

World Summit on  
**PSYCHIATRY DISORDERS,  
MENTAL HEALTH AND  
WELLNESS**

**June 24-25, 2019 | Philadelphia, USA**

MENTAL HEALTH 2019



**SCIENTIFIC TRACKS & ABSTRACTS  
DAY 1**

# DAY 1 SESSIONS

## JUNE 24, 2019

Mental Health and Wellness | Psychiatry

SESSION CHAIR

Ann Marie Leonard-Zabel,  
Curry College, USA

SESSION CO-CHAIR

Eduardo J Simoes  
University of Missouri-Columbia, USA

### SESSION INTRODUCTION

- Title:** [Eliminating the detrimental psychological and physical effects of poverty to promote student success](#)  
**Elizabeth Rodriguez**, Amarillo Community College Behavioral and Social Sciences, USA
- Title:** [Microaggressions in the US: The case of American Muslims](#)  
**Fatten Elkomy**, New Horizons Community Support Services, USA
- Title:** [Impact of school and family environment on psychological empowerment and academic achievement among school students](#)  
**Nasheed Imtiaz**, Aligarh Muslim University, India
- Title:** [Emotional exhaustion among school mental health providers](#)  
**Priscilla Kucer**, Decoding Education, USA
- Title:** [Dance movement therapy interventions for psychological disorders: Ways to combine treatments with other modalities and integrative systems](#)  
**Leneé Braxton**, Holistic Performance Center LLC, USA
- Title:** [A regulated mind is a healthy mind: Making the case for mindfulness to address burnout and restore healing in the workplace](#)  
**Brown F**, Touro College of Osteopathic Medicine, USA

# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

June 24-25, 2019 | Philadelphia, USA

Elizabeth Rodriguez, J Ment Health Aging 2019, Volume 3

## ELIMINATING THE DETRIMENTAL PSYCHOLOGICAL AND PHYSICAL EFFECTS OF POVERTY TO PROMOTE STUDENT SUCCESS

### Elizabeth Rodriguez

Amarillo Community College Behavioral and Social Sciences, USA

The culture of community colleges has shifted and all higher educational institutions are encountering new students with new problems. The new college students bring with them barriers that interfere with their much needed success to better their future and our country as a whole. If we can find ways to break down those barriers and help students succeed we can see students and our communities thrive. One of the major barriers we have encountered is poverty. Poverty brings about a variety of issues that limit the success of student in college such as food and home insecurity, inexperience with college ideology, unawareness of ways to help financially with school and life and lack of support. Amarillo College has become part of a "No Excuses University" to help our students remove barriers to obtain success. Some of the initiatives include coaches and champions mentoring program, addition of an advocacy center which includes multi-campus supply pantries, hands on FAFSA events on the college campus as well as in the high schools in the community and multiple partnerships that solidify our transfer students' pathways onto four year universities. One of major changes here at Amarillo College that has yielded the highest rates of success is the change to eight week courses. Author has addressed mental and legal service issues by developing an Amarillo College Counseling Center and legal aid center which is free to students. She also established an on campus affordable daycare center for students to take their kids while they attend class. Each initiative that they have put forth has shown promise and our success rates have increased. The next step would be to find out which of the initiatives is the true barrier breaker in order to stream line our approach to promoting optimal student success.

## BIOGRAPHY

Elizabeth Rodriguez earned her PhD from Texas Christian University with guidance from some of her mentors Dr Charles Lord, Dr Steven Cole, Dr Charles Bond and Dr Donald Dansereau. After graduation she returned home to Amarillo, TX and became the district director of the Panhandle MDA raising funds and educating communities about muscular dystrophy. After five years of fundraising, he decided to go back to middle school teaching and coaching in order to influence growing adolescents. After having kids of her own, she accepted her current position at Amarillo College. Currently she is the program coordinator for the Behavioral and Social Sciences Department at Amarillo Community College. She has been involved in pilot sessions for many of the poverty and students' success missions. She is passionate not only about teaching students, but making sure they have a stable foundation to build successful lives.

