



# ANXIETY AND DEPRESSION CONFERENCE

## INTEGRATING RESEARCH, PRACTICE, AND COMMUNITY

MARCH 31–APRIL 3, 2016



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“On behalf  
of the  
Conference  
Committee,  
I welcome  
you to our  
conference in  
Philadelphia.”

Jordan Smoller, MD, ScD

WELCOME



Jordan Smoller, MD, ScD  
Conference Chair



Karen Cassiday, PhD  
ADAA President

**From the Conference Chair,  
Jordan Smoller, MD, ScD**

I hope you will be able to hear the keynote address by **Matthew K. Nock, PhD**, “Why Do People Harm Themselves? Recent Advances in The Understanding and Prediction of Suicidal Behavior” and attend the Jerilyn Ross Lecture, in which a panel will address “Does Psychotherapy Have a Future?”

There is something here for everyone among the many not-to-miss sessions, workshops, roundtables, and film screenings. New this year is “Timely Topics for Clinicians.” The Scientific Research Symposium focuses on “Technology to Train the Brain: Pushing Methodology and Treatment,” and the Clinical Practice Symposium will address “What to Do Now? Poor Treatment Response in Anxious and Depressed Young Adults: The Case of Madeline.”

I'd like to thank all the speakers, poster presenters, committee members, and ADAA staff who, as usual, have contributed to this top-quality conference. I hope you enjoy the meeting.

**From the ADAA President,  
Karen Cassiday, PhD**

The Board of Directors and I welcome you to the conference. It's a meeting where people like you — smart, dedicated, and innovative clinicians and researchers — focus on anxiety disorders and depression. We hope you'll take advantage of the many opportunities to engage with colleagues between sessions, over a cup of coffee, or in the poster session. Many thanks to Jordan Smoller, the conference chair, the members of the conference committee, and the ADAA staff, who have worked all year to bring us together.

ADAA has an egalitarian, all-comers welcome, open-minded culture. So please feel free to meet members of the Board of Directors, committees, and special interest groups. They can help you network and get the most out attending our conference.

Enjoy our webinar series:  
[tinyurl.com/prof-webinars](http://tinyurl.com/prof-webinars)





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Platform Compatibility: Android v4x+ and iOS v7x+

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AVAILABLE AT:







## > Thursday, March 31

### Welcome Reception

Open to all registered participants

6:00 – 7:15 pm

Liberty A/B, 3rd Floor



Supported by Beck Institute for  
Cognitive Behavior Therapy

### NEW THIS YEAR –

Sign up for guided

## New Research Session Poster Tours

during both the Friday and Saturday evening sessions. Tour leaders have selected six to eight poster presentations for each tour, and they will highlight the innovations of each to promote discussion on the tour. Space is limited, so sign up near ADAA Registration, 5th Floor.

### Dine Arouds

Back by popular demand! Dine with colleagues on Friday and Saturday: multiple hosts, multiple restaurants! Sign up near ADAA Registration, 5th Floor.

### Tribute to Alies Muskin

7:15 – 8:15 pm

Liberty C, 3rd Floor

## > Friday, April 1

### First-Time Attendee Breakfast

7:30 – 8:30 am,

5th Floor, Grand Salons I/J

### Meet and Greet for International Attendees

10:00 – 10:30 am,

3rd Floor, Conference Suite 1

Join us for an opportunity to meet more than 65 international attendees, as well as to get answers to all of your questions about the conference, getting around Philadelphia, and ADAA membership. We would love your input about how we can make ADAA a great home for international members. Coffee and sweets will be served.

### Film Screening and Discussion with Roz Lichter, producer of *My Depression (The Up and Down and Up of It)*

12:00 – 1:30 pm

Salon E, 5th Floor

## > Saturday, April 2

### Town Hall Meeting

4:00 – 4:30 pm

5th Floor Foyer

Meet Gordon Asmundson, 2017 Program Chair, and Carmela Alcantara, 2017 Program Coordinator. Discover how to get involved with the 2017 conference and tell us what you'd like to see next year.

### Workshop: Documentary Film Screening of *Southern Comfort* (2 CE)

4:30 – 6:30 pm

Franklin 13, 4th Floor

## Join ADAA

Make ADAA your  
professional home.  
Ask at Registration,  
5th Floor;  
or join online:  
[tinyurl.com/](http://tinyurl.com/)





# SCHEDULE AT A GLANCE

Use this for CE and CME tracking.

## WEDNESDAY, MARCH 30

TIME	EVENT	LOCATION
12:00 PM - 5:00 PM	Board of Directors Meeting	4th Floor, Room 406

## THURSDAY, MARCH 31 \*Ethics \*\*Self-Assessment MOC (CME)

TIME	EVENT	LOCATION
9:00 AM - 4:30 PM	Changing the Anxious Mind—Rapidly—129 (Additional fee)	4th Floor, Franklin 2
9:30 AM - 11:30 AM (Master Clinicians)	Advanced Training in Behavioral Interventions for Selective Mutism—MC002	5th Floor, Grand Salon B
	An Introduction to Cognitive- Behavioral Therapy for Insomnia (CBT-I)—MC001**	5th Floor, Grand Salon A
	Making Exposure and Response Prevention for OCD Work—MC004	5th Floor, Grand Salon D
	The Therapeutic Relationship in CBT for Personality Disorders—MC003	5th Floor, Grand Salon C
12:00 PM - 1:00 PM	Timely Topics for Clinicians: Pharmacotherapies: What's New, What's Novel, What Should Clinicians Know—TT001	4th Floor, Franklin 3
1:00 PM - 2:00 PM	Timely Topics for Clinicians: Psychiatric Genetics for the Clinician—TT002	4th Floor, Franklin 3
12:00 PM - 2:00 PM (Master Clinicians)	Applications of Dialectical Behavior Therapy to Treat Chronic and Maladaptive Shame—MC006	5th Floor, Grand Salon B
	Behavioral Activation With Depressed Clients: Principles, Protocols, Practice—MC008	5th Floor, Grand Salon C
	Culturally Infused CBT for Emotional Disorders—MC012	5th Floor, Grand Salon D
	Using the Unified Protocol for the Treatment of Emotional Disorders in Adolescents—MC005	5th Floor, Grand Salon A
2:30 PM - 3:30 PM	Timely Topics for Clinicians: What to Do While Waiting for Better Antidepressant Treatments—TT003	4th Floor, Franklin 3
2:30 PM - 4:30 PM (Master Clinicians)	Addressing the Challenge of Treatment- Interfering Behavior: An Integrative Cognitive- Behavioral Approach—MC010	5th Floor, Grand Salon B
	Culturally Competent Practice With LGBTQ Clients—MC007	5th Floor, Grand Salon D
	Strategies for Successful Diagnosis and Treatment of Functional and Somatic Symptom Disorders: The Connection to Anxiety May Not Be What You Think—MC011**	5th Floor, Grand Salon A
	Working With Parents of Anxious Children: A Process-Oriented Approach—MC009	5th Floor, Grand Salon C

## THURSDAY, MARCH 31 continued

TIME	EVENT	LOCATION
3:30 - 4:30 PM	Timely Topics for Clinicians: Marijuana in 2016: What We Need to Know–TT004	4th Floor, Franklin 3
4:45 PM - 6:00 PM	Opening Session and Keynote Address Why Do People Harm Themselves? Recent Advances in the Understanding and Prediction of Suicidal Behavior–001	5th Floor, Grand Salons E/F
6:00 PM - 7:15 PM	Welcome Reception (Open to all registered attendees) - Supported by Beck Institute for Cognitive Behavior Therapy–SE001	Headhouse Tower - 3rd Floor, Liberty Ballroom A/B
7:15 PM - 8:15 PM	Tribute to Alies Muskin–SE002	Headhouse Tower - 3rd Floor, Liberty Ballroom C

