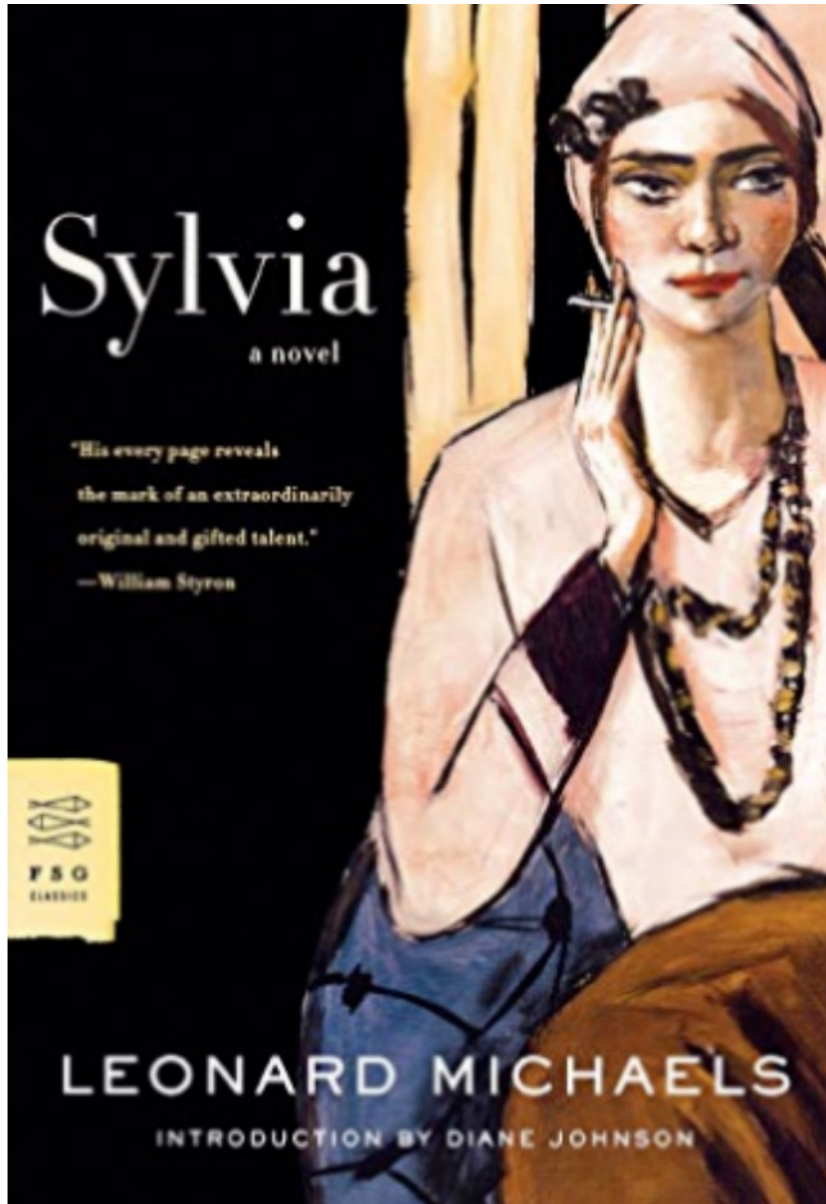
Group: How One Therapist and a Circle of Strangers Saved My Life

- Tate, C. (2020). Avid Reader Press / Simon & Schuster.
- Submitted by Dr. Shiloh Ricciotti (PGY4)



Everything Is Fine: A Memoir

- Granata, V. (2021). Atria Books.
- Submitted by Dr. Lauren Chan (PGY5)



Sylvia

- Michaels, L. Originally published in 1992 by Mercury House.
- Submitted by Dr. Rami Rudnick

