

PRELIMINARY PROGRAM



**Anxiety Disorders and
Depression Conference
2013**

***Anxiety and Depression:
Technology and New Media
in Practice and Research***

April 4–7, 2013

**Hyatt Regency La Jolla at Aventine
La Jolla, California**

Anxiety and Depression Association of America
www.adaa.org

Preliminary program information subject to change

Welcome

From the Conference Chair

I am honored to be this year's conference chair and welcome you to the 33rd Annual Conference. The program is outstanding, with tracks on children, PTSD, OCD, and so much more. You can choose from more than 125 sessions that fall into the "not-to-be-missed" category.



Luana Marques, PhD

I wholeheartedly invite you and your colleagues to attend. Why? Here are my favorite three reasons:

1. **Learn and earn.** The symposia, roundtables, and workshops offer the top research and training and provide CE and CME credits.
2. **Network.** The conference is collegial and friendly, and it provides an invaluable opportunity to meet and share your research and clinical experiences with colleagues who do what you do.
3. **It's the best meeting of the year.** You won't find a more multidisciplinary audience made up of clinicians and researchers, students, postdoctoral fellows, trainees, and residents. Attendees come together to advance research and treatment outcomes for anxiety, depression, PTSD, and related disorders.

The conference theme is *Anxiety and Depression: Technology and New Media in Practice and Research*. In addition to the focus on anxiety disorders and depression in children and adults, we will have special sessions examining the ethics of using technology for treatment, mobile applications, and how to integrate social media into practice and education.

ADAA is also hosting a pre-conference institute: *Interpersonal Psychotherapy Training for Anxiety and Depression* (Thursday, April 4, 2013; 9:00 am – 5:00 pm; 7 CE/CME).

This conference is engaging and energizing. Some describe it as scholarly, friendly, and accessible. I can tell you that the time spent talking and networking with people who are interested in your interests is priceless. There is no substitute for putting a name to a face or sharing an experience.

I know it is hard to make time to attend a meeting. But this is not just another meeting: It is *the* meeting for those focused on anxiety disorders, OCD, PTSD, or depression. Whether you treat people or conduct research in these areas, you have to be there. Join colleagues, students, residents, and leaders from around the world, and take a step in advancing your career and shaping the field. You won't want to miss this opportunity.

Luana Marques PhD.

2013 Conference Committee

Chair: Luana Marques, PhD, Massachusetts General Hospital and Harvard Medical School

Coordinator: Risa Weisberg, PhD, Brown University

Cindy Aaronson, MSW, PhD, Mount Sinai School of Medicine; Denise Chavira, PhD, University of California, San Diego; Meredith E. Coles, PhD, Binghamton University, SUNY; Patrick McGrath, PhD, Alexian Brothers Behavioral Health Hospital; Doug Mennin, PhD, Hunter College, CUNY; Jitender Sareen, MD, University of Manitoba; Franklin Schneier, MD, New York State Psychiatric Institute; Ashley Smith, PhD, Kansas City Anxiety Disorders Center; Jasper Smits, PhD, Southern Methodist University; Michael Van Ameringen, MD, McMaster University; Julie Wetherell, PhD, University of California, San Diego

Social Media



Find us on [Facebook: ADAA Conference.](#)

Twitter @ADAAConference: *Follow us live during the conference #ADAA2013.*

A Unique Conference

The ADAA Annual Conference is the only comprehensive educational program focusing on anxiety disorders, depression, and PTSD. It includes a variety of educational formats, such as skill-based workshops, symposia, and small-group discussions. The program is geared toward clinicians, researchers, and educators, as well as those new to the field and those seeking the latest practice trends and research about children and adults with these disorders. Networking opportunities throughout the conference are unsurpassed.

Why Attend This Conference?

- Acquire tangible, new skills and knowledge to apply to your everyday work.
- Learn about treatments from globally renowned experts who share their real-world clinical experiences.
- Earn continuing education credits.
- Network with leaders in the field.
- Receive great value for a reasonable registration fee that includes workshops, Master Clinician sessions, daily breakfast, coffee and tea breaks, and the Welcome Reception.

Make your plans now to attend the ADAA Annual Conference, the premier educational event for all in practice and research in the field of anxiety, depressive, and related disorders. Master Clinician sessions start off the conference on Thursday, April 4, 2013. [Check the website](#) regularly for updates and announcements of late-breaking sessions.

- [Use the Online Program Planner](#) to prepare a personalized program.

Who Should Attend?

Basic and clinical researchers focusing on all aspects of anxiety disorders, depression, and PTSD and mental health professionals from diverse disciplines, including psychiatrists, psychologists, social workers, marriage and family therapists, behavioral health counselors, physicians, nurses, and others providing treatment for these disorders. Special discounted fees are available for graduate students, trainees, residents, and postdoctoral fellows. Individuals with anxiety disorders are welcome.

About ADAA

ADAA is the leading nonprofit organization solely dedicated to advancing science and clinical care of anxiety disorders, depression, and PTSD. The association brings together researchers, clinicians, trainees, residents, students, fellows, and patients to advocate for improving the lives of those with anxiety disorders and depression, disseminate research and best practices, and advance the field. Learn more about ADAA, and join our dynamic network of professionals at our website: www.adaa.org. Visit our [FAQs](#) page for more information about membership benefits.

Get Started

1. [Register at the appropriate rate](#) (see below).
2. Sign up for CE (psychologists, social workers, counselors, marriage and family therapists, or LPNs) or CME (physicians) credits.
3. Create your personal itinerary with the [Online Program Planner](#).
4. Reserve your hotel room at the Hyatt Regency La Jolla at Aventine (see below).

Hotel Information

The **Hyatt Regency La Jolla at Aventine**, 10 miles from San Diego International Airport, is the conference site. ADAA has negotiated discounted conference rates that include complimentary wired Internet access in your room and access to the 24-hour StayFit™ gym, outdoor pool, and tennis courts: \$219/night for single/double/triple/quad occupancy and \$259/night for Regency Club (plus taxes). Hotel parking requires an additional fee. [Book your reservation online before March 1](#) or call 888-421-1442 and mention ADAA to receive the discount.

Conference Registration Rates and Policies

All attendees, including speakers and poster presenters, are required to register for the conference and [pay the appropriate registration fees](#). Speakers and poster presenters cannot register as consumers. Attendees who request continuing education credits must be registered at the professional rate; students, trainees, and consumers are not eligible for continuing education credits.

One-day fees will be available on-site; see below. Registration badges will be color-coded for the day, providing admittance to sessions and events held on that day only.

Cancellation notice must be received in writing by March 4, 2013. Cancellations by telephone are not accepted and will not be accepted after the date above for any reason, including medical and travel complications, due to the many costs associated with planning and organizing this conference. All refunds will be issued after the conference ends, and a \$75 administrative fee will be charged.

