



Breaking Through

The newsletter of the University of Ottawa Institute of Mental Health Research

Volume VI, issue 2

June 2011

EDITORIAL NOTES

from the desk of Dr. Zul Merali,
President and CEO of the University of
Ottawa Institute of Mental Health Research
and Director of Research at The Royal



The election flurry is now over and we await the new slate of ministers to take charge of their portfolios. We also anticipate the passage of the “new” federal budget by the summer’s end. Hopefully, the \$100 million commitment (\$10 million per year for 10 years) to Neuroscience Research made in the last budget will be reintroduced. This will bring much-needed new research dollars in the highly competitive world of peer-reviewed research funding. Currently, only about 16 per cent of the grant applications submitted get funded!

In the middle of April of this year, The Royal’s Champions Group, consisting of clinicians and researchers, visited the Michigan Depression Center that forms the hub of the U.S. National Depression Network. We spent an entire day with Dr. Greden and his team in Ann Arbor, Michigan, to exchange knowledge and to establish a partnership with our American colleagues. For details, see the synopsis prepared by Dr. David Armstrong in Around the World.

We learned in mid-May that Tim Kluge, the president and CEO of the Royal Ottawa Foundation for Mental Health will be leaving us to join a larger organization. Tim has been a leader and a champion for our cause and has contributed enormously to the fundraising and mental health awareness raising activities. I will personally miss him. We both started at The Royal around the same time and have experienced many challenges and joys together. Best of luck Tim! We also are delighted to welcome Andrée Steel as an interim president and CEO. Andrée’s leadership has been instrumental on a number of substantial fundraising initiatives for the University of Ottawa Institute of Mental Health Research (IMHR). We welcome Andrée in her new role and wish her every success.

Last but not least, our researchers have been busier than ever and some of their successes are summarized in the following pages. We are particularly proud of our young researchers, whose numbers are increasing by the day. They hosted an outstanding Young Researchers Forum, attracting over 150 participants from across Ontario and Quebec. Some aspects of this event are covered in the following pages, including the Young Researchers’ Corner. We all look forward to the next knowledge exchange activity: the Department of Psychiatry Research Day, taking place June 2, 2011. The program is very exciting and we hope to see most of you there.

Z. Merali

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RESEARCH AND CLINICAL HIGHLIGHTS

A Neurocognitive Perspective of Schizophrenia and the Smoking Habit



by Dr. Verner Knott
Head of the
Neuroelectrophysiology
Laboratory

Neurocognitive deficits have become a focus of treatment in schizophrenia, as they appear to be more closely related to functional outcome than psychotic symptoms. Individuals with schizophrenia are amongst the heaviest users of tobacco; about 65 per cent of patients smoke compared to 20 per cent of the non-schizophrenia population. It is quite possible that nicotine might be used as a self-treatment to ameliorate certain cognitive deficits associated with schizophrenia and to attain more satisfactory (albeit unhealthy) social and occupational functioning. However, we do not know this for sure and need to scientifically test this hypothesis.

The Clinical Neuroelectrophysiological and Cognitive Research Laboratory has been successful in obtaining support from the Schizophrenia Society of Ontario, the Ontario Mental Health Foundation, the University of Ottawa Medical Research Foundation and the Canadian Institutes of Health Research (which have

also supported research of our doctoral students), to further our understanding of which components of neurocognitive deficits can be modified with nicotine-like drugs. We also want to understand the characteristics of individuals that benefit and under what conditions.

Such research involves brain-based assessments of a range of cognitive functions with a battery of tasks. This often occurs under “challenge” conditions in which drugs are administered, on an acute basis, to target specific neurotransmitter systems that are believed to underlie selective aspects of cognitive dysfunction in schizophrenia.

By combining drug-induced cognitive changes with analyses of the genes involved, behavioral responses, brain activity (electrophysiologic) and neuroimaging measurements, we will better understand the cognitive aspect of schizophrenia, an area relatively neglected by researchers. This line of research also has important implications for comorbid disorders (tobacco addiction), individualized treatment response and functional outcome.