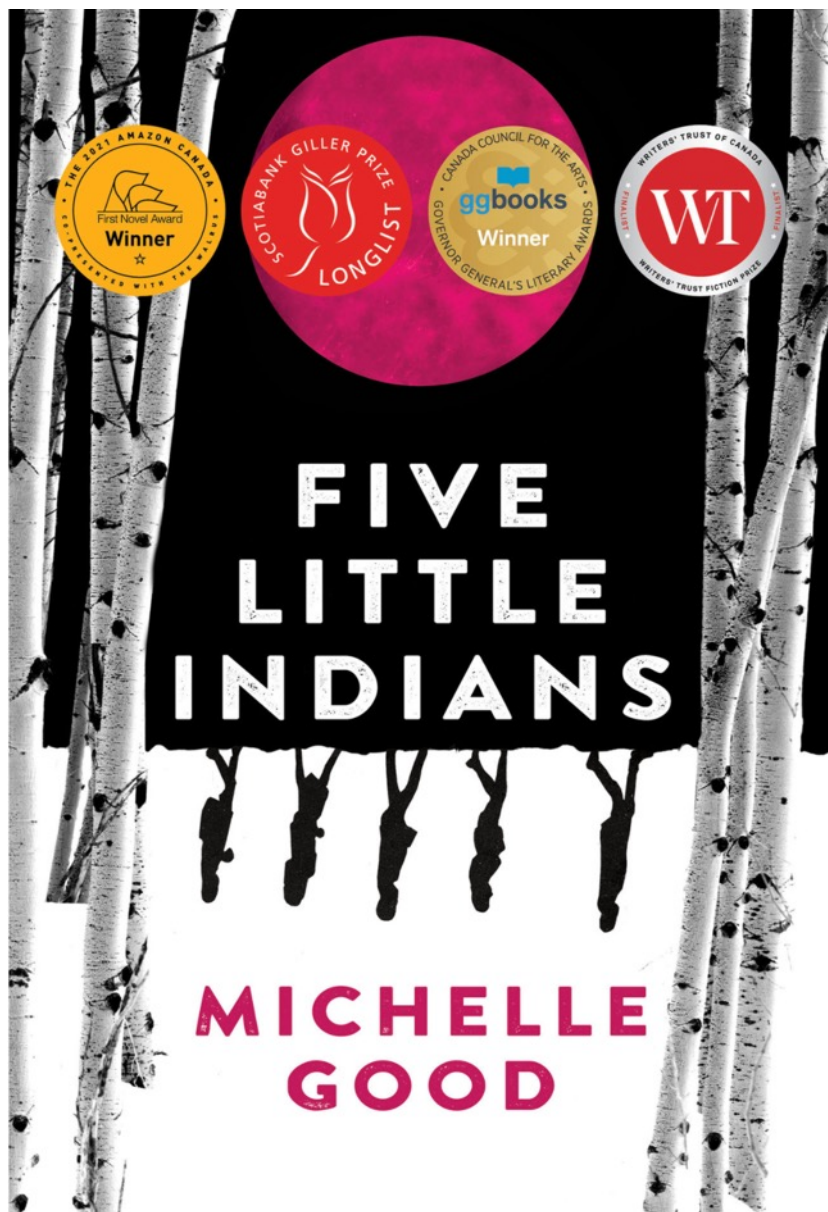
A U S T E R L I T Z



W . G . S E B A L D

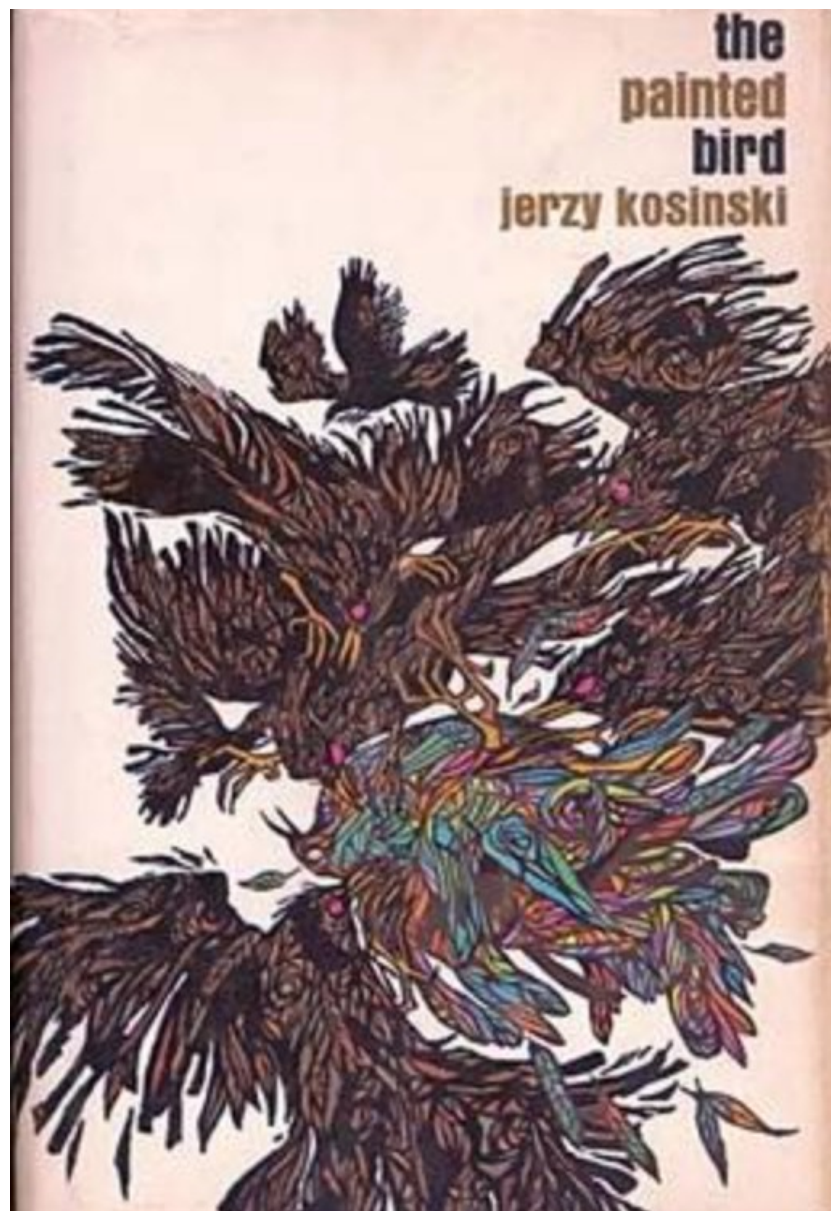
Austerlitz

- Sebald, W.G. Originally published in 2001 by C. Hanser.
- Submitted by Dr. Normand Carrey



