

SPPAM Potential Topics

Women's Mental Health / Psychiatry in OB/GYN

- **Premenstrual Dysphoric Disorder (PMDD)**
 - Symptoms tied to menstrual cycle; often underdiagnosed; treatment options
- **Perinatal Mood and Anxiety Disorders (PMADs)**
 - Postpartum depression, anxiety, OCD, psychosis; early screening, early intervention
- **Infertility and Mental Health**
 - Psychological distress related to infertility treatments and outcomes
- **Postpartum Psychosis**
 - Psychiatric emergency, how to manage with medications, mom/baby safety
- **Pregnancy and Bipolar Disorder**
 - Managing mood stabilizers during pregnancy and postpartum risk of relapse.
- **Perimenopausal and Menopausal Psychiatric Symptoms**
 - Mood swings, depression, anxiety, and/or insomnia during hormonal transitions.
- **Cancer and Mental Health (breast, uterine, cervical)**
 - Psychological distress, coping after surgery (mastectomy / hysterectomy), psychotherapy
- **Psychotropic Use in Pregnancy & Breastfeeding**
 - Risk-benefit analysis, informed consent, and maternal-fetal health
- **Neuromodulation During Pregnancy**
 - ECT or TMS to treat psychiatric symptoms, risk/benefit
- **Borderline Personality Disorder in Women**
 - Often stigmatized; discuss misdiagnosis and trauma background.
- **ADHD in Adult Women**
 - Frequently underdiagnosed or misdiagnosed as anxiety/depression.
- **Somatic Symptom and Related Disorders**
 - Historically overdiagnosed in women; explore biases in care.
- **Gender Bias in Psychiatric Research and Drug Trials**
 - Underrepresentation of women in studies leads to knowledge gaps
- **Chronic Pelvic Pain and Mental Health**
 - Link with depression, trauma history, and somatic symptom disorders
- **Vaginismus and Genito-Pelvic Pain Disorders**
 - Psychological contributors and the role of behavioral therapies
- **Somatization in OB-GYN Clinics**
 - When no organic cause is found for symptoms; importance of collaborative care

Trauma and Gender-Based Violence

- **Post-Traumatic Stress Disorder (PTSD): Beyond the Basics**
 - Complex PTSD vs. classic PTSD

- Delayed-onset PTSD
- Dissociative subtype of PTSD
- **Acute Stress Reaction vs. PTSD**
 - Diagnostic distinction, time course, and treatment implications
- **Complex Trauma and Developmental Trauma Disorder**
 - Chronic trauma in childhood (e.g., abuse, neglect)
 - Controversy over including it in the DSM
- **Dissociation and Trauma**
 - Depersonalization, derealization, dissociative amnesia
 - Trauma-related dissociative disorders like DID
- **Childhood Trauma and Lifespan Mental Health Outcomes**
 - Link to mood, personality, and psychotic disorders
- **Intimate Partner Violence (IPV) and Coercive Control**
 - Subtle forms of abuse and their psychological effects
 - High prevalence in women; complex trauma presentations
- **Sexual Assault and Mental Health Outcomes**
 - Risk of PTSD, depression, dissociation; needs trauma-informed care.
- **Human Trafficking and Psychiatric Sequelae**
 - Often missed in clinical settings; requires interdisciplinary approach
- **The Neurobiology of Trauma**
 - HPA axis, amygdala hyperactivity, hippocampal volume loss
- **Trauma and Memory**
 - Fragmented vs. coherent memories, repressed memories, false memories
- **Epigenetics and Intergenerational Trauma**
 - Trauma-induced gene expression changes passed to offspring
- **Trauma-Informed Care: Principles and Practice**
 - Creating safe, non-retraumatizing environments in all clinical settings
- **Evidence-Based Treatments for PTSD**
 - EMDR, prolonged exposure, cognitive processing therapy, and newer interventions like MDMA-assisted psychotherapy
- **Trauma and Treatment Resistance**
 - When patients with trauma histories don't respond to standard psychiatric treatments
- **Cultural Adaptations of Trauma Therapy**
 - Addressing trauma in cross-cultural settings
- **Trauma and Incarcerated Populations**
 - High rates of trauma history in jail/prison settings
- **Immigrant and Refugee Trauma**
 - PTSD in the context of forced migration, war, and displacement
- **Indigenous and Racial Trauma**
 - Historical trauma, intergenerational transmission of trauma
 - Cultural formulation of trauma symptoms
- **Medical Trauma and Psychiatric Sequelae**
 - ICU survivors, cancer patients, childbirth-related trauma

