

Breakfast Roundtables (separate fee required)

THURSDAY

BR1 – Thursday, March 13 7:00 am – 8:00 am

Business Aspects of Personalized Medicine

Evian Gordon, PhD

Personalized (or prospective) medicine is emerging as a hot topic in both medical/scientific and lay communities. The evidence base is still too small to warrant third party coverage of many diagnostic (e.g., susceptibility genes) or prevention/treatment approaches. Nevertheless, the public is willing to pay out of pocket for these diagnostic and treatment services, and many health professionals are willing to sell them. This Roundtable Breakfast will provide the opportunity to learn about the business issues that arise in such a climate.

BR2 – Thursday, March 13 7:00 am – 8:00 am

Psychobiologic Mechanisms Linking Relationships and Health

Timothy Smith, PhD

The quality of social relationships predicts a variety of important health outcomes, and several psychobiologic mechanisms have been proposed as underlying these associations. This roundtable is intended to serve as a forum for interested researchers of all levels to discuss conceptual and methodological issues in the study of these social psychophysiological mechanisms. The discussion will focus on the conceptualization and measurement of various aspects of relationships (especially close relationships such as marriage), as well as the psychobiologic mechanisms (e.g., cardiovascular reactivity, heart rate variability, neuroendocrine responses, etc.). In addition to some formal presentation as needed, the roundtable will focus on participants' own questions and concerns regarding planned and on-going research. The inherent difficulty of manipulating or measuring the quality of close relationships in the laboratory and elsewhere in ecologically valid ways while simultaneously taking often technically complex and intrusive physiological measurements will likely be a major theme of the discussion. The roundtable will also hopefully facilitate the further development of informal networks of researchers at all levels working on these issues.

FRIDAY

BR4 – Friday, March 14 7:00 am – 8:00 am

Measuring Sleep in Psychosomatic Medicine Research: Practical Tips

Martica Hall, PhD

Researchers in psychosomatic medicine have begun to appreciate the potential role of sleep in health and functioning, as evidenced by the growing number of publications in this area. This roundtable presentation will describe the major tools used to measure sleep (questionnaires, diaries, actigraphs, polysomnography) with an emphasis on comparing the data generated by each and their potential application to psychosomatic medicine research. We will discuss practical tips for identifying sleep measurement tools that correspond to specific kinds of research questions. For example, although

polysomnography is the recognized gold-standard tool for measuring certain dimensions of sleep (e.g., stages of sleep) other less invasive and more accessible tools provide powerful data regarding sleep quality, duration, timing, and patterns, each of which is importantly related to health and functioning. There are also new ambulatory “off-the-shelf” devices that allow assessment of certain sleep disorders, such as sleep apnea, without requiring full laboratory sleep studies. The format of the presentation will be informal to encourage questions and discussion amongst roundtable attendees.

BR7– Friday, March 15 7:00 am – 8:00 am

Psychosomatic Reactions to Qigong Practice -- Clinical Implications in Handling Qigong Deviations

Kevin W Chen, PhD and Tianjun Liu, OMD

Qigong as part of traditional Chinese medicine practice or energy medicine has got increased attention and interest around the world. But there are also increased reports on the “qigong-induced mental disorders” in the literature and in the clinic of psychosomatic medicine. Chinese DSM-IV defines it as a “culture-bound syndrome.” However, most clinicians do not practice qigong, and never experienced these “syndrome” themselves, and there are some serious misunderstandings about qigong practice and the related phenomena. We believe that both clinicians and practitioners want to know more about what these deviations are really about. Our presentation attempts to clarify some basic issues related to normal and abnormal reactions to qigong practice, and offer some clinical suggestions in handling these psychosomatic phenomena – most of these contents are in Chinese textbook of medical qigong, professor Liu (co-author of the abstract) is the editor-in-chief of that textbook.

BR8– Friday, March 14 7:00 am – 8:00 am

Collaborative Care Interventions for Treating Depression in Patients with Cardiac Disease: The Bypassing the Blues Experience

Bruce L. Rollman, MD, MP; and Bea Herbeck Belnap, Dr. Biol. Hum

Collaborative care, based on Wagner's Chronic Care Model, includes active follow-up by a nurse or other non-physician who adheres to an evidence-based treatment protocol and works under the supervision of a primary care physician with specialty back-up when necessary. Proven effective at treating major depression in primary care, an NHLBI working group recently endorsed it as a promising approach for treating depression in cardiac patients.

Bypassing the Blues is an NHLBI-funded trial designed to examine the effectiveness of a nurse-led, telephone-based collaborative care strategy at treating depression following cardiac bypass graft surgery (CABG). Study enrollment at 8 Pittsburgh-area hospitals recently concluded (N=455), and we anticipate our final blinded assessments will occur in 5/08 (8-48 months follow-up).