## Friday, April 1

TIME	EVENT	LOCATION
7:00 AM - 8:30 AM	<i>Depression and Anxiety</i> Editorial Board Meeting Breakfast–SE007	4th Floor, Rooms 407/408/409
7:30 AM - 8:30 AM	Awardee and Mentor Breakfast (Invitation only)–SE005	8th Floor, Headhouse Tower Lounge
	First-Time Attendee Breakfast–SE004	5th Floor, Grand Salons I/J
	Special Interest Group: OCD	3rd Floor, Conference Suite 1
8:30 AM - 10:00 AM	<b>Clinical Practice Symposium</b> What to Do Now? Poor Treatment Response in Anxious and Depressed Young Adults: The Case of Madeline–002	5th Floor, Grand Salon F
	Anxiety and Depression in the Lesbian, Gay, and Bisexual Community: From Basic Science to Clinical Practice–305	4th Floor, Rooms 411/412
	Bipolar II Depression: Treatment Outcomes and Predictors of Response to Venlafaxine or Lithium–306	4th Floor, Franklin 4
	Coaching the Coaches: Preparing Nonmental Health Professionals to Work With Hoarding Situations–125*	5th Floor, Grand Salon D
	Demystifying Documentation: An Experience in Writing Notes Among Colleagues–143	4th Floor, Rooms 414/415
	Evaluation of a Corticotropin-Releasing Hormone Type 1 Receptor Antagonist for the Treatment of Posttraumatic Stress Disorder–338	4th Floor, Franklin 3
	Expanding the Model of Social Anxiety Disorder: Investigations of Cognitive Processes Across Social Anxiety Disorder–304	5th Floor, Grand Salon A



# SCHEDULE AT A GLANCE

## Friday, April 1 continued

TIME	EVENT	LOCATION
8:30 AM - 10:00 AM <i>continued</i>	Network Science Approaches for Understanding Affective Disorders and Their Treatment—316	4th Floor, Franklin 13
	Online Treatments for Mood and Anxiety Disorders in Primary Care: A Randomized Clinical Trial—350	5th Floor, Grand Salon E
	Recent Advances in the Psychological Treatment of Military PTSD—348	4th Floor, Franklin 1
	The Best Offense Is a Good Defense: Brief Programs for Preventing Anxiety, Depression, and Maladjustment in Undergraduates—330	4th Floor, Franklin 2
	The Psychology Internship Match: You Can Match, Too!—132	5th Floor, Grand Salon B
10:00 AM - 10:30 AM	International Attendee Meet and Greet—SE003	3rd Floor, Conference Suite 1
10:30 AM - 12:00 PM	Anxiety in Pregnancy and the Postpartum Period—146	5th Floor, Grand Salon D
	Are the Effects of Traumatic Stress Reversible? The Role of Plasticity in Psychosocial and Biological Treatments—375	5th Floor, Grand Salon E
	Exposure and Response Prevention in Eating Disorder Treatment: Using In Vivo and Imaginal Techniques to Cultivate Safety in the Midst of Fear—161	4th Floor, Room 402
	Focal Brain Stimulation: Practical Considerations for the Clinician—120**	5th Floor, Grand Salon A
	From Genes to Behavior: Identifying Mechanisms Underlying Self-Injurious and Suicidal Behaviors—340	4th Floor, Franklin 1
	Helping Families of OCD Sufferers Maximize Support for Their Loved Ones—130	5th Floor, Grand Salon F
	Integrating Health Care: The Evaluation and Treatment of Anxiety and Depression in Novel Patient Populations—317	4th Floor, Franklin 13
	Mindfulness and Mind-Body Interventions With Trauma-Exposed Patients With PTSD, Depression, and Substance Use: Effects on Symptoms and Potential Neurobiological Mechanisms—345	4th Floor, Franklin 2
	Not Everyone Can Go to an Inpatient Program: Effective Outpatient Strategies for Managing the Most Difficult Problems With Anxiety and Mood Instability—119	4th Floor, Rooms 414/415



## Friday, April 1 continued

TIME	EVENT	LOCATION
10:30 AM - 12:00 PM <i>continued</i>	Strategies for Success in Preparing Grant Submissions (Career Development)—167	5th Floor, Grand Salon B
	Telehealth Innovations for Expanding the Reach of Services for Child Anxiety and Depression—309	4th Floor, Franklin 3
	The Role of Biological Markers in Detecting Posttraumatic Course, Dimensions, and Treatment Response—339	4th Floor, Franklin 4
	Using Patient-Centered Research Methodology to Decrease Health Disparities in Anxiety and Depression—344	4th Floor, Rooms 411/412
	Who's Really in Charge? Maneuvering Through the Family System to Improve Pediatric Anxiety Treatment Outcome—142	5th Floor, Grand Salon C
12:00 PM - 1:00 PM	Special Interest Group - Genetics and Neuroscience	4th Floor, Rooms 411/412
12:00 PM - 1:30 PM	Film Screening & Discussion: <i>My Depression (The Up and Down and Up of It)</i> —SE006	5th Floor, Grand Salon E
12:30 PM - 1:30 PM	Retention and Recruitment Committee	4th Floor, Room 403
	Special Interest Group - Multicultural Advances	4th Floor, Rooms 414/415
1:00 PM - 2:30 PM	Scientific Council Meeting	4th Floor, Rooms 407/408/409
1:30 PM - 2:30 PM	Does the Route of Administration Matter for Rapid-Acting Antidepressants?—300	4th Floor, Franklin 2
	Effective, Essential Therapist-Prescribing Clinician Collaboration in the Treatment of OCD: An Expert Roundtable Discussion—108	4th Floor, Franklin 4
	Exposures Uncut: Challenges Faced When Conducting Exposures With Children and Adolescents—110	5th Floor, Grand Salon A
1:30 PM - 3:30 PM	Anxiety and Depression Rounds—115	5th Floor, Grand Salon B
	Approaching GAD at the Meta-Level: Re-Conceptualizing and Treating Worry as Ego-Syntonic Obsessions—126	4th Floor, Franklin 13
	Boosting Productivity in Your Academic Writing: A Workshop for Graduate Students, Early-Career Professionals, and Academic Advisors (Career Development)—170	4th Floor, Rooms 411/412
	Conversion Disorder, Anxiety, and Depression in Childhood: A Complex Interplay—150	4th Floor, Rooms 414/415
	Multimodal Residential Treatment for Individuals Struggling to Transition Into Adulthood Due to Symptoms of Depression and Anxiety—152	4th Floor, Franklin 3



# SCHEDULE AT A GLANCE



## Friday, April 1 continued

TIME	EVENT	LOCATION
1:30 PM - 3:30 PM <i>continued</i>	Suicide Risk and Resiliency in Active Duty Military Personnel and Returning Military Veterans—343	5th Floor, Grand Salon C
	Talk Save Lives: Approaching Your Patients and Addressing Suicide Risk—135	5th Floor, Grand Salon E
	Using Motivational Interviewing to Enhance Engagement in CBT for Anxiety—158	5th Floor, Grand Salon D
	We Know It Works, but How? Mechanisms of Behavioral Therapy Across Affective Disorders—314	4th Floor, Franklin 1
2:30 PM - 3:30 PM	Activated Depression: Mechanisms, Complications, Treatment, and DSM-5—302	4th Floor, Franklin 2
	Enhancing the Cultural Sensitivity of Interventions for Anxiety and Depression—107	5th Floor, Grand Salon A
	Taming Treatment-Refractory Situations—Hot Tips for Clinicians With Difficult Cases—106	4th Floor, Franklin 4
2:30 PM - 6:00 PM	<b>Scientific Research Symposium</b> Technology to Train the Brain: Pushing Methodology and Treatment—003	5th Floor, Grand Salon F
4:00 PM - 5:00 PM	Disseminating and Adapting Empirically Based Clinical Practices to Meet the Needs of Community Members Seeking Treatment for Anxiety and Depression in Private Practice Settings—104	4th Floor, Franklin 13
	Dissemination of Evidenced-Based Practices for PTSD in Philadelphia's Community Behavioral Health Clinics—103	4th Floor, Rooms 411/412
4:00 PM - 5:30 PM	Emotion Dysregulation and Comorbid Anxiety Disorders: How to Work With Complicated Clients When Traditional Anxiety Treatments Aren't Working—163	4th Floor, Franklin 3
	Self-Compassion and Self-Depreciation in OCD: When Poor Self-Esteem Becomes a Ritual—159	5th Floor, Grand Salon E
4:00 PM - 6:00 PM	Anxiety and Bipolar Disorders: Sequential and Concurrent Comorbidity—342**	5th Floor, Grand Salon A
	Anxiety: Knowing Our Vulnerabilities and Changing How We Cope With Them—127	4th Floor, Franklin 4
	Cognitive Behavior Therapy for Jealousy—136	5th Floor, Grand Salon B
	Computational Psychiatry for Anxiety and Depression—313	4th Floor, Rooms 414/415
	Developing and Deepening Experiential Practice in Acceptance and Commitment Therapy—162	4th Floor, Franklin 1