- **Sexual Trauma and Long-Term Psychiatric Impact**
 - PTSD, shame, dissociation, and somatic symptoms
- **Trauma in Healthcare Providers (Vicarious Trauma)**
 - Secondary traumatic stress, burnout, moral injury
- **Repressed Memories and the "Recovered Memory" Debate**
 - Clinical and legal implications
- **Psychedelics in Trauma Treatment**
 - MDMA and psilocybin in PTSD clinical trials
- **Trauma vs. Resilience: Why Do Some Thrive After Trauma?**
 - Post-traumatic growth vs. pathology

Suicide and Suicidal Behavior

- **Suicide in Adolescents and Young Adults**
 - Role of social media, bullying, identity issues, academic stress
- **Suicide in Older Adults**
 - Often more lethal attempts, overlooked depression, loneliness
- **Suicide in LGBTQ+ Populations**
 - Minority stress, family rejection, internalized stigma
- **Suicide Among Healthcare Professionals**
 - Burnout, perfectionism, access to lethal means
- **Veterans and Military Suicide**
 - Combat trauma, TBI, stigma of mental health treatment
- **Cultural and Religious Perspectives on Suicide**
 - How beliefs influence expression, stigma, and help-seeking
- **Media Reporting and the Suicide Contagion Effect**
 - “Werther effect” vs. “Papageno effect”; responsible media practices
- **Assisted Suicide and Medical Aid in Dying**
 - Ethical debates, legal frameworks, psychiatric involvement
- **Suicide in Indigenous Communities**
 - Historical trauma, marginalization, culturally informed prevention
- **Digital and Cyber Suicidality**
 - Online suicide forums, digital self-harm, exposure to graphic content
- **Neurobiology of Suicidal Behavior**
 - Serotonin dysregulation, genetic markers, inflammation
- **The Role of Impulsivity and Executive Dysfunction**
 - Particularly relevant in adolescents and those with BPD or ADHD
- **Brief Suicide Interventions in Acute Settings**
 - Safety planning, means restriction, safety contracts (and their limitations)
- **Pharmacologic Treatments and Suicide Risk**
 - Lithium’s anti-suicidal effects, SSRIs and black box warning controversy
- **Dialectical Behavior Therapy (DBT) for Suicidal Patients**
 - Especially effective for chronic suicidality and BPD
- **Ketamine and Esketamine in Suicidal Depression**

- Rapid reduction of suicidal ideation; emerging area
- **Postvention: Supporting Survivors of Suicide Loss**
 - Grief, guilt, risk of suicide contagion in close contacts
- **Suicide Contagion and the Role of Schools**
 - Postvention practices, media influence, and prevention efforts

Psychiatry & Internal Medicine

- **Depression in Chronic Illness**
 - Diabetes, heart disease, COPD, chronic kidney disease
 - Impact on treatment adherence, outcomes, and quality of life
- **Delirium: Diagnosis, Prevention, and Management**
 - Differentiating from dementia and psychosis; hypoactive vs. hyperactive types
- **Anxiety Disorders in Medically Ill Patients**
 - Panic attacks mistaken for cardiac or pulmonary symptoms
- **Psychiatric Manifestations of Endocrine Disorders**
 - Hypo/hyperthyroidism, Cushing's, Addison's disease, diabetes
- **Depression and Inflammation: The Mind-Body Link**
 - Role of cytokines, IL-6, and CRP in mood disorders
- **Psychotropic Side Effects with Medical Implications**
 - QT prolongation, metabolic syndrome, hyponatremia, liver toxicity
- **Lithium and Internal Medicine**
 - Renal monitoring, thyroid dysfunction, drug interactions
- **Steroid-Induced Psychiatric Syndromes**
 - Mania, psychosis, mood lability from corticosteroid use
- **Benzodiazepines in Medically Ill and Elderly Patients**
 - Delirium risk, falls, dependence
- **Somatic Symptom and Related Disorders**
 - Differentiating from malingering or factitious disorder in clinical settings
- **Functional Neurological Symptom Disorder (Conversion Disorder)**
 - Misdiagnosis risk, neurologic workups, patient engagement
- **Illness Anxiety Disorder and Medical Overutilization**
 - Impact on health systems, patient distress, and management strategies
- **The Collaborative Care Model in Primary/Internal Medicine**
 - Evidence-based psychiatric integration into primary care settings
- **Neuropsychiatric Manifestations of Systemic Lupus Erythematosus (NPSLE)**
 - Mood, psychosis, cognitive symptoms
- **Hepatic Encephalopathy and Psychiatric Symptoms**
 - Confusion, irritability, hallucinations—psychiatric vs metabolic
- **HIV and Psychiatric Disorders**
 - Neurocognitive disorders, mood/anxiety, and adherence challenges
- **Psychiatric Issues in Organ Transplant Patients**
 - Pre-transplant evaluation, medication adherence, post-op adjustment
- **Smoking, Alcohol, and Substance Use in Internal Medicine**

