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**To:** [lpmastaff@apma.net](mailto:lpmastaff@apma.net)  
**Subject:** APA Headlines: Hormonal Contraception Use May Be Associated With Higher Risk Of Depression  
**Date:** Thursday, September 29, 2016 7:16:28 AM

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Good morning Ms Cathy Thompson

September 29, 2016

### Leading The News

#### Hormonal Contraception Use May Be Associated With Higher Risk Of Depression.

[Kaiser Health News](#) (9/28, Rodriguez) reports that a study "found women using hormonal contraception faced a higher rate of developing depression and using antidepressants than women who did not use the drugs." The [findings](#) were published in JAMA Psychiatry.

[STAT](#) (9/28, Robbins) reports that investigators "found that among more than 1 million Danish women, those using hormonal contraception were more likely to be diagnosed with depression or prescribed an antidepressant for the first time, in the subsequent months or years, compared to their peers not using hormonal contraception." STAT adds, "Increased risks were found across nearly all types of hormonal contraception, and were highest among adolescent girls." Also covering the story are the [Huffington Post](#) (9/28, Almendrala), [MedPage Today](#) (9/28, Walker), [HealthDay](#) (9/28, Norton), the [Telegraph \(UK\)](#) (9/28, Donnelly), and [The Guardian \(UK\)](#) (9/28, Boseley).

#### Psychiatric News Alert



[Youth With Bipolar Disorder Found to Be No More Overweight Than Those Without Disorder](#)

[Fear of Mental Health Diagnosis on Record May Keep Physicians From Seeking Care](#)

App Now Available for IPS: The Mental Health Services Conference

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The program schedule for IPS: The Mental Health Services Conference, Oct. 6-9 in Washington, D.C., is now available on the APA Meetings app. Use the app to register for the meeting, plan your itinerary, and view information about speakers and exhibitors. Download today by visiting [psychiatry.org/app](http://psychiatry.org/app) on your mobile device.

The full Guide to IPS:TMHSC is also now available. [Download the Guide.](#) [More information.](#)



### Psychiatric Treatment/Disorders

#### Sleep Disruption, Perceived Nighttime Hot Flashes May Trigger Mild Symptoms Of Depression During Menopause, Small Study Suggests.

[MedPage Today](#) (9/28, Bachert) reports that [research](#) published in the Journal of Clinical Endocrinology & Metabolism suggests "sleep disruption and perceived nighttime hot flashes trigger mild symptoms of depression during menopause." Investigators, "using a gonadotropin-releasing hormone agonist (GnRH $\alpha$ ) experimental model to suppress estrogen levels in 29 premenopausal women...discovered that a worsening of mood was predicted by factors such as reductions in perceived sleep efficiency (all  $P < .045$ ) and

the number of nighttime ( $P < .006$ ) hot flashes, but not the number of daytime ( $P < .28$ ) hot flashes.”

[HealthDay](#) (9/28, Preidt) reports that first author Dr. Hadine Joffe said, “When women were awake long enough to later recall nighttime hot flashes, that perception contributed to mood disturbance in women whose estrogen levels had fallen.”

## **Marijuana Use May Increase Risk That People Who Struggle With Psychosis Will Relapse, Study Suggests.**

[HealthDay](#) (9/28, Dottinga) reports that research published in *BMJ Open* suggests “marijuana use may boost the risk that people who struggle with psychosis will relapse.” Investigators “looked at 220 patients – 90 women and 130 men, aged 18 to 65 – who were diagnosed for the first time with psychosis.” The investigators “found that the risk that patients would relapse was 13 percent higher when they used pot than when they didn’t.” [LiveScience](#) (9/28, Blaszczyk-Boxe) also covers the story.

## **Researchers Identify Genetic Variant Associated With Response To Bupropion In Patients With MDD.**

[Medscape](#) (9/28, Brooks) reports that investigators “have identified a genetic variant associated with response to bupropion in patients with major depressive disorder (MDD).” The researchers, “using data from customers of genetic testing company 23andMe, Inc...found that for individuals with the genetic variant rs1908557, the odds were higher that treatment with bupropion would be ineffective.” The researchers “also identified several ‘gene sets’ associated with long-term depression, circadian rhythm, and the vascular endothelial growth factor pathway that were enriched in the bupropion response analysis.” The [findings](#) were published online in *Translational Psychiatry*.

## **Subsidized Independent-living Intervention May Benefit Homeless Young People With Mental Illness.**

[HealthDay](#) (9/28, Mozes) reports that a Canadian study suggests “a subsidized independent-living intervention appears to help homeless young people with mental illness get and keep a roof over their heads.” HealthDay adds, “Called Housing First, the program has previously been tested with homeless adults with mental illness, and has been found to improve housing stability and quality of life, the researchers said.” The research, published in *Pediatrics*, “focused on the experience of 156 homeless young people between 18 and 24 years old.”

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### **Government and Psychiatry**

## **More Than 600,000 Veterans Likely To Be Without Health Coverage Next Year Unless More States Expand Income Eligibility For Medicaid.**

[McClatchy](#) (9/28, Pugh) reports on a study from the Urban Institute that found more than 600,000 veterans “are likely to be without health coverage” if states do not expand Medicaid eligibility. According to the study, just 39 percent of the 327,000 veterans without insurance in states without expanded Medicaid “currently qualify for Medicaid or subsidized marketplace coverage.” That would increase to 77 percent if those states expanded Medicaid coverage under the ACA. The study also found that 70 percent of uninsured veterans in states with expanded Medicaid “are already eligible” for either Medicaid or subsidized coverage in the ACA marketplace.

### **Wednesday's Lead Stories**

- [High Utility Bills May Cause Anxiety, Depression In Low-Income Families, Small Study Suggests.](#)
- [MDMA May Improve Results Of Therapy For Patients With PTSD, Small Study Suggests.](#)
- [House Passes Measure Exempting Some Co-Op Enrollees From ACA Mandate, But Obama Threatens To Veto It.](#)
- [Nearly Half Of Physicians Surveyed Said They Did Not Seek Treatment For Suspected Mental Illness.](#)
- [AD/HD Medications May Not Help Children Complete Homework Or Get Better Grades, Small Study Suggests.](#)

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