[Register online](#) or [download the registration form](#) and send it with payment to ADAA. Early registration fees are available through **February 28, 2013**.

Registration Rates	Before February 28, 2013		After March 1, 2013, and on-site	
	Members*	Nonmembers	Members*	Nonmembers
<i>Professionals</i>	\$450	\$650	\$500	\$700
<i>Trainees/Postdoctoral Fellows/Residents</i>	\$215	\$335	\$255	\$365
<i>Students**</i>	\$125	\$195	\$155	\$205
<i>Consumers</i>	\$95			
<i>Groups (four or more professional members only)***</i>	\$350		\$425	
<i>ADAA Institute: Interpersonal Psychotherapy Training for Anxiety and Depression Thursday, April 4 9:00 am–5:00 pm</i>	\$95	\$200	\$95	\$200
<i>CE and CME credits</i>	Members \$0 / Nonmembers \$55			

* Members must have current membership paid through April 30, 2013, to qualify for member-discounted rates.

** Student registration rate is available to research assistants who are recent undergraduates.

*** Group rates: Four or more active members from the same practice or institution are eligible for discounted group rates.

One-Day Registration

We encourage all conference attendees to benefit from the educational sessions and networking opportunities throughout all four meeting days. But we understand that some presenters may be available for one day only.

Registration Category	ADAA Members	Nonmembers
<i>Professionals</i>	\$325	\$425
<i>Trainees/Postdoctoral Fellows/Residents</i>	\$200	\$275
<i>Students</i>	\$100	\$150
<i>Consumers</i>	\$ 95	

We offer one-day registration rates in accordance with the following ADAA policies:

- One-day registration is available on-site, beginning at 8:00 am, Thursday, April 4, for Annual Conference registration **and** ADAA Institute: Interpersonal Psychotherapy Training; payable by check, VISA, or MasterCard.
- One-day registrants will receive color-coded badges to designate their specific day of attendance.
- Nonmember registrants must purchase CE or CME credits at the regular rate of \$55.
- **NOTE: Badges for one-day registrations will not be mailed in advance. Pick up your badge at the on-site registration desk on your designated day.**

Continuing Education

You can earn up to 28 continuing education credits as a registered professional physician, psychologist, social worker, counselor, marriage and family therapist, or nurse. **You must complete your evaluation form by May 15, 2013, if you are requesting credits.** ADAA members pay no additional cost; nonmembers can receive credits for sessions attended after paying an additional fee of \$55 per discipline. [Find out more about continuing education credits.](#)



A bird's-eye view of La Jolla Cove

Online Program Planner

The ADAA [Online Program Planner](#) is a searchable directory of the conference that allows you to review the abstract, learning objectives, and speakers for every session. Search for sessions by category, topic, presenter, date and time to create an individual program based on your interests, which you can save and print out as your own itinerary. A printed final program will be available at the conference.

[Advanced Search](#)

Search for session type, title, author/presenter name or institution, keyword, date to locate specific presentations or groups of presentations that contain a search term in a specific field.

Choose the Presentations or Sessions button, and click Search.

- **Click on Presentation** in the left column: Shows time and date, author/presenter, and abstract.
- **Click on Session** in the right column: Shows the session number, title, type, description, categories, learning objectives, date and time, and a link to add to your itinerary.

To search by Session Number → Input Session Number, including “C” or “R” as indicated in the program below. → Click “Search” at the bottom of the page.

To search by Author/Presenter → Input Author/Presenter name. → Click “Search” at bottom of page.

To search using other fields (Session Type, Category, Title, Institution, Keyword, Abstract, Date and Time, Poster Number, Session Title) → Input or choose information. → Click “Search” at the bottom of the page.

[Search the Author/Presenter Index](#)

Select a letter of the alphabet to get a subset of the first two letters in the last names of authors and presenters. Select one to narrow your list; presenting authors are shaded in yellow.

Find the correct person

→ Click on **Find Matching Presentations** or **Find Matching Sessions** buttons at the top and bottom of the list to view results.

[Browse](#)

Select a **Day**, **Session Type**, or **Session Category**. Click on resulting links for further information.

[Quick Search](#)

On the left in the field beneath “? **Search Tips**”, enter session number, presenter name, keyword, or date, and choose display as Sessions or Presentations.

[My Itinerary](#)

Log in to create your personal itinerary. [Create a new Itinerary account](#). Or log in if you are a returning user. To take advantage of the itinerary functions, you must create an account; this information is used only to hold your selections.

Create your personal itinerary: Click “Add Checked Selections to My Itinerary” or “Add to My Itinerary” from any page. → Print, download, or send it to your mobile phone before you leave for the conference.

Exhibitors

(as of January 15, 2013)

[Bridges to Recovery](#)

[Consilium Associates](#)

[Heartspring](#)

[Houston OCD Program](#)

[International OCD Foundation](#)

[Lindner Center of HOPE](#)

[McLean Hospital](#)

[The Menninger Clinic](#)

[MHS Inc.](#)

[National Institute of Mental Health](#)

[Natural Molecular Testing](#)

[The Peace of Mind Foundation/OCD Challenge](#)

[Rogers Memorial Hospital](#)

[TrainingXchange](#), University of Washington

[VA Boston Healthcare System/National Center for PTSD](#)

Technology Demonstrations

Join colleagues for brief demonstrations of mobile applications to assist in the diagnosis and treatment of anxiety disorders and depression. *Coming soon:* [Check the ADAA website for updates on participating companies.](#) Learn how to connect with members via MemberFuse, ADAA's social network for members only. The Final Program will include times and locations of the demonstrations.



Sunset glows over the Pacific Ocean in San Diego, California.

