1. Culture and Curricular Factors Contributing to Medical Student, Resident, and Physician Burnout, Depression, and Suicide: The Search for a New Model of American Graduate Medical Education (Heidi Meyers, UCSD, MS-IV).

2. Gene and Environmental Interaction in Predicting Depression and Suicide Symptoms in the Course of Lithium Therapy (Amelia Kotte, SDSU/UCSD Clinical Psychology PhD Student).

3. Assessing the Risks and Benefits of a Suicide-Focused Interview for High Risk Patients (Luis Sandoval M.D., UCSD Combined Program in Family Medicine/Psychiatry, PGY-3).

4. Funded a UCSD Junior Faculty person, Danielle Glorioso, MSW, and a medical student, Elsa Massey, MS-2) to participate in an American Foundation for Suicide Prevention (AFSP) suicide survivors support group facilitator’s training.

5. Assessing the Risks and Benefits of a Suicide-Focused Interview for High Risk Patients (Elsa Massey, MS-3). Partial summer research funding (matched by UCSD School of Medicine) was provided by Ms. Massey. This project is an expansion of a 2007-8 study supported by the Majda Memorial Fund.

6. Since completing AFSP training, Ms. Glorioso initiated a successful and much needed monthly support group at the San Diego Veterans Administration Medical Center.

7. Culture and Curricular Factors Contributing to Medical Student, Resident, and Physician Burnout, Depression, and Suicide: The Search for a New Model of American Graduate Medical Education. In this study, Blanca Cervantes, MS-3 will be extending the work of Majda Memorial Award winner, Heidi Meyers, M.D., by obtaining repeat survey information on medical student well-being and depression over time.

8. Undergraduate Survey on Burnout, Depression, and Suicide Risk (Christine Young, Psychology Honors Program, and Daniel Fang, MS-1). Ms. Young’s main focus is ethnic differences in depressive intensity. Her study has been presented at UCSD and Stanford symposia and her interesting findings are being prepared for publication. This work has also reinforced her decision to pursue a career in affective disorder research. Mr. Fang's primary focus is the unique stresses and vulnerability to depression among pre-medical students. Based on his initial findings, he has been awarded a UCSD Summer Fellowship and a 2009 NIH Training Grant to continue this line of investigation. Mr. Fang has presented his preliminary findings at the UCSD School of Medicine, the Western Student Medical Research Forum and the National Student Research Forum. He has had one manuscript on this work accepted for publication in the Primary Care Companion to the Journal of Clinical Psychiatry, Primary Psychiatry Companion, another that has been accepted in Academic Psychiatry, and a third in preparation.

9. Suicide Assessment in an Urgent Care Setting (Josh Kayman, PGY-3). In this study, Dr. Kayman will be working with a UCSD/SDSU School of Public Health candidate (Jan McClure, MPH) to study factors associated with treatment adherence in patients with suicidal ideation, who seek emergency/urgent care at the San Diego Veterans Administration.

10. Supporting Physician Survivors of Suicide (Paul Puri, PGY-3). Dr. Puri will join colleagues from UC San Diego, Northwestern and Baylor Medical Schools to produce a training film dedicated to helping residency training programs educate and support house staff learning to treat severely mentally ill and suffering patients, some of whom see suicide as their only option. In this effort, Drs. Sidney Zisook, Paul Puri, James Lomax, and Glen Gabbard met in San Diego to produce a 90 minute recording containing psychiatrists’ first-hand accounts of working with patients who ultimately ended their own lives. The focus is emotional reactions, grieving, and healing, including references, teaching guidelines, suggested discussion points, and other tools for residency programs to use in order to help educate their trainees to optimally care for their patients, patient families, and themselves. The video was introduced to training directors at the May 2010 annual
meeting of the Directors of Psychiatry Residency Training Programs. The training kit and field trial will be disseminated via published articles and the American Association of Directors of Psychiatry Residency Training Programs (AADPRT) website.

11. American Society of Clinical Psychopharmacology (ASCP) Mood Disorders Training Module (Josh Kayman, MD). Dr. Kayman has created a multi-modal, interactive presentation on suicide assessment and management for the ASCP's Mood Disorders Module. The presentation has been presented locally to social workers, medical student and resident group at UCSD and the San Diego VA Healthcare Center. It will be made available to training programs throughout the country. A poster presentation introducing this module to clinical investigators from around the world will be given by fellows and residents at the 2010 annual scientific meeting of the NIMH New Research Approaches for Mental Health Interventions (NCDEU) conference June 2010.