## Friday, April 1 continued

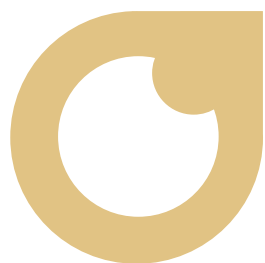
TIME	EVENT	LOCATION
4:00 PM - 6:00 PM <i>continued</i>	Not Quite an Adult but Definitely Not a Kid: Working With Emerging Adults With Mood and Anxiety Disorders—164	5th Floor, Grand Salon C
	Trait Versus State Anhedonia: The Link Between Depression and Comorbid Attention Deficit Hyperactivity Disorder—122	5th Floor, Grand Salon D
5:00 PM - 6:00 PM	Adopting Evidence-Based Anxiety Services in Youth Community Mental Health—105	4th Floor, Franklin 13
	Conference Committee 2016 - Reception (Hosted by Conference Chair - invitation only)	Check at Registration (5th Floor)
6:00 PM - 7:00 PM	Special Interest Group - Child and Adolescent Anxiety Social Hour	3rd Floor, Conference Suite 1
6:00 PM - 7:30 PM	New Research Poster Session I	4th Floor, Franklin B
6:30 PM - 7:30 PM	Special Interest Group - Multicultural Advances Social Hour	3rd Floor, Conference Suite 3
7:30 PM - 9:00 PM	Alies Muskin CDLP President's Reception (Invitation only)	Visit Reg for Location

## SATURDAY, APRIL 2

TIME	EVENT	LOCATION
7:45 AM - 9:00 AM	<b>Jerilyn Ross Lecture: Does Psychotherapy Have a Future?</b> —004	5th Floor, Grand Salon F
9:00 AM -10:30 AM	A Cognitive-Behavioral Approach to Weight Loss and Maintenance—128	5th Floor, Grand Salon E
	Advances in Intensive Cognitive-Behavioral Therapy for Anxious Youth—326	4th Floor, Franklin 3
	Dissecting the Impact of Cognitive Control and Cognitive Biases on Affective Disorders—324	4th Floor, Rooms 411/412
	Genomics, Trauma, and PTSD: New Findings—354	4th Floor, Rooms 401/402
	Inflammation: A Risk Factor and Potential Therapeutic Target for PTSD and Depression—325	5th Floor, Grand Salon D
	Neurobiology of the Anxious Family System: Novel Neuroendocrinological Findings From Anxious Children and Their Mothers—346	5th Floor, Grand Salon C
	Sleep as a Mechanism of Illness Course and Treatment Outcome Across Psychiatric Disorders—319	4th Floor, Franklin 1
	State-of-the-Art Therapeutics for Repetitive Behavioral Disorders—112	4th Floor, Franklin 13



# SCHEDULE AT A GLANCE



## SATURDAY, APRIL 2 continued

TIME	EVENT	LOCATION
9:00 AM -10:30 AM <i>continued</i>	Step Back, Want It, Step Forward, Be Cunning: A Self-Help Paradigm—134	4th Floor, Franklin 2
	Successes and Challenges of Disseminating Evidenced-Based Treatments for PTSD—113	4th Floor, Franklin 4
	Translational Psychopharmacology in Depression: New Challenges, New Opportunities—335**	5th Floor, Grand Salon A
	Treating Youth Who Don't Get Better: Integrating Evidence-Based Practice, Family, and Community—114	4th Floor, Rooms 414/415
	Why Have CRF-1 Receptor Antagonists Failed in Clinical Trials—320	5th Floor, Grand Salon B
9:00 AM - 11:00 AM	Having it “All” and Where to Put it: Living your Values at Work and at Home (Career Development)—169	4th Floor, Rooms 407/408/409
11:00 AM - 12:30 PM	Dissociative Symptoms and Trauma-Related Psychiatric Disorders—331	5th Floor, Grand Salon A
	Failure to Launch: Avoiding the Pitfalls of Transition in Early Adulthood—140	4th Floor, Franklin 4
	From Brain Connectivity to the Clinic: Gaining Insight Into Depression and Treatment Using Translational Neuroscience—352	5th Floor, Grand Salon C
	Increasing the Effectiveness of Intensive Residential Treatment Models for OCD Across the Lifespan—124	4th Floor, Room 414/415
	Integrating Information Across Diverse Sources in Depression and Anxiety: Using Machine Learning to Understand Symptom and Outcome Heterogeneity—347	5th Floor, Grand Salon B
	Marketing Strategies to Grow Your Practice—171	4th Floor, Rooms 407/408/409
	Psychiatric and Neurobiological Consequences of Child Abuse—322	5th Floor, Grand Salon D
	Supporting EBP Implementation in Routine Care: An Examination of Fidelity and Its Relationship to Clinical Outcomes—334	4th Floor, Franklin 1
	The Nuances of PTSD Treatment Outcome: Unpacking Symptom Change From Pre- to Post-Treatment—329	4th Floor, Franklin 3
	Treating Anxious and Traumatized Drinkers: Factors Accounting for Change in Alcohol Use, Craving, and Anxiety Symptoms—332	4th Floor, Rooms 411/412



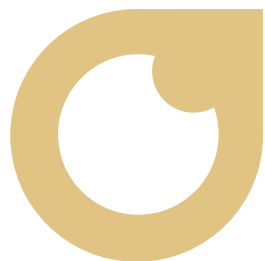
## SATURDAY, APRIL 2 continued

TIME	EVENT	LOCATION
11:00 AM - 12:30 PM <i>continued</i>	Unified Protocol for Transdiagnostic Treatment of Emotional Disorders Compared to Single Diagnosis Protocols: Initial Results From a Five-Year Clinical Trial—357	5th Floor, Grand Salon E
	Watching Your Words: Similes, Metaphors, and Analogies in the Treatment of Anxiety and Depression—137	4th Floor, Franklin 13
	What Underlies the Inability to Inhibit Repetitive Thoughts and Behaviors in OCD?—327	4th Floor, Franklin 2
	When More Is More: Models of Intensive Cognitive-Behavior Therapy in Pediatric Obsessive-Compulsive Disorder—328	4th Floor, Rooms 401/402
12:30 PM - 2:00 PM	Student, Trainee, Postdoc, Resident Lunch—SE008	5th Floor, Grand Salon F
2:00 PM - 3:00 PM	Strategies and Challenges in Delivering Evidence-Based Treatments in Short-Term Settings—100	5th Floor, Grand Salon D
2:00 PM - 3:30 PM	How to Succeed in College With Trying: Helping Prepare Students With Anxiety and Depression for College Transition and Really for Life—101	4th Floor, Rooms 414/415
	Personalized Medicine in Mood and Anxiety Disorders: Disease Vulnerability and Treatment—323	5th Floor, Grand Salon B
2:00 PM - 4:00 PM	Applying DBT to Novel Adolescent and Young Adult Populations in Clinical and School Settings—138	4th Floor, Franklin 2
	Effective Treatment for Persistent Depression in Patients With Trauma Histories: Cognitive-Behavioral Analysis System of Psychotherapy—144	4th Floor, Franklin 13
	Further Delving Into the Distinctions Between Fears of Positive and Negative Evaluation: Theoretical, Empirical, and Clinical Implications for Social Anxiety—308	4th Floor, Rooms 401/402
	Genetic Determinants of Depression: A Summary of Recent Findings and Future Directions—349**	5th Floor, Grand Salon A
	Perinatal Anxiety and Depression: Etiology, Intergenerational Risk Transmission, and Intervention—336	5th Floor, Grand Salon C
	Posttraumatic Stress Disorder and Psychogenic Nonepileptic Seizures: How to Safely and Effectively Implement Prolonged Exposure Therapy—139	4th Floor, Franklin 1