Schedule at a Glance

	Registration	Programs	Exhibits & Poster Sessions	Activities
Thursday, April 4	8:00 am–6:00 pm Registration Open	9:00 am–5:00 pm ADAA Institute Interpersonal Psychotherapy Training for Anxiety and Depression (TICKETED EVENT; ADDITIONAL FEE) 11:00 am–5:30 pm Master Clinician Sessions (NO ADDITIONAL FEE) 5:30–7:00 pm OPENING SESSION Keynote Speaker and Awards Presentation <i>James Fowler, PhD</i>		8:00 am–1:00 pm Board of Directors 3:30–5:00 pm Scientific Council Meeting 7:15–9:00 pm Welcome Reception (OPEN TO REGISTERED PARTICIPANTS)
Friday, April 5	7:30 am–5:30 pm Registration Open	8:00–9:00 am Jerilyn Ross Lecture <i>Richard Davidson, PhD</i> 9:00 am–12:30 pm 16th Annual Scientific Research Symposium 9:00 am–12:30 pm AND 1:30–5:30 pm Clinical and Research Breakout Sessions 5:00–6:00pm Media Panel	7:30 am–5:00 pm Exhibits Open 6:00–7:30 pm New Research Poster Session I	7:30–8:30 am Continental Breakfast 10:30–11:00 am Networking Break 12:30–1:30 pm Lunch on Your Own Award Winners and Mentors Lunch (Invitation) 3:00–3:30 pm Networking Break 7:30 pm Dine Arounds (Sign up on-site)
Saturday, April 6	7:30 am–5:30 pm Registration Open	8:00–9:30 am AND 10:00 am–12:00 pm Clinical and Research Breakout Sessions 1:30–4:00 pm AND 4:30–6:00 pm Clinical and Research Breakout Sessions	7:30 am–5:00 pm Exhibits Open 12:00–1:30 pm New Research Poster Session II (CASH-AND-CARRY LUNCH AVAILABLE) 6:00–7:30 pm New Research Poster Session III	7:30–8:30 am Continental Breakfast 7:00–8:00 am Depression and Anxiety Editorial Board Meeting 7:00–8:00 am Membership Committee Meeting 9:30–10:00 am Networking Break 4:00–4:30 pm Networking Break 7:30 pm Dine Arounds (Sign up on-site)
Sunday, April 7	8:00 am–1:00 pm Registration Open	8:30 am–12:45 pm Clinical and Research Breakout Sessions		7:30–9:00 am Continental Breakfast 10:00–10:40 am Networking Break

[Schedule subject to change; check the ADAA website for updates.](#)

Preliminary Program

ADAA offers two tracks: clinical (C) and research (R). Clinical sessions teach new skills and techniques, and address questions related to improving practice and specific populations of difficult-to-treat patients. Research sessions present the latest findings on basic and clinical research.
(Note: The letter C or R following each session number identifies the track.)

[Master Clinician Sessions](#) on Thursday, April 4, begin at 11:00 am. Each two-hour session provides 2 continuing education credits; no additional fees are required.

[ADAA Institute: Interpersonal Psychotherapy Training for Anxiety and Depression](#) is Thursday, April 4, 9:00 am–5:00 pm. Preregistration and a fee are required; participants can earn 7 continuing education credits.

Poster Sessions: Friday, April 5, 6:00–7:30 pm; Saturday, April 6, 12:00–1:30 pm; Saturday, April 6, 6:00–7:30 pm. Poster presenters must register and be present during their assigned poster session to discuss their research.

Conference Highlights

Opening Session

Thursday, April 4

5:30–7:00 pm

Happiness, Depression, and the Power of Social Networks

James Fowler, PhD

Professor of Medical Genetics and Political Science

[University of California, San Diego](#)

Jerilyn Ross Lecture

Friday, April 5

8:00–9:00 am

Order and Disorder in the Emotional Brain

Richard J. Davidson, PhD

William James and Vilas Professor of Psychology and Psychiatry

Director of [Waisman Brain Imaging Lab](#); [Laboratory for Affective Neuroscience](#)

Founder and Chair, [Center for Investigating Healthy Minds at the Waisman Center](#)

University of Wisconsin-Madison

16th Annual Scientific Research Symposium

Friday, April 5

9:15 am–12:30 pm

011R—Biobehavioral Mechanisms of Intervention for Mood and Anxiety Disorders

Douglas Mennin, PhD; Jordan Smoller, MD; Ronald Duman, PhD; Jutta Joormann, PhD; Mohammed Milad, MD, PhD; Kerry Ressler, MD, PhD; Greg Siegle, PhD; Carlos Zarate, MD

Sessions by Category

The symposia and workshops below are organized by category, and sessions may be cross-listed under disorder or demographic group to help you find sessions of interest. Abstracts, learning objectives, dates, and times are searchable in the [Online Program Planner](#). Individual oral presentations and posters are not included in this preliminary program, but as of February they will be listed in the Online Program Planner.

Anxiety Disorders

001MC—Curbing Anxieties: Hypnotherapeutic Approaches that Really Work

Carolyn Daitch, PhD

124C—Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders

David Barlow, PhD; ABPP, Johanna Thompson-Hollands, MS;; Shannon Sauer-Zavala, PhD; James Boswell, PhD

125C—Development of an Anxiety Disorders Cognitive-Behavioral Therapy Manual for Puerto Ricans

Karen Martinez, MD, MSc; Luis Caraballo, PsyD

140C—Update on Pharmacological and Psychological Treatments for Pediatric Anxiety Disorders

Sheryl Kataoka, MD; James McCracken, MD; Dara Sakolsky, MD, PhD; Erika Nurmi, MD, PhD

302R—Longitudinal Mediation Analysis in Treatments for Emotional Disorders

Halina Dour, MA; Jessica Bomyea, MA; Alicia Meuret, PhD; Christina Riccardi, PhD; Jennie Kuckertz, MA

305R—Examining the Impact of Integrative and Disorder-Specific Treatments for Anxiety

Terri Barrera, MS; Naomi Zwecker, PhD; Ellen Teng, PhD; Richard Heimberg, PhD; Emily Hiatt, PhD

309R—Can We Predict Who Is Going to Benefit From Interventions?

Gisele Manfro, MD, PhD; Giovanni Salum, MD, PhD; Marcelo Hoexter, MD, PhD; Juliana Diniz, MD, PhD

310R—Mediators and Moderators of Treatment Outcome for Anxiety Disorders

David Rosenfield, PhD; Michelle Craske, PhD; Michelle Newman, PhD; Jasper Smits, PhD; Alicia Meuret, PhD; Kate Wolitzky-Taylor, PhD

312R—Predictors of Response vs. Nonresponse to Treatment for Anxiety Disorders: Who Gets Better?