12. Suicide in Hospice Patients (Nathan Fairman, PGY5 Fellow and Scott Irwin, MD, Psychiatry and Research Director, San Diego Hospice). This study seeks to characterize suicide in the hospice population by (1) conducting a descriptive review of completed suicides in a large hospice organization over the past 5 years, and (2) surveying staff about the impact such events have had on them, the types of support they received or utilized, and on their unmet needs for support. After this study was completed, two abstracts were accepted for presentation at the Annual Assembly for the American Academy of Hospice and Palliative Medicine: (1) “A Retrospective Case Series of Completed Suicides in Hospice,” (2) “A Retrospective Case Series of Suicide Attempts Leading to Hospice Admission.”

13. Suicide Assessment in a Veteran Administration Urgent Care Setting (Jan McClure, PhD, MPH). Dr. McClure completed her PhD dissertation study on physician awareness of suicide risk and associated features in veterans seeking emergency/urgent care treatment at the San Diego Veterans Administration. Over 500 veterans were evaluated. Three manuscripts have been completed and are in the process of submission. Follow-up studies are planned. Dr. McClure will be continuing studies on suicide prevention at the San Diego Veterans Administration and has accepted a position as research coordinator on a Veterans Administration Cooperative Study on Treatment Resistant Depression.

14. Does RN Screening for Suicide at Emergency Department Triage Save Lives? (Michael Wilson, MD, Clinical Research Fellow, UCSD Department of Emergency Medicine). Dr. Wilson recently received IRB approval for his study and plans to begin collecting data very soon. This project entails both a retrospective and a prospective component. Retrospective: By doing a retrospective chart review, the investigator seeks a better understanding of the impact of universal screening for suicidal ideation in the emergency department. Prospective: To learn more about the patients who screen positive for suicide, the investigator plans to ask these particular patients to participate in the study while in the emergency department, and will ask them to complete questionnaires about their background, medical/psychiatric history, suicidality, drug/alcohol use, etc.

a. Highlights from the first year’s progress report: Dr. Wilson currently has a collaboration with the University of Massachusetts and Alliant University in studying how universal screening has impacted the Emergency Department. This has resulted in one talk, one published abstract, and one submitted abstract.

b. Upcoming manuscript: Characteristics of suicidal patients in the emergency department based on our retrospective database (still in concept form).

c. Additional highlights: There are multiple projects associated with this grant. The first project examined the association of alcohol and treatment for suicide. Much literature has documented that patients with substance use problems are at higher risk for suicide. Yet, counterintuitively, they are discharged at higher rates from the emergency department. This is the subject of a manuscript being prepared. Future research hopes to find out why
these high risk patients are discharged at higher rates and see if better intervention can be found to help these patients.

d. The 2\textsuperscript{nd} project examines patients that are categorized at risk of self-harm in the UCSD emergency department during the triage process. Researchers are attempting to determine which patients are at risk, which eventually suicided, and if there are any commonalities between these patients. This data is being analyzed.

e. In the 3\textsuperscript{rd} project, research assistants with equipment funded by the Majda Fund have asked screening questions of patients in the UCSD emergency department. Researchers hope to see if better methods of screening for suicidal patients are possible. As can be seen by the project’s results, the Majda fund has supported novel work that will help us understand how to evaluate and treat patients with thoughts of self-harm.

15. UC Davis School of Medicine Military Student Support (Christian LaRoe, MS4, UC Davis and Greg Westin, MS3, UC Davis). This study is awaiting IRB approval. The study seeks to identify and characterize protective factors against burnout in military medical students. In recent years, two medical students at UC Davis, who were also veterans, completed suicide. In response, a comprehensive support program was developed for military medical students. The Maslach Burnout Inventory (MBI) will be administered to all medical students and the scores of the military students who participate in the program will be compared to the military students who do not participate.

a. Highlights from the first year’s progress report: Two focus groups were held this year to explore military students’ needs; a Facebook page was created for military students to serve as an informational resource and question board; prepared draft of booklet and brochure of resources for military students (the Majda Fund will be acknowledged on the final product); and MBI was offered to all UC Davis Medical Students.

