

# *Psychiatry Grand Rounds*

**WCM Department of Psychiatry**

Psychology CE Announcement

SW PERRY AWARD

## *Worried to death - the effects of worry, anxiety and rumination on mind and body*

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**Wednesday, February 28<sup>th</sup>, 2024**

**11:00am – 12:30pm**

**<https://weillcornell.zoom.us/j/92812036154>**

**Meeting ID: 928 1203 6154**

**Password: 12345**

1.5 CE credit available to WCM Department of Psychiatry full time and voluntary faculty Psychologists and Social Workers who sign in with their full name, attend the majority of the lecture and complete a survey which will be emailed following the completion of the lecture. Note the survey must be completed within 30 days of the lecture. Please contact [wcmpsychiatryce@med.cornell.edu](mailto:wcmpsychiatryce@med.cornell.edu) for additional CE information

**SPEAKER:** Dr. Andreescu has no relevant financial relationship(s) with ineligible companies to disclose and DOES NOT INTEND to discuss off-label or investigational use of products or services.

Dr. Carmen Andreescu is a Professor in the Department of Psychiatry at the University of Pittsburgh. A licensed psychiatrist with additional expertise in Geriatric and Interventional Psychiatry, Dr. Andreescu is a faculty member in the Center for Neuroscience at the University of Pittsburgh and the director of the ARGO Neuroscience of Aging Research lab [<https://argo.pitt.edu>]. Her research focus is on mapping the neural circuitry associated with mood/anxiety phenotypes in late-life, identifying neural markers of treatment response in late-life depression and anxiety, and describing the pathways through which anxiety accelerates brain aging. Her research has been funded by BBRF, NIMH and NIA.

### **Abstract:**

Anxiety and worry are highly prevalent later in life but are often underdiagnosed and undertreated. Anxiety phenotypes carry significant morbidity across the lifespan, and in late life they are associated with elevated risk of cardiovascular disease, accelerated brain aging and greater risk of cognitive decline. In this presentation, we discuss the barriers in diagnosing anxiety in late life, including the atypical anxiety syndromes more often encountered in older adults. We will review the current data supporting the deleterious effect of severe worry on brain age and we will describe the neural networks involved with worry induction and reappraisal in older adults.

### **Learning Objectives:**

1. Identify the barriers in diagnosing anxiety in late-life.
2. Describe the pathways connecting anxiety and cognitive impairment.
3. Identify the neural underpinning of anxiety phenotypes in late-life.

### **References:**

1. Gerlach, A. R., Karim, H. T., Kazan, J., Aizenstein, H. J., Krafty, R. T., & Andreescu, C. (2021). Networks of worry-towards a connectivity-based signature of late-life worry using higher criticism. *Translational psychiatry*, 11(1), 550. <https://doi.org/10.1038/s41398-021-01648-5>
2. Karim, H. T., Ly, M., Yu, G., Krafty, R., Tudorascu, D. L., Aizenstein, H. J., & Andreescu, C. (2021). Aging faster: worry and rumination in late life are associated with greater brain age. *Neurobiology of aging*, 101, 13–21. <https://doi.org/10.1016/j.neurobiolaging.2021.01.009>
3. Andreescu, C., Sheu, L. K., Tudorascu, D., Gross, J. J., Walker, S., Banihashemi, L., & Aizenstein, H. (2015). Emotion reactivity and regulation in late-life generalized anxiety disorder: functional connectivity at baseline and post-treatment. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 23(2), 200–214. <https://doi.org/10.1016/j.jagp.2014.05.003>
4. Karim, H. T., Tudorascu, D. L., Butters, M. A., Walker, S., Aizenstein, H. J., & Andreescu, C. (2017). In the grip of worry: cerebral blood flow changes during worry induction and reappraisal in late-life generalized anxiety disorder. *Translational psychiatry*, 7(8), e1204. <https://doi.org/10.1038/tp.2017.180>
5. Gerlach, A. R., Karim, H. T., Lee, S., Kolobaric, A., Tudorascu, D. L., Butters, M. A., & Andreescu, C. (2024). White Noise-Is Anxiety in Late-Life Associated With White Matter Hyperintensity Burden?. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 32(1), 83–97. <https://doi.org/10.1016/j.jagp.2023.08.014>