Mark Powers, PhD; Richard LeBeau, MA; Christopher Fairholme, PhD; Johanna Thompson-Hollands, MA; Amanda Loerinc, BA, Michelle Craske, PhD

313R—Translational Neuroscience Measures of Fear and Anxiety Across Development: Applications to Traumatized Populations

Rick Richardson, PhD; Tanja Jovanovic, PhD; Ebony Glover PhD; Nim Tottenham, PhD; Siobhan Pattwell, MD, PhD

316R—Developmental Risk for Anxiety: Recent Developments in Genetic and Neuroimaging Studies

Jennifer Blackford, PhD; Ned Kalin, MD, Carl Schwartz, MD, Daniel Pine, MD, Nathan Fox, PhD

319R—Predictors and Mediators of Anxiety Reduction Across Different Interventions and Settings

Courtney Beard, PhD; Rachel Weiss, PhD; Sarah Kertz, PhD; Andri Björnsson, PhD; Thröstur Björgvinsson, PhD

Anxiety and Comorbid Disorders

002MC—Treating PTSD in Suicidal and Self-Injuring Clients With Borderline Personality Disorder

Melanie Harned, PhD

114C—Diagnosis and Management of Complicated and Comorbid Conditions Associated With Anxiety Disorders

Irvin Epstein, MD, FRCPC,
Isaac Szpindel, MD, Martin
Katzman, MD, FRCPC

129C—The Big Three: Autism Spectrum Disorders Plus Anxiety and/or Depression

Sherrie Vavrichek, LCSW

160C—Treating OCD and Substance Abuse in a Collaborative Team Approach

Eda Gorbis, PhD, LMFT

344R—Relationship Between PTSD and Common Co-Occurring Problems

Tonya Masino, MD, Brian
Buzzella, PhD; Abigail

Goldsmith, PhD; Kendall
Wilkins, MA; Sonya Norman,
PhD

Anxiety and Depression

010MC—Strategies for Creating Clinical Dynamite: Working With Kids and Their Parents Who Are Anxious and Depressed

Karen Cassiday, PhD, ACT

012MC—Treatment of Perinatal Mood and Anxiety Disorders

Teri Pearlstein, MD

014MC—CALM: Computer-Assisted CBT for Anxiety and Comorbid Depression

Michelle G. Craske, PhD;
Stacy Shaw-Welch, PhD;
Peter Roy-Byrne, MD,
Meghan E. Keough, PhD

106C—Can an Academic Learning Strategies Program Enhance Treatment for Pediatric Anxiety and Depression?

Rebecca Sachs, PhD; Jennifer
Selke, PhD; Jonathan
Hoffman, PhD, ABPP; Curtis
Hsia, PhD

153C—When Depression Complicates OCD Treatment

Katia Moritz, PhD, ABPP;
Rebecca Sachs, PhD;
Jonathan Hoffman, PhD,
ABPP

184C—Maternal Mental Health: The Impact of Depression and Anxiety

Pec Indman, EdD, MFT; Diana
Lynn Barnes, PsyD; Sabah
Chammas, MD; Teri
Pearlstein, MD

304R—Oxytocin Effects in Anxiety and Depression: Translational Studies and Early Clinical Findings

Dean Acheson, PhD; Kai
MacDonald, MD; Victoria
Risbrough, PhD; David Feifel,
MD, PhD; Jeffrey Rosen, PhD

301R—The Role of Peer Victimization in the Development of Depression and Anxiety in Adolescence

Elissa Hamlat, BA; Jessica
Hamilton, BA; Jimmy Choi,
BA; Lauren Alloy, PhD

303R—A Tale of Two Systems: Towards a Positive and Negative Valence System Understanding of Anxiety and Depression

Tomislav Zbozinek, BA;
Katharina Kircanski, PhD;

Charles Taylor, PhD; Jutta Joormann, PhD; Katja Spreckelmeyer, PhD

306R—Computer-Based Approach-Avoidance Trainings in the Treatment of Anxiety and Depression

Charles Taylor, PhD; Eni Becker, PhD; Anu Asnaani, PhD; Christopher Beevers, PhD; Mike Rinck, PhD

307R—Faces in Context: Brain- and Behavior-based Mechanisms of Social Anxiety and Depression in Adolescence and Early Adulthood

Amanda Guyer, PhD; Erin Tone, PhD; Johanna Jarcho, PhD; Allison Hipwell, PhD

329R—The Role of Values-consistent Action in Anxiety and Depression: Using Diverse Methods to Explore How Meaningful Actions Matter Across Contexts

Sarah Krill, MEd; Lucas Morgan, MA; Jessica

Graham, MA; Lynne Henderson, PhD

336R—Understanding the Role of Emotional Dysregulation in Mood and Anxiety Disorders

Bekh Bradley, PhD; Kerry Ressler, MD, PhD; Amit Etkin MD, PhD; Jennifer Stevens, PhD; Negar Fani, PhD

Complicated Grief

300R—Complexity in Complicated Grief: Considering Context

Angela Ghesquiere, PhD; Naomi Simon, MD, MSc, Terence Keane, PhD; Sidney Zisook, MD, Katherine Shear, MD

323R—From Childhood Experiences to Immediate Subjective Response to the Loss: Individual Differences as Potential Risk Factors for Complicated Grief

T.H. Eric Bui, MD, PhD; Mireya Nadal-Vicens, MD,

PhD; Donald Robinaugh MA; Katherine Shear MD; Naomi Simon MD, MSc

134C—Complicated Grief Treatment: An Insider's View
Katherine Shear, MD

Depression

143C—Cognitive-Behavioral Therapy With Depressed and Suicidal Adolescents

Mark Reinecke, PhD, ABPP, ACT

153C—When Depression Complicates OCD Treatment

Katia Moritz, PhD, ABPP; Rebecca Sachs, PhD; Jonathan Hoffman, PhD, ABPP

181C—Family Experiential Healing Strategies With Trauma-Related Mood Disorders

Nevin Alderman, MS; John Stewart, MSW

324R—Comorbid ADHD: Implications for Treatment of Anxiety and Depression in Youth

Abbe Garcia, PhD; Thomas Ollendick, PhD; John Curry PhD; Thorhildur Halldorsdottir, MS; Joan Asarnow, PhD

327R—Predictors of Response to Interventions for Major Depressive Disorder

Jasper Smits, PhD; Christopher Beevers, PhD; Greg Siegle, PhD; Madhukar Trivedi, MD, Tracy Greer, PhD

Generalized Anxiety Disorder

148C—Bringing Specificity to Generalized Anxiety Disorder: Conceptualization and Treatment of GAD Using Intolerance of Uncertainty as the Theme of Threat

Melisa Robichaud, PhD

149C—Childhood Generalized Anxiety Disorder: A Multimodal CBT-Based Treatment Approach

David Jacobi, PhD; Stephanie Eken, MD

151C—Mindfulness- and Acceptance-Based Behavioral Therapy for Generalized Anxiety and Comorbid Disorders

Lizabeth Roemer, PhD

Obsessive-Compulsive Disorder

013MC—The Art of Persuasion: Changing the Mind on OCD

Reid Wilson, PhD

133C—CBT and Psychopharmacology for OCD: An Integrative Approach

Neil Rector, PhD; Margaret Richter, MD FRCPC

137C—What To Do When OCD Occurs in the Twice-Exceptional Child

Jenny Yip, PsyD; Sarah Haider, PsyD; Lauren Stutman, PsyD; Michelle Witkin, PhD; Rebecca Fountain, MA

154C—OCD, Tics, Alphabet Soup and Tourette's OCD

Charles Mansueto, PhD

156C—Designing and Implementing Exposures to Target Obsessions Related to Harm, Religious, and Sexual Themes in Children and Adults With OCD

Ashley Smith, PhD; Lindsey Murray, MA; Amy Jacobsen, PhD; Michelle Gryczkowski, PhD; Lisa Hale, PhD

157C—How ACT Fits Into ERP Treatment for OCD -- Or Is It the Other Way Around?