GRANTS, AWARDS AND DISTINCTIONS – KUDOS!

Ms. Lisa Batten was recently awarded a Canadian Institutes of Health Research (CIHR) Frederick Banting and Charles Best Canada Graduate Scholarship – Doctoral Award for her studies on the impact of parental depression and remission on child psychopathology. Lisa is currently enrolled in her doctoral studies at Carleton University and conducts her research in the IMHR Mood Disorders Research Unit under the supervision of Dr. Pierre Blier.



Dr. Ramez Ghanbari, PhD, was recently recognized as a Young Investigator of 2010. Working under the supervision of Dr. Pierre Blier, Dr. Ghanbari’s work is aimed at understanding the effects of various antidepressants and/or their combinations on monoaminergic systems in the rat brain. The knowledge obtained through this research has the potential to help treat major depression – a major health problem globally. Dr. Ghanbari will be attending medical school in the fall of 2011.



Congratulations to Lisa and Ramez!

YOUNG RESEARCHERS' CORNER

In its April edition, *Breaking Through* highlighted the successful **3rd Annual IMHR Young Researchers' Conference** held at The Royal under the theme Lab to Life: Translational Mental Health Research. This issue features a summary of the Best Oral Presentation and the Best Clinical Research Poster.

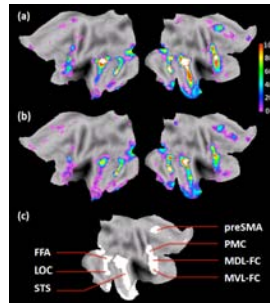
The **Best Oral Presentation** prize was awarded to **Dr. Amir Tahmasebi** from the Rotman Research Institute, University of Toronto, for his work done in collaboration with **T. Paus** and the **IMAGEN Consortium on Creating Probabilistic Maps of the Face Network in the Adolescent Brain: A Multicentre Functional MRI Study**.



Large-scale magnetic resonance (MR) studies of the human brain offer unique opportunities for identifying genetic and environmental factors shaping the human brain. Here we describe a unique dataset collected in the context of a multi-centre study of the adolescent brain, namely the IMAGEN Study. We focus on one of the functional paradigms included in the project in order to probe the brain network underlying processing of ambiguous and angry faces. Using functional MR (fMRI) data collected in 1,110 adolescents, we constructed probabilistic maps of the neural network engaged consistently while viewing the ambiguous and angry faces, respectively; 21 brain regions responding to faces with high probability were identified. We were also able to address several methodological issues, including the minimal sample size yielding a stable location of a test region, namely the fusiform face area (FFA), as well as the effect of acquisition site (eight sites) and scanner (four manufacturers) on the location and magnitude of the fMRI response to faces in the FFA. Finally, we provided a comparison between male and female adolescents in terms of the effect sizes of sex differences in brain response to the ambiguous and angry faces in the 21 regions of interest. Overall, we found a stronger neural response to the ambiguous faces in several cortical

regions, including the fusiform face area, in female (vs. male) adolescents, and a slightly stronger response to the angry faces in the amygdala of male (vs. female) adolescents.

Functional probabilistic maps of the face processing network derived from a population fMRI study of the adolescent cohort (1200 participants).



The **Best Clinical Research Poster** prize was awarded to **Crystal Villeneuve** from the IMHR and Carleton University for her work done in collaboration with **A. Millar** and **V. Knott** on the **Effects of Acute Nicotine Administration on Electrophysiological Arousal in Non-Smokers**.