# SCHEDULE AT A GLANCE



## SATURDAY, APRIL 2 continued

TIME	EVENT	LOCATION
2:00 PM - 4:00 PM <i>continued</i>	Selective Mutism: Pathways to Treatment in Home, School, and Community Settings—116	4th Floor, Franklin 3
	Technology-Based Applications of Cognitive-Behavioral Therapy in Anxiety, Depression, and PTSD—307	5th Floor, Grand Salon E
	Understanding Contextual and Individual Vulnerability Factors for Anxiety, Depression, and Health Risk Behaviors Among Ethnoracial Minorities—353	4th Floor, Rooms 407/408/409
	When Children and Teens Fear School: A Comprehensive Model for Treating Anxiety-Based School Refusal—145	4th Floor, Franklin 4
3:00 PM - 4:00 PM	Advocacy, Education, and Awareness: The Professional's Role—111	5th Floor, Grand Salon D
	Practice Guidelines for Anxiety and Mood Disorders: Development and Implementation—356	4th Floor, Rooms 411/412
4:30 PM - 5:30 PM	Acute Suicide Risk: Interventions Addressing Suicide Prevention at Different Levels of Care—109	4th Floor, Franklin 3
	Real-World Implementation of Depression Prevention Programs: Challenges, Lessons Learned, and Future Directions—301	5th Floor, Grand Salon A
4:30 PM - 6:30 PM	CBT for GI Disorders Including Irritable Bowel Syndrome, Crohn's, and Colitis—131	4th Floor, Franklin 2
	Documentary Film Presentation With Commentary: <i>Southern Comfort</i> , Directed by Kate Davis—151	4th Floor, Franklin 13
	Ethical Considerations in Exposure Therapy for Anxiety Disorders—153*	4th Floor, Rooms 407/408/409
	Helping Clients Dare to Live the Lives They Want: An Advanced Workshop in Values Clarification and Valued Action—147	Grand Salon E
	Improving Mental Health Care Access, Engagement, and Quality Among Veterans and Other Underserved Populations: Health Services Research Collaborations From the Career Development Leadership Program—311	4th Floor, Rooms 411/412
	My Patient Just Got Pharmacogenetic Testing: What Do I Do Now?—154	4th Floor, Franklin 4
	Novel Approaches to Treating Anhedonia—351	4th Floor, Rooms 401/402
	Parent-Based Treatment for Childhood Anxiety Disorders and OCD—141	4th Floor, Franklin 1
	Secondary Outcomes of Trauma-Focused Psychotherapies—321	5th Floor, Grand Salon C



## SATURDAY, APRIL 2 continued

TIME	EVENT	LOCATION
4:30 PM - 6:30 PM <i>continued</i>	Speaking of Suicide: Stress, Resilience, and Rapid Intervention—355	5th Floor, Grand Salon B
	Stress-Related Psychiatric Disorders: Epigenetic and Genetic Interactions With Stressful Life Events Across the Developmental Trajectory—315	5th Floor, Grand Salon D
5:30 PM - 6:30 PM	Hoarding Disorder: Research Advances and New Approaches to Treatment—303	5th Floor, Grand Salon A
	Woulda, Coulda, Shoulda: Lessons Learned From Treatment “Failures”—102	4th Floor, Franklin 3
6:30 PM - 8:00 PM	New Research Poster Session II—401	4th Floor, Franklin B
7:00 PM - 8:00 PM	PTSD Special Interest Group Social Hour	3rd Floor, Conference Suite 3

## SUNDAY, APRIL 3

TIME	EVENT	LOCATION
8:30 AM - 10:00 AM	Medications in the Anxious Brain: Explaining the Strategic Use of Medications in CBT to Your Clients—156	5th Floor, Grand Salon D
	New Methods for Assessing Verbal Abilities and Laryngeal Tension in Children With Selective Mutism and Treatment Techniques for Vocal Control—333	5th Floor, Grand Salon B
8:30 AM - 10:30 AM	Body-Focused Repetitive Behaviors (BFRB) and OCD: Important Distinctions for Diagnosis, Assessment, and Treatment—160	4th Floor, Franklin 4
	Feasible Translational Methods of Identifying Risk and Preventing PTSD in the Immediate Aftermath of Trauma—341	5th Floor, Grand Salon E
	Innovations in the Development and Personalization of Cognitive-Training Techniques for Anxiety and Depression—318	5th Floor, Grand Salon A
	Introduction to Effective and Ethical Telemental Health Through Video Conferencing—165*	4th Floor, Franklin 13
	Specificity, Overlap, and Interrelatedness of Anxiety and Depression—312	4th Floor, Franklin 2
	Towards the Development of Responsive, Closed-Loop DBS for the Treatment of Neuropsychiatric Illness—310	4th Floor, Franklin 3
	Training and Supervising Cognitive-Behavioral Therapy: Delivering Effective Multidisciplinary Training—133	5th Floor, Grand Salon C

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And now, you have even more options in the residential care that Rogers is nationally recognized for:

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- Adolescent Center for OCD and Anxiety
- OCD Center
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Call **800-767-4411** or visit [rogershospital.org](http://rogershospital.org) for more information.

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# SCHEDULE AT A GLANCE

SUNDAY, APRIL 3

## SUNDAY, APRIL 3 continued

TIME	EVENT	LOCATION
8:30 AM - 10:30 AM <i>continued</i>	What If I Die? Overcoming Health Anxiety in Kids and Their Parents—148	4th Floor, Franklin 1
11:00 AM - 12:30 PM	Core Principles for Adapting Empirically Supported Treatments—121	5th Floor, Grand Salon A
	Help! My Brain's CEO Has Fallen Into a Deep Hole on the Way to Work: Understanding How Executive Function (EF) Difficulties Can Impact Mental Health and Treatment of Anxiety and Depression—117	4th Floor, Franklin 4
	Meet The Editors (Career Development)—168	5th Floor, Grand Salon C
	Real-World Application of Evidence-Based Trauma Intervention in Schools: Benefits and Challenges of Community-Based Work—155	4th Floor, Franklin 1
	Treatment of OCD in Children and Adolescents in the <i>DSM-5</i> Era: Incorporating the Latest Findings From ACT With ERP in Clinical Practice—118	5th Floor, Grand Salon B
11:00 AM - 1:00 PM	Neurotechnologies to Understand and Treat Anxiety and Related Conditions—337	4th Floor, Franklin 3
	Using Cognitive-Behavioral Therapy to Treat Body Dysmorphic Disorder—149	5th Floor, Grand Salon D



ANXIETY AND DEPRESSION  
CONFERENCE

SAN FRANCISCO, CALIFORNIA

April 6–9, 2017

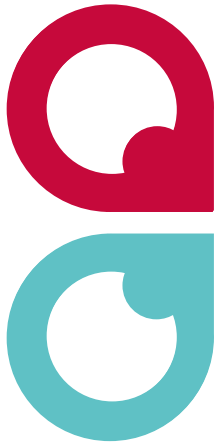


Hilton San Francisco  
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REGISTRATION OPENS SEPTEMBER 5

SESSION SUBMISSIONS JUNE 1 - AUGUST 15, 2016



# GENERAL INFORMATION

## Badges

Your conference badge is required for admission to all sessions, meals, and receptions. Please wear it during the conference, and remove it whenever you leave the hotel.