Jonathan Grayson, PhD

160C—Treating OCD and Substance Abuse in a Collaborative Team Approach

Eda Gorbis, PhD; LMFT

162C—Relapse Prevention for Obsessive Compulsive Disorder: From a personal and professional standpoint

Nathaniel Van Kirk, MS; Elizabeth McIngvale, MSW

166C—Intensive Treatment for OCD in Children and Teens

Michae Tiede, MA; Stephen Whiteside, PhD, ABPP; Julie Dammann, MA

***333R—Cognition in OCD:
From Neurophysiology to
Appraisals***

Arun Ravindran, MD, FRCPC,
Margaret Richter, MD,
FRCPC, Tisha Ornstein, PhD;
Neil Rector, PhD

***334R—New Developments
in Pediatric OCD: From Brain
to Behavior***

Jenifer Scully, PhD; Evelyn
Stewart, MD, Stephanie
Ameis, MD, Joseph McGuire,
PhD; Sandra Mendlowitz,
PhD

***335R—Updates on
Mechanism of Action
for DBS for OCD***

Emad Eskandar, MD,
Benjamin Greenberg, MD,
PhD; Anthony Grace, PhD;
Suzanne Haber, PhD; Darin
Dougherty, MD

Panic Disorder

***006MC—Treatment of Panic
Disorder in Adolescents***

Thomas Ollendick, PhD

***169C—Understanding
and Treating Panic Disorder
Using Cognitive Behavioral
Therapy***

Simon Rego, PsyD, ABPP

Phobias

***170C—Neuroscience
Advances for Improving
Anxiety Therapies***

Glenn Veenstra, PhD

PTSD & Trauma

***002MC—Treating PTSD in
Suicidal and Self-injuring
Clients With Borderline
Personality Disorder***

Melanie Harned, PhD

***102C—Serving those who
Served: Innovative
Transdiagnostic Treatments
for Veterans With Emotional
Disorders***

Emmanuel Espejo, PhD;
Sonya Norman, PhD; Caitlin
Ferriter, PhD; Catherine
Ayers, PhD, ABPP

***174C—Psychotherapy for
the Interrupted Life:
Treating Adult Survivors of
Childhood Abuse With PTSD***

Marylene Cloitre, PhD

***181C—Family Experiential
Healing Strategies With
Trauma-related Mood
Disorders***

Nevin Alderman, MS; John
Stewart, MSW

***183C—Hypnotic
Interventions for Trauma
Resiliency, Anxiety and
Stress Management:
A Somatic Based Approach***

Karin Hart, PsyD

***338R—The Impact and
Outcomes of PTSD on
Combat-Exposed Veterans:
Project VALOR***

Brian Marx, PhD; David
Barlow, PhD, ABPP; Raymond
Rosen, PhD; Terence Keane,
PhD; Darren Holowka, PhD

339R—Molecular Genetic Approaches to Trauma Vulnerability and Resilience in Civilian and Combat Populations

Monica Uddin, PhD; Seth Norrholm, PhD; Murray Stein MD, MPH, Lynn Almlie, PhD; Anthony King, PhD

340R—Genetic and Psychosocial Risk for PTSD and Depression Across the Lifespan Among Natural Disaster-Exposed Populations: Implications for Technology-Based Prevention and Treatment

Debra Kaysen, PhD; Benjamin Hankin, PhD; Carla Danielson, PhD; Jennifer Sumner, MS

342R—Neural Behavioral and Genetic Markers of Treatment Response in PTSD: Applying Neuroscience Informed Methods to Clinical Research

Yuval Neria PhD; MA; Daniel Pine MD, Kerry Ressler MD,

PhD; Amit Etkin, MD, PhD; Martin Paulus, MD

343R—Predicting PTSD, Anxiety, and Depressive Symptoms in the War Zone: Findings from the Texas Combat PTSD Risk Project

Robert Josephs, PhD; Michael Telch, PhD; Christopher Beevers, PhD; Han-Joo Lee PhD; Michael Telch, PhD

344R—Relationship Between PTSD and Common Co-Occurring Problems

Tonya Masino, MD, Brian Buzzella, PhD; Abigail Goldsmith, PhD; Kendall Wilkins, MA; Sonya Norman, PhD

345R—The Influence of PTSD and Complicating Factors on Functional Recovery in Returning Military Veterans

Brian Marx, PhD; Eric Meyer, PhD; Bryann DeBeer, PhD; Nathan Kimbrel, PhD; Deborah Little, PhD; Sandra Morissette, PhD

347R—Clarifying the Relationships between Emotion Dysregulation and Posttraumatic Stress Symptoms

Matthew Tull, PhD; Katherine Dixon-Gordon, PhD; Joseph Bardeen, MA; Nicole Weiss, BA, Kim Gratz, PhD; Elizabeth Roemer, PhD

348R—Intergenerational Transmission of Trauma: From Basic Science to Human Studies

Jacek Debiec, MD, MPH, Karestan Koenen, PhD; Kerry Ressler, MD, PhD; Tanja Jovanovic, PhD

352R—Anxiety and Neurobiological Stress-responses: Fine-tuning in a Developmental Perspective

Johanna Schaefer, MSC, Floor van Oort, PhD; Amelia Aldao, PhD; Marcia Slattery, MD, MHSc

Social Anxiety Disorder

127C—Socially Anxious, Socially Awkward or ASD? Clinician Survival Guide for Diagnosis and Intervention Across the Age Span

Regina De'onate-Granados, PsyD

176C—Setting-up and Running a Social Phobia Group: Pragmatics, Pleasures, and Pitfalls!