Tobacco smokers, while being aware of the long-term hazards of their habit, continue to smoke. This is believed to be due in part to the short-term effects of nicotine on mood, arousal and cognition. Acute administration of nicotine and nicotine withdrawal have been shown to exert opposing effects on arousal in smokers, as there has been a positive relationship shown between amount of smoking and cortical excitability. However, it is unclear as to whether nicotine acts directly to modulate arousal, or whether it acts indirectly through the relief of withdrawal symptoms. The purpose of this study was to investigate the effects of acute nicotine administration on electro-physiological cortical activity in nicotine-naïve non-smokers, as this group does not experience the physiological effects associated with nicotine withdrawal. Methods: 11 healthy non-smokers were administered nicotine gum (6 mg) in a placebo-controlled (2 sessions), double-blind, randomized crossover design. Electrical activity was recorded from the scalp with a 40-channel system. Artifact free activity was

submitted to spectral analysis for computation of amplitudes (in the delta, theta, alpha, beta1, beta2, beta3 and gamma bands), which were plotted across the scalp. Expected Results: As previous studies have shown a positive relationship between the amount of smoking and cortical excitability, it is hypothesized that, compared to placebo, acute nicotine administration will induce a decrease in slow-wave activity and an increase in fast-wave activity in nicotine-naïve non-smokers.

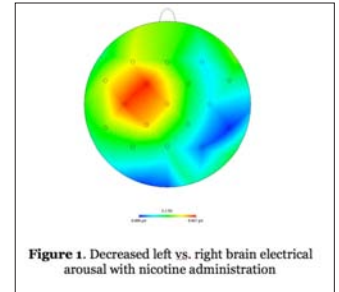


Figure 1. Decreased left vs. right brain electrical arousal with nicotine administration

The **Best Basic Research Posters**, awarded to **Juan-Pablo Lopez**, McGill University and **JoJo Jiang**, University of Ottawa IMHR, will be featured in the next issue of *Breaking Through*.

Young Researchers' Committee

After a successful annual meeting, the Young Researchers' committee is looking forward to new events in the upcoming year. If you are an early career researcher interested in joining the committee please contact **Lisa Batten** at Lisa.Batten@rohcg.on.ca. Members of the committee assist with planning and running educational events and the annual conference. The next generation of mental health research has a voice. Let yours be included.

University of Michigan Depression Center – A Glimpse of Things to Come

Interesting e-Links

- The Canada Mental Health News is an EIN News Service for health professionals:
www.health.einnews.com/news/canada-mental-health.
- Depression Tool Kit from the University of Michigan Depression Center
www.depressiontoolkit.org
- New website providing daily updates on the latest mental health research, clinical guidance, secondary publication research, policy reports, commissioning guidance and patient information delivered in a variety of formats (email, website, mobile app):
www.thementalelf.net
Users will be able to sign up for email alerts and access the site through the usual social media channels (Twitter, Facebook, LinkedIn, etc.).

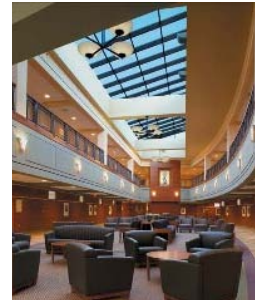
by Dr. David Armstrong
Institute of Mental Health Research

An IMHR delegation (Champion's Group) comprised of **Drs. Zul Merali, David Armstrong, Jean-Claude Bisserbe, Pierre Blier, Dave Davies, Georg Northoff, Sabrina Paterniti**

and **Kim Sogge** visited the University of Michigan Depression Center (UMDC) in Ann Arbor, Michigan on April 18, 2011. Several goals were set for the meeting including the establishment of a foundation for strategic partnering with The Royal's Depression Research Centre along with learning more about the UMDC's best practices in establishing and operating their depression centre.

Established in 2001 by Dr. John Greden, the UMDC was the first centre of its kind in the U.S. targeted to bringing depression into the mainstream of medical research, care, education and public policy. It serves as the headquarters of the U.S. National Network of Depression Centers (NNDC) of which Dr. Greden is the founding chair. The NNDC is a network of 18 of the leading U.S. depression centres at major academic medical centres with more than 400 specialized experts in mood disorders.

