

From: [APA Communications](#)
To: lpmastaff@lpma.net
Subject: APA Headlines: Young People With Access To Mobile Electronic Devices At Night Are More Sleep Deprived Than Peers, Review Suggests
Date: Tuesday, November 1, 2016 7:02:10 AM

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Good morning Ms Cathy Thompson

November 1, 2016

Leading The News

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Young People With Access To Mobile Electronic Devices At Night Are More Sleep Deprived Than Peers, Review Suggests.

The [Washington Post](#) (10/31, Cha) reports young people with access to mobile devices around bedtime "are more than twice as likely to sleep less than nine hours a night" than their peers who do not have access to such devices, according to a [review](#) published in JAMA Pediatrics. The researchers also found that young people who keep such devices in their rooms "are 50 percent more likely to get poor sleep and 200 percent more likely to be excessively sleepy during the day."

[CNN](#) (10/31, Scutti) reports Dr. Ben Carter, the review's lead author, said that the researchers found "a consistent pattern" in many "countries and settings."

[Reuters](#) (10/31, Doyle) reports researchers reviewed 20 previous studies and found that "kids using portable media devices around bedtime

were more than twice as likely as kids who didn't use them to have short sleep times, but so were kids who had access to such devices at night but didn't use them." [Medical Daily](#) (10/31, Cara) reports the studies reviewed "involved more than 120,000 children from the ages of 6 to 19."



Psychiatric News Alert



[Higher Heart Rate in Late Adolescence May Predict Future Psychiatric Disorders](#)

[White House Task Force Issues Report on Improving Parity Implementation, Compliance](#)

Free Webinars: Opioid Therapies and Medication Assisted Treatment

APA will present these free webinars on behalf of the Providers' Clinical Support System for Medication Assisted Treatment and the Providers' Clinical Support System for Opioid Therapies.

Tuesday, Nov. 8, noon-1 p.m. Eastern

Understanding the New Federal Regulation to Increase Buprenorphine Patient Limits - [Register](#)

Wednesday, Nov. 9, noon-1 p.m. Eastern

Well Being Coaching for Chronic Pain: The Empower Veterans Program - [Register](#)

Wednesday, Nov. 16, 2:30 – 3:30 p.m. Eastern

National Institutes of Health Pain Consortium Efforts to Enhance Pain Treatment - [Register](#)

[More on medication assisted treatment.](#)



Psychiatric Treatment/Disorders

Behavioral Symptoms Of Individuals With Dementia May Predict Depressive Symptoms Among Caregivers, Small Study Suggests.

[Healio](#) (10/31, Oldt) reports, "Behavioral symptoms of individuals with dementia predicted depressive symptoms among caregivers, particularly daughters," researchers found after evaluating "95 daughter (n = 47) and daughter-in-law (n = 48) caregivers of individuals with dementia." The [findings](#) were published online Aug. 9 in the Journal of Women's Health.

Government and Psychiatry

Group Of Tennessee Physicians Files Lawsuit Challenging CMS Interpretation Of Medicaid Enhanced Payment Statute.

The [Tennessean](#) (10/31, Fletcher) reports a group of 21 physicians in Tennessee has filed a lawsuit against the Centers for Medicare and Medicaid Services "over a regulation that requires the doctors to repay some Medicaid reimbursements." The lawsuit challenges how CMS interprets the Medicaid Enhanced Payment Statute, which would require the physicians to repay over "\$2.3 million from about two years ago."

Iowa Governor Announces Additional Funding For State's Medicaid Privatization.

The [Des Moines \(IA\) Register](#) (10/31, Petroski, Leys) reports Iowa Gov. Terry Branstad (R) has confirmed that the state will allocate an additional \$33 million for the state's Medicaid privatization, but said that the program is still expected to meet its goal of saving the state at least \$110 million annually in Medicaid costs. Branstad and his chief of staff Michael Boussetot said the additional funding was necessary mainly because of the increased costs of prescription drugs. [Radio Iowa](#) (10/31, Henderson) reports Boussetot also said that the privatization is now expected to save the state over \$140 million, which is higher than originally forecast.

Minnesota Governor Warns State's ACA Exchange Could Be Eliminated.

The [St. Paul \(MN\) Pioneer Press](#) (10/31, Montgomery) reports that on Monday, Minnesota Gov. Mark Dayton (DFL) said MNsure, the state's Affordable Care Act exchange, "could be eliminated if it doesn't perform well in the upcoming open enrollment period." Dayton, who supports the exchange, said during an interview that "eliminating MNsure as Republicans want is one of several 'legitimate ideas' for improving Minnesota's broken individual health insurance market."

Consumers Brace For Rate Hikes As ACA Open Enrollment Begins.

