

DEPARTMENT OF PSYCHIATRY AND BEHAVIOURAL NEUROSCIENCES
30TH ANNUAL RESEARCH DAY

Wednesday, May 2nd, 2018

8:00am – 3:00pm

Mohawk College, Fennell Campus

135 Fennell Avenue West, Hamilton, ON L8N 3T2

CALL FOR ABSTRACTS

Deadline: Wednesday, February 28th, 2018 at 11:59pm

We are currently planning our 30th Annual Department of Psychiatry and Behavioural Neurosciences Research Day to showcase our Department's research activities, which will be held at Mohawk College, Fennell Campus, 135 Fennell Avenue West, Hamilton, Ontario. The theme for the day will be ***"Risk and Resilience in Child and Youth Mental Health"*** hosted by Drs. Ellen Lipman and Stelios Georgiades. We have a full day planned, with confirmed invited speakers including: Drs. William Gardner, Jenny Jenkins, Zena Samaan, and Michael Amlung. The full program will follow in the coming weeks.

Research Day is always an enjoyable and stimulating event, and provides an excellent opportunity to interact with our colleagues and learners. We take great pleasure in inviting you to attend and participate. We are especially keen to encourage new faculty, students and residents to contribute to the day's activities.

POSTER SESSION

The poster session is an important highlight of Research Day, as it is a time where all attendees are encouraged to interact with and provide feedback to presenters. Poster abstracts will undergo a competitive review *prior* to Research Day. The top three ranked abstracts from each category will be judged on Research Day by two independent judges. The learner with the highest ranking from each category will be announced at Research Day during the Awards Presentation.

Our poster session provides an excellent opportunity to display the scope of research work taking place within the academic Department and its clinical sites and laboratories.

Poster Abstracts

Submissions are limited to a *maximum of one* first-authored abstract per learner or faculty. If you are a student, please consult with your supervisor about which category you should submit to (clinical or non-clinical). All abstracts must follow the specifications outlined below; please be sure to adhere to these including the poster size requirements.

Abstract Specifications (example found on last page):

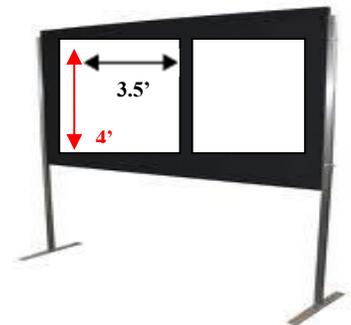
- **One** page only (single spaced; 1" margins; Arial 11 font)
- Title of Abstract
- Contributing authors, indicating identifying designation and Department affiliation (e.g., John Smith, M.Sc. Student, Graduate Studies in Medical Sciences; Jane Brown, MD, PhD, McMaster University; Michael Jones, MD, University of Toronto)
 - **Students please include name of your educational program**
- Abstract to outline the specific purpose, content, methodology, and results of your work. The research can be at any stage of development including planned, work-in-progress, or completed projects
- One or two references to research work cited in abstract must be included

Abstracts are to be submitted via email to Alison Kerkhof (kerkhofa@mcmaster.ca). Please refer to last page for example of poster abstract. **SUBMISSION DEADLINE IS WEDNESDAY, FEBRUARY 28th, 2018 AT 11:59PM. NO ABSTRACTS WILL BE ACCEPTED AFTER THIS DATE.**

POSTERS

Poster board space is available; each poster board will be shared (i.e. two posters per side). **Posters must be a maximum of 4' x 3.5' in size.** Please refer to the diagram below. Fabric-covered poster boards along with velcro dot for mounting your poster will be provided by the Department. Please be sure to adhere to the space requirements as you will be sharing the board.

Please note: Given the increased cost associated with renting poster boards, if you are unable to display your poster on Research Day, please make arrangements to have someone else display your poster; otherwise, you may be charged for the rental of the poster board.



LEARNER COMPETITION

We will be honouring the 'best abstracts' from six groups of learners during the Awards Presentation.

- Two posters from Undergraduate Students (Clinical/Education and Non-Clinical)
- Two posters from Graduate Students (Clinical/Education and Non-clinical)
- One poster from Psychiatry/Psychology Residents
- One poster from Postdoctoral Fellows

As noted previously, judging of the abstracts will take place in advance of Research Day. The top three ranked abstracts from each category will be informed via email prior to Research Day, and their poster will then be judged on Research Day by two independent judges. The learner with the highest ranked poster from each category will be announced at Research Day during the Awards Presentation, and a monetary award will be provided.