Ongoing research conducted within the UMDC allows investigators to continually improve treatment options. Clinicians work side-by-side with researchers who mobilize treatment advances from bench-to-bedside, allowing their patients to take advantage. Researchers study and evolve new models for treatment and prevention, and for minimizing recurrences. Internationally recognized faculty in biologic treatments, neuroimaging, genetics, immunology and stress anchor the UMDC research. Clinical trials are an important type of direct patient-linked research. Research may include studies designed to understand underlying biological and psychological changes that may make some individuals more likely to experience depression, or studies designed to document the effects of the illness, and studies designed to prevent consequences of the illness (e.g. suicide). As a tertiary facility, they get



a higher number of patients resistant to treatment. Whereas patients needing specialized care for cancer can go to cancer centres for expert care, those living with depression (and associated comorbid mental and/or physical health conditions) often don't have access to such specialty clinics.

The Sleep and Chronophysiology Laboratory at the UMDC is a research facility that investigates sleep and biological rhythm regulation using electroencephalogram (EEG) to measure brain activity. They have a strong interest in the biological risk factors for depression and how major depressive disorder affects the sleep patterns. Of note, the director of this laboratory, Dr. Roseanne Armitage, PhD, is a graduate of Carleton University. Dr. Alan Douglass, medical director of the Sleep Disorders Clinic, IMHR, spent a number of years as a clinician researcher in this laboratory – the world is truly a small place.

The UMDC has an integrated approach to women's mood disorders. Their depression team, consisting of psychiatrists, psychologists, nursing staff and social workers, endeavors to identify and treat depression as it presents throughout the woman lifespan. Special emphasis on depression in childbearing women is currently being studied and is being expanded to include specific treatments for depression related to the menstrual cycle and peri-menopause.

The relationship with the UMDC and other NNDC sites will certainly guide The Royal's Depression Research Centre's bootstrapping along with establishing long-term mutually beneficial collaborations.

FREQUENTLY ASKED QUESTIONS

Can Junk Food Give You the Blues?

Excerpt from an article by Dr. Simon J. Evans (http://depressiontoolkit.org/news/junk_food_blues.asp).

This is one question the research team of Dr. Tasmine Akbaraly, from the University College of London, set out to answer in a study published in the British Journal of Psychiatry [Dietary Pattern and Depressive Symptoms in Middle Age. The British Journal of Psychiatry (2009) 195:408-413]. Many studies have focused on different nutrients (such as omega-3s and B vitamins) in being protective against depression, but this study aimed at examining diet patterns as a whole to determine what in the diet might be affecting the mood.

Dr. Akbaraly's team used data from the Whitehall II study (which monitored many social, lifestyle, work and health factors in a group of over 10,000 British civil servants). They specifically examined whether the diet of a sample of approximately 3,500 people affected their incidence of becoming depressed. A food questionnaire was used to lump dietary patterns into two major groups: a whole foods group (heavily loaded with fruits, vegetables and fish) and a processed food group (heavily loaded with sweets, fried foods, high-fat dairy, processed grains and processed meats). Probably not surprisingly, the results



demonstrated that those who ate more of the whole foods or less of the process foods were less likely to become depressed.

To test the validity of their findings, they used statistical tools to remove the affects of several of other factors that might contribute to depression, including: age, gender, marital status, physical activity, smoking, education level, employment grade and a host of other medical conditions. After adjusting for all of these, the findings still stood. More people who developed depression had a diet high in processed foods and low in whole foods than people who didn't become depressed.

Other articles of interest that can be currently viewed on the <http://depressiontoolkit.org>:

- Depression After 60: Your Questions Answered
- The Food and Mood Connection
- Fat: The Good, the Bad and the Ugly, and the Depression Connection
- Treating the Head with the Heart
- Western Diet Linked to Attention Problems

SYMPOSIA, CONFERENCES, MEETINGS, FORUM, LECTURES AND EVENTS

Gruesome Grey Pulp – A Scientific Screwball Musical Comedy

Featuring **Dr. Georg Northoff**, playwright and Director of the IMHR Mind, Brain Imaging and Neuroethics Research Unit; **Elisabeth Eschwé**, internationally acclaimed Austrian pianist and actress; and **John Sarkissian**, highly recognized composer, the musical comedy was presented in support of The Royal's Depression Research Centre on April 25 at the Great Theater Company in Ottawa.

