



Staying Connected...

The Mood Disorders Program Newsletter
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ONGOING STUDIES

- **Depression, Treatment and Maintenance Study-** A study that will look at the long-term effectiveness of a psychotropic medication for the treatment of adults with major depressive disorder by evaluating the patient's quality of life and the sustained improvement of depressive symptoms over time.
- **Managing Depression (MOD)-** This study offers an intervention for patients who continue to experience depressive symptoms despite receiving ongoing treatment. Patients continue to see their own doctor and therapist during the study. The intervention is designed to help patients and their families manage their depression more effectively and to improve their quality of life. Phase I of the study lasts 16 weeks and Phase II provides 8 months of follow-up. 10 patients and 10 family members are already enrolled; the recruitment goal is 15...recruitment is over soon.
- **A pilot trial of psychotherapy for patients with nonepileptic seizures (NES)-** This is an open clinical trial for patients diagnosed with NES by video EEG. It is designed to evaluate the effectiveness of family therapy or cognitive behavioral therapy in the treatment of patients with NES.
- **The MoBI Project-** The aim of this study is to test a low-cost intervention for family members/caregivers of patients with bipolar disorder. Caring for a family member who has bipolar illness can be stressful, cause disruption in the family, and increase anxiety. We will be testing an intervention to help family members/caregivers improve their quality of life by addressing any symptoms of depression or anxiety they may have and to increase their use of available community resources. Patients will continue to see their own health care providers during the study. Because this is a pilot program, we will be limiting the number of caregivers and patients in the study to 20.
- **Family Functioning and Quality of Life in Patients with Epilepsy-** 46 patients and their families are currently participating in this year-long study that looks at the relationships between family functioning, quality of life, and symptoms of epilepsy. The information that we collect from this study will help us better understand how symptoms of epilepsy affect family life. This information will help us to provide better treatment for patients and their families.
- **Treatment for Nonepileptic Seizures-** This ongoing study is a placebo-controlled trial of sertraline for patients who experience nonepileptic seizures (NES); the study is one part of a program to develop combined treatments of psychosocial treatments and medication for these patients with NES.

Websites

- **bipolarworld.net-** Information and support on Bipolar Disorder
- **bpsso.org-** Information and support for the caregivers of people diagnosed with Bipolar Disorder
- **healthyplace.com/communities/bipolar/related/recovery-** A bipolar community for support and information...includes chat rooms and forums
- **nimh.nami.org-** Links to state by state support groups and resources
- **dballiance.org-** Depression and Bipolar Support and Alliance. Information on mood disorders, links to support groups and resources

Are you interested
in participating
in one of our
research studies?
Call us at
(401) 444-3937

Managing a Chronic Illness

Disease management models that emphasize both health education and the teaching of coping skills have been used successfully in the treatment of many chronic medical conditions (Lorig, 2003).¹ These models help to empower patients and their family members to manage a variety of chronic remitting and relapsing disorders. Some features of the models include: information and education about the illness, defining specific goals, anticipating obstacles to goals, rehearsing ways to overcome obstacles, following up on agreed upon tasks and maximizing social support (Glasgow et al, 2002; Goldstein, 2004).^{2,3} In the Mood Disorders Program we are currently developing and testing management models for depression and for bipolar illness. Both pilot studies include the patient and family member(s)/friend(s). The depression study focuses on helping the patient manage his/her illness; the bipolar study focuses on helping the family deal with a family member's bipolar illness.

Welcome New Staff!

Jennifer Baerlocher- Family Therapy Intern
Rhonda Carroll- Secretary
Lisa Dobey- Research Assistant
Anna Eng- Research Assistant
Michaela Jamiel- Research Assistant
Tami Miller- Secretary
Timothy Petersen, Ph.D- Psychologist



COMING SOON:

A project that will investigate the use of an adapted form of cognitive behavioral therapy to prevent relapse of depression in pregnant women who choose to discontinue maintenance antidepressant treatment. With growing evidence that use of antidepressant medications during pregnancy may be associated with negative effects on the fetus, there is a significant need to identify alternative treatments for relapse prevention. The treatment being proposed for investigation will incorporate modules focused on promoting healthy relationships between women and their significant other.

Let us know of any topics you would like us to cover or any questions you may have!

Here's how to reach us:
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**If you would prefer not to receive this newsletter, please let us know.*



Meet the Staff

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1. Lorig, K.R. and H. Holman, *Self-management education: a key to effectiveness and efficiency in care of chronic disease*. Public Health Rep, 2004. **119**(3): p. 239-43.
2. Glasgow, R.E. et al., *Self-management aspects of the improving chronic illness care breakthrough series: implementation with diabetes and heart failure teams*. Ann Behav Med, 2002. **24**(2): p. 80-7.
3. Goldstein, M.G., *Supporting self-management to improve diabetes care*. Med Health RI, 2004. **87**(2): p. 46-9.