Only **one** abstract per student/learner may be entered in the competition. Entries must be by students/learners who are supervised by a faculty member within the Department of Psychiatry and Behavioural Neurosciences. Please be sure to indicate your competition category when completing the registration form. Abstracts will then be forwarded on for competition selection.

Posters will be rated on the following dimensions, relative to the learners' level of training:

1. Importance of the work
2. Clarity of description
3. Strength of methodology

REGISTRATION

The registration form can be found on our [Department website](#). The program will be emailed and posted in the coming weeks. The cost as outlined below includes registration fee, light breakfast, break refreshments, and lunch. Registration is required.

Department Full-time and Associate Faculty members	\$ 95.00
Department Part-time Faculty members/Emeritus	\$ 50.00
Department Research and Clinical staff working with a Department Faculty member	\$ 50.00
Other Clinical staff from area hospitals/clinics/programs	\$ 55.00
Non University community visitors	\$ 95.00
Residents, interns, medical students, undergraduate and graduate students	\$ 10.00
<i>Payment may be made by cash, cheque (payable to McMaster University), McMaster Research account number or SJH account number. If using a research account for payment, please provide the McMaster chartstring and/or SJH cost centre.</i>	

EXAMPLE OF POSTER ABSTRACT FOUND ON NEXT PAGE.

EXAMPLE

The Association of High Titers of Thyroid Peroxidase Antibodies and Depression in the Postpartum (A study in progress)

Ryan J. Van Lieshout^{1,3}; Manish H. Dama²; Meir Steiner^{1,3}

¹Women's Health Concerns Clinic, St. Joseph's Hospital Hamilton; ²B.Sc. Student, Life Sciences Program, McMaster University; ³Department of Psychiatry and Behavioural Neurosciences, McMaster University

Rationale: Postpartum depression affects up to 19% of women and can negatively impact both mothers and their families (O'Hara & McCabe, 2013). Recent literature demonstrating an association between high levels of thyroperoxidase antibodies (TPO-AB) during gestation and antenatal depression (Pop et al., 2006) suggest an analogous mechanism for the development of postpartum depression.

Purpose: To examine associations between TPO-AB and depression in the postpartum period for women who have been referred for treatment of mental disorders in the perinatal period.

Methods: This retrospective observational study used health records collected at the Women's Health Concern's Clinic at St. Joseph's Hospital, Hamilton. Women had available lab data for both TPO-AB and Edinburgh Postnatal Depression Scale (EPDS) scores during the first 32 weeks after delivery. In keeping with past studies, clinically elevated levels of TPO-AB were defined as ≥ 20 IU/ml (i.e., TPO-AB +) and depression as > 12 on the EPDS. We compared average EPDS scores between TPO-AB + and TPO-AB negative women using t-tests, and the odds of developing clinically significant depression via logistic regression. All statistical tests were performed using SPSS.

Results: 62 women participated in the study. 14 and 48 women were TPO-AB + and TPO-AB negative, respectively. Women in the study were (29.94 ± 4.88) years of age. On average, samples were taken at 16 weeks postpartum (15.95 ± 7.05 weeks). TPO-AB + women scored statistically significantly higher on the EPDS compared to TPO-AB negative women (15.89 vs 11.56, $p=0.01$). Moreover, the odds of TPO-AB+ women developing clinically significant levels of depressive symptoms were five times greater than TPO-AB negative women (OR 5.13 CI 95% 1.27–20.81).

Conclusion: These data suggest that there is an association between clinically elevated levels of TPO-AB and depression at the first 4 months after delivery. Given the limitations of the study (e.g., small sample size, women referred for mental disorders, an inability to adjust for confounding variables), further examination of the link between TPO-AB and depression in the postpartum is required to clarify the immune contribution to the pathophysiology of postpartum depression.

References

- 1.) O'Hara, M.W. & McCabe, J.E. Postpartum Depression: Current Status and Future Directions. **Annual Review of Clinical Psychology**, 2013; 9: 379-407
- 2.) Pop, V.J., et al. The Relation Between Gestational Thyroid Parameters and Depression: A Reflection of the Downregulation of the Immune System During Pregnancy? **Thyroid**, 2006; 16(5): 486-492