The performance piece presented a unique marriage of music and dialogue. Liz, a psychoanalyst, and George, a neuroscientist, meet at a roadside service station on a remote highway while a mechanic is trying hopelessly to resuscitate her engine-dead car. A scientific discussion ensues. In a witty dialogue, the two characters argue how psychoanalysis, as founded by Sigmund Freud, can be related to the brain.

Considering the recent progress in neuroscience, one may be inclined to argue that Freud could be replaced by neuroscientists of our day. But aren't we as humans more than just our brain and its grey matter? How about our Ego and our sense of Self? In five short scenes, Liz and George touch upon deep existential issues about the nature of man and his standing in the world, while the witty and animated dialogue hints upon their growing attraction for each other. **Bravo for this creative performance and community educational outreach!**



COMING UP

Presentations and Workshops

➤ **Dr. Kimberly Sogge**, C.Psych. Psychologist and Chief of Psychology Professional Practice at The Royal; and **Dr. Kelley Raab**, Chaplain, Spiritual and Cultural Care at The Royal, are presenting a paper at the World Conference for the Association of Contextual Behavioral Science (ACBS) in Parma, Italy in July 2011. Their paper is based on research at The Royal on the outcomes of mindfulness interventions for mental health professionals. The paper will be presented as part of a symposium consisting of international researchers who are responding to the question, "Can acceptance and commitment based therapies remedy work-related stress and burn out in various settings?". The paper is titled "**Minding the Healers: Mindfulness, burnout and self-compassion in mental health care.**" For more information on the ACBS World Conference, please visit the ACBS website at: <http://contextualpsychology.org/wc9>.

➤ **Dr. Nicola Wright** has been invited by Leading Edge Seminars to present two full-day workshops for health care professionals in Toronto on June 13-14, 2011. The workshops are entitled: Beyond Meds: **Cognitive Behavioural Therapy for People Experiencing Psychosis and Going Further: Integrating Third-Wave Approaches with CBT for people Affected by Psychosis.** Dr Wright has also been invited to conduct a two day training program about CBT for psychosis for schizophrenia program staff at CAMH in August 2011.

Mindfulness Presentation

ANNOUNCEMENTS

Appointment



Dr. Nicola Wrights was selected to be a member of the Canadian Psychological Association (CPA) Accreditation Panel for a three-year term. The CPA

Accreditation Panel is responsible for accrediting graduate psychology programs across Canada as well as PhD psychology internships and residency programs.

Book Contract

The Royal's psychology staff members **Drs. Nicola Wright, Owen Kelly, Dave Davies and Andy Jacobs** have just signed a book contract with New Harbinger Publications. The book about cognitive behavioural therapy for psychosis is a therapist manual which integrates acceptance and commitment, mindfulness and compassion-focused approaches with 'traditional' CBT for psychosis. The book contract (in part) grew out of a randomized controlled trial of group CBT for psychosis which was implemented on the The Royal's schizophrenia program. **Dr. Wright** was the project's principal investigator, which was supported by a UMRF grant and the IMHR. **Dr. Kelly** was a co-investigator. He has been involved in the study and has worked on the project over the last three years (along with the team of co-investigators for the grant **Dr. Alison Freeland, Dr. Sarah Bertrim, Dr. John Telner, Carrie Robertson and Research Assistant Cathie Massel**). **Dr. Davies** will be writing the chapter about cognitive behavioural therapy for co-morbid anxiety and **Dr. Jacobs** will be writing the chapter about behavioural activation.



Dr. Patricia Dobkin, associate professor in the Faculty of Medicine at McGill University, brought her cutting edge research to The Royal through a public lecture on May 12, entitled **Fostering Wellness in**

Health Care Professionals: Results from the McGill Mindful Medical Practice Program, a professional workshop on May 13 and a retreat for mental health professionals on May 14. The events were sponsored by Psychology at The Royal, Spiritual and Cultural Care at the Royal, the Ottawa Mindfulness Clinic, and the Association for Spirituality and Mental Health. The IMHR was also a lecture sponsor.

