

Child Mental Health and Psychiatry Research Update

Molly McVoy, MD

PI, Child and Adolescent Psychiatry Research



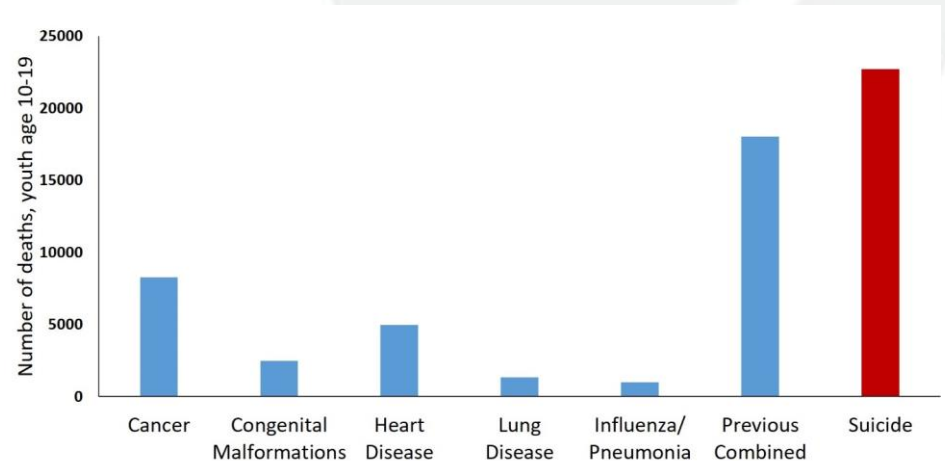
Cleveland | Ohio

Mental Health Disorders are common and devastating in children and adolescents

- An estimated **1 in 5** American teens suffer from depression



- In the last decade, more U.S. children have died from suicide than from cancer, heart disease, birth defects, lung disease and influenza *combined*



Mental Health Impact of the Pandemic

- More mental health visits in the ED's across the country
 - 24% increase in children 5-11
 - 31% increase in teenagers
- Prevalence of depression symptoms in the US was more than 3-fold higher during COVID-19 compared with before the COVID-19 pandemic
- Lower SES, greater environmental stressors related to depressive symptoms
- 334% spike in intentional self-harm among 13- to 18-year-olds in the Northeast in August of 2020 compared to the same time last year
-



ENGINE

(Illness severity and treatment **E**ffects o**N** qee**G** In adolesce**Nt** d**E**pression)

14-17 year olds with depression to serve as participants for a quantitative electro-encephalogram (qEEG) study

16 weeks total

Teens with depression who need treatment (don't have to be formally Dx, we can diagnose)

4 study visits (remote virtual visits with zoom)

– All kids get therapy and SSRI treatment – standard of care

3 EEGs at Bolwell – can be scheduled to meet participants needs

Compensated for their time

Child and Adolescent Psychiatry Research Studies at UHCMC

Study Name	Target Age	Diagnosis	Principal Investigator(s)	Study Objective	RA Contact Information	Link to More Information
ENGINE	14 to 17 years old	Major Depressive Disorder	Molly McVoy, MD	<p><u>Primary Research Question:</u> What are the potential biomarkers to guide more timely, and accurate diagnosis of MDD (qEEG and proteomics)</p> <p><u>Treatment with:</u> Fluoxetine or Escitalopram</p>	Meghan McGovern-Kondik (216)844-3922	https://www.uhhospitals.org/rainbow/pediatric-research/research-by-division/child-adolescent-psychiatry-research/ongoing-studies/engine-study
IGNITE	16 to 21 years old	Bipolar Disorder	Martha Sajatovic, MD, Jennifer Levin, PhD (McVoy Co-I)	RCT comparing a remotely delivered customized adherence strategy vs. enhanced treatment as usual in adolescents and young adults with BP D/O and adherence problems	Deionte Appling 1-888-819-0004	https://clinicaltrials.gov/ct2/show/NCT04348604
Allergan CALM	7 to 17 years old	Generalized Anxiety Disorder	Molly McVoy, MD	Escitalopram vs. Placebo	Meghan McGovern-Kondik (216)844-3922	https://clinicaltrials.gov/ct2/show/NCT03924323