- Screening, brief interventions, referral to treatment
- **Eating Disorders and Medical Complications**
 - Cardiac arrhythmias, electrolyte disturbances, GI issues

Psychiatry & Pediatrics

- **Disruptive Mood Dysregulation Disorder (DMDD)**
 - Understanding chronic irritability and its overlap with bipolar disorder
- **Attachment Disorders**
 - Reactive attachment (RAD), disinhibited social engagement d/o (DSED), and early neglect
- **Speech Delay or Behavioral Issue?**
 - Differentiating language disorders from psychiatric/behavioral conditions
- **Sleep Disorders in Children and Associated Psychiatric Conditions**
 - Sleep hygiene, melatonin use, and links to ADHD or anxiety
- **Enuresis, Encopresis, and Psychiatric Comorbidity**
 - Emotional, social, and behavioral implications
- **Psychiatric Considerations in Medically Ill Children**
 - Chronic illness, hospitalization stress, somatization
- **Mental Health in Children with Intellectual and Developmental Disabilities**
 - Behavior management, communication tools, and family support
- **Gender Identity and Mental Health in Youth**
 - Supporting transgender and nonbinary children and adolescents
- **Children in Foster Care and Residential Treatment**
 - High rates of trauma, instability, and mental health needs
- **Screen Time, Social Media, and Mental Health**
 - Effects on attention, mood, self-esteem, and body image
- **Bullying, Cyberbullying, and Psychiatric Outcomes**
 - Suicide risk, anxiety, school avoidance
- **Mental Health Disparities in Children and Adolescents**
 - Access, stigma, racism, and social determinants of health
- **Early Childhood Interventions and Prevention of Psychiatric Disorders**
 - Role of parenting programs, Head Start, trauma-informed care
- **Teen Vaping, Cannabis, and Mental Health**
 - Cognitive effects, risk of psychosis, and dependency
- **Artificial Intelligence and Mental Health Screening in Pediatrics**
 - Ethics, privacy, and real-world utility

Psychiatry & Surgery

- **Preoperative Anxiety and Its Impact on Surgical Outcomes**
 - Interventions: counseling, pharmacologic anxiolysis, relaxation techniques
- **Depression and Surgical Recovery**
 - Delayed wound healing, increased complications, longer hospital stays
- **Assessment of Capacity and Informed Consent**

- Particularly in emergent surgery, patients with cognitive impairment or psychiatric disorders
- **Psychotropic Medication Management Before Surgery**
 - SSRIs, lithium, antipsychotics: perioperative interactions and risks
- **Body Dysmorphic Disorder in Cosmetic and Elective Surgery**
 - Identifying unrealistic expectations, risk of dissatisfaction or self-harm
- **Delirium in Surgical Patients**
 - Risk factors: age, ICU stay, medications, anesthesia; hypoactive vs. hyperactive delirium
- **Postoperative Depression and Anxiety**
 - Especially after major surgeries like cardiac, orthopedic, or cancer surgeries
- **Post-Traumatic Stress Disorder After Surgery**
 - ICU trauma, emergency procedures, or near-death experiences
- **Acute Psychosis or Mania After Surgery**
 - Steroid-induced, metabolic causes, or medication interactions
- **Nonadherence to Pre- and Postoperative Instructions**
 - Psychiatric disorders affecting compliance: cognitive impairment, psychosis, ADHD
- **Substance Use and Surgical Outcomes**
 - Alcohol, opioids, benzodiazepines: withdrawal management, perioperative risk
- **Psychiatric Screening Before Cosmetic or Bariatric Surgery**
 - Body image disorders, eating disorders, depression, unrealistic expectations
- **Gender-Affirming Surgery and Mental Health**
 - Preoperative assessment, postoperative adjustment, & long-term psychosocial outcomes
- **Surgery in Patients with Severe Mental Illness**
 - Risk assessment, communication, support systems
- **Suicide Risk Post-Surgery**
 - Particularly in cosmetic, bariatric, or limb amputation cases
- **Pediatric Surgery and Psychiatric Considerations**
 - Anxiety, behavioral reactions, parental influence, assent vs. consent
- **Enhanced Recovery After Surgery (ERAS) and Mental Health**
 - Integrating psychosocial support to improve outcomes
- **Neuropsychiatric Effects of Surgery**
 - Postoperative cognitive dysfunction (POCD), delirium, and long-term cognitive changes