The May 12 lecture was very well attended by both staff and the public. Health care professionals are faced with high demands in the context of a changing medical system. The stress of heavy caseloads is often compounded by clinicians' perception that they have little control over their work environment. Lecture attendees learned that such factors heighten the risk of experiencing high stress and burnout. The McGill Mindful Medical Practice Program aims at promoting self-care practices and wellness in health care professionals. The original Mindfulness-Based Stress Reduction program (Kabat-Zinn) was modified by teaching participants how to

deal effectively with challenges inherent in their work and by focusing on communication skills. The Program course, taught in English and French, includes physicians, psychologists and other health care professionals. During the past four years a mixed-methods research design has been used to triangulate quantitative and qualitative data from a bilingual group of 80 participants. The pre-post program changes show improvements and the focus group discussions point to aspects of the program that participants found useful and meaningful in both professional and personal domains.

- For mental health and health care practitioners interested in weekly mindfulness practice with colleagues, there is a **Mindfulness Practice Group** that meets Mondays 12-1 p.m. at The Royal Women's Mental Health Resource Centre. No registration required.
- For health care practitioners (only) there is a **Mindfulness Research and Practice Interest Group** which holds informal monthly breakfast meetings. For more information, please contact **Dr. Kimberly Sogge** (kim.sogge@rohcg.on.ca) or **Dr. Kelley Raab Mayo** (kelley.raabmayo@rohcg.on.ca).

Clinical Psychology Presentation



Dr. Laura Nichols, who works for the Mood Disorders Program in the inpatient and out-patient program, has recently completed her PhD in Clinical Psychology. She presented a portion of her thesis (Navigat-

ing University Adjustment Using Social Cognitive Theory: An Examination of Students' Behaviors and the Role of Self-Efficacy) at the 7th World Congress of Behavior and Cognitive Therapies in Boston.



Congratulations to all!

RECENT PUBLICATIONS AND CONFERENCE PRESENTATIONS

Publications

Berney, A., Leyton, M., Gravel, P., Sibon, I., Rosa-Neto, P., Diksic, M., Pinard, G., Blier, P., Nordahl, T.E., Benkelfat, C. (2011) Brain Regional α -[11C]Methyl-L-Tryptophan Trapping in Medication-Free Patients with Obsessive Compulsive Disorder. *Archives of General Psychiatry*, Epub March 7.

Blier, P., Blondeau, C. (2011) Biological bases and clinical aspects for the use of aripiprazole in treatment-resistant major depressive disorder. *Journal of Affective Disorders* 128 (Supplement 1): S2-S12.

Canan, F., Ataoglu, A., Nichols, L. A., Yildirim, T., Ozturk, O. (2010) Evaluation of Psychometric Properties of the Internet Addiction Scale in a sample of Turkish high school students. *Behavior and Social Networking*, 13(3), 317–320.

Ghanbari, R., El Mansari, M., Blier, P. (2011) Enhancement of serotonergic and noradrenergic neurotransmission in the rat hippocampus by sustained administration of bupropion. *Psychopharmacology* Epub March 29.

Gifford M.L. and Anderson J. (2010) Barriers and Motivating Factors in Reporting Incidents of Assault in Mental Health Care. *Journal of American Psychiatric Nurses Association* Vol. 16 (5) 288-298.

Guiard, B.P., Chenu, F., El Mansari, M., Blier, P. (2011) Electrophysiological properties of the triple reuptake inhibitor SEP 225289 on monoaminergic neurons. *International Journal of Neuropsychopharmacology* 14, 211-223.

Guiard, B.P., El Mansari, M., Murphy, D.L., Blier, P. (2011) Altered response to the serotonin reuptake inhibitor escitalopram in heterozygous mice for the serotonin transporter: an electrophysiological and neurochemical study. *International Journal of Neuropsychopharmacology* Epub March 25.

