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To: lpmastaff@apma.net
Subject: APA Headlines: Kids Who Get More Exercise May Have Fewer Symptoms Of Depression Than Their Less-Active Peers, Research Suggests
Date: Thursday, January 12, 2017 6:57:48 AM

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Good morning Ms Cathy Thompson

January 12, 2017

Leading The News

Kids Who Get More Exercise May Have Fewer Symptoms Of Depression Than Their Less-Active Peers, Research Suggests.

[Reuters](#) (1/11, Rapaport) reports, "Children who get more exercise may have fewer symptoms of depression than their peers who are less active," researchers found after analyzing data on "795 kids at age 6, 699 at age 8 and 702 at age 10." The [findings](#) were published online Jan. 11 in Pediatrics.

Psychiatric News Alert



[Metabolic Changes in Schizophrenia May Predate Antipsychotic Use](#)

[AJP Recognized for Outstanding Publication of Research That Informs Clinical Practice](#)

Free CME Course for Members: Evaluating and Managing Agitated Patients

Each month APA makes available a free CME course for members through its Learning Center. January's course reviews evolving approaches to managing agitated patients and offers suggestions to help not only psychiatric residents and trainees, but also seasoned emergency department and psychiatric emergency services staff to manage difficult patient populations. [Take the January course](#). Learn more about the [free monthly courses](#).



Psychiatric Treatment/Disorders

Bilateral And Priming Low-Frequency Repetitive TMS Appears To Be Most Effective For MDD, Review Indicates.

[Healio](#) (1/11, Oldt) reports that "bilateral and priming low-frequency repetitive transcranial magnetic stimulation [TMS] were most effective for major depressive disorder [MDD]," researchers found after conducting a "systematic review and network meta-analysis of 81 randomized clinical trials including 4,233 patients that compared repetitive TMS with sham or another repetitive TMS intervention." The [findings](#) were published online Dec. 28 in JAMA Psychiatry.

A Higher Level Of Eating Disorder Symptoms At Age Nine May Predict A Higher Level Of Symptoms At Age 12, Study Suggests.

[Healio](#) (1/11, Oldt) reports that "a higher level of eating disorder symptoms at age 9 years predicted a higher level of symptoms at age 12 years, suggesting the importance of early interventions before age 9 years," researchers concluded after evaluating "516 adolescents...who completed self-report questionnaires on eating disorder symptoms and risk factors at age 7 years, 9 years and 12

years." The [findings](#) were published Jan. 1 in *Appetite*.

Brains Of Young People With BD And Those At High Risk For BD Appear To Have Weaker Connections In Important Emotional Regions, Scan Study Indicates.

[Medical Daily](#) (1/11, Glowatz) reports that brains of "young people with bipolar disorder [BD] and those at high risk for the mental illness" appear to have "weaker connections in important emotional regions," researchers found. The [findings](#) were published online Dec. 20 in *Molecular Psychiatry*. According to the study abstract, the study included 218 participants who underwent diffusion-weighted imaging.

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Government and Psychiatry

Senate GOP Takes First Significant Step Toward ACA Repeal.

The [New York Times](#) (1/12, Kaplan, Pear, Subscription Publication) reports that early this morning, GOP senators "took their first major step toward repealing the Affordable Care Act...approving a budget blueprint that would allow them to gut the health care law without the threat of a Democratic filibuster." The vote of 51-48 "followed a marathon session in which senators took back-to-back roll call votes on numerous amendments." The article says this quick approval "shows the speed with which Republican leaders are moving to fulfill their promise to repeal President Obama's signature domestic policy achievement – a goal they believe can now be achieved after Mr. Trump's election."

The [Wall Street Journal](#) (1/12, Peterson, Andrews, Subscription Publication) reports that with this vote, GOP senators cleared the first significant obstacle in their effort to repeal the ACA. The article adds that the House will consider the bill on Friday, and it is expected to vote along party lines.

The [AP](#) (1/12) reports that this almost "party-line 51-48 vote came on a nonbinding Republican-backed budget measure that eases the way for action on subsequent repeal legislation as soon as next month."

On its website, [ABC News](#) (1/12, Parks) reports that passing this resolution "was a key step for Republicans as they move to undo major parts of President Obama's signature health care law," because it "clears the way for the GOP to pass final legislation with a 51-vote simple majority, instead of the 60 votes required for most legislation."

Psychiatric Medication Update

It May Likely Take At Least A Decade Before Any New Generation Of Antidepressants Comes To Market, Experts Say.

[Reuters](#) (1/11, Kelland) reports it may likely take at least a decade "before any new generation of antidepressants comes to market, despite evidence that depression and anxiety rates are increasing across the world, specialists said on" Jan. 11 at a briefing in London. The pipeline of antidepressant medications "has run dry partly due to a 'failure of science,' they said, but also due to big pharma pulling investment out of research and development (R&D) in the neuroscience field because the profit potential is uncertain."

According to [The Guardian \(UK\)](#) (1/11, Boseley), "the main reason, said Guy Goodwin, professor of psychiatry at Oxford University, is that the" UK's National Health Service and healthcare authorities and insurers "in other countries do not want to pay the bill for new" medicines "that will have to go through expensive trials."

Wednesday's Lead Stories

- [Using Alcohol To Deal With Unpleasant Memories May Worsen Certain Mental Health Conditions, Mouse Study Indicates.](#)
- [More GOP Lawmakers Worried About Repealing ACA Without A Replacement.](#)
- [High-Deductible Health Plans May Pose Major Financial Burden On Those With Chronic Conditions, Studies Suggest.](#)

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