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# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

June 24-25, 2019 | Philadelphia, USA

Fatten Elkomy, J Ment Health Aging 2019, Volume 3

## MICROAGGRESSIONS IN THE US: THE CASE OF AMERICAN MUSLIMS

### Fatten Elkomy

New Horizons Community Support Services, USA

Microaggressions are covert discriminatory verbal, visual or societal/individual attitudes embedded in everyday life communications whether intentional or unintentional against a person or a group based on religious, ethnic or gender affiliations. Microaggressions degrade, marginalize and alienate the target group or person causing significant mental and physical harm to the victim. The fact that this form of discrimination is mostly hidden, common and hard to identify makes it extremely difficult for the victims to protect themselves or respond appropriately to occur. Although poorly studied, Muslim Americans are a main target for Microaggressions that is specifically intensified with the propagation of Islamaphobia. Microaggressions have three types: microassault, microinsult and micro-invalidation. The continuous exposure to these aggressive acts increases the risk for serious mental disorders with increased need for psychiatric care. Mental health professionals have to insure culture sensitive care by first and far most face their own biases and the societal influences on their practices, beliefs and ethics. Literature review of online data and research was conducted. Three books directly related to the subject were reviewed. The main objectives were to understand the forms of racial/religion discrimination impeded in American society targeting Muslim Americans, the psychological impact of microaggressions, biases in psychiatric care and ways to help this group. The literature clarified the signs and symptoms of microaggression and its impact on the affected individual as well as guidance for assisting the victims. Microaggressions are never benign or trivial. The severity of harm is explained by the constant exposure of such hidden assaults in schools, workplaces, streets, the media and everywhere else. It is a societal problem that is affecting Muslims and their children mentally and physically. Healthcare systems and mental health providers are not immune from engaging in microaggressions. They are required to understand these patterns of insults as it will cause farther confusion to their patients and increase resentment and mistrust to the care they provide to this group.

## BIOGRAPHY

Fatten Elkomy has completed her Medical Degree from the University of Alexandria, Egypt. She has finished three Masters Degrees in Health Administration, Health Informatics and Mental Health Nursing as well as the Doctoral Degree of Mental health nursing practice all from University of Missouri-Columbia, USA. She is a mental health provider at New Horizon's community mental health office. She is a national and international speaker.

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# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

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Nasheed Imtiaz, *J Ment Health Aging* 2019, Volume 3

## IMPACT OF SCHOOL AND FAMILY ENVIRONMENT ON PSYCHOLOGICAL EMPOWERMENT AND ACADEMIC ACHIEVEMENT AMONG SCHOOL STUDENTS

**Nasheed Imtiaz**

Aligarh Muslim University, India

Present modern age is the age of excellence specially, in academics because it is most likely the key of success in all spheres of life endeavors. A child being innocent is dynamically in the fast growing and formative stage. His /her academic achievement seems to be the result of school and environment which a child receives as well as the family environment. School environment as well as one's family environment is of utmost importance for academic performance. School environment where children's formal education starts is one of the most important aspects where children's motivation and attitude towards education is formal and the same way the development of the child is the result of both home and school environment. It is a matter of fact that school environment along with family environment is instrumental in developing motivation among the children for study. Poor and authoritative school and family environment is likely to result poor motivation and academic achievement whereas conducive school environment and supportive environment at home leads to higher motivation and successively higher academic achievement. It is also observed that school environment as well as positive home environment inculcates positive and realistic strength and confidence which is important for better academic achievement. In the light of the above assertions the present study was undertaken to investigate the impact of school and family environment on the psychological empowerment and academic achievement among high school students. This study was undertaken because of the fact that this level is actually a career determining phase in children's life. For this purpose N=300 high student were chosen randomly from the different private and public schools of Aligarh, India. The measures of school and family environment and psychological empowerment were administered on the participants of 10th standard i.e. high school students. The Academic achievement will be determined by tapping information of the last three consecutive examinations and their average was taken as academic achievement. The results obtained will be discussed in detail in the full length deliberations.