Makinen, J. A. and Ediger, L. (2011) Rebuilding Bonds after the Traumatic Impact of Infidelity. In J. L. Furrow, B. Bradley, & S. M. Johnson (Eds.) *The Emotionally Focused Casebook: New Directions in Treating Couples*. New York: Routledge.

Mnie-Filali, O., Faure, C., Lambas-Sedas, L., El Mansari, M., Belblidia, H., Gondard, E., Etievant, A., Scarnia H., Didier, A., Berod, A., Blier, P., Hadjjeri, N. (2011) Pharmacological blockade of 5-HT7 receptors as a putative fast acting antidepressant strategy. *Neuropsychopharmacology*, Epub February 16.

Neutze, J., Seto, M. C., Schaefer, G. A., Mundt, I. A., Beier, K. M. (2011) Predictors of child pornography offenses and child sexual abuse in a community sample of pedophiles and hebephiles. *Sexual Abuse: A Journal of Research and Treatment*, 23, 212-242. doi: 10.1177/ 10790632 10382043.

Seto, M. C., and Hanson, R. K. (2011) Introduction to the Special Issue on Internet-facilitated sexual offending. *Sexual Abuse: A Journal of Research and Treatment*, 23, 3-6. doi:10.1177/ 1079063211399295.

Conference Presentations

Batten, L.A., Wickramartne, P., Hernández, M., Dugal-Tessier, D., Alvarez-Goldman, M., Adams, P., Flament, M.F., Pilowsky, D.J., Tessier, P., Blier, P.M., Stewart, J., McGrath, P., Weissman, M.M. (2011, May) Treatment of Depressed Parents and Child Psychopathology: Data from Two Studies. In: *Proceedings of 164th Annual Meeting. American Psychiatric Association, Honolulu, HI.*

Blier, P. (2011, March) The boosting effect of combination treatments. *European Winter Brain Research Conferences Symposium: New approaches for the treatment of major depression, Les Deux Alpes, France.*

Blier, P. (2011, April) Rational site-directed pharmacotherapies of major depression. *International College of Neuropsychopharmacology Thematic Meeting Polypharmacy: The good, the bad, and the ugly, Salzburg, Austria.*

Blier, P. (2011, April) Pharmacological mechanisms for the use of atypical antipsychotics in depression. *International Society for Affective Disorders/CANMAT Regional Conference Symposium: Atypicals in Mood Disorders, Toronto.*

Chagiorgis, H., Ahmed, A. G., Laprade, K., Michel, S., Seto, M. C. (2011, June) The predictive validity of the Brockville Risk Checklist for harm to others, harm to self, self-neglect, and exploitation by others. *2nd annual North American Correctional and Criminal Justice Psychology Conference (joint conference with Canadian Psychological Association), Toronto.*

COMING UP

Conversations at The Royal: Public Information Sessions

Youth mental health and the law

Date: June 16, 2011
Time: 7 to 8:30 p.m.
(doors open at 6:30 p.m.)
Presenter: **Dr. Greg Motayne**

For more information, contact
Sue Riley at sue.riley@rohcg.on.ca.

Fighting fear: advances in the treatment of anxiety disorders

Date: July 14, 2011
Time: 7 to 8:30 p.m.
(doors open at 6:30 p.m.)
Presenter: **Drs. Davies and Shlik**

Anxiety disorders touch the lives of tens-of-thousands of individuals and their families in Eastern Ontario. Existing treatments are not always effective, timely, or available. Many individuals with severe anxiety disorders develop recurrent and longstanding problems and there is substantial need for a greater understanding of the biological and psychological underpinnings of anxiety, fear, and related disorders. In this presentation we will describe how recent advancements in the fields of neuroscience and psychotherapy may help those living with anxiety disorders to fight for freedom from fear.

For more information, contact
Sue Riley at sue.riley@rohcg.on.ca.

