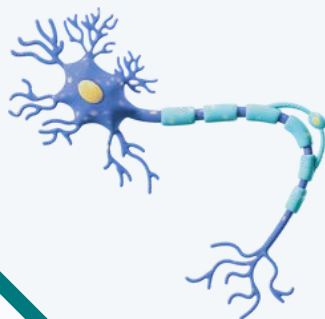
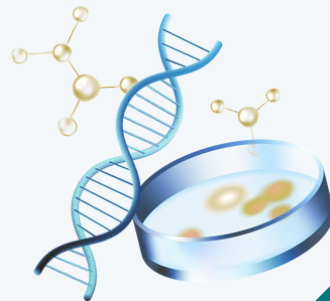




ADAA

**SPECIAL
INTEREST
GROUPS**

Genetics and Neuroscience



The Monthly Newsletter of the
ADAA Genetics and Neuroscience SIG



November 2025 | Vol. 2

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TRAINEE HIGHLIGHT



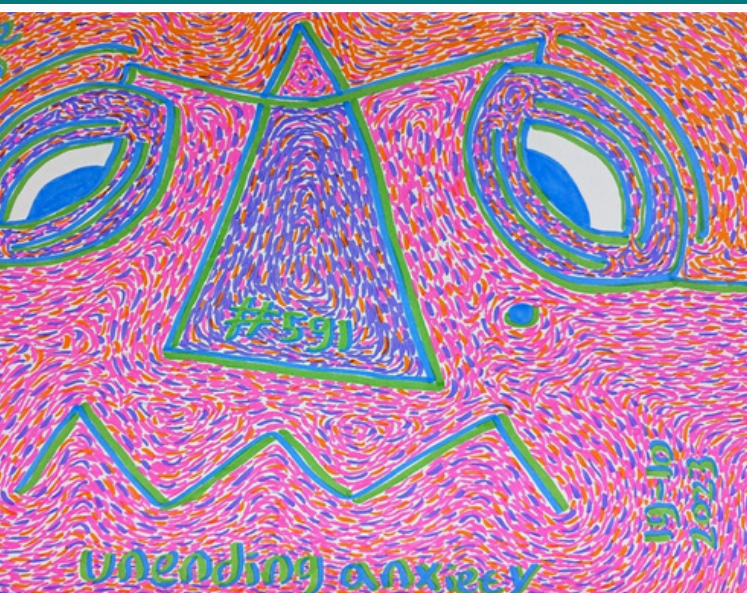
PAUL ALEXANDER BLOOM, PHD

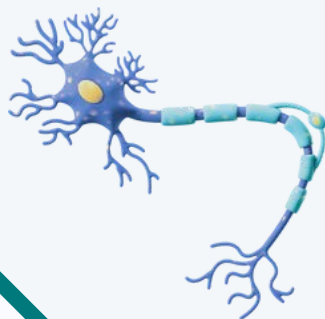
I am a postdoctoral research scientist in the Department of Psychiatry at Columbia University working with Dr. Randy Auerbach and Dr. David Pagliaccio. My work aims to understand risk and protective factors for depression and suicide in adolescents, with a focus on intensive longitudinal methods examining and predicting changes in affect or behavior over time. My current research uses digital tools, including ecological momentary assessment, passive smartphone sensing, and social media data logs, to identify areas for timely and adaptive intervention. An additional line of my research uses neuroimaging to understand mechanisms of depression symptom change. Broadly, my research seeks to identify methods and mechanisms for scalable and accessible prevention and treatment programs in service of adolescent mental health.