Psychiatry & Neurology

- **Depression in Neurological Disorders**
 - Post-stroke depression, Parkinson's disease, multiple sclerosis
- **Anxiety Disorders in Neurological Illness**
 - Generalized anxiety, panic, and phobias in epilepsy or MS
- **Psychosis in Neurology**
 - Parkinson's disease psychosis, Lewy body dementia, epilepsy-related psychosis
- **Apathy, Alexithymia, and Emotional Blunting**
 - After traumatic brain injury (TBI) or neurodegenerative disease
- **Mood Disorders in Epilepsy**
 - Interictal and periictal mood changes; effects of anti-epileptic drugs
- **Autism Spectrum Disorder and Neurological Comorbidities**
 - Epilepsy, intellectual disability, and behavioral challenges
- **ADHD and Neurological Correlates**
 - Structural and functional brain differences, executive dysfunction
- **Tourette's Syndrome and Associated Psychiatric Disorders**
 - OCD, ADHD, anxiety
- **Stroke and Neuropsychiatric Complications**
 - Emotional lability, post-stroke depression, post-stroke anxiety
- **Psychiatric Manifestations in Parkinson's Disease**
 - Depression, anxiety, psychosis, impulse control disorders
- **Huntington's Disease and Psychiatric Symptoms**
 - Irritability, apathy, depression, psychosis
- **Functional Neurological Conditions**
 - Types, work-up, approach to treatment, connecting patients to treatment
- **Multiple Sclerosis and Psychiatric Comorbidity**
 - Depression, fatigue, cognitive dysfunction, pseudobulbar affect
- **Autoimmune Encephalitis**
 - Limbic encephalitis: psychosis, mood changes, cognitive deficits (Book: Brain on Fire)
- **Neuropsychiatric Lupus**
 - Cognitive dysfunction, mood disorders, psychosis
- **Steroid- or Hormone-Induced Psychiatric Disorders**
 - Mania, psychosis, depression in neurological treatment contexts, medical spas offering exogenous hormone / steroid treatments
- **Anti-Epileptic Drugs and Mood Changes**
 - Risk of depression or irritability with certain AEDs
- **Dopaminergic Therapy in Parkinson's Disease**
 - Impulse control disorders, mania, psychosis

Psychiatry & Technology

- **Digital Mental Health Tools in Primary Care**
 - Apps, wearable tracking, and AI-assisted screening
- **Social Media and Adolescent Mental Health**
 - Anxiety, depression, body image issues, cyberbullying, and social comparison
- **Screen Time and Cognitive-Emotional Development**
 - Effects on attention, sleep, executive function, and emotional regulation
- **Video Gaming and Internet Addiction**
 - Gaming disorder, impulse control, aggression, and social isolation
- **Online Communities and Peer Support**
 - Positive (support groups) vs. negative (pro-suicide forums) impacts
- **Chatbots and AI-Driven CBT**
 - Efficacy, limitations, and ethical considerations
- **Virtual Reality (VR) in Exposure Therapy**
 - Anxiety, PTSD, phobias, and rehabilitation
- **Digital Therapeutics and Mobile Apps**
 - Mood tracking, habit formation, medication reminders
- **Remote Monitoring of Psychiatric Symptoms**
 - Wearables, smartphone sensors, passive data collection
- **Tech-Related Sleep Disturbances**
 - Blue light exposure, delayed sleep phase, insomnia
- **Cyberchondria**
 - Excessive online health searches leading to anxiety
- **Online Radicalization and Extremism**
 - Impact on adolescent mental health and societal safety
- **Virtual Reality and Identity Exploration**
 - Effects on self-perception, dissociation, and identity development
- **Augmented Reality (AR) and Mental Health Interventions**
 - Exposure therapy, social skills training, and rehabilitation
- **Wearable Devices and AI for Mood and Anxiety Monitoring**
 - Using physiological data (heart rate, sleep, activity) to track psychiatric symptoms

