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The Psychopathology and treatment of PTSD: Emotional processing theory and prolonged exposure (PE) therapy

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During the first part of the lecture the author will discuss the diagnosis and clinical picture of PTSD. She will then briefly present emotional processing theory to help understand why some traumatized individuals recover and others develop chronic PTSD and how we can conceptualize Prolonged Exposure (PE) therapy within this theory. Next, she will provide an overview of the efficacy of different cognitive behavioral programs that have been found helpful in ameliorating PTSD symptoms, with emphasize on PE, illustrating the treatment via video clips of patients. Finally, she will discuss the dissemination of PE in clinical practices of civilian community, veterans, and military in the US, and other countries.

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Changes in cognition in response to depression treatment during inpatient psychiatric hospitalization

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The goal was to investigate whether depressed patients' cognition changed depending on treatment with SSRIs vs. SNRIs during an inpatient stay. Participants were 119 depressed inpatients, average age 39 years, 61% females, 77% Caucasian, 74% with mood disorders, 50% Cluster B traits/disorders and 32% psychoactive substance abusers. Measures: Trail Making Test (TMT)A, Hamilton Depression Rating Scale (HDRS), and Outcome Questionnaire-45(OQ-45). Results: paired t-tests comparing patients' performance at admission (A) and discharge (D) revealed significant differences in HDRS scores (MA = 24, MD = 9, $t(98) = 25.30, p < .001$), and OQ-45 scores (MA = 105, MD = 72, $t(97) = 12.91, p < 0.001$). Baseline-adjusted mean TMT A scores at discharge were 43.65 sec. (SD = 3.28 sec, n = 72) for the SSRI group and 33.40 sec. (SD = 3.92, n=50) for the SNRI group ($t(120) = 2.00, p = .047$).

Conclusion: Patients' cognition improved as their depression lifted during an inpatient stay. SNRIs may preferentially produce such an effect versus SSRIs. Their functioning improved concomitantly.

Biography

Dr. Leontieva has completed medical school in St. Petersburg, Russia and practiced Psychiatry there for 7 years. She relocated to the USA in 1997 and completed her PhD in Psychology from West Virginia University in 2004. She practiced as a licensed Psychologist for 7 years and then entered Psychiatry residency at State University of NY Upstate Medical University which she completes in June 2015. Dr. Leontieva worked extensively in research in the area of major mental illness, addiction, Borderline Personality Disorder and cognitive assessment. She has numerous publications and presentation at national and international conferences.

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