*Feeling so
Perhaps Anxious
Every day
More than
I normally do
Not sure why
Or where it
Came from
But I wish
It would all
Just go back
To normal*

UNENDING ANXIETY (2023) BY ZEN DAGERAAD

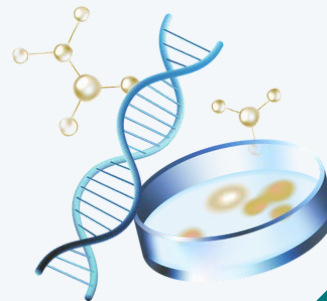
"I remember one specific morning, the world felt muted, gray, and distant, yet inside, everything was vibrating at an unbearable frequency. It was like trying to hold static in my hands. For me, as an artist, this is where art steps in. It offers a different language, a visual vocabulary for the inexpressible."





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SELECTED PUBLICATIONS IN THE FIELD

ANXIETY



Domschke K, Schiele MA, Crespo Salvador Ó, Zillich L, Lipovsek J, Pittig A, Heinig I, Ridderbusch IC, Straube B, Richter J, Hollandt M, Plag J, Fydrich T, Koelkebeck K, Weber H, Lueken U, Dannlowski U, Margraf J, Schneider S, Binder EB, Ströhle A, Rief W, Kircher T, Pauli P, Hamm A, Arolt V, Hoyer J, Wittchen HU, Erhardt-Lehmann A, Köttgen A, Schlosser P, Deckert J.

Epigenetic markers of disease risk and psychotherapy response in anxiety disorders - a longitudinal analysis of the DNA methylome. Mol Psychiatry. 2025 Oct;30(10):4529-4542. doi: 10.1038/s41380-025-03038-5. Epub 2025 Apr 25. PMID: 40281224; PMCID: PMC12436192.

Ohi K, Fujikane D, Takai K, Kuramitsu A, Muto Y, Sugiyama S, Shioiri T.

Clinical features and genetic mechanisms of anxiety, fear, and avoidance: A comprehensive review of five anxiety disorders. Mol Psychiatry. 2025 Oct;30(10):4928-4936. doi: 10.1038/s41380-025-03155-1. Epub 2025 Aug 19. PMID: 40830577; PMCID: PMC12436156.

Hagihara H, Koshimizu H, Hattori S, Shoji H, Tanaka M, Ikeda K, Miyakawa T.

Hyper-maturity and accelerated aging in the hippocampus of mouse models of neuropsychiatric disorders with anxiety-like behavior.

Neuropsychopharmacology.

2025 Oct 27. doi: 10.1038/s41386-025-02237-6. Epub ahead of print. PMID: 41145651.

Lou J, Tian X, Sun Y, Xian J, Lei W, Wang M, Liu B.

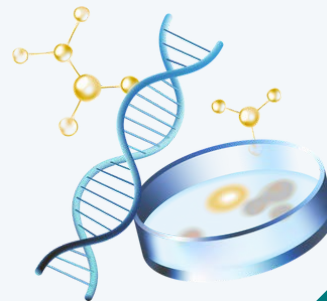
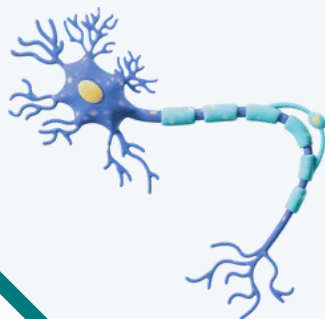
Genetic and striatal structural connection linking behavioral inhibition/activation system to adolescent anxiety and depression.

Transl Psychiatry. 2025 Oct 31;15(1):451. doi: 10.1038/s41398-025-03687-8. PMID: 41173825; PMCID: PMC12578861.

Garrison-Desany HM, Hinojosa CA, Tubbs JD, Meyers JL, Linnstaedt SD, House SL, Beaudoin FL, An X, Stevens JS, Neylan TC, Clifford GD, Germine LT, Rauch SL, Haran JP, Storrow AB, Musey PI Jr, Hendry PL, Sheikh S, Jones CW, Panches BE, Pascual JL, Seamon MJ, Harris E, Pearson C, Peak DA, Merchant RC, Domeier RM, O'Neil BJ, Sergot P, Sanchez LD, Bruce SE, Harte SE, McLean SA, Ressler KJ, Koenen KC, Denckla CA. **Post-traumatic stress and genetic interactions affect tobacco and alcohol use after trauma: findings from a multi-ancestry cohort.** Transl Psychiatry. 2025 Oct 24;15(1):434. doi: 10.1038/s41398-025-03593-z. PMID: 41136357; PMCID: PMC12552440.