## Breakfast

Daily light breakfast, coffee, and tea are served 7:30 – 8:30 am to all registered attendees Friday through Sunday on the 4th-floor foyer near the tabletop exhibit area.

## Business Center

Full-service copying and shipping; located on the lobby level, open 24/7 for some services; package service open Monday through Friday, 7:00 am – 7:00 pm; Saturday, 8:00 am – 3:00 pm, and Sunday, 12:00 pm – 4:00 pm. Direct dial 215-923-9024 or extension 6118 from any house phone.

## Cell Phones

Please set your phones and other mobile devices to silent when entering all sessions.

## Emergency Information

If you need assistance for a security or medical emergency inside the hotel, dial 51 on any hotel house phone or your guest room phone — the equivalent of dialing 911. This number is answered immediately, and security is dispatched as necessary.

## Exhibits

Visit our exhibitors while you enjoy breakfast and breaks on the 4th floor. Friday and Saturday, 7:30 am – 5:00 pm.

## Internet Access

All ADAA hotel guests at the Philadelphia Marriott Downtown will receive free wired Internet access in their rooms; complimentary wireless Internet will be available in the lobby.

## Lactation Room

4th Floor; Room 405; Thursday through Sunday

## Lunch

Attendees are on their own for lunches on Friday and Saturday, but check the chronological listing in this program for lunchtime programming. Starbucks (lobby level) sells sandwiches, and Reading Terminal Market one block away offers vendors and options for carryout.

**Students, Trainees, Postdocs, and Residents only are invited to lunch on Saturday, 12:30 – 2:00 pm, in Salon F. Your badge is your ticket.**

## Message Board

Located near Registration. To contact conference participants, you may leave a message on the board. Incoming messages will also be posted.

## No Recording or Photographing

Attendees may not record, via video or audio, or photograph presentations without prior permission from the chair and speakers.

## Poster Setup, Franklin Hall B (4th Floor)

Session I (Friday, 6:00 – 7:30 pm) setup between 3:30 – 4:30 pm on Friday.

Session II (Saturday, 6:30 – 8:00 pm) setup between 4:00 – 5:00 pm on Saturday.

You must be registered and have your badge to hang your poster. Remove your poster at the end of your session, or the hotel will dispose of it.

## Registration, Foyer (5th Floor)

Open daily: Thursday, 8:00 am – 6:00 pm; Friday and Saturday, 7:30 am – 5:30 pm; Sunday, 8:00 am – 1:00 pm

## Philadelphia Marriott Downtown

1201 Market Street

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# SUPPORTERS AND EXHIBITORS

## EXHIBITORS

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Association Books

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Electromedical Products International, Inc

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\* Sponsor (gold level)

\*\* Sponsor (bronze level)  
(as of press date)

## SUPPORT

### Gold Level



### Bronze Level





# CONTINUING EDUCATION

## OVERVIEW

The conference aims to leverage its broad audience to synthesize cutting-edge knowledge, accelerate dissemination, and translate scientific evidence to practice by engaging clinicians.

The ADAA Annual Conference is novel and actively works to advance knowledge in unique ways:

- 1 fostering dissemination and collaboration among basic and behavioral researchers;
- 2 encouraging researchers and clinicians to discuss practical applications in real-life settings;
- 3 accelerating translation of research to practice with hands-on training of empirically tested treatments;
- 4 involving early career investigators, students, and trainees in research and learning; and
- 5 providing opportunities for professionals to hear patient perspectives. The conference engages all of these audiences, building bridges and supporting these networks throughout the year.

## STATEMENT OF NEED

The annual conference of the Anxiety and Depression Association of America (ADAA) is designed to meet the educational needs of member and nonmember clinicians and researchers by providing training, dissemination of evidence-based treatments, and translation of the latest research.

Anxiety disorders and depression are common and disabling. Anxiety disorders comprise a diagnostic category that includes generalized anxiety disorder, panic disorder, obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), social anxiety disorder, and phobias. Lifetime prevalence estimates for all anxiety disorders and major depression are 28.8 percent and 16.6 percent, respectively. Mental illnesses account for more than half as many disability days as all physical illnesses, with anxiety and depressive disorders being the major causes of disability. More than 40 million adults have one or more anxiety disorder, and 19 million adults have depression; anxiety disorders are the most common mental illnesses in children.

Research has long documented the high comorbidity between anxiety disorders and depression; the latest data continues to highlight the importance of understanding the overlap between these disorders, not only with respect to their etiology, but also in terms of treatment course. In 50 percent of diagnoses, individuals have comorbid anxiety and depression. Additionally, anxiety and depression are the primary illnesses associated with suicide. To continue leading the field, ADAA has broadened its mission and vision to encompass anxiety and depressive disorders.

The desired results for the conference are that attendees are aware of the latest developments in preclinical and clinical

research, are able to translate this knowledge to clinical practice, apply evidence-based research to practice, discuss real-world clinical experiences to influence research, and develop new skills and techniques to improve diagnosis, prevention, and treatment of anxiety and depressive disorders. It is also expected that researchers and clinicians will discuss how specific diagnoses manifest in the clinic and the reality of implementation of evidence-based and novel treatments in real world settings. Additionally, participants will evaluate and discuss how to use new technologies and social media in research and clinical practice, thus advancing the dissemination and implementation of empirically based and novel treatments.

## CONFERENCE EDUCATIONAL OBJECTIVES

After participating in the 2016 annual conference, attendees should be able to ...

- > Recognize advances in diagnosis and treatments for anxiety, depression, and related disorders.
- > Improve patient outcomes through the dissemination of evidence-based research and application to real-world clinical settings.
- > Identify the etiology, pathophysiology, and neural pathways of anxiety and depressive disorders.
- > Apply psycho- and pharmacotherapy interventions alone and in combination to develop treatment plans, predict treatment response, optimize remission, and prevent relapse.
- > Discuss and innovate research on anxiety, depression, and related disorders.

CE and CME credits are available to registered professional physicians, psychologists, social workers, counselors, therapists and nurses. **Members do not pay an additional fee;** nonmembers can receive credits for an additional fee of \$55 per discipline. Only professional attendees can receive CE or CME credits; those paying guest, student, or consumer fees cannot apply for CE or CME credits.

## CE CREDITS

CE Credits are available for professionals through these organizations:

**Psychologists:** ADAA is approved by the American Psychological Association to sponsor continuing education credits for psychologists. ADAA maintains responsibility for this program and its content. CE credits for psychologists are granted on a 1 credit per contract basis.

**Social Workers:** This program is approved by the National Association of Social Workers (**Approval #886437837**) for 26 clinical social work continuing education contact hours.



**Social Workers in New York State:** ADAA SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers **#0316**.

**Counselors:** ADAA has been approved by the National Board for Certified Counselors for NBCC Credit. ADAA is solely responsible for all aspects of the program. **NBCC Approval Number: SP-2634**.