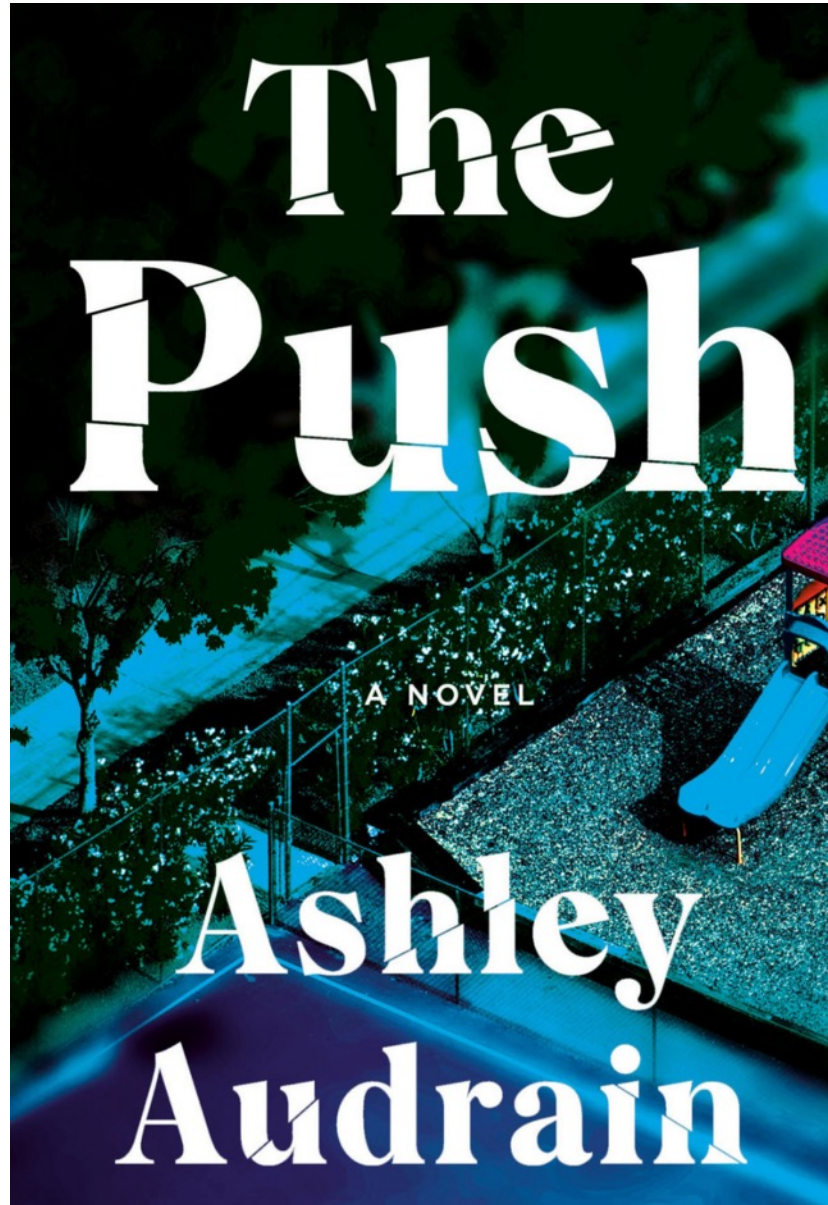
Five Little Indians

- Good, M. (2020). HarperCollins.
- Submitted by Dr. Terry Chisholm



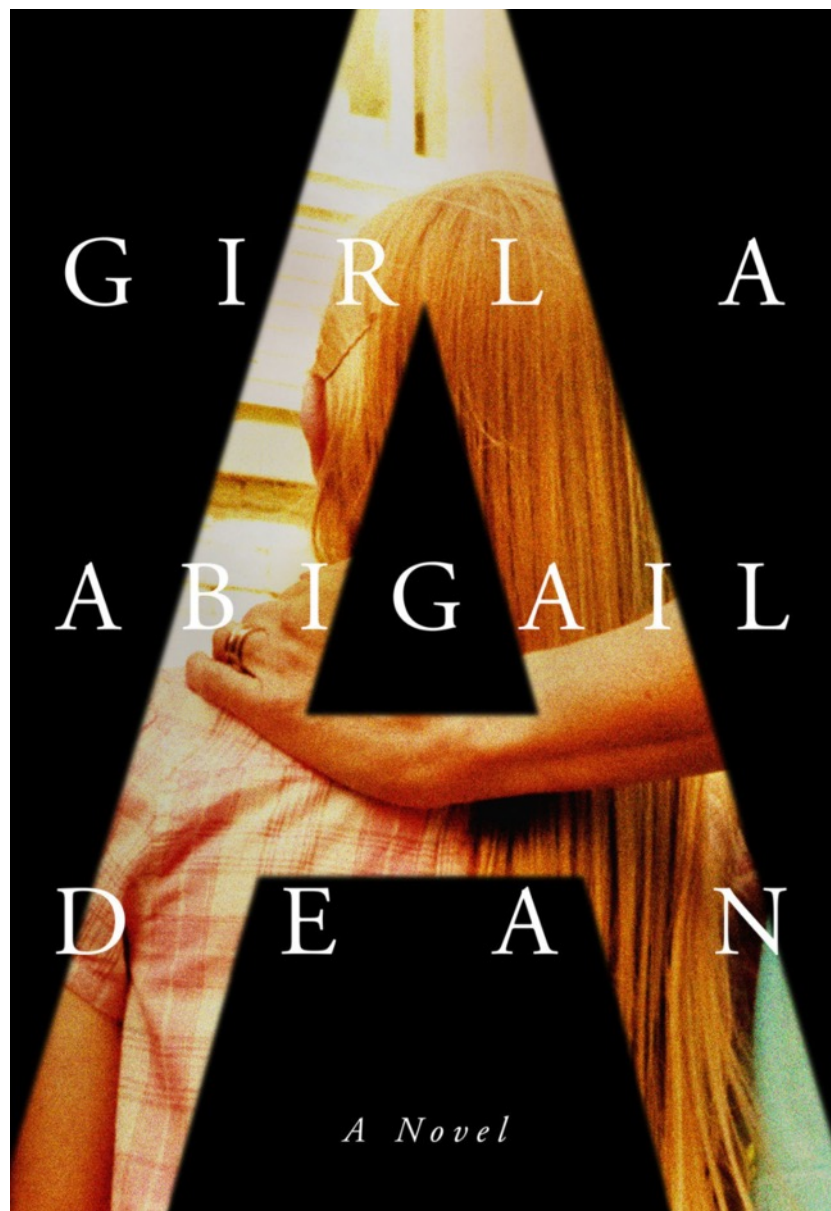
The Painted Bird

- Zosinski, J. Originally published in 1965 by Houghton Mifflin.
- Submitted by Dr. Gordon Gubitza



The Push