CONTINUED ON NEXT PAGE...



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SELECTED PUBLICATIONS IN THE FIELD

DEPRESSION



Lyu N, Zhao Q, Liu D, Zhou J, Zhu X, Qi H, Wang H, Liu M, Wei M, Zhang C, Zhang L, Yang J, Wang G, Juruena M, Young AH. **Genome-wide association and DNA methylation analyses of SSRI treatment response in major depressive disorder.** BMC Psychiatry. 2025 Oct 28;25(1):1030. doi: 10.1186/s12888-025-07502-y. PMID: 41152819; PMCID: PMC12570551.

Xiong Y, Krebs K, Jermy B, Karlsson R, Pasman JA, Nguyen TD, Gong T, Kowalec K, Rück C, Sigström R, Jonsson L, Clements CC, Hörbeck E, Andersson E, Bäckman J; FinnGen; Estonian Biobank Research Team; Ganna A, German J, Sullivan PF, Landén M, Lehto K, Lu Y. **Genome-wide association meta-analysis and rare copy number variant analysis of treatment-resistant depression.** Mol Psychiatry. 2025 Nov;30(11):5024-5033. doi: 10.1038/s41380-025-03084-z. Epub 2025 Jun 26. PMID: 40571737; PMCID: PMC12532596.

Xu H, Zhang Z, Ye Y, Gu J, Chen H, Jiang Z, Cheng B, Tang H, Li S, Chang Z, Zhou J. **Social determinants of health, brain structure, and immune-metabolic mechanisms in depression: A multi-omic analysis from the UK Biobank.** Brain Behav Immun. 2025 Nov;130:106117. doi: 10.1016/j.bbi.2025.106117. Epub 2025 Sep 19. PMID: 40976403.

Mitchell BL, Monistrol-Mula A, Thomas JT, Byrne EM. **The Role of Genetic Data in Dissecting Depression Heterogeneity.** Biol Psychiatry. 2025 Nov 1:S0006-3223(25)01578-1. doi: 10.1016/j.biopsych.2025.10.029. Epub ahead of print. PMID: 41183729.

Coon H, Shabalin AA, Monson ET, DiBlasi E, Han S, Baird LM, Kaufman EA, Tharp D, Staley MJ, Yu Z, Li QS, Colbert SM, Bakian AV, Docherty AR, McIntosh AM, Whalley HC, Amaro D, Crockett DK, Mullins N, Keeshin BR. **Genetic Liabilities to Neuropsychiatric Conditions in Suicide Deaths With No Prior Suicidality.** JAMA Netw Open. 2025 Oct 1;8(10):e2538204. doi: 10.1001/jamanetworkopen.2025.38204. PMID: 41114977; PMCID: PMC12538367.

MULTIPLE DISORDERS



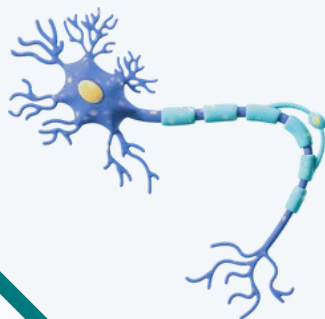
Zhao Z, Zhang B, Gan R, Xie H, Shao Y, Xu K, Jia Z. **Causal relationships between white matter connectome and mental disorders: a large-scale genetic correlation study.** J Affect Disord. 2025 Oct 1;386:119469. doi: 10.1016/j.jad.2025.119469. Epub 2025 May 24. PMID: 40419157.