**Physicians' assistants and nurse practitioners:** AMA PRA Category 1 Credit™ can only be awarded to MDs or DOs (or physicians with equivalent degrees from other countries). Non-physicians may not be awarded AMA PRA Category 1 Credit™. Non-physicians may, however, receive a certificate of attendance/participation that acknowledges the activity was designated for AMA PRA Category 1 Credit™ in order to apply their participation toward re-licensure. This course meets the qualifications for continuing education for MFTs and LCSWs, as required by the **California Board of Behavioral Sciences** (Approval Number: PCE1289)

## HOW TO APPLY FOR CE CREDITS

1. You will receive an e-mail at the start of the ADAA Conference with a customized login for all session evaluations. Session evaluations will be made available as they end. If you registered on-site, you will receive the email during the week following the conference. You will briefly evaluate the sessions you attended, complete an overall conference evaluation, and your official certificate will be available for you to download immediately. Ethics credits earned will be indicated on the certificate.
2. Track your session attendance with the schedule-at-a-glance handout provided during posted registration hours. This will assist you in the online evaluation process. You do not need to return any forms to ADAA.
3. Complete the online evaluations via the customized e-mail and download your CE certificate. All steps above must be completed by **May 16, 2016**. No exceptions.

Direct all questions regarding CE to [conference@adaa.org](mailto:conference@adaa.org), or call 240-485-1030. For questions regarding the online CE process, contact CE-Go at 877 248 6789 ext. 5.

## CME CREDITS

### Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Blackwell Futura Media Services and the Anxiety and Depression Association of America. Blackwell Futura Media Services is accredited by the ACCME to provide continuing medical education for physicians.

### Designation

Blackwell Futura Media Services designates this live activity for a maximum of 25 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Blackwell Futura Media Services and ADAA present this activity for educational purposes only and do not endorse any product, content of presentation, or exhibit. Participants are expected to utilize their own expertise and judgment while engaged in the practice of medicine. The content of the presentations is provided solely by presenters who have been selected because of their recognized expertise.

### Faculty Disclosure

It is the policy of Blackwell Futura Media Service to plan and implement all of its educational activities in accordance with the ACCME's Essential Areas and Policies to ensure balance, independence, objectivity, and scientific rigor. In accordance with the ACCME's Standards for Commercial Support, everyone who is in a position to control the content of an educational activity certified for AMA PRA Category 1 Credit™ is required to disclose all financial relationships with any commercial interests within the past 12 months that creates a real or apparent conflict of interest. Individuals who do not disclose are disqualified from participating in a CME activity. Individuals with potential for influence or control of CME content include planners and planning committee members, authors, teachers, educational activity directors, educational partners, and others who

participate, e.g., facilitators and moderators. This disclosure pertains to relationships with pharmaceutical companies, biomedical device manufacturers, or other corporations whose products or services are related to the subject matter of the presentation topic. Any real or apparent conflicts of interest related to the content of the presentations must be resolved prior to the educational activity. Disclosure of off-label, experimental, or investigational use of drugs or devices must also be made known to the audience.

### Maintenance of Certification for Psychiatrists

The American Board of Psychiatry and Neurology has reviewed the 2016 Anxiety and Depression Conference and has approved this program as part of a comprehensive CME program, which is mandated by the ABMS as a necessary component of Maintenance of Certification. This activity awards a maximum of 14 AMA PRA Category 1 CME credits, and 11 Self-Assessment Category 1 CME credits (Total 25 CME.)

## HOW TO APPLY FOR CME CREDITS

1. You will receive an e-mail at the start of the ADAA Conference with a customized login for all session evaluations. Session evaluations will be made available as they end. If you registered on-site, you will receive the email during the week following the conference. You will briefly evaluate the sessions you attended, complete an overall conference evaluation, and your official certificate will be available for you to download immediately.
2. Track your session attendance with the schedule-at-a-glance handout provided during posted registration hours. This will assist you in the online evaluation process. You do not need to return this form to ADAA; keep it for your records.
3. Complete the online evaluation via the customized e-mail and download your CME certificate. All steps above must be completed by **May 16, 2016**. No exceptions.

Direct all questions regarding CE or CME to [conference@adaa.org](mailto:conference@adaa.org), or call 240-485-1032. For questions regarding the online CME process, contact [cme@wiley.com](mailto:cme@wiley.com).



# DISCLOSURE REPORT 2016

Listed below is information disclosed by presenters. Any real or apparent conflicts of interest related to the content of their presentations have been resolved.

G = Grant Support  
C = Consultant  
S = Speaker's Bureau  
M = Major Stock Shareholder  
O = Other