To inform the field about collaborative care models of depression treatment that can be applied to CABG and other cardiac conditions, this roundtable discussion will detail our study's intervention strategy, and provide attendees with an opportunity to ask the

investigators about the real-world challenges they faced in implementing their intervention strategy.

SATURDAY

BR3 – Saturday, March 15 8:00 am – 9:00 am

Mixed models and latent growth curve models: A comparison of approaches for analyzing longitudinal data

Joseph Schwartz, PhD and Maria M. Llabre, PhD

Researchers working with longitudinal data have several analytic approaches available to examine their data. When the focus of the study is the examination of change over time, multilevel or mixed model (MLM), and latent growth curve models (LGM) provide flexible approaches that are preferable to the traditional repeated measures ANOVA approach. Under certain conditions both approaches will yield identical or similar estimates of the change parameters of interest. But each approach may also be considered optimal for handling specific design features. This breakfast roundtable will introduce participants to both approaches, initially considering a two group, multiple time design, as might result from a clinical trial. Simulated data will be analyzed using PROC MIXED in SAS (illustrating the MLM approach) and in Mplus (illustrating the LGM approach). This initial design will serve to describe the conditions under which the two approaches are comparable. Additional designs will then be considered to highlight the advantages of the MLM approach when the timing of observations varies across participants, there are many observations per participant, or time-varying covariates are included. The advantages of the LGM approach will be illustrated by considering mediation models and more complex multivariable models, including models where change is used to predict a distal outcome.

BR5– Saturday, March 15 8:00 am – 9:00 am

How Should Psychosomatic Illnesses be Represented in DSM-V?

Joel Dimsdale, MD

Attendees will discuss their opinions of how psychosomatic disorders are currently described in DSM-IV and how they should be described in DSM-V. The session will be moderated by Dr. Dimsdale, who is chairing the Somatic Distress Workgroup for the DSM V Committee.

BR6– Saturday, March 15 8:00 am – 9:00 am

Placebo Effects

Robert Ader, PhD and Tor Wagner, PhD

The discussion will begin with a description of the interests and current research of participants, which is likely to develop into a discussion of different models of placebo phenomena and their generation of testable hypotheses. Questions posed to stimulate further discussion (if necessary) would include, for example: Are all placebo responses created equal? Are the placebo phenomena observed in acute experimental studies with healthy subjects the same as those observed in chronic clinical situations with medical patients? Are placebo responses nonspecific? Are there "placebo responders?" How do placebos help define the "real" effect of drugs? What do meta-analyses tell us about

placebo effects?

Luncheon Roundtables (separate fee required)

THURSDAY

LR1 - Thursday, March 13 11:30 am – 12:45 pm

Junior faculty Development Roundtable Luncheon

Mike Antoni, PhD; Elizabeth Brondolo, PhD; and Karen Matthews, PhD

This workshop is primarily geared toward junior faculty at the Instructor or Assistant Professor level. Senior scholars from Psychology and Psychiatry Departments will discuss “best practices” for junior faculty development, with some emphasis on the following: 1) Publishing: How to maximize quantity and quality; 2) The pros and cons of “soft” vs. “hard” money; 3) Balancing research, teaching/clinical work, and service; 4) The importance of grants (i.e. When to write your first R01? How do you incorporate funding priorities into your program of research?); and 5) Establishing a national reputation (How does one go about doing this?)

LR2 - Thursday, March 13 11:30 am – 12:45 pm

Tips on Getting the Most out of your Postdoc

Simon L. Bacon, PhD and Jim Blumenthal, PhD

Transitioning from a graduate student or intern to a postdoctoral fellow is an exciting time in the process of becoming an independent investigator. How to pick the right mentor and training environment are critical steps in the process. This roundtable will cover issues related to 1) sources of funding for postdoctoral training; 2) deciding on the ideal kind of post doc for you; 3) selecting the right mentor; 4) picking the optimal training environment; 5) understanding the expectations of the mentor; 6) defining the expectations of the postdoc; and 7) ensuring that the post doctoral experience will optimize future employment opportunities.

LR3 - Thursday, March 13 11:30 am – 12:45 pm

Research and the Popular Media

A growing trend in the news media (print, radio and television) is that nearly every day or week the news is filled with reports on “groundbreaking” health studies that may change your life. Unfortunately -- and to the consternation of many health scientists -- these reports too often simplify and generalize findings that also may lead to misunderstandings about the true value and implications of the research involved.

Why is this so? Who is at fault? The journalist who is on a deadline? The scientist who may be willing to sacrifice accuracy for notoriety? The public relations department who may stretch the value of research to get media attention? What responsibility do information consumers have? What do researchers and news media do right and how can they do it better?