## BIOGRAPHY

Nasheed Imtiaz completed her Masters degree in Psychology from the Aligarh Muslim University 1996 and Ph.D. in 2000 in Organizational Behavior from the same Department. She did Diploma in Business Management from Institute of Chartered Financial Analysts of India University, Tripura. Qualified Net in June 1997, June 1998 & Dec 1998.

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# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

June 24-25, 2019 | Philadelphia, USA

Priscilla Kucer, J Ment Health Aging 2019, Volume 3

## EMOTIONAL EXHAUSTION AMONG SCHOOL MENTAL HEALTH PROVIDERS

### Priscilla Kucer

Decoding Education, USA

Emotional exhaustion is a critical component in burnout that can impact the emotional health and well-being of school mental health providers. There is a strong relationship between emotional exhaustion and job dissatisfaction (Ahmadpanah, Torabian, Dastore, Jahangard & Haghghi, 2015; Gkorezis, Petridou & Krouklidou, 2015; Maslach & Jackson, 1981; Mackoniené & Norvilé, 2012). Until this current study, burnout had not been examined among school psychologists in the United States since the early 2000's; but it was examined in Lithuania in 2012. School psychologists are often the only mental health provided within a school (NASP, 2011). School psychologists have experienced enhanced expansive roles beyond to traditional assessment role (U.S. Department of Education, 2004). This expansion of roles, coupled within a national shortage of school psychologists and increased accountability, impacts school psychologists experiences of job satisfaction and burnout. This session will include a discussion of burnout, specifically emotional exhaustion among school psychologist based on the results of a recent study. The Maslach Burnout Inventory (MBI) is one of the most widely used measures of burnout. The MBI-Educators Survey was used to identify levels of emotional exhaustion among school psychologists in one state in the United States. School psychologists were found to be experiencing moderate levels of emotional exhaustion (Kucer, 2018). A practical implication for the need for an organizational intervention will be discussed.

## BIOGRAPHY

Priscilla Kucer completed her undergraduate studies at University of the West Indies in Barbados before completing her Masters in Psychology and Specialist in School Psychology at Nova Southeastern University in the United States. She completed her Doctor of Philosophy in General Education with an Emphasis in Industrial and Organizational Psychology at Grand Canyon University. She is an Adjunct Faculty for Alliant International University in the Master of Education School Psychology Program. She has worked in Florida, Washington, California and the Cayman Islands. Her area of interest includes burnout, job satisfaction, clinical supervision, cultural competence, equity, disproportionality, inclusive education and classroom management.

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# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

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Leneé Braxton, J Ment Health Aging 2019, Volume 3

## **DANCE MOVEMENT THERAPY INTERVENTIONS FOR PSYCHOLOGICAL DISORDERS: WAYS TO COMBINE TREATMENTS WITH OTHER MODALITIES AND INTEGRATIVE SYSTEMS**

**Leneé Braxton**

Holistic Performance Center LLC, USA

Dance has been used in indigenous healing rituals around the world for thousands of years. The purpose of the research explores ways that dance movement therapy (DMT) may be used as an intervention to prevent and treat various psychological and mood disorders. Research is based on how DMT is viewed around the world and utilized in healthcare environments. Investigated DMT modalities ranges from yoga-based movement therapy interventions for trauma to DMT interventions for anxiety, depression and general wellness. The research examines ways disease impacts the physiological and psychological wellbeing of patients and how DMT is used to counteract these implications. An additional highlight included in the research suggests that DMT be viewed as a complementary and alternative medicine (CAM) modality. Advanced treatment and research opportunities in psychiatry and mental health may exist when DMT is combined with other CAM therapies in the future.