## Name: Financial Interest, Organization(s)

**A.M. Albano:** O: Royalties and Honoraria. **C. Alcantara:** G: National Center for Advancing Translational Sciences, NIH #KL2 TR000081; C: AbiTo. **A. Aldao:** G: Coca Cola, Internal OSU. **L.B. Alloy:** G: NIMH MH77908, MH101168, MH102310. **M. Amick:** G: VA Rehabilitation R&D B6796-C, Military Suicide Research Consortium. **N. Amir:** G: NIMH; O: Company Owner. **R. Andero Gali:** G: NARSAD. **G.E. Anholt:** G: Teva Israeli National Network of Excellence in Neuroscience PhD. **A. Anticevic:** G: 2P50-AA012870, 1DP5-OD012109, 1DP5-OD012109, NCPSTSD, STRONG STAR Consortium to Alleviate PTSD, R01MH102266, R01MH106324, NIH/NIMH 081902, 1R03MH105765, 1R01MH107426, NARSAD. **I. Arnaudova:** G: Innovation Scheme (Vidj) 452-09-001, Netherlands Organization for Scientific Research. **A. Asnaani:** G: Grants. **C. Aston-Jones:** G: NIH 2R01-DA00614, NIH 3R01-DA006214-S1, NIH R01-MH092868, NIH R21-MH099534, NIH Center P50 DA016511. **R.P. Auerbach:** G: NIMH K23MH097786. **R.L. Aupperle:** G: OCAST HR11-130, William K. Warren Found. **C. Badour:** G: CDART, Univ of KY, NIDA. **D. Barlow:** G: NIMH and NIAAA; C: CDMRP, Chinese University of Hong Kong, Universidad Católica de Santa María (Arequipa, Peru), New Zealand Psychological Assn, Mayo Clinic, various American Universities; O: Royalties. **C. Beard:** G: NIMH R34MH097820-01A1. **E. Becker:** G: NIMH F31 fellowship. **C. Beevers:** G: NIDA, Brain and Behavior Found. **J.J. Bennett:** G: Janssen Scientific, Janssen R&D. **H. Bergman:** G: NIMH R01 MH066347, R01 MH066348. **A. Bernstein:** O: Patent pending. **E. Binder:** G: NIMH, ERC, BMBF. **P. Blier:** G: Canadian Institute of Health Research, Ontario Brain Institute, Bristol Myers Squibb, Forest, Janssen, Lundbeck; C: Allergan, Bristol Myers Squibb, Janssen, Lundbeck, Meda-Valeant, Otsuka, Pfizer, Sunovion; S: Otsuka. **C. Boisseau:** G: NIMH. **C.P. Brandt:** G: F31 NIMH F31-MH099922. **B.P. Brennan:** G: Eli Lilly, Transcept Pharmaceuticals. **J. 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Coplan:** C: Otsuka, Lundbeck; S: Sunovion, Otsuka, Lundbeck, Forest. **E. Craighead:** G: NIMH, Fuqua Family Found, John and Mary Brock Found. **M. Craske:** G: NIH. **T. Creed:** O: Royalties. **R. Cuyler:** C: Palo Alto Health Sciences. **S. Daches:** G: BSF 2011267. **K. Dahlggaard:** C: Anxietory.org, Philadelphia Inquirer. **N.P. Daskalakis:** G: DOD (U.S. Army Medical Research and Materiel Command) W81XWH-08-2-0021, W81XWH-13-1-0071, W911NF-09-1-0298, W81XWH-09-2-0044. **J. Davidson:** O: Royalties. **I.R. de Oliveira:** C: Lundbeck Brazil; S: Lundbeck Brazil. **M. Deibler:** C: Trichotillomania Learning Center, OCD New Jersey; S: New Jersey Psychological Association. **R. DeRubeis:** G: MQ Found. **J. Domingues:** G: NY state social services and NY city council. **D. Dougherty:** G: Medtronic, Cyneronics, Roche, Eli Lilly; C: Insys; S: Johnson & Johnson. **S. 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**Frank:** O: Royalties. **I. Galatzer-Levy:** G: NIMH K01. **T. Gallagher:** G: NIMH R01MH045404-21. **I. Galyanker:** G: RFA, AFSP. **J. Garber:** G: NIMH R01MH100258. **A.M. Garcia:** G: NIMH R33. **C. Gillan:** G: Sir Henry Wellcome Postdoctoral Fellow, 101521/Z/12/Z. **J. Gillham:** O: Author. **A. Goddard:** C: UpToDate. **J. Gorman:** C: Care Management Technologies, Inc. **D.P. Graham:** G: VAA Rehabilitation Research and Devpt Service B6812C, Career Devpt Award-2 (B7496W), Toomim Family Fund. **M. Gramlich:** G: DOD. **J.E. Grant:** G: Forest and Roche Pharmaceuticals, Brainsway; O: Royalties. **D.E. Grigoriadis:** M: Neurocrine Biosciences Inc. **J.W. Guite:** G: NIH U34 AR067978, Connecticut Children's Med Ctr. **C.A. Gutner:** G: NIMH K23 MH103396-01A1. **J. Hamilton:** G: 1F31MH106184. **E.J. Hamlat:** G: NIMH F31MH102861. **B. Harkin:** G: Economic and Social Research Council Future Leaders Award. **S. Hayes-Skelton:** G: NIMH MH085060. **T. 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F. Nelson and Martha P. Nelson Faculty Research, Univ of SD. **M. O'Connor:** G: DANA Found. **D. Oathes:** G: R01MH091860, WRISS fellowship-VA Palo Alto Healthcare System. **R. Ojserkis:** G: NIH/NCCIH R01AT007257, NIH/NIMH R01MH099021, R34MH099311, R34MH086668, R21MH102646, R21MH101567, K23MH100259, Dept of the Army. **C. Palo Alto Health Sciences, Otsuka America Pharmaceutical, Inc., SilverCloud Health, Inc.; O: Royalties. K. Osawa:** G: The Fukuhara Fund for Applied Psychoeducation Research. **M. Otto:** G: NIMH, NIDA; O: Royalties. **M. Owens:** G: NIMH MH098060. **J. Pachankis:** G: R34 MH 096607. **M.P. Paulus:** G: 1 R01 MH101453 1 U01 DA041089. **B. Pavlova:** G: Capital Health Research Fund. **J.K. Penberthy:** O: Royalties. **T.S. Peris:** G: NIMH, IOCDF. **T. Perrino:** G: NIMH R01 MH040859. **N. Perroud:** G: Swiss National Research Found. **K. Phillips:** G: Norman Prince Neurosciences Institute/Brown Institute for Brain Science; O: Honoraria and Royalties. **J. Piacentini:** G: Pettit Family Found, Tourette Assn of America, Pfizer Pharmaceuticals; S: Tourette Assn of America, International Obsessive Compulsive Found, Trichotillomania Learning Center. **R.S. Prakash:** G: National Multiple Sclerosis Society PP2183. **R. Price:** G: NIH K23MH100259. **A. Przeworski:** G: APF. **A.M. Racanello:** G: Fellow: NY Presbyterian Hospital DeHirsch-Robinson Fund. **S. Rauch:** G: US Army, NIMH; C: honorarium, Elsevier Press; O: Royalties. **S. Rauch:** G: DOD, Veterans Health Administration. **D. Remoray:** G: K. Ressler: G: NIH HHMI Cohen Veteran Bioscience. **V. Risbrough:** G: Johnson and Johnson; C: Sunovion. **S.L. Rizvi:** C: Behavioral Tech, LLC. **R. Roberson-Nay:** G: NIH/NIMH MH101518, MG106924, NARSAD. **R. Rodgers:** G: NIDDK 2 R44 DK085748-02. **L. Roemer:** O: Royalties. **B. Rollman:** G: NIMH, NHLBI. **J. Rosenbaum:** M: Medivante. **I. Rosso:** G: NIMH R01MH096987. **B. Rothbaum:** M: Virtually Better, Inc. **A. Rotondi:** G: NIH, Dept of Veterans Affairs. **P. Roy-Byrne:** G: NIMH, NIDA; M: Valant Medical Solutions. **M. Rozenman:** G: UCLA Friends of Sernel Research Scholar Award, UCLA CTSL KL2 UL1TR000124, IOCDF. **L.H. Rubin:** G: NIMH K01, R21. **S.K. Ruiz:** G: NSF. **S. Russo:** G: Johnson and Johnson; C: Johnson and Johnson. **M. Rynn:** G: NIMH, NICHD, Pfizer, Eli Lilly; C: Shire; O: Royalties. **B. Sachs:** G: NIH MH79201, MH60451, NIMHUL1TR001117. **D. Sakolsky:** G: NIMH; C: LEK. **L. Sayegh:** O: Royalties. **L. Scharfstein:** G: DC VA Med Ctr, ICR. **A. Schatzberg:** G: Pritzker Found, NIMH; C: Pfizer, Takeda, Forum, Neuronetics, X-Hale, Narex; M: Corcept, Merck, X-Hale; O: Patents. **T.E. Schaeffer:** G: Medtronic Inc. **F. Schneider:** G: Forest/Actavis; C: Genentech. **E.A. Seemann:** C: Army National Guard. **P.J. Seibell:** O: honoraria, Nevada Psychiatric Assn, Slack, Inc., British Medical Journal Group. **M. Seif:** S: APA 2015; O: Royalties. **M. 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Tendler:** G: Brainsway; M: Financial Interest; O: Brainsway. **N.A. Tonge:** G: Social Sciences & Humanities Research Council of Canada. **G. Turecki:** G: Pfizer Canada. **R. Uher:** G: Canada Research Chairs Institute, Canadian Institutes of Health Research, Nova Scotia Health Research Found, Canadian Found for Innovation, Capital Health Research Fund. **A. Umbach:** O: New Harbinger Publications. **M. Van Ameringen:** G: Pfizer, Janssen-Ortho, HAHQ, Shire; C: Forest Laboratories, Lundbeck, Sunovion, Janssen-Ortho, Pfizer; S: Lundbeck, Pfizer, Purdue, Shire. **B. Van Voorhees:** G: NIH/NIMH R01MH090035, Robert Wood Johnson Found RWJF/JUC, NIH/Northwestern P20MH090318-01A1, CMS/HCA2 1C1CMS331342-01-01; C: Vets Provail. **K. Wagner:** O: honoraria, UBM Medica, Nevada Psychiatric Assn, Weill Cornell Medical School. **J. Walkup:** G: Hartwell Found; Tourette Assoc of America; S: Tourette Assn of America. **J.M. Waller:** G: NIDA R21DA024144, NIH UL1 RR024153. **C. Wei:** G: NIMH T32 Postdoctoral Research Fellowship. **D. Weiner:** G: Palo Alto Health Sciences; C: Palo Alto Health Sciences. **M. Weissman:** G: NIMH, Sackler & Templeton Found; O: Royalties. **J. Wetherell:** G: R01 AG049369. **S. Whiteside:** G: NIMH; O: Royalties. **A. Widge:** G: Device Donation, Medtronic. **M.A. Wilcox:** G: Janssen. **S. Wilhelm:** G: NIMH. **S.T. Wilkinson:** G: R25-MH071584-09. **R. Wilson:** O: Royalties. **S. Wittset Stirmann:** G: NIMH. **S. Winston:** O: Royalties. **E. Wolf:** G: VA CS R&D Career Devpt Award. **C.B. Wolk:** G: NIMH F32 MH103955. **E. Yadin:** C: Laurel Ridge Treatment Center; O: Royalties. **J.C. Yip:** O: Royalties. **Y. Zang:** G: NIMH R01 MH45404, R01 MH045436, Janssen Scientific Affairs, LLC. **M. Zimmerman:** O: Copyright. **L.A. Zoellner:** G: NIMH R01066347. **A. Zulfiker:** G: Griffith University Postgraduate Research Scholarship.