Holt DJ, Choi KW, DeTore NR, Balogun O. **Transdiagnostic prevention in youth mental health, Part I: rationale, shared risk factors.** Neuropsychopharmacology. 2025 Oct 2. doi: 10.1038/s41386-025-02233-w. Epub ahead of print. PMID: 41039099.

Stein F, Kircher T. **Transdiagnostic findings across major depressive disorder, bipolar disorder and schizophrenia: A qualitative review.** J Affect Disord. 2025 Oct 15;387:119464. doi: 10.1016/j.jad.2025.119464. Epub 2025 May 26. PMID: 40436207.

Ma Z, Shen S, Hao M, Qin Y, Tang Y, Jin L, Wang F, Gong X. **Accelerated epigenetic aging in males with mood disorders accompanied by insomnia.** J Affect Disord. 2025 Oct 9;393(Pt B):120381. doi: 10.1016/j.jad.2025.120381. Epub ahead of print. PMID: 41076161.

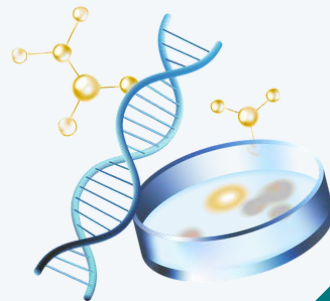




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PART 2 OF OUR EXCLUSIVE INTERVIEW WITH **KARESTAN C. KOENEN, PHD**

Director, Broad Trauma Initiative, Broad Institute of MIT and Harvard
Co-Founder and Leader, PGC-PTSD Working Group
Professor of Psychiatric Epidemiology,
Harvard T.H. Chan School of Public Health



What advice would you give to early-career scientists aiming to contribute at the intersection of trauma, genetics, and neuroscience?

This is a challenging field, but it really matters. My advice to early-career scientists is to cast a wide net in your training—learn the basics of everything from epidemiology to neuroscience, and stretch yourself. Find people whose work or outlook you truly respect, and ask for their input; nobody gets far in this field alone. Most importantly, stay close to the real experiences of trauma survivors and affected communities—their insights should be at the heart of the research we do. Collaboration is essential, and progress is rarely a straight line; many of the best discoveries come from unexpected places or combinations of ideas.

Above all, keep listening to your own inner voice. There's no shortage of external opinions or criticism in academia, and it's easy to get pulled in a dozen directions at once. But your unique perspective and passion are what will set your work apart. The projects that are most personally meaningful often turn out to be the ones that matter most to the field, too.

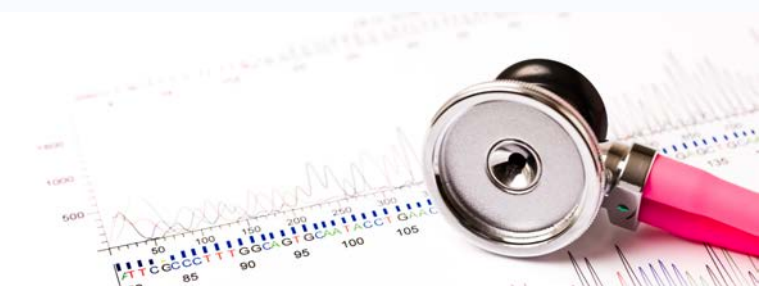
How do you envision the role of genetics and neuroscience evolving in the understanding and treatment of trauma-related disorders over the next decade?

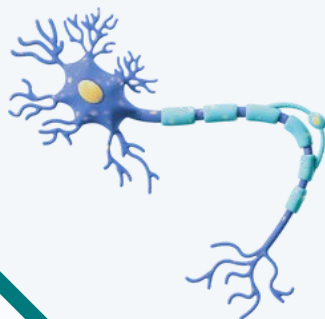
I believe we are on the cusp of a shift from "one size fits all" to precision medicine in trauma care. With initiatives like BTI and large-scale GWAS from collaborations such as PGC-PTSD, our field is moving toward integrating deep genetic and neurobiological insights to uncover the mechanisms by which trauma shapes risk for—not just PTSD, but a spectrum of psychiatric and physical disorders. We aim to identify biomarkers that can help stratify patients: who is most at risk, who will benefit from specific interventions, and who may experience recovery without intervention. This precision approach, informed by partnerships across disciplines and institutions, will drive both a better fundamental understanding of trauma and a new era of individualized care.