## **BIOGRAPHY**

Leneé Braxton has a Bachelor's Degree in Dance, a Master's Degree in Exercise Science with a concentration in Sport Psychology and is currently working on her PhD in Mind-Body Medicine specializing in Biofeedback and Clinical Hypnosis for Optimal Performance. She is a Member of the International Association for Dance Medicine and Science, the Association for Applied Sport Psychology and a NASM® Certified Performance Enhancement Specialist. She is comprehensively trained in Ayurvedic Medicine, Energy Medicine, Pilates and Yoga. Her clients include Physicians, Elite Athletes and Corporate wellness facilities.

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# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

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Brown F, J Ment Health Aging 2019, Volume 3

## **A REGULATED MIND IS A HEALTHY MIND: MAKING THE CASE FOR MINDFULNESS TO ADDRESS BURNOUT AND RESTORE HEALING IN THE WORKPLACE**

### **Brown F**

Touro College of Osteopathic Medicine, USA

Physician's burnout has reached epidemic proportions as documented in national studies and published in peer reviewed journals. Exposure to prolonged, work-place stress has far-reaching consequences; affecting patients, doctors, and hospital systems. Characterized by emotional exhaustion, disconnection and diminished self-worth, doctors experiencing burnout are at higher risk for depression, anxiety, substance use disorders, marital discord, being reported as "disruptive"; placing their license to practice in jeopardy, strident relationships with patients, colleagues and staff, insomnia and fatigue making them vulnerable to medical errors that's reported to be responsible for approximately 250,000 patient deaths annually and most seriously, death by suicide. Mindfulness is a disciplined, skills-based, mental training; scientifically proven to enhance individual awareness, attention, intention and connection. As an intervention, it's an efficient, effective, non-intrusive practice that can be leveraged to mitigate burnout, promote relational healing, while also decreasing system liability.

## **BIOGRAPHY**

Brown F is a Counseling Psychologist, Performance Strategist, Author and Speaker. She completed her doctorate in Counseling Psychology from Argosy University, USA. Her research, "Exploring Oncologists Attitudes Toward Seeking Mental Health Services" led to establishing a practice to address the health and well-being of physicians, authoring a book entitled Burnout: The Gift, and to her appointment as an Adjunct Professor at Touro College of Osteopathic Medicine, Harlem, USA to build wellness models for doctors in training.

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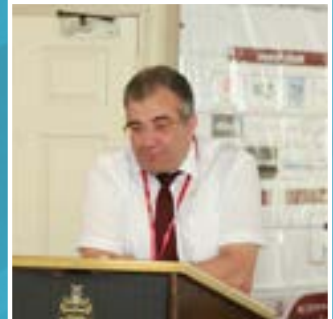
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**SCIENTIFIC TRACKS & ABSTRACTS  
DAY 2**

# DAY 2 SESSIONS

## JUNE 25, 2019

Women and Mental Health | Psychiatry | Psychology

### SESSION CHAIR

**Bindu Babu**  
I-MD, USA

### SESSION CO-CHAIR

**Denise A Pancyrz**  
Reverse My Diabetes, USA



### SESSION INTRODUCTION

- Title:** [Outcomes of behavioral, emotional problems and adaptive behavior in children born preterm with very low birth weight at 4-5 years age](#)  
**Fabricia Signorelli Galeti**, Mackenzie Presbyterian University, Brazil
- Title:** [Understanding self-injury and beginning to HEAL](#)  
**Lauren Colston**, Dominion Hospital, USA
- Title:** [Transcranial magnetic stimulation for obsessive compulsive disorder](#)  
**Aron Tandler**, Advanced Mental Health Care Inc- Brainsway, USA
- Title:** [Hungry and stressed? Take a mouthful of this awful delicacy](#)  
**Durva Balkrishna Sail**, B J medical college and Sassoon General Hospital, India
- Title:** [Rx: Meditation 2 x BID, Whole Foods Plant-based diet & Yoga](#)  
**Krista Haddad**, Eastern Avenue Sober Living Women's Home, USA

# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

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Fabricia Signorelli Galeti, J Ment Health Aging 2019, Volume 3

## OUTCOMES OF BEHAVIORAL, EMOTIONAL PROBLEMS AND ADAPTIVE BEHAVIOR IN CHILDREN BORN PRETERM WITH VERY LOW BIRTH WEIGHT AT 4-5 YEARS AGE

**Fabricia Signorelli Galeti**<sup>1,2</sup>

<sup>1</sup>Mackenzie Presbyterian University, Brazil

<sup>2</sup>Federal University of São Paulo, Brazil

**Introduction:** Every year 15 million babies are born prematurely, around the world. Prematurity and low weight is important cause of mortality and morbidity.

