



Post-Stroke Depression: Causes and Care

Abstract

Stroke is a leading cause of disability and post-stroke depression (PSD) affects 1 in 3 stroke survivors. I will discuss the risk factors and hypothesized mechanisms of the emergence and persistence of PSD within a biopsychosocial framework, with a focus on novel research I have conducted on the neural underpinnings. I will provide an overview of unique aspects of the presentation of PSD, as well as pharmacologic and nonpharmacologic treatment options. I will discuss novel work I have conducted with colleagues at WCM in which we are developing and testing a digital cognitive behavioral therapy app for post-stroke depression.

Biography

Dr. Abhi Jaywant is a clinical neuropsychologist, assistant professor at Weill Cornell Medicine, and assistant attending psychologist at NewYorkPresbyterian Hospital. He completed his Ph.D. in Clinical Psychology at Boston University and his predoctoral internship in clinical neuropsychology at Brown University. He completed his postdoctoral fellowship in clinical neuropsychology in the Departments of Psychiatry and Rehabilitation Medicine at Weill Cornell Medicine. Abhi's clinical and research interests are in understanding the brain mechanisms underlying executive dysfunction and depression after brain injury, and in developing personalized and neuroscience-informed treatments for executive dysfunction and depression. He is currently funded by a K23 from the NIMH to investigate the efficacy and neural mechanisms of a digital cognitive training program in chronic stroke patients with comorbid depression and executive dysfunction. Clinically, Abhi provides neuropsychological assessment and consultation services on the Baker 17 inpatient rehabilitation unit and Greenberg 11 North inpatient psychiatric unit, and maintains a small private practice through the PO. He has extensive experience assessing and treating cognitive and mood symptoms of stroke, TBI, ADHD, and Long Covid. He is the first author of a cognitivebehavioral treatment manual published through Oxford University Press's "Treatments That Work" series, to address anxiety, depression, and adjustment difficulties in Long Covid.

Learning Objectives

1. List risk factors for post-stroke depression.
2. Describe current hypotheses about the etiology of post-stroke depression under a biopsychosocial model.
3. Describe aspects of brain connectivity that underlie post-stroke depression.
4. List evidence-based pharmacologic and behavioral treatments for poststroke depression

Suggested Reading

1. Jaywant, A., DelPonte, L., Kanellopoulos, D., O'Dell, M. W., & Gunning, F. M. (2020). The Structural and Functional Neuroanatomy of Post-Stroke Depression and Executive Dysfunction: A review of Neuroimaging Findings and Implications for treatment. *Journal of Geriatric Psychiatry and Neurology*, 35(1), 3-11. <https://doi.org/10.1177/0891988720968270>
2. Medeiros, G. C., Roy, D., Kontos, N., & Beach, S. R. (2020). Post-stroke depression: A 2020 updated review. *General Hospital Psychiatry*, 66, 70-80. <https://doi.org/10.1016/j.genhosppsych.2020.06.011>
3. Ahrens, J., Shao, R., Blackport, D., Macaluso, S., Viana, R., Teasell, R., & Mehta, S. (2022). Cognitive-behavioral therapy for managing depressive and anxiety symptoms after stroke: a systematic review and meta-analysis. *Topics in Stroke Rehabilitation*, 30(4), 368-383. <https://doi.org/10.1080/10749357.2022.2049505>



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<https://weillcornell.zoom.us/j/9247715337>

1

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