“

Collaboration is
essential, and progress
is rarely a straight line

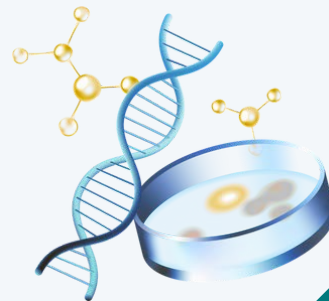
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INTERVIEW WITH KARESTAN C. KOENEN, PHD

How can we ensure that advances in genetic and neurobiological research translate into more personalized and equitable treatments for trauma survivors?

It is crucial that scientific innovation is accompanied by intentional efforts to ensure access. This includes democratizing genetic and neurobiological tools—making them affordable and accessible across health systems, particularly in low-resource settings. Co-developing treatment strategies with culturally diverse communities and integrating social determinants of health into personalized care models will be essential to avoid widening existing disparities.

What breakthroughs do you anticipate in identifying biological or neurogenetic risk factors for PTSD and related conditions?

I anticipate we will see advances in multi-omic biomarkers that capture both genetic and environmental "signatures" of trauma risk and resilience. We are moving toward identifying robust, reliable predictors—not just of who develops PTSD, but of who recovers and why. Large-scale collaborations like PGC-PTSD and the use of longitudinal studies using wearable devices and digital phenotyping will further illuminate dynamic changes post-trauma, potentially yielding new intervention targets.

“

Most importantly, stay close to the real experiences of trauma survivors and affected communities

”

What gives you the most hope about the future of trauma research and its potential to improve lives globally?

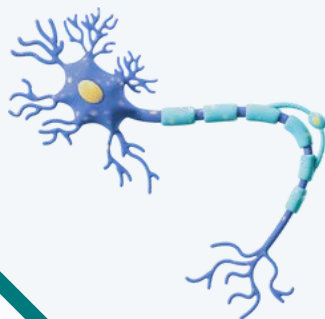
I am energized by the spirit of cross-disciplinary collaboration and the increasing emphasis on capacity building—hallmarks of our work with BTI, PGC-PTSD, and global partners. There is a growing recognition that advancing trauma science and care requires integrating biological discovery, rigorous training, and advocacy for equity. As we break down traditional silos and democratize both data and training, I am hopeful that actionable scientific advances will benefit trauma survivors everywhere, regardless of geography or resources. It is the dedication of our colleagues, trainees, and the communities we serve that drives real change.

**THANK YOU FOR
SPEAKING WITH US,
DR KARESTAN KOENEN!**

Keep up with Dr Karestan Koenen's latest research at the Broad Trauma Initiative (BTI) at www.broadinstitute.org/biology-trauma-initiative-broad-institute

Stay tuned for our next edition for another talk with a leading voice in our community.

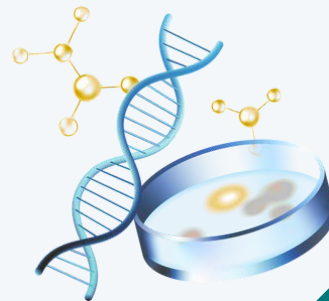




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OPPORTUNITIES



Alan Kanzer Postdoctoral Fellowship Program

at Columbia University

<https://apply.interfolio.com/175482>

Columbia University Assistant Professor (Tenure Track)

at Columbia University

<https://apply.interfolio.com/176153>

Tenure-Track Assistant Professor Position in Neuroscience

at Emory University (Biology Department)