**Objectives:** Compare the frequency of emotional/behavioral problems and adaptive behavior and associated factors in children born preterm and at term.

**Methods:** Cross-sectional study.

**Inclusion Criteria:** Children at 4-5 years born preterm (PT) with birth weight <1500g and children born at term (T). Genetic syndromes, congenital malformation and severe motor, visual and hearing disabilities were excluded. Emotional/behavioral problems were assessed by strengths and difficulties questionnaire (SDQ) and adaptive behavior by vineland adaptive behavior scale (Vineland-II). Categorical variables were compared by X<sup>2</sup> or Fisher's test. Factors associated with impairments were tested by linear regression. Statistical significance was set at p<0.05.

**Results:** Gestational age (weeks) and birth weight of 23PT and 22T children were 29.8±2.2 and 1236±185g and 39.5±1.3 and 3347±350g. Maternal age, socioeconomic level and education were similar in both groups. Children with difficulties (PT% x T%): total SDQ (13 x 18, p=0.47), hyperactivity/inattention (52 x 27, p=0.080), conduct (26 x 18, p=0.39), emotional (30 x 23, p=0.56) and peer relationship (4 x 32, p=0.020). Delay in adaptive behavior: adaptive behavior composite (48 x 18, p=0.035), communication (52 x 23, p=0.042), daily living skills (30 x 23, p=0.56), socialization (48 x 46, p=0.87), motor skills (30 x 18, p=0.34), fine motor skills (52 x 23, p=0.042). Maternal education <9 years was associated with scores (95% CI) of total SDQ (4.4, -0.5 to 9.2, p=0.075) conduct (1.3,-0.1 to 2.7, p=0.073) and hyperactivity/inattention (4.2, 1.6 to 6.8, p=0.002), daily living skills (-8.2, -16.2 to -0.27, p=0.043) and socialization (-5.5, -11.9 to 0.9, p=0.089). Preterm birth was associated with peer relationship (-1.3 -2.3 to 0.2, p=0.020) and motor development (-7.0 -15.0 to 1.0), p=0.086). Male sex was associated with hyperactivity/inattention (2.4, 0.5 to 4.2, p=0.014), communication (-7.2, -12.4 to -2.0, p=0.008) and socialization (-4.4, -8.9 to -0.1, p=0.055).

**Conclusions:** Emotional/behavioral and adaptive problems were more frequent in preterm than in term children and were increased by low maternal education and male sex. Identification and early intervention may minimize sequel.

## BIOGRAPHY

Fabricia Signorelli Galeti has 12 years of experience as a psychiatrist, specialized in childhood and adolescent psychiatry at State University of Campinas where she is currently a member of the Preschoolers Developmental Assessment Outpatients Clinic. She completed her Masters Degree in developmental disorders from Mackenzie Presbyterian University and Federal University of São Paulo and she is currently a psychiatrist and researcher at the Autism Spectrum Disorder Clinic from Mackenzie Presbyterian University and at the Preterms outpatients clinic at the Neonatal Division, Department of Pediatrics from the Federal University of São Paulo.