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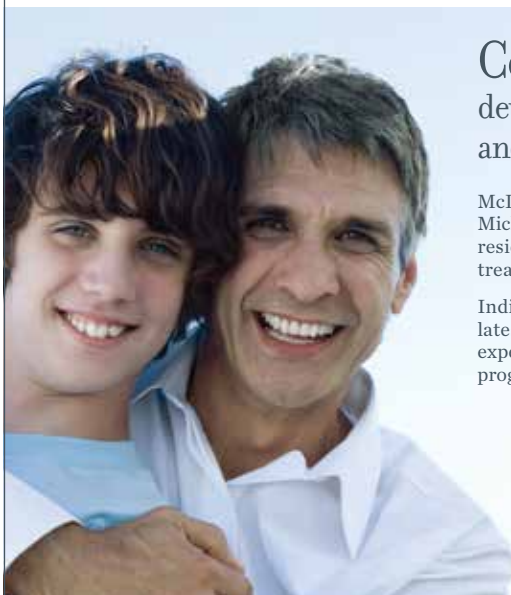


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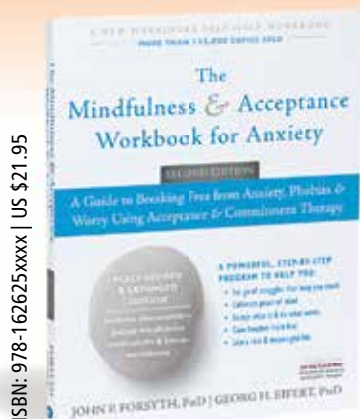
[www.mcleanhospital.org](http://www.mcleanhospital.org)

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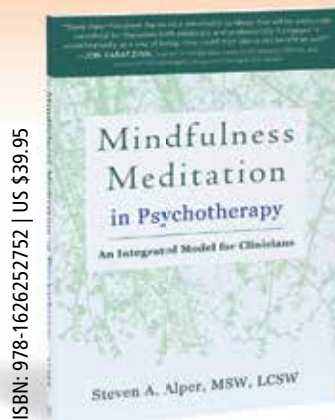


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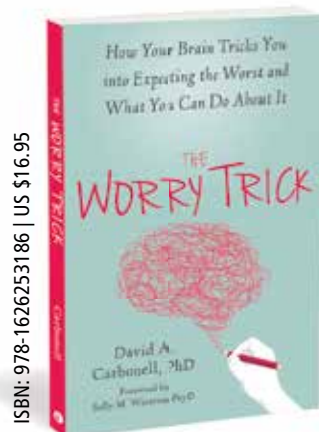
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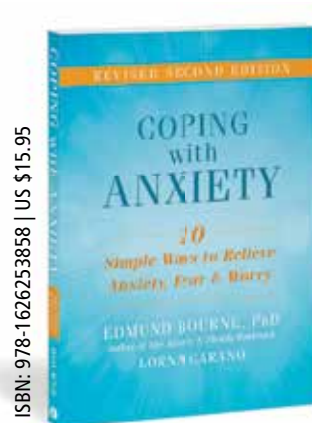
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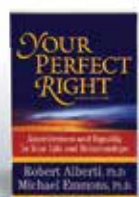


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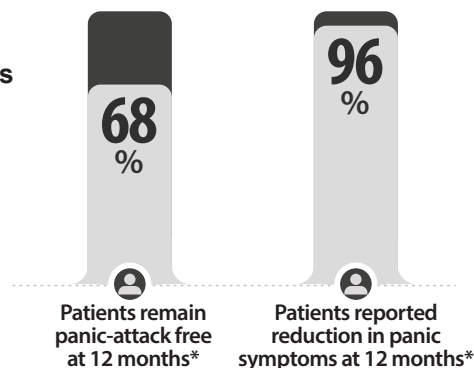


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\*Based on Stanford University School of Medicine, Southern Methodist University, etc. clinical trial data



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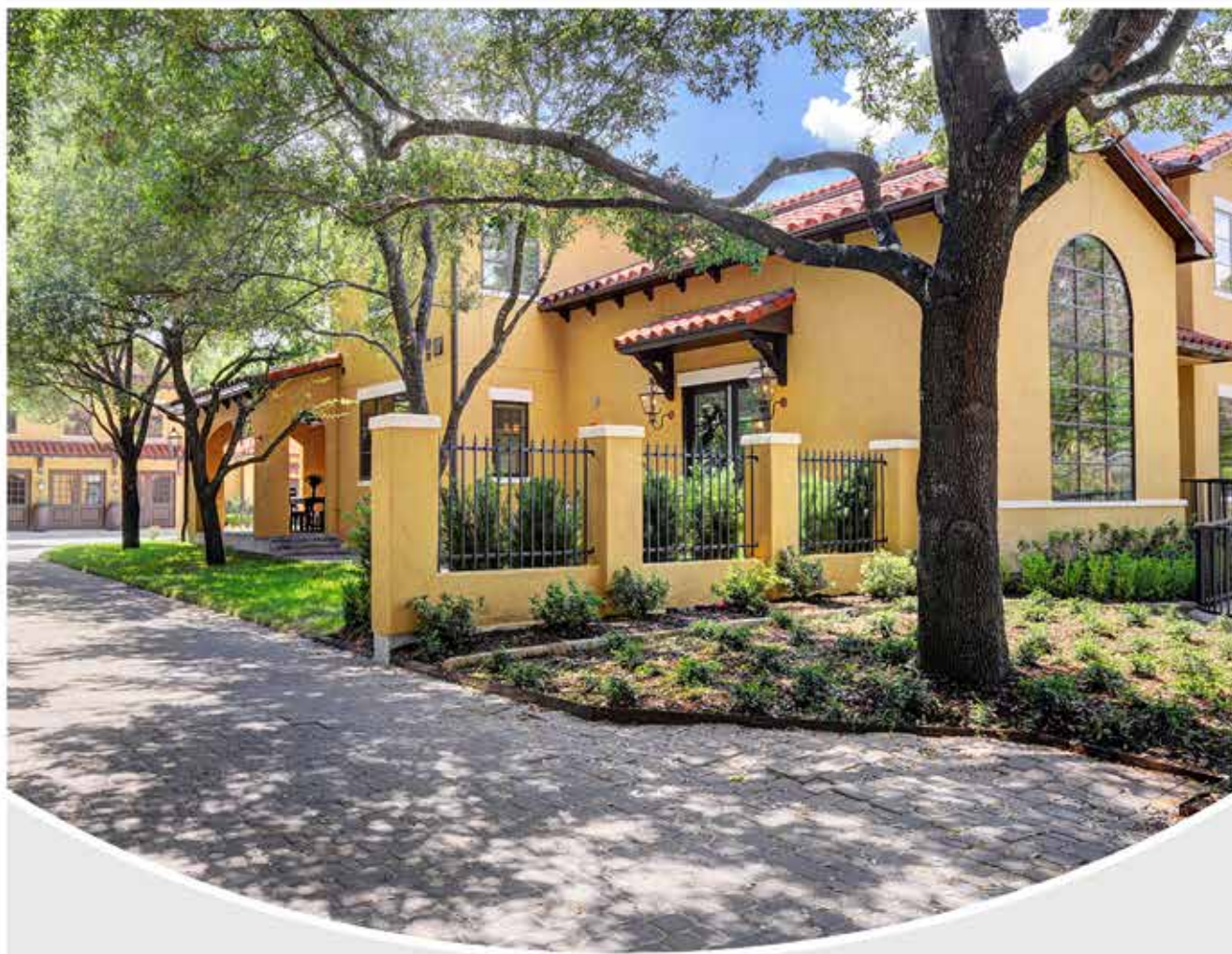


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