COMING UP

Conversations at The Royal: Public Information Sessions

Hot under the Collar: How to Recognize and Regulate Your Anger Before It Controls You

Date: August 18, 2011
Time: 7 to 8:30 p.m.
(doors open at 6:30 p.m.)
Presenter: **Dr. AG Ahmed**

Myths and misconceptions about sex offenders

Back by popular demand, Dr. Fedoroff will explain how the Sexual Behaviours Clinic at the Royal prevents sex crimes by combining research with ground-breaking clinical interventions. This will be an interactive session so bring your questions and be prepared for some surprising answers.

Date: October 20, 2011
Time: 7 to 8:30 p.m.
(doors open at 6:30 p.m.)
Presenter: **Dr. Paul Fedoroff**

For more information, contact
Sue Riley at sue.riley@rohcg.on.ca.

Chernoloz, O., El Mansari, M., Blier, P. (2011)
Effects of quetiapine alone and in combination with serotonin reuptake inhibition on the firing rate of serotonin and norepinephrine neurons. *Biological Psychiatry* 69 (suppl): 315.

El Mansari, M., Blier, P. (2011) Long-term administration of the novel anticonvulsant drug carisbamate enhances serotonin neurotransmission. *Biological Psychiatry* 69 (suppl): 618.

El Mansari, M., Manta, S., Shim, S., Blier, P. (2011)
Electrophysiological characterization of serotonin neurons in olfactory bulbectomized rats and the effects of bupropion and paroxetine administration. *Biological Psychiatry* 69 (suppl): 317.

Ghanbari, R., El Mansari, M., Blier, P. (2011)
Modification of serotonin and norepinephrine, but not dopamine, neuronal firing by sustained administration of trazodone. *Biological Psychiatry* 69 (suppl): 625.

Jansman, E. M., Seto, M. C., Crocker, A. G., Nicholls, T. L., Côté, G. (2011, June)
International trends in demand for forensic mental health services. 2nd annual North American Correctional and Criminal Justice Psychology Conference (joint conference with Canadian Psychological Association), Toronto.

Jiang, J., El Mansari, M., Blier, P. (2011)
Effect of sustained triple reuptake inhibition on the firing activity of monoaminergic neurons in the rat brain. *Biological Psychiatry* 69 (suppl): 319.

Manta, S., El Mansari, M., Blier, P. (2011)
Effects of long-term vagus nerve stimulation (VNS) on extracellular levels of serotonin and norepinephrine in the rat brain. *Biological Psychiatry* 69 (suppl): 614.

...Recent Publications and Presentations continued

Mnie-Filali, O., Faure, C., Lambas-Sedas, L., El Mansari, M., Belblidia, H., Gondard, E., Etievant, A., Scarnia H., Didier, A., Berod, A., Blier, P., Haddjeri, N. (2011, March) Pharmacological blockade of 5-HT7 receptors induces a fast antidepressant-like response. 31st European Winter Conference on Brain Research. Les Deux Alpes, France.

Nichols, L.A. and Nicki, R. M. (2010, June)
Navigating University Adjustment Using Social Cognitive Theory: An Examination of Students' Behaviors and the Role of Self-Efficacy. 7th World Congress of Behavior and Cognitive Therapy, Boston, MA.

Phillips, J.L., Batten, L.A., Tremblay, P., Blier, P. (2011) Analysis of cortical thickness in treatment-resistant major depressive disorder. *Biological Psychiatry* 69 (suppl): 570.

Seto, M. C. (2011, May) Assessment, treatment and management of internet sex offenders. Workshop presented at the annual conference of the New York Association for the Treatment of Sexual Abusers, Vernon, NY.

Tessier, P., Batten, L.A. (2011, May)
Validating the 12-item CES-D for use in evaluating depression in epidemiological databases and comparison with the QIDS-SR16. In: 2011 164th Annual Meeting New Research Abstracts. American Psychiatric Association, Honolulu, HI.

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Comments & Suggestions

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about our newsletter.

Please contact
Dr. Martine Lafrance, project director,
at 613.722.6521 ext. 6727
or by email at martine.lafrance@rohcg.on.ca.