



Timing is Everything: Rhythms and Dynamics of Psychopathology across the Life Span

American Psychopathological Association Annual Meeting

March 3-4, 2022

Virtual Meeting

**All times shown represent Eastern Standard Time.*

The theme of the 2022 APPA meeting is the importance of rhythms and timing in our understanding, treatment and prevention of psychopathology and underlying domains. Experts will present overviews of the biologic, developmental, and environmental influences on circadian rhythms and sleep and activity that have transdiagnostic relevance. Presentations will review the role of circadian rhythms for several disorders and the growing evidence for the incorporation of daily rhythms in treatment. Tools to measure the dynamics of a broad range of mental disorders, as well as advances in approaches to analyze complex multi-level intensive data, will be described. The final scientific session will focus on challenges in building timing into personalized mental health from the perspectives of epidemiology, clinical psychiatry, developmental neuroimaging and genetics. The final session will provide the perspectives of people who will describe and dramatize these fluctuations of mood and their efforts to reduce stigma through education across the world.

THURSDAY, MARCH 3: **TIMING AND RHYTHMS: CONCEPTS AND INFLUENCES ON PSYCHOPATHOLOGY**

Introduction Kathleen Merikangas, PhD(NIMH)¹ **9:00a.m. - 9:10 a.m.**

Session 1: Rhythms: Circadian Systems and Health 9:10 a.m. - 10:40 a.m.

- The Power of Actimetry as a Diagnostic Tool in Circadian Medicine (Dr. Till Roennenberg, Munich)
- What time is it? Determining individual circadian rhythms (Elizabeth Klerman, MD, PhD, Harvard)
- Circadian Rhythms and Sleep: Implications for Brain and Cardio-Metabolic Health (Phyllis Zee, MD, PhD, Northwestern)

Discussion: 10:40 a.m. - 11:00 a.m.

Break: 11:00 a.m. - 11:10 a.m.

Session 2: Rhythms and Psychopathology 11:10-12:10 pm Chair: Dost Ongur, MD, PhD

- Rhythms and Bipolar Disorder (Kathleen Merikangas, NIMH)
- Sleep Oscillatory Abnormalities in Psychosis: From Chronic Schizophrenia (SCZ) to Clinical High-Risk Patients (Fabio Ferrarelli, MD, PhD, U Pittsburgh)

Discussion: 12:10 p.m. - 12:30 p.m.

Lunch Break: 12:30 p.m. - 1:15 p.m.

Session 3: Influences of Neurodevelopmental and Environmental Factors on Rhythms 1:15 p.m. - 2:30 p.m.

Chair: Susan Santangelo, ScD

- Sleep Unique Oscillations, Neurodevelopment & Behavior (Shu Buckley, MD, NIMH)
- Sleep and Circadian Rhythms in Autism Spectrum Disorder (Brianna Taylor, PhD, Maine Medical Center Research Institute)
- Biological Rhythms Across Pregnancy and the Postpartum Period: Link With Mood and Anxiety (Benicio Frey, MD, McMaster)

Discussion: 2:30 p.m. - 2:45 p.m.

Break: 2:45 p.m. - 3:00 p.m.

Session 4: Roundtable: Tools and Analytic Methods to Capture Short Term Dynamics and Individualized Profiles

3:00 p.m. - 4:30 p.m. Chair: Femke Lamers, PhD

- **Overview of Mobile Tools for Assessing Short Term Dynamics and Interventions in Psychopathology**
 - ◆ The Risks and Benefits of Mobile Technologies in the Mental Health Field (Joel Swendsen, PhD, CNRS, Bordeaux)
 - ◆ Update on Mobile Apps for Monitoring and Interventions in Mental Disorders (John Torous, MD, Harvard)
 - ◆ Real-Time Monitoring to Improve the Prediction of Suicide Among Adolescents (Randy Auerbach, PhD, Columbia)
- **Roundtable: Analytic Challenges for Dynamic Data:** (Patrick Shrouf, PhD, NYU, Andrew Leroux, PhD, Colorado, Celine Vetter, PhD, Vadim Zipunnikov, PhD, Hopkins, Femke Lamers, PhD, Amsterdam NL)

Discussion: 4:30 p.m. - 5:00 p.m.

Break: 5:00 p.m. - 5:30 p.m.

POSTERS 5:30 p.m. - 7:00 p.m.

- 5:30 p.m. – 5:45 p.m. – Oral Presentations (3)
- 5:45 p.m. – 7:00 p.m. – Poster Session and Gathertown Reception

¹Dr Merikangas is not fulfilling role of President of the APPA as part of NIMH Official Duty

FRIDAY, MARCH 4: *TIMING: PERSONALIZED PROFILES AND TREATMENT*

Breakfast Roundtable: Junior Investigator and Trainees: 8:00 a.m. – 9:00 a.m.

Co-Chairs: Helen Wilson, PhD (Stanford); William Stone, PhD (Boston U)

Session 5: Building the Time Dimension into Treatment and Prevention: 9:00 a.m. - 10:30 a.m. Chair Jimmy Potash, MD, MPH (Hopkins)

- Community and School Interventions to Promote Adolescent Sleep Health (Reut Gruber, PhD, McGill)
 - Interpersonal and Social Rhythm Therapy (IPSRT) for Adolescents At-Risk for Bipolar Disorder (Tina Goldstein Ph.D Pittsburgh)
 - Time of Day Influences on Pharmacologic Treatments (David Smith, MD, PhD, U Cincinnati)
- Discussants:** Allan Young, MD, UCL, Ian Hickie, MD, U Sydney

Discussion: 10:30 a.m. - 11:00 a.m.

BUSINESS MEETING: 11:15 a.m. - 12:00 p.m. (with lunch and break)

Session 6: Multidisciplinary Perspective on Incorporating Timing and Course into Personalized Mental Health 12:15 p.m. Chair: Kathleen Merikangas, PhD (NIMH)

- “Precision Medicine” and “Person-centered Health Care”? What do they mean and what can they do? (Ezra Susser, MD, DrSc, Columbia)
- Precision Mental Health: Ready or Not? (Peter Szatmari, MD, MSc, Toronto)
- Can individualized profiles from neuroimaging inform prediction? (Mike Milham, MD, PhD, Child Mind Institute/Nathan Kline Institute, NY)

Break: 1:30 p.m. - 1:45 p.m.

- Sex Differences, Sensitive Periods & Risk for Psychopathology across the Lifespan (Jill Goldstein, Ph,D, Harvard)
- Contextual Factors and Population Genetics (Neil Risch, PhD, UCSF)

3:00 p.m. - 3:45 p.m. Discussion: Chair: Nora Volkow, PhD (NIAAA/NIDA)

Break 3:45 p.m. - 4:00 p.m.

Session 7:

Awards: 4:00 p.m. - 4:30 p.m. - Co-chairs, Kathleen Merikangas, PhD, NIH; Dost Ongur MD, PhD, Harvard

Personal Stories: 4:30 p.m. - 6:00 p.m.

- Marylou Selo, Chair (Co-Founder of the U.S. Depression and Bipolar Support Alliance and the Mood Disorder Support Group of New York)
- Docudrama on *The Road Back*, Adina Taubman, NY Actor/Writer, chrysalistheatrecompany.com
- **Discussion**