[USA Today](#) (10/31, O'Donnell, Rudavsky) reports that there is "anxiety" among ACA supporters and consumers as open enrollment begins Tuesday on the law's exchanges. In some parts of the country, consumers "are bracing for huge rate hikes, while many others are preparing to change insurers and likely doctors." This, "as enrollment needs a big boost, especially of younger, healthier people to help offset insurers' costs of covering the sicker people who have signed up so far."

More Employees Selecting High-Deductible Plans.

The [New York Times](#) (10/31, Abelson, Subscription Publication) reports that "millions of employees are facing a tough decision, choosing between high premiums and high deductibles," and "increasingly, people are doing the math and deciding that the risk is worth it – leaving them responsible for thousands of dollars in medical bills and forcing them to make hard decisions about whether some care is worth it." According to an employer survey from benefits consultant Mercer, "the share of employees enrolled in high-deductible plans has more than doubled, to 29 percent" in the last five years.

Regulators From US, Canada, And EU Discuss Regulatory Requirements For Biosimilars.

[Bloomberg BNA](#) (10/31, Aquino) reports that regulators from the US, Canada, and the EU highlighted the regulatory differences that biosimilar applicants must heed at the DIA 2016 Biosimilar Conference in Washington. Leah Christl, associate director of the Food and Drug Administration's Center for Drug Evaluation and Research's (CDER) Office of New Drugs (OND), stressed the need to consult with relevant regulators in each market being applied to, saying, "We may not be able to harmonize our advice, but we will strive to align scientific concepts and note and address differences." Speaking about the FDA's upcoming biosimilar interchangeability guidance, Christl added, "We are working on it. But the FDA cannot commit to having it out by the end of the year, although we are aiming for by the end of 2017."

FDA Holding Hearings To Encourage Generic Abuse-Deterrent Opioid Pain Medications.

[Congressional Quarterly](#) (10/31, Siddons, Subscription Publication) reports that the Food and Drug Administration "is holding two days of public meetings this week to encourage the development of more generic" opioid pain medications "with formulations that are harder to abuse." However, concerns over whether the formulations "can actually prevent abuse could reduce their uptake by insurers and ultimately keep the market for them small, despite the FDA's efforts." At Monday's session, Douglas Throckmorton, a Deputy Director for regulatory programs at the FDA's Center for Drug Evaluation and Research, emphasized that abuse-deterrent formulations are "not a silver bullet" and that "opioids are going to remain abusable."

APA in the News

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APA On Board With Recommendations Made By Presidential Task Force On Mental Health Parity Law Improvement.

In continuing coverage, [Kaiser Health News](#) (10/31, Gold) reports, "Acknowledging that 'there is more work to be done' to ensure that patients with mental illness and addiction do not face discrimination," the Mental Health and Substance Use Disorder Parity Task Force "made a series of recommendations" in a [report](#) (pdf) released last "Friday, including \$9.3 million in funding to improve enforcement of the federal parity law." According to Kaiser Health News, "the American Psychiatric Association was also on board." APA CEO and medical director Saul Levin, MD, MPA, said, "Adoption of the Task Force recommendations is essential to achievement of parity for patients with mental illness." Dr. Levin added, "APA trusts that Congress and the Administration will work together to ensure that the recommendations become reality."

Other News

Hospitalizations Of Children For Prescription Opioid Poisoning Up Sharply Since 1997.

The [New York Times](#) (10/31, A23, De La Cruz, Subscription Publication) reports, "The number of children being hospitalized because of prescription opioid poisoning has risen sharply since 1997, especially among toddlers and older teenagers," investigators found in a [study](#) published online Oct. 31 in JAMA Pediatrics.

The [Wall Street Journal](#) (10/31, A3, Whalen, Subscription Publication) reports that children four years of age and under are especially at risk of being poisoned after swallowing medicines their parents have. Adolescents are also poisoned while abusing opioid medications, and some teens use such medicines as a way of committing suicide, the study revealed.

In "To Your Health," the [Washington Post](#) (10/31, Cha) reports that the study authors arrived at these conclusions after analyzing "discharge papers collected every three years from a representative sample of pediatric hospitals nationwide." Those data revealed that "13,052 children were hospitalized for poisonings from opioid prescriptions of" medications containing opioids "during six years between 1997 to 2012. Of those, 176 died."

Monday's Lead Stories

- [White House Task Force Report Outlines Actions, Recommendations To Increase Compliance With Mental Health And Substance Use Disorder Parity Protections.](#)
- [Screening For Postpartum Depression In Pediatric ED Effective, Accepted Among Moms Of Young Infants, Small Study Suggests.](#)
- [All States Lack A Sufficient Number Of Child Psychiatrists, Professional Groups Say.](#)
- [Opinion: Lawsuit Against Marriage And Family Counselors Is "Wholly Unnecessary."](#)
- [Brain Waves May Quickly Predict Which Individuals Will Respond Favorably To Escitalopram, Small Study Suggests.](#)

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