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# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

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Lauren Colston, J Ment Health Aging 2019, Volume 3

## UNDERSTANDING SELF-INJURY AND BEGINNING TO HEAL

**Lauren Colston**

Dominion Hospital, USA

**N**on-suicidal self-injury (NSSI) is a maladaptive behavior defined as deliberate self-inflicted harm to one's own body. Over the past 10 years, literature on NSSI has grown in light of the increased occurrences of self-injurious actions among those who suffer from mental illness. Increased prevalence of mental illness influences the construction of misconceptions regarding self-injury. One of the most common fallacies of NSSI is that self-injury only occurs in attention-seeking teenagers who suffer from Borderline Personality Disorder (BPD). With growing research, presentations and empirical reviews mental health professionals gain more information on self-injury and influential factors of correlated mental health impairments. The more that is learned about NSSI, the better chance treatment modalities have at reducing the intensity of urges to self-harm and the frequency of self-injurious behaviors. The presentation is aimed to help: Distinguish between NSSI and deliberate self-harm (DSH); challenge myths and misconceptions surrounding NSSI; discuss the demographics and prevalence of self-injury; identify influential factors correlated with NSSI urges and behaviors; discuss signs and symptoms of self-injury and recognize different treatment modalities best aimed at treating NSSI.

## BIOGRAPHY

Lauren Colston is a Licensed Clinical Psychologist in Maryland and Virginia. She is a nationally registered Health Service Psychologist who has been in the psychology field for approximately 14 years. She earned her Bachelor's Degree at North Carolina Central University where she began working at a therapeutic group home for at-risk adolescent girls. Her Doctoral and Master's Degrees in clinical psychology were acquired at The American School of Professional Psychology, Argosy University. After receiving her Master's in clinical psychology, she engaged in a yearlong pre-doctoral internship with Tarzana Treatment Centers working with adolescents and adults fighting substance addiction and mental health impairments. Prior to joining Dominion Hospital's clinical team in 2014, she administered psychological evaluations for juvenile offenders at DC Superior Court, provided school-based and intensive in-home therapeutic treatment and delivered Trauma-Focused CBT (TF-CBT) in East Los Angeles California. Currently she is the HEAL Program Manager at Dominion Hospital overseeing treatment for those who engage in non-suicidal self-injury.

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# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

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Aron Tendler, J Ment Health Aging 2019, Volume 3

## TRANSCRANIAL MAGNETIC STIMULATION FOR OBSESSIVE COMPULSIVE DISORDER

### Aron Tendler

Advanced Mental Health Care Inc- Brainsway, USA

Obsessive-compulsive disorder (OCD) is a chronic disabling condition with a lifetime prevalence of 2.3%. 1 in 40 adults are currently living with symptoms of OCD, making it the fourth most common neuropsychiatric illness and the fifth leading cause of disease burden ages 15-22 in the developed world. The presentation will briefly review pharmacologic and psychotherapeutic treatments for OCD. The neuroanatomy of OCD will be reviewed as a basis for neuromodulatory interventions, both invasive and non-invasive. An overview of neuromodulatory interventions for OCD will be presented DBS, rTMS, DTMS, TDCS. Details of FDA approved DTMS technology followed by a detailed presentation of the pilot, multi-center randomized sham controlled and open label efficacy and safety data of the H7/HAC DTMS OCD system. How to tailor provocations to the patient's symptoms before the stimulation (Cognitive paired association) with examples will be given. The lecture will conclude with a discussion on when to implement the neuromodulation treatments in the treatment pathway and future research directions for DTMS with OCD.

## BIOGRAPHY

Aron Tendler received his MD from State University of NY Downstate Medical Center with a distinction in research. He completed a residency in Psychiatry at the University of Chicago. He is Board certified in Psychiatry and Sleep Medicine. He is the author of numerous peer reviewed publications. He is the co-founder of Advanced Mental Health Care Inc., a clinical and research center with three sites in South Florida, USA and the Chief Medical Officer for Brainsway Ltd., a medical device manufacturer. He has been the PI on multiple multicenter clinical trials, leading to device approvals for major depression and obsessive compulsive disorder. He spends half his time in clinical practice and half his time on education and research.