Callie Boller, BS, Eric Goodman, PhD

177C—Using Interactive Cognitive Group Therapy to Treat Social Anxiety

Robert Schachter, PhD

179C—How to Treat Teen Social Anxiety Disorder: Cognitive Behavioral Interventions That Work

Jennifer Shannon, LMFT

306R—Computer-Based Approach-Avoidance Trainings in the Treatment of Anxiety and Depression

Charles Taylor, PhD; Eni Becker, PhD; Anu Asnaani, PhD; Christopher Beevers, PhD; Mike Rinck, PhD

349R—Social Anxiety Disorder: Biopsychosocial Advances and Treatment

Justin Weeks, PhD; Julia Langer, MA; Michel Thibodeau, MA; R. Nicholas Carleton, PhD

351R—Keeping Current: Updating and Improving the Assessment of Social Anxiety Disorder and Related Constructs

Cheri Levinson, MA; Mark Powers, PhD; Alison Reilly

MS; R. Nicholas Carleton, PhD; Justin Weeks, PhD; Alison Reilly, MS

350R—Exploring and Enhancing Positive Functioning in Social Anxiety

Jennifer Trew, MA; Lynn Alden, PhD; Karen Auyeung, MA; M. Leili Plasencia, MA

Trichotillomania & Tic Disorders

004MC—Comprehensive Behavioral Intervention for Tic Disorders

John Piacentini, PhD

154C—OCD, Tics, Alphabet Soup and Tourette OCD

Charles Mansueto, PhD

172C—Hair Pulling and Skin Picking Disorders: State of the Art Treatment

Ruth Golomb, LCPC; Suzanne Mouton-Odum, PhD

Children & Adolescents

006MC—Treatment of Panic Disorder in Adolescents

Thomas Ollendick, PhD

010MC—Strategies for Creating Clinical Dynamite: Working With Kids and Their Parents Who Are Anxious and Depressed

Karen Cassiday, PhD, ACT

106C—Can an Academic Learning Strategies Program Enhance Treatment for Pediatric Anxiety and Depression?

Curtis Hsia, PhD; Jennifer Selke, PhD; Jonathan Hoffman, PhD; ABPP, Rebecca Sachs, PhD

108C—It's Hardly Ever Just Anxiety: Treating Complex Cases in Childhood Anxiety

Muniya Khanna, PhD; Lynne Siqueland, PhD; Deborah Ledley, PhD

118C—A Comprehensive Program for Parents of Anxious Children

Edward Tomaich, PhD; Stephanie Eken, MD, David Jacobi, PhD

135C—The Role of Neuropsychological Evaluation in the Assessment and Treatment of Child Internalizing Disorders

Brian Willoughby, PhD; Ellen Braaten, PhD; Nathan Doty, PhD

136C—School Refusal Behaviors: Differential Diagnoses and Treatment Strategies from Elementary School Through College

Lindsey Murray, MA; Amy Jacobsen, PhD; Michelle Gryczkowski, PhD; Ashley Smith, PhD; Lisa Hale, PhD

137C—What To Do When OCD Occurs in the Twice-Exceptional Child

Jenny Yip, PsyD; Sarah Haider, PsyD; Lauren Stutman, PsyD; Michelle Witkin, PhD; Rebecca Fountain, MA

138C—An Intensive, Integrated Treatment Approach to Restoring Trust and Resiliency in the Fearful Adolescent

Elizabeth Newlin, MD, John Hart, PhD; Jennifer Crawford, PhD

139C—“You want my kid to do what?!” Effective Parent Interventions to Enhance Exposure Therapy in Youth With Anxiety Disorders

Andrea Mazza, PhD; Jennifer Keller, MA; Erica Wagner-Heimann, PsyD

140C—Update on Pharmacological and Psychological Treatments for Pediatric Anxiety Disorders

Sheryl Kataoka, MD, James McCracken, MD, Dara Sakolsky, MD, PhD; Erika Nurmi, MD, PhD

143C—Cognitive-Behavioral Therapy With Depressed and Suicidal Adolescents

Mark Reinecke, PhD, ABPP, ACT

149C—Childhood Generalized Anxiety Disorder: A Multimodal CBT-Based Treatment Approach

David Jacobi, PhD; Stephanie Eken, MD

156C—Designing and Implementing Exposures to Target Obsessions Related to Harm, Religious, and Sexual Themes in Children and Adults With OCD

Ashley Smith, PhD; Lindsey Murray, MA; Amy Jacobsen, PhD; Michelle Gryczkowski, PhD; Lisa Hale, PhD

164C—Treating the Taboo Symptom Within Pediatric OCD: The Assessment and Treatment of Sexual Obsessions

Jerome Bubrick, PhD and Rachel Busman, PsyD

166C—Intensive Treatment for OCD in Children and Teens

Michae Tiede, MA; Stephen Whiteside, PhD, ABPP; Julie Dammann, MA

174C—Psychotherapy for the Interrupted Life: Treating Adult Survivors of Childhood Abuse With PTSD

Marylene Cloitre, PhD

179C—How to Treat Teen Social Anxiety Disorder: Cognitive Behavioral Interventions That Work

Jennifer Shannon, LMFT

307R—Faces in Context: Brain- and Behavior-Based Mechanisms of Social Anxiety and Depression in Adolescence and Early Adulthood

Amanda Guyer, PhD; Erin Tone, PhD; Johanna Jarcho, PhD; Allison Hipwell, PhD

314R—Who to Believe When? Empirical Guidance toward Integrating Multi-Informant Assessment of Childhood Anxiety

Natasha Burke, MA; Chelsea Ale, PhD; Adam Lewin, PhD; ABPP, Stephen Whiteside, PhD, ABPP

324R—Comorbid ADHD: Implications for Treatment of Anxiety and Depression in Youth

Abbe Garcia, PhD; Thomas Ollendick, PhD; John Curry, PhD; Thorhildur Halldorsdottir, MS; Joan Asarnow, PhD

325R—Child Anxiety in the Family Context

Johnna Jones, MA; Kristen Grabill Benito, PhD; Nicole Caporino, PhD; Evelyn Stewart, MD, Eli Lebowitz, PhD

334R—New Developments in Pediatric OCD: From Brain to Behavior

Jenifer Scully, PhD; Evelyn Stewart, MD; Stephanie Ameis, MD; Joseph McGuire, PhD; Sandra Mendlowitz, PhD

355R—Novel Settings and Modes of Delivery of CBT

for Children With Anxiety Disorders

Amy Drahota, PhD; Denise Chavira, PhD; Kelly Drake, PhD; John Piacentini, PhD

Ethics

144C—Ethics in Cognitive-Behavioral Therapy: What Makes Good Practice

Naomi Zwecker, PhD; Ginny Fullerton, PhD; Keri Brown, PhD; Emily Anderson, PhD; Nathaniel Van Kirk, MA

185C—Innovative Technology: Telehealth, Tablets, and Other Technologies

Joseph Himle, PhD; Patrick McGrath, PhD; Yuhuan Xie, MD

187C—Ethical Issues Online and in Telehealth: Privacy, Consent, and Dangerous Patients

John Schaeffer, MD; John Luo, MD; Mark Levine, MD; Patrick McGrath, PhD

Military and Veterans

102C—Serving Those Who Served: Innovative Transdiagnostic Treatments for Veterans With Emotional Disorders

