

Psychiatry Grand Rounds
WCM Department of Psychiatry
Psychology CE Announcement
The Karmason Award

Examining Yoga and Mindfulness Approaches for Anxiety Disorders

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Wednesday, November 2nd, 2022

11:00am – 12:30pm

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

Meeting ID: 928 1203 6154

Password: 12345

*1.5 CE credit available to 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.

SPEAKER DISCLOSURE: In the past 2 years Dr. Simon reports receiving grants from the National Institutes of Health (NIH), US Department of Defense, American Foundation for Suicide Prevention, Patient-Centered Outcomes Research Institute, and support from Cohen Veterans Network; receiving personal fees from Vanda Pharmaceuticals, Praxis Therapeutics, Genomind, Bionomics Limited, BehavR LLC, Cerevel, and Engrail Therapeutics Inc; receiving fees or royalties from Wiley (Deputy Editor Depression and Anxiety), Wolters Kluwyer (UpToDate) and APA Publishing (Textbook of Anxiety, Trauma and OCD Related Disorders 2020); and having spousal stock from G1 Therapeutics and Zentalis outside the submitted work.

Dr. Simon's major clinical and research interests include optimizing initial and next step psychotherapy and medication treatments for anxiety and stress related disorders, and understanding the presentation and the biological impact of trauma, loss and anxiety disorders. She has served as a principal investigator or co-investigator on numerous studies aimed at improving our understanding and treatment of post-traumatic stress disorder, panic disorder, generalized anxiety disorder, social anxiety disorder, and the syndrome of complicated grief. As Chief Medical Officer at Home Base, she guided development of a novel clinical care model and the Home Base Training Institute through a public private partnership with MGH and the Red Sox Foundation to address the unmet needs of returning veterans and their families impacted by deployment related stress, PTSD, and traumatic brain injury. Dr. Simon has been a member of ADAA since 2003 and has held the position of Chair of the Scientific Council.

Abstract:

Anxiety disorders are common and impairing, yet many affected individuals do not receive care. Additional effective and accessible treatment options are needed for anxiety disorders. This presentation will discuss recent research examining two integrative health approaches, yoga and mindfulness based stress reduction classes, for adults with anxiety disorders.

Learning Objectives:

1. Understand recent data examining the relative efficacy of yoga for generalized anxiety disorder (GAD)
2. Understand recent data examining the relative efficacy of Mind Body Stress Reduction (MBSR) compared to an antidepressant medication for anxiety disorders
3. Learn about ongoing research into potential mechanisms of action of MBSR for GAD.

References:

1. Hofmann SG, Curtiss J, Khalsa S B, Hoge E, Rosenfield D, Bui E, Keshaviah A, Simon NM. Yoga for generalized anxiety disorder: design of a randomized controlled clinical trial. *Contemp Clin Trials*. 2015; 44:70-76.
2. Simon NM, Hofmann SG, Rosenfield D, Hoepfner SS, Hoge EA, Bui E, Khalsa SBS. Efficacy of yoga vs cognitive behavioral therapy vs stress education for the treatment of generalized anxiety disorder: A randomized clinical trial. *JAMA Psychiatry*. 2020; 78(1):13-20.
3. Szuhany KL, Adhikari S, Chen A, Lubin RE, Jennings E, Rassaby M, Eakley R, Brown ML, Suzuki R, Barthel AL, Rosenfield D, Hoepfner, SS, Khalsa SB, Bui E, Hofmann SG, & Simon NM. Impact of preference for yoga or cognitive behavioral therapy in patients with generalized anxiety disorder on treatment outcomes and engagement. *J Psychiatr Res*. 2022;153:109-115.
4. Hoge EA, Bui E, Marques L, Metcalf CA, Morris LK, Robinaugh DJ, Worthington JJ, Pollack MH Simon NM. Randomized controlled trial of mindfulness meditation for generalized anxiety disorder: Effects on anxiety and stress reactivity. *J Clin Psychiatry*. 2013; 78(8):786-79
5. Hoge EA, Bui E, Mete M, Philip SR, Gabriel C, Ward MJ, Suzuki R, Dutton MA, Simon NM. Treatment for anxiety: Mindfulness meditation versus escitalopram (TAME): Design of a randomized, controlled non-inferiority trial. *Contemp Clin Trials*. 2020; 91:105965.