- Audrain, A. (2021). Viking.
- Submitted by Dr. Emily Fraser (PGY4)



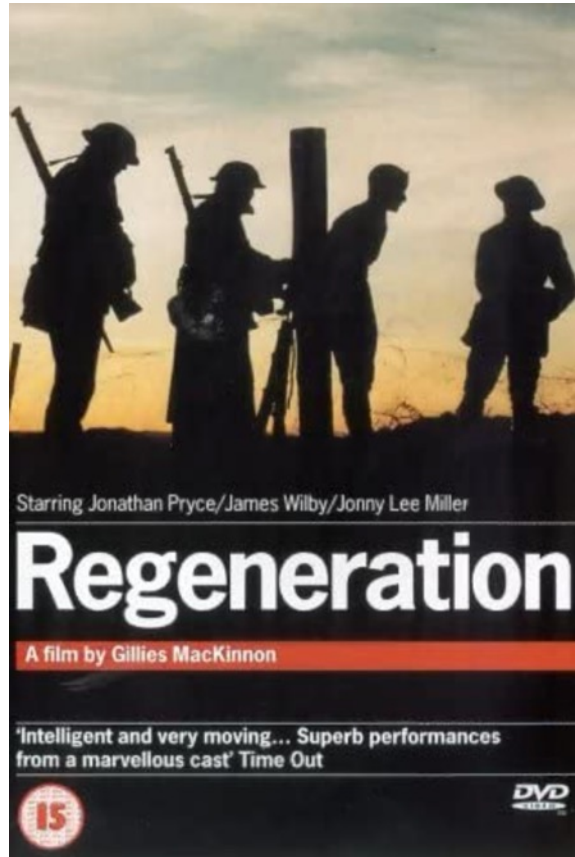
Girl A

- Dean, A. (2021). Viking.
- Submitted by Dr. Alison Toron (PGY2)



MOVIES

Regeneration (1997)



- Submitted by Dr. Anne Marie Creamer, NP

Inside (2021)



- Submitted by Emma Hazelton (Med 4)