Emmanuel Espejo, PhD; Sonya Norman, PhD; Caitlin Ferriter, PhD; Catherine Ayers, PhD; ABPP

339R—Molecular Genetic Approaches to Trauma Vulnerability And Resilience in Civilian and Combat Populations

Monica Uddin, PhD; Seth Norrholm, PhD; Murray Stein, MD, MPH, Lynn Almlie, PhD; Anthony King, PhD

345R—The Influence of PTSD and Complicating Factors on Functional Recovery in Returning Military Veterans

Brian Marx, PhD; Eric Meyer, PhD; Bryann DeBeer, PhD; Nathan Kimbrel, PhD; Deborah Little, PhD; Sandra Morissette, PhD

338R—The Impact and Outcomes of PTSD on Combat-Exposed Veterans: Project VALOR

Brian Marx, PhD; David Barlow, PhD, ABPP,, Raymond Rosen, PhD; Terence Keane, PhD; Darren Holowka, PhD

343R—Predicting PTSD, Anxiety, and Depressive Symptoms in the War Zone: Findings From the Texas Combat PTSD Risk Project

Robert Josephs, PhD; Michael Telch, PhD; Christopher Beevers, PhD; Han-Joo Lee PhD; Michael Telch PhD

354R—Technology Use to Improve Screening and Treatment of Veterans Symposium

Lucy Moreno, MPH, Steven Thorp, PhD; Eric Kuhn, PhD; James Pittman, LCSW, Niloofar Afari, PhD

Mindfulness

103C—Integrative Mind-Body Exercise (Qigong) for Anxiety Management

Kevin Chen, PhD, MPH

109C—Beyond Mindfulness: How the Values of Buddhist Philosophy and Positive Psychology Can Enhance the Cognitive Behavioral

Treatment of Anxiety and Depression
Sherrie Vavrichek, LCSW

151C—Mindfulness- and Acceptance-Based Behavioral Therapy for Generalized Anxiety and Comorbid Disorders
Lizabeth Roemer, PhD

Multicultural Issues

125C—Development of an Anxiety Disorders Cognitive Behavioral Therapy Manual for Puerto Ricans
Karen Martinez, MD, MSc;
Luis Caraballo, PsyD

152C—Enhancing the Cultural Sensitivity of Interventions for Anxiety With Diverse Populations
Debra Hope, PhD; Jessica Graham, MA; Monnica Willia, MS; PhD; Shannon Sorenson,

MA; Sarah Hayes-Skelton, PhD; Denise Chavira, PhD

182C—Sexual Trauma Treatment With GLBTIQ Clients
Tara Eastcott, PsyD

Older Adults

009MC—Challenges in Treating Hoarding in Midlife and Older Adults
Gail Steketee, PhD; Catherine Ayers, PhD

167C—A Novel, Multi-Disciplinary, Trans-diagnostic Program for Caring for Older Adults With Psychiatric and Medical Comorbidities in a Skilled Nursing Facility
Anne French, LCSW, Cynthia Chan, RTC, CTRS; Laura Collins, MD; Lynn Martin, RN, MS, PMH-CNS; Elizabeth Sutherland, PsyD

317R—Neurobiology of Anxiety in Later Life
Julie Wetherell, PhD; Gerard Byrne, PhD; MBBS, Eric Lenze, MD, Carmen Andreescu, MD

318R—Expanding the Reach of Anxiety Treatments in Late Life
Terri Barrera, MA; Eric Lenze MD, Jessica Calleo, PhD; Steven Thorp, PhD; Catherine Ayers, PhD

Pharmacotherapy

110C—Pharmacotherapy Challenges of Managing Treatment Refractory Anxiety and Depression
Gustavo Kinrys, PhD; John Worthington, MD; Mark

Pollack, MD; Michael Ostacher, MD

111C—Treating Anxiety and Depression: Differences, Similarities and What to Do First
Cindy Aaronson, PhD, MSW; Jeremy Coplan, MD

121C—Social Networking and Benzodiazepine Withdrawal: The Realities of Dependence and the Necessity of Support

Catherine Pittman, PhD;
Elizabeth Karle, MS; William Youngs, PhD

133C—CBT and Psychopharmacology for OCD: An Integrative Approach

Margaret Richter, MD;
Neil Rector, PhD

140C—Update on Pharmacological and Psychological Treatments for Pediatric Anxiety Disorders

Sheryl Kataoka, MD; James McCracken, MD; Dara Sakolsky, MD, PhD; Erika Nurmi, MD, PhD

Psychotherapy (ACT, CBT, DBT, EMDR, Exposure)

007MC—Integrating CBT Strategies Into Ongoing Clinical Practice

Michael Otto, PhD

011MC—Cognitive Processing Therapy: Use in Community and Low-Resource Settings

Debra Kaysen, PhD

014MC—CALM: Computer-Assisted CBT for Anxiety and Comorbid Depression

Michelle G. Craske, PhD;
Stacy Shaw-Welch, PhD;
Peter Roy-Byrne, MD;
Meghan E. Keough, PhD

100C—Mind & Emotions: A Universal Treatment for Emotional Disorders

Matthew McKay, PhD;
Patricia Zurita Ona, PsyD

116C—Mission Possible: Motivating Resistant Patients Toward Exposure Therapy for Anxiety

Sarah Haider, PsyD; Jenny Yip, PsyD

157C—How ACT Fits Into ERP Treatment For OCD: Or Is It the Other Way Around?

Jonathan Grayson, PhD

177C—Using Interactive Cognitive Group Therapy to Treat Social Anxiety

Robert Schachter, PhD

117C—Masters in Exposure Therapy: A Discussion of Novel Applications and Adaptations

Tim Sisemore, PhD; C. Alec Pollard, PhD; Charles Mansueto, PhD; Jonathan Grayson, PhD; Sally Winston, PsyD

145C—Extreme Exposures Across the Lifespan

Brian Buzzella, PhD;
Catherine Ayers, PhD; Jill Stoddard, PhD; Nader Amir, PhD; Sonya Norman, PhD

171C—Beyond Psychologist Training: CBT Education in Psychiatry, Social Work, and Primary Care

Risa Weisberg, PhD; Barbara Kamholz, PhD; Cindy Aaronson, PhD, MSW; C. Alec Pollard, PhD; Gail Steketee, PhD, MSW

189C—Current Research on Eye Movement Desensitization and Reprocessing (EMDR) Therapy

Francine Shapiro, PhD; E.C. Hurley, PhD; Carlijn De Roos, MA; Ferdinand Horst, MS; Ad de Jongh, PhD; Hellen Hornsveld, PhD