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# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

June 24-25, 2019 | Philadelphia, USA

Durva Balkrishna Sail et al., J Ment Health Aging 2019, Volume 3

## HUNGRY AND STRESSED? TAKE A MOUTHFUL OF THIS AWFUL DELICACY

**Durva Balkrishna Sail, Babhulkar S, Kadam K, Thakur S S, Umrajkar H and Kulkarni P S**

B J Medical College and Sassoon General Hospital, India

**Background:** Trichotillomania has a prevalence of 0.6%–1.6% with a strong female predilection and typically affecting patients in childhood and adolescence mainly. Approximately 30% of patients who suffer from trichotillomania also engage in trichophagia. Some studies have reported a 25%-37.5% prevalence of trichobezoar in those who engage in trichophagy. If trichobezoars may continue to grow past the pylorus, the situation is called Rapunzel syndrome which was first described by Vaughan et. al in 1968. It is found that many of the patients have psychiatric pathology such as emotional problems, family discord and history of neglect or mental retardation. Hence psychiatric intervention is an important part of management to prevent recurrence.

**Case:** A 13 years old female child referred to psychiatry from surgery in view of trichobezoar. On detailed evaluation, she reported that she experiences anxiety features in the form of worrying thoughts and palpitations following stressor in the form of domestic violence and physical abuse at hostel. Following this she started experiencing persistent pervasive low mood, anhedonia, irritability, decreased appetite and easy fatigability. In response to her anxiety she started plucking her hair and used to eat them to relieve it. During course of illness her school performance also deteriorated. Diagnosis of childhood depression was made and patient was started on Tab. Sertraline 25mg which was up titrated to 37.5mg and she is maintained well on same. X-ray abdomen, USG abdomen, CT abdomen was done S/O Rapunzel syndrome and was operated for same.

**Conclusion:** Childhood depression with concomitant anxiety may present as trichotillomania as an attempt to alleviate the mounting anxiety by hair pulling. So, attempt should be made to rule out co morbid depression in cases presenting as trichotillomania.

## BIOGRAPHY

Durva Balkrishna Sail is a Resident Doctor in Department of Psychiatry at BJ Government Medical College and Sassoon General Hospital, India. She was graduated from Topiwala National Medical College and BYL Nair Hospital Mumbai at the age of 23 years. She has published her original research paper in *Journal of Evidence Based Medicine* and presented poster at 44th Annual Conference of Research Society BJGMC, Pune. She has presented the topic titled "Minor physical anomalies in depression" for A V Shah award at Annual West Zone conference. She has presented the topic titled "Atypical Kliene Levin syndrome" for Professor M Murrugappan award at Annual National conference of Indian Psychiatric Society. She was selected as ADMO at Indian Railways.

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# PSYCHIATRY DISORDERS, MENTAL HEALTH AND WELLNESS

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Krista Haddad, J Ment Health Aging 2019, Volume 3

## **RX: MEDITATION 2 X BID, WHOLE FOODS PLANT-BASED DIET & YOGA**

### **Krista Haddad**

Eastern Avenue Sober Living Women's Home, USA

**H**ow might prescribed meditation decrease illness? Is the "gut-to-brain axis" impacting mental health and wellness? How might it promote wellness and healing from illness? This review of the literature attempts to answer these questions. Psychological health may correlate. This review analyzes the nature of meditation, yoga and diet as it pertains to therapeutic benefits. It concludes with the need for more psychiatrists to receive training in meditation so that they can augment their practices with this important technique (1) supported by 40 years evidence-based research of long-lasting reductions in stress and stress-related illness.

## **BIOGRAPHY**

Krista Haddad completed her MBA, specializing in Health Care Management from Indiana Wesleyan in the year 2011. She has 17 years of experience as a Health Care Executive and consultant to hospitals and healthcare entities across the United States. She started her career in 2002 as a Community Education Manager for (400+ bed psychiatric in-patient hospital) advocating on the stigma of mental health. Currently, she is working as President to Eastern Avenue Sober Living Women's Home. She is most passionate about preventative health care and completed her 200-hour Yoga/meditation teacher in 2015 at Barefoot Yoga Works.

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