PODCASTS

- **The Happiness Lab with Dr. Laurie Santos**

- Submitted by Dr. Beverley Cassidy

- **Checking In with Susan David**

- Submitted by Dr. Beverley Cassidy

- **Psychiatry & Psychotherapy Podcast with Dr. David Puder**

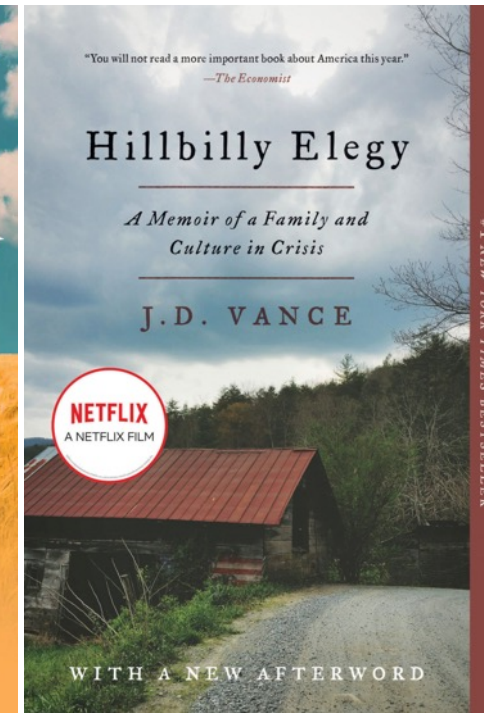
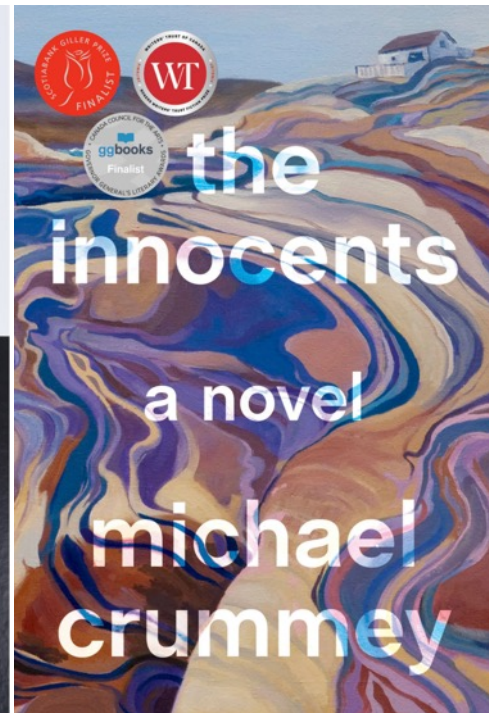
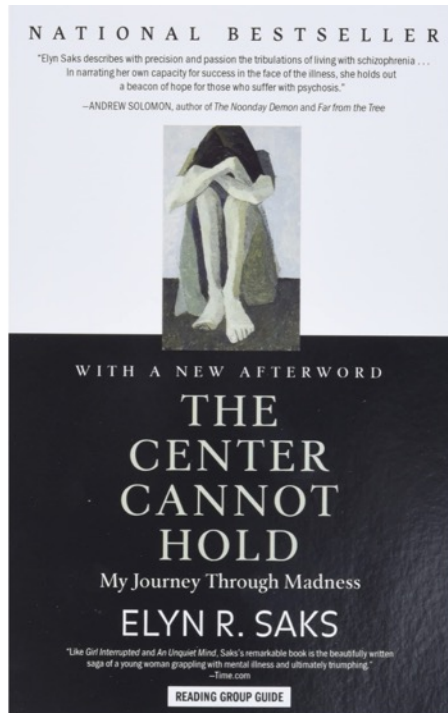
Episode 108: Munchausen Syndrome, Factitious Disorder, Malingering, and Munchausen Syndrome by Proxy

- Submitted by Dr. Katie Lines (PGY4)

Episodes 92, 95, 97-101: The Big Five Personality Traits

- Submitted by Dr. Alison Toron (PGY2)