<https://apply.interfolio.com/174371>

Assistant Professor

at UNC Chapel Hill (Department of Psychology & Neuroscience)

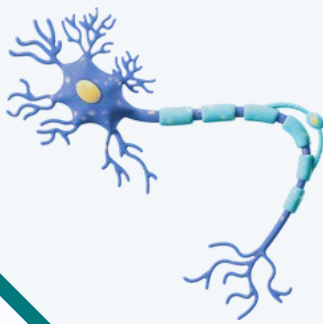
<https://unc.peopleadmin.com/postings/307129>

Assistant Professor in Clinical Psychology - Tenure Track

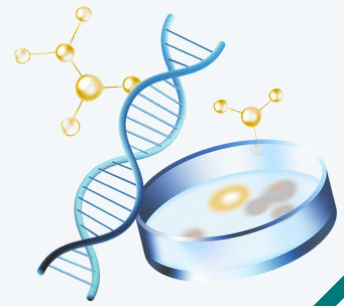
at Vanderbilt University

<https://apply.interfolio.com/173316>



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FEATURED ADAA EVENTS AND MORE



Anxiety & Depression Conference

ADAA 2026
April 9-11, 2026
Chicago, IL

Innovations in Technology Driving Clinical Care
and Research in Mood and Anxiety Disorders

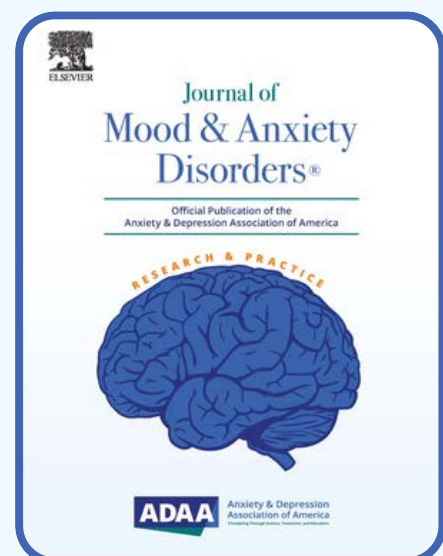
#**ADAA2026** (April 9-11 in Chicago) will showcase diverse voices and perspectives across research and practice. Submit your poster or award application by December 12 to help shape the future of mental health care. Don't miss the opportunity to elevate your career and impact!

<https://adaa.org/adaa-conference-2026>**SUBMIT**

PUBLISH WITH PURPOSE

ADAA's open access **Journal of Mood and Anxiety Disorders**® invites members to submit articles! We welcome original clinical, translational, and basic research, as well as review articles. Indexed in PubMed Central and DOAJ, the journal had over 100,000 downloads in 2024, offering wide visibility and impact.

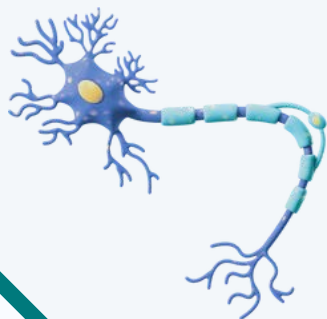
25% Discount for accepted articles in 2025 (\$2700 for full-length articles and \$1350 for short communications and "case reports"). This special offer ends December 31st!

<https://adaa.org/professionals/journal>**Awards Available! Apply before December 12**

Donald F. Klein Early Career Investigator Award

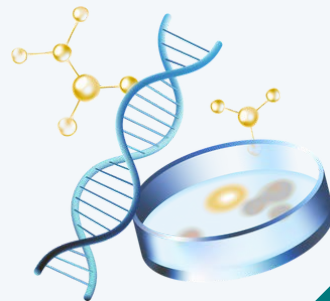
Alies Muskin Career Development Leadership Program (CDLP)

ADAA Early Career Membership Award



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For feedback, questions and suggestions, please contact us.

Thank you for reading!