Psychiatry & COVID

- **Neuropsychiatric Manifestations of COVID-19**
 - Delirium, psychosis, mania, anxiety, and depression in acute infection
- **Long COVID and Cognitive/Psychiatric Sequelae**
 - “Brain fog,” fatigue, anxiety, depression, sleep disturbances
- **Neuroinflammation and Psychiatric Symptoms**
 - Cytokine storm and microglial activation as mechanisms
- **COVID-19 and Suicidality**
 - Increased risk in severe cases, ICU patients, and those with persistent symptoms

Psychiatry & Forensics

- **Predicting Violent Behavior**
 - Risk assessment tools (HCR-20, VRAG) and clinical predictors
- **Sexual Offenders and Paraphilic Disorders**
 - Assessment, treatment, and risk management
- **Psychopathy and Criminal Behavior**
 - Neurobiological, behavioral, and forensic perspectives
- **Suicide Risk Assessment in Forensic Settings**
 - Correctional facilities, forensic hospitals, and outpatient settings
- **Personality Disorders in the Criminal Justice System**
 - Antisocial, borderline, and narcissistic traits and legal outcomes
- **Immigration and Asylum Psychiatry**
 - Mental health evaluation for legal proceedings
- **Terrorism, Radicalization, and Mental Health**
 - Risk assessment and psychiatric intervention
- **Psychological Testing in Forensic Contexts**
 - MMPI, PCL-R, neurocognitive assessments
- **Suicidality and “Suicide by Mass Murder” Phenomenon**
 - Co-occurrence of suicidal ideation with homicidal intent
- **Case Studies and Forensic Analyses of Past Mass Shootings**
 - Learning from behavioral, psychiatric, and legal patterns
- **Preventive Psychiatry in High-Risk Populations**
 - Targeted mental health interventions, social support, and monitoring

Psychiatry & Community Programs

- **Community Mental Health Centers**
 - History, role in deinstitutionalization, and modern multidisciplinary care
- **Mobile and/or Pop-Up Mental Health Units**
 - Outreach to underserved areas, crisis intervention, and screening
- **Integrated Primary Care and Mental Health Services**
 - Collaborative care models in community clinics
- **Assertive Community Treatment (ACT) Teams**
 - Intensive support for severe mental illness in community settings
- **Peer Support Programs**
 - Recovery-oriented care and the role of lived experience
- **School-Based Mental Health Programs**
 - Screening, counseling, and resilience-building interventions
- **Substance Use Prevention Programs**
 - Harm reduction, education, and early intervention
- **Early Psychosis Intervention Programs**
 - Detection, treatment, and community follow-up
- **Programs for Refugees and Immigrants**

- Trauma-informed care, cultural adaptation, and language access
- **Programs for Homeless Populations**
 - Outreach psychiatry, shelter-based services, and substance use interventions
- **Veteran-Focused Community Programs**
 - PTSD, reintegration support, and peer mentorship
- **Faith-Based and Nonprofit Mental Health Programs**
 - Leveraging community networks for outreach and support
- **Community Crisis Intervention Teams (CIT)**
 - Police-mental health collaboration and crisis de-escalation
- **Integrated Mental Health in Non-Traditional Settings**
 - Libraries, community centers, faith-based organizations
- **Home-Based and “Hospital-at-Home” Programs**
 - Intensive community care for severe mental illness

Psychiatry & Eating Disorders

- **Neurocircuitry of Reward and Food Restriction**
 - Dopaminergic and serotonergic pathways in anorexia and binge eating
- **Gut-Brain Axis and Microbiome in Eating Disorders**
 - Emerging research on digestion, appetite regulation, and psychiatric symptoms
- **Neuroimaging Studies in Eating Disorders**
 - Structural and functional brain differences, cognitive control, and body image perception
- **Hormonal and Metabolic Dysregulation in Eating Disorders**
 - Leptin, ghrelin, cortisol, and endocrine changes in anorexia and binge eating
- **Body Image Disturbance and Sociocultural Pressures**
 - Media influence, social comparison, and internalized thin ideals
- **Gender, Sexuality, and Eating Disorder Risk**
 - LGBTQ+ populations, male-specific presentations, and minority stress
- **Social Media, Technology, and Eating Disorder Behaviors**
 - Instagram, TikTok, pro-ED communities, and online peer influence
- **Therapies for Eating Disorders: Family-Based, Cognitive Behavioral, Dialectical (DBT)**
 - Evidence-based approaches for bulimia, binge eating, and anorexia
- **Pharmacotherapy in Eating Disorders**
 - SSRIs, atypical antipsychotics, and appetite modulators
- **Orthorexia Nervosa**
 - Extreme “healthy eating” patterns and psychiatric overlap