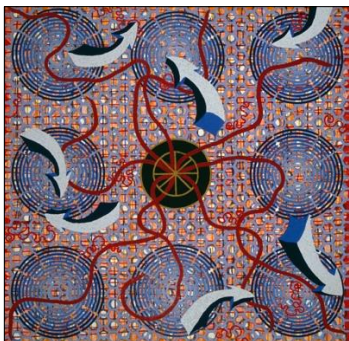




Timing is Everything: Rhythms and Dynamics of Psychopathology across the Life Span

American Psychopathological Association Annual Meeting

March 3-5, 2022

New York City

Carolbrowngoldberg.com

The theme of the 2022 APPA meeting is the importance of rhythms and timing in our understanding, treatment and prevention of psychopathology and underlying domains. Experts will present overviews of the biologic, developmental, and environmental influences on circadian rhythms and sleep and activity that have transdiagnostic relevance. Presentations will review the role of circadian rhythms for several disorders and the growing evidence for the incorporation of daily rhythms in treatment. Tools to measure the dynamics of a broad range of mental disorders, as well as advances in approaches to analyze complex multi-level intensive data, will be described. The final session will review and discuss the evidence regarding prediction of transitions to serious mental disorders and the timing of interventions to prevent their progression and consequences.

THURSDAY: TIMING AND RHYTHMS: CONCEPTS AND INFLUENCES ON PSYCHOPATHOLOGY

9:00 -9:15 am Introduction

Session 1: Rhythms: Circadian Systems and Health 9:15- 10:15 Chair:

- Concepts of Circadian Rhythms
- Sleep and human health and disease

Discussion: 10:15-10:30 am

Session 2: Rhythms and Psychopathology 10:30-11:45 pm Chair:

- Circadian Rhythms of Sleep and Mood Disorders
- Sleep and Motor Activity and ADHD
- Sleep and Circadian Rhythms in Psychosis and Schizophrenia

Discussion: 11:45-12:15 pm

Lunch 12:15 1:30 pm

Session 3: Influences of Environmental Factors on Rhythms of Sleep and Cognition 1:30 -3:00 pm Chair:

- Social and contextual factors and dynamics of brain development
- Sleep “exposome” across the life course
- Tracking seasonality and immune function
- Environmental and Individual Level Light and Rhythms

Discussion: 3:00-3:15 pm

Break: 3:15-3:30 pm

Session 4: Rhythms and Development 3:30-4:45 pm Chair:

- Neurodevelopmental Factors and Sleep
- Sleep and Circadian Rhythms in Neurodevelopmental Disorders
- Poster Award Speakers

Discussion: 4:45 pm-5:00 pm

Posters: 5:30-7:30 pm

FRIDAY: TIMING: TREATMENT AND ASSESSMENT

Session 5: Building the Time Dimension into Treatment and Prevention: 9:00-12:00 pm

- Time of day influence on pharmacologic treatments
- Pharmacologic influences on circadian rhythms in psychiatry

Discussion/Break: 10:00-10:15 am

- Timing of light to shift adolescent sleep
- Transdiagnostic treatment of circadian rhythms and sleep
- Social Rhythms therapy for sleep and mood disorders

Discussion: 11:30-12:00 pm

BUSINESS MEETING: 12:00-1:00 pm (members)

Lunch: 12-1:30 pm

Session 6: Multimodal Ecological Assessments of Psychopathology: Linking Individualized Profiles to Interventions: 1:30-3:30 pm

- Ecological Assessments for Specific Disorders:
 - Schizophrenia, Substance Abuse, Suicide
 - Mood Disorders
 - Sleep
- Online Interventions:
- Discussion and Challenges in Multimodal Ecological Assessments

3:30-3:45 pm Discussion

3:45-4:00 pm Break

Session 7: Awards and Personal Stories: 4:00-5:30 pm

- APPA Awards
- Rhythms and Blues: Dynamics of Mood and Mood Disorders, Presidential Address, Kathleen Merikangas (NIMH)
- Individual Perspectives

SATURDAY: TIMING OF ONSET AND INTERVENTIONS

Session 8: Timing of Onset and Interventions for Serious Mental Disorders

9:30-10:45 Debate and Discussion: *Is there sufficient evidence to predict which young people will transition to serious mental disorders?*

- Panel

10:45-11:45 *Panel Discussion: What do we know about timing and type of interventions*

11:45-12:00 Summary