This roundtable will explore these issues and has the following objectives: (1) To increase the recognition of scientific research that warrants news coverage; (2) To help improve the quality of reporting of health research; and (3) To improve communication strategies between scientists and the media.

LR4 - Thursday, March 13 11:30 am – 12:45 pm

Integrative Neuroscience

Leanne Williams, PhD; Evian Gordon, PhD; and Richard Lane, MD, PhD

During this Roundtable Lunch on Integrative Neuroscience, Leanne Williams (2008 President's Award recipient), Evian Gordon and Richard Lane will lead an interactive discussion that will touch on several important topics in psychosomatic medicine, including new developments in imaging of conscious and unconscious emotions, emerging evidence that genes influence brain structure and function, and the application of neuroscience research to the emerging field of personalized medicine. The purpose of this presentation is to facilitate communication between clinicians and researchers interested in neuroscience, and to generate new ideas and encourage collaboration among individuals with complimentary interests and skill sets.

FRIDAY

LR5 - Friday, March 14 11:30 am – 1:15 pm

Palliative Care

William Breitbart, MD, FAPM; Lewis Cohen, MD, FAPM; Donna Greenberg, MD, FAPM; Joseph Weiner, MD, FAPM

The roundtable format will be used to allow for a free-flowing and wide-ranging discussion with the representatives of the Academy of Psychosomatic Medicine. Each of the presenters has extensive clinical experience with their patient population and subject. In contrast to the previous symposium which focuses on research aspects of different disorders, the roundtable will also provide an opportunity to discuss the clinical aspects and challenges.

LR6 - Friday, March 14 11:30 am – 1:15 pm

NIH Grants and Training

Margaret Chesney, PhD

The NIH Roundtable Luncheon consists of two components. The first is a brief overview of NIH and the process of submitting a grant application for research or training. The overview will describe the NIH (e.g., various institutes, level of funding for behavioral and social research), kinds of funding opportunities (e.g., "investigator-initiated grants" vs initiatives from the Institutes and Centers; funding mechanisms), resources for information and guidance, and process of submitting an application and how it is reviewed and funded. *The presentations will be directed at investigators with some familiarity. Investigators who are unfamiliar with NIH should attend the NIH breakfast roundtable prior to attending this session.* Handouts will be provided.

The second and major component of the roundtable is for the participants to meet with representatives from the major supporters of psychosomatic research at the NIH. Tables will be set up around the room (one or two per Institute depending on the number of Institute staff attending). The Institute staff will briefly introduce themselves and their Institute. Institute staff will also bring materials for participants covering their strategic plans, mechanisms of funding for research and training, and current initiatives. The bulk of the time will be for the participants to ask questions, describe their research ideas, and get feedback from the NIH staff. One anticipated outcome will be a sense that the NIH staff is approachable and available for advice. This should facilitate subsequent exchanges between staff and potential applicants.

SATURDAY

LR7 - Saturday, March 15 12:30 pm – 1:45 pm

Recent advances in posttraumatic stress disorder (PTSD) research

Joseph Boscarino, PhD, MPH, Do-Un Jeong, MD, PhD, Roger Pitman, MD; Robert Ursano, MD; Douglas Delahanty, PhD, and Marzio Sabbioni, MD

This roundtable luncheon will provide a forum for follow-up discussion to the symposium: Recent advances in posttraumatic stress disorder (PTSD) research. Symposium presenters will take part in the roundtable and will be available for questions and discussions based on their presentation. Emphasis will be placed on the aspects of neuroscience, genetics, development and treatment of PTSD. The goal is to facilitate a cross-disciplinary discussion of the research, clinical, liaison, and public health issues involved in PTSD.

LR8 - Saturday, March 15 12:30 pm – 1:45 pm

Health Consequences of Emotion Regulation in Breast Cancer Patients: Phenomenology, Physiology and Malleability

Annette Stanton, PhD; Janine Giese-Davis, PhD; Mike Antoni, PhD; and Karen Weihs, MD

The presenters will elaborate on the research presented at the symposium immediately preceding the roundtable. Participants are welcome to bring questions and results from their own research on emotions and breast cancer for discussion

LR9 - Saturday, March 15 12:30 pm – 1:45 pm

Psychosomatic Research and Practice in Developing Countries

Omer El-Rufaie, PhD; A. Gunaid, PhD; Abdel-sattar Ibrahim, PhD; and Mustafa al'Absi, PhD

This roundtable discussion will focus on psychosomatic disorders in developing countries. The discussion will also include observations on the increased challenge of noncommunicable, chronic diseases along with the ongoing challenges related to the prevalence of infectious diseases. Multiple psychosocial adversities contribute uniquely to psychosomatic disorders in developing countries. The role psychosomatic medicine can play in the diagnosis and treatment of these problems and examples of psychosomatic research conducted in developing countries will be discussed.