302R—Longitudinal Mediation Analysis in Treatments for Emotional Disorders

Alicia Meuret, PhD; Christina Riccardi, PhD; Halina Dour, MA; Jennie Kuckertz, MA; Jessica Bomyea, MA

315R—Implementing Internet-Mediated Exposure Therapy for Various Anxiety Disorders: Research Findings and Clinical Considerations

Elizabeth Goetter, PhD; Erica Yuen, PhD; Marina Gershkovich, BA; Steven Thorp, PhD

328R—Making Exposure Better: Translating Fear Learning Principles to Practice

Aaron Baker, PhD; Alicia Meuret, PhD; Michael Treanor, PhD; Michelle Craske, PhD; Najwa Culver, MA, CPhil

Professional Development

005MC—When It All Goes Bad: Cases That Crash

Philip Muskin, MD

104C—Re-Group! Solving Common Challenges of Creating and Maintaining Exposure Treatment, Skills Training, and Support Groups

Karin Schroeder-Northaft, MS, LPC; Heather Chik, PhD

122C—Decisionmaking in the Real Clinical World: Experienced Clinicians Discuss Controversial Topics Beyond What The Evidence Base Can Tell Us

Carl Robbins, MS, LCPC; Charles Mansueto, PhD; Sally

Winston, PsyD; Martin Seif, PhD

147C—Helping the Families of Treatment Refusers: A New Option for Clinicians and Consumers

C. Alec Pollard, PhD

188C—Measurement Based Care in Ambulatory Clinical Practice

Peter Roy-Byrne, MD; David Lischner, MD; Sally Moore, PhD

353R—Therapist Factors in the Treatment of Anxiety and Trauma-Related Disorders

H. Blair Simpson, MD, PhD; Melanie Harned, PhD; Lily

Brown, MA; Norah Feeny, PhD; Lori Zoellner, PhD

337R—Developing Your Research Career: A Primer on F and K Series Training and Career Development Awards

Charles Taylor, PhD; Katharina Kircanski, BA; Maria Mancebo, PhD; Risa Weisberg, PhD

003—Getting Published
Mark Powers, PhD; Peter Roy-Byrne, MD; Jon Abramowitz, PhD; Daniel Pine, MD; Tom Ollendick, PhD

Technology

014MC—CALM: Computer-Assisted CBT for Anxiety and Comorbid Depression

Michelle G. Craske, PhD; Stacy Shaw-Welch, PhD;

Peter Roy-Byrne, MD; Meghan E. Keough, PhD

112C—Using Technology to Get the Word Out

Mary Alvord, PhD; Kimberly

Morrow, LCSW, MS; Reid Wilson, PhD; Simon Rego, PsyD

119C—Successes and Failures in Applying Technologies Naturalistically to Clinical Settings

Curtis Hsia, PhD; Jonathan Hoffman, PhD, ABPP; Kristen Mulcahy, PhD; Katia Moritz, PhD, ABPP

131C—Turning the Tables on Body Dysmorphic Disorder Incorporating the Latest Smartphone Applications

Eda Gorbis, PhD, LMFT

185C—Innovative Technology: Telehealth, Tablets, and Other Technologies

Joseph Himle, PhD; Yuhuan Xie, MD; Patrick McGrath, PhD

306R—Computer-Based Approach-Avoidance Trainings in the Treatment of Anxiety and Depression

Charles Taylor, PhD; Eni Becker, PhD; Anu Asnaani, PhD; Christopher Beevers, PhD; Mike Rinck, PhD

308R—Integrating Technology into Research

Luana Marques, PhD; Michelle Craske, PhD; Terence Keane, PhD; James

Fowler, PhD; Niels Rosenquist, MD, PhD

311R—Bringing Treatment and Research to the Patient Through Advances in Electronic Technology

Dean McKay PhD, ABPP; Natasha Burke, MA; Thomas Ollendick, PhD, ABPP; Amy Przeworski, PhD, ABPP; Stephen Whiteside, PhD; ABPP

320R—Technology-Supported Treatments for Anxiety: Efficacy, Mechanisms, and Novel Applications

Nader Amir PhD; Alicia Meuret PhD; Barbara Rothbaum PhD; Daniel Pine MD; Raphael Rose PhD

321R—Development, Evaluation, and Dissemination of Technology-Enhanced, Evidence-Based Interventions for the Treatment of Anxiety Disorders

Josh Spitalnick, PhD; Lisa Hale, PhD; Barbara Rothbaum, PhD, ABPP; Deborah Beidel, PhD, ABPP

322R—Utilizing Technology in Translational Research to Delineate Underlying Mechanisms of Anxiety and Tobacco Use

Teresa Leyro, PhD; Samantha Farris, BA; Julianna Hogan, BS; Michael Zvolensky, PhD

346R—Application of New Technologies to the Prevention and Treatment of PTSD

Brett Litz, PhD; Joe Ruzek, PhD; Terence Keane, PhD; Nigel Bush, PhD; Erica Yuen, PhD; Leslie Morland, PsyD; Deborah Brief, PhD

354R—Technology Use to Improve Screening and Treatment of Veterans Symposium

Lucy Moreno, MPH, Steven Thorp, PhD; Eric Kuhn, PhD; James Pittman, LCSW; Niloofar Afari, PhD

356R—How to Conduct Research and Deliver Treatment in the 21st Century: Experiences From The Digital Realm

Rachel Rodgers, PhD; T.H. Eric Bui, MD, PhD; Josef Ruzek, PhD; Christophe Herbert, MA; Luana Marques, PhD; Nancy Kassam-Adams, PhD

Program Overview and Statement of Need

The annual conference of the Anxiety and Depression Association of America (ADAA) is designed to meet the educational needs of 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 theme of this conference touches on the emerging use of technology to deliver treatment and to provide patients with access to mobile applications and tools via the Internet for self-help and to improve treatment compliance. This emerging area is growing quickly and holds promise in improving access to treatment. Introducing clinicians to available applications and new media outlets and technologies—and to present new research looking at the effectiveness of these tools—is timely. 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 disorders, depression, and comorbid disorders. It is also expected that researchers and clinicians will discuss how specific diagnoses manifest in the clinic and the reality of implementing 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 2013 annual conference, attendees should be able to

- Recognize and assess current and new diagnostic and therapeutic options for children and adults with anxiety disorders, depression, and comorbid conditions.
- Apply evidence-based research, including the integration of new technologies and delivery methods to improve patient outcomes.
- 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 disorders, depression, and comorbid disorders.
- Evaluate the impact of a multidisciplinary approach to the treatment and management of children and adults and use psychosocial and pharmacological treatments as applicable to improve patient outcomes.
- Design effective treatment plans for patients with refractory disorders and help family members of those who refuse treatment.