Psychiatry Department Book Club



- Alex Whynot (PGY3) alex.whynot@nshealth.ca
- Alison Toron (PGY2) alison.toron@nshealth.ca
- Julia LeBlanc (PGY1) julia.leblanc@nshealth.ca

Dalhousie Psychotherapy Rounds

- Rogers, C.R. (1957). The necessary and sufficient conditions of therapeutic personality change. *Journal of Counseling Psychology, 21*, 95–103.
- Seligman, M.E.P., Csikszentmihalyi, M. (2000). Positive Psychology: An Introduction. *American Psychologist, 55* (1), 5-14.
- Wampold, B.E. (2015). How important are the common factors in psychotherapy? An update. *World Psychiatry, 14*, 270–277.
- Beck, A.T. (2019). A 60-Year Evolution of Cognitive Theory and Therapy. *Perspectives on Psychological Science, 14* (1), 16-20.
- Botella, V.G., et al. (2021). Exploring the effectiveness of dialectical behavior therapy versus systems training for emotional predictability and problem solving in a sample of patients with borderline personality disorder. *Journal of Personality Disorders, 35*, Supplement A, 21-38.
- Gabbard, G.O., Crisp-Han, H. (2017). The Early Career Psychiatrist and the Psychotherapeutic Identity. *Acad Psychiatry, 41*, 30-34.
- Patricia.Biggins@horizonNB.ca

Resident Journal Club

- Stewart, S., et al. (2021). Personality to Prescription Drug Misuse in Adolescents: Testing Affect Regulation, Psychological Dysregulation, and Deviance Proneness Pathways. *Front. Psychiatry* 12, 640766.
- Ochs-Ross, R., et al. (2020). Efficacy and Safety of Esketamine Nasal Spray Plus an Oral Antidepressant in Elderly Patients With Treatment-Resistant Depression—TRANSFORM-3. *Am J of Geriatric Psychiatry*, 28 (2), 121-141.
- Rodrigues R., et al. (2020). Risk of involuntary admission among first-generation ethnic minority groups with early psychosis: a retrospective cohort study using health administrative data. *Epidemiology and Psychiatric Sciences*, 29 (59), 1-8.
- Sachs, G.S., et al. (2007). Effectiveness of Adjunctive Antidepressant Treatment for Bipolar Depression. *N Engl J Med*, 356 (17), 1711-1722.
- Grant, T., et al. (2018). Criminal Responsibility in Autism Spectrum Disorder: A Critical Review Examining Empathy and Moral Reasoning. *Canadian Psychology*, 59 (1), 65-75.
- Ly, M., et al. (2021). Late-life depression and increased risk of dementia: a longitudinal cohort study. *Translational Psychiatry*, 11, 147.
- Paul, S.E., et al. (2021). Associations Between Prenatal Cannabis Exposure and Childhood Outcomes: Results From the ABCD Study. *JAMA Psychiatry*, 78 (1), 64-76.
- Carhart-Harris, R., et al. (2021). Trial of Psilocybin versus Escitalopram for Depression. *N Engl J Med*, 384 (15), 1402-1411.

**UNSURE IF GENUINE POSITIVE
CHANGE IN MENTAL HEALTH**

**OR RUSH OF FALSE
NEW YEAR OPTIMISM**

Prize Draw

- Oakleaves Native Creations

<https://shop.artgalleryofnovascotia.ca/products/oakleaves-native-creations>

- TREV Clothing

<https://www.trevclothing.com>

Winners:

- Dalhousie Psychiatry Department:
- Mandy Esliger

Winners:

- Learners:
- Dr. Alison Toron (PGY2)



Winners:

- External speakers:
- Dr. Sarah Burm



THANK YOU

Questions? Comments? Suggestions?

Emily.Fraser@nshealth.ca

Lara.Hazelton@nshealth.ca

Jason.Morrison@nshealth.ca