16. Yousuke Horikawa MD, PhD (UCSD Pediatrics, Resident) is currently awaiting IRB approval for his study comparing the incidence, prevalence, and personal beliefs about mental health disorders amongst Japanese Medical Professionals (medical students, residents, and physicians) and Japanese American Medical Professionals. It is Dr. Horikawa’s hypothesis that Japanese Americans may still have traditional cultural stigmata against mental health issues, preventing access to resources.

a. Highlights from previous progress report: Dr. Horikawa’s trip to Japan was a success. He was able to further understand the mental health disparities among East Asian cultures and their American counterparts. About 75 individuals completed his survey. Preliminary findings suggest that mental health disorders are still highly stigmatized, especially within East Asian cultures and even Westernized cultures that may be impacted with cultural ideals. Dr. Horikawa presented his work to the Japanese Medical Society of American and Japanese American Medical Association. Dr. Horikawa hopes to publish these findings in a peer-reviewed journal.

17. Jeanne Maglione, MD (UCSD Psychiatry) and Stephanie Hsu, an undergraduate student with an interest in pursuing a career in clinical mental health, with a specific interest in suicide, were awarded a grant. Using the Healer Education Assessment and Referral (HEAR) database, they will be: (1) Examining the relationship between suicidal thinking and increasing levels of depressive symptoms in medical students, house staff, and faculty physicians; and (2) examining the rates of treatment for medical students, house staff, and faculty physicians with different levels of depressive symptoms; and (3) determining the predictors of suicidal thoughts in medical students, house staff, and physicians with different levels of depressive symptoms.

a. Background: Medical students and physicians are at increased risk for suicide compared with the general population. Ironically, depression, the biggest risk factor for suicide, is both underdiagnosed and undertreated in these groups of professionals and knowledge
about the spectrum of depressive disorders in these groups is sparse. This study takes advantage of UCSD HEAR Program data to study the relationship between levels of depressive symptoms and suicidal thoughts, plans, or actions.

b. Preliminary Results: Participants with either major depressive syndrome or subthreshold levels of depressive symptoms were at increased risk for suicidality (thoughts, plans, or actions). Major Depressive Syndrome was associated with a 56 (7.75-405.78) fold increase in odds for experiencing suicidality while subthreshold levels of depressive symptoms were associated with a 9.6 fold (1.19-76.81) increased risk. The preliminary predictor of suicidality in participants with subthreshold levels of depressive symptoms was history of prior suicide attempt.

c. Teaching/Mentoring: Dr. Maglione worked with the undergraduate student on a 1:1 basis weekly throughout the funding period. Ms. Hsu received training on the use of the SPSS software and mentoring regarding the analysis of the data and the general principals of hypothesis driven research. She is now in the process of writing up the results, which we plan to, submit to a peer reviewed journal.

18. Kirstin M. Wilkins, MD (Yale Psychiatry) and Jessica Gold (MS3, Yale) were awarded a grant and plan to examine mental health and self-care among medical students at Yale. The specific aims of the project include: (1) To understand the association between mental health stigma, depression, burnout, and mental health seeking in medical students; (2) To identify barriers to mental health seeking in medical students; (3) To compare mental health care seeking with general wellness and primary health care seeking behaviors in medical students; (4) To explore the relationship between mental health self-care, depression, burnout, and other help-seeking behaviors among students; and (5) To compare mental health seeking behaviors and barriers by gender, age, ethnicity, year of medical school, and personal health-related behaviors (including substance abuse).

a. After the study was completed, results were published in Academic Psychiatry.

b. Conclusions: Medical students had a significant unmet need for health care, influenced by barriers to accessing care, stress, burnout, and depression. Academic help seeking and supportive faculty relationships appear related to mental health treatment seeking. Targeted interventions for stress and burnout reduction, as well as incorporation of reflective practice, may have an impact on overall care seeking among medical students. Future studies should expand to other medical and professional schools.

19. Daphne Liu (UCSD Undergraduate Student, Honors Project): Social Contact and Cross-Cultural Adjustment of Asian International Students. The purpose of Ms. Liu’s study is to understand the relationship between Asian International students’ social contact with different cultural groups and their psychological adjustment with regard to stress and mood. Four hundred Asian International UCSD volunteers will complete a one-time online questionnaire packet and receive $10 Triton Cash as reimbursement for their time. Preliminary findings show little relationship between each cultural group, and surprisingly high severity of depression ratings among the international students. This work has been presented at UCSD and Stanford. Publication is in process.

20. Maryam Soltani, MD, PhD (Resident, Combined Psychiatry/Family Medicine, and UCSD) was awarded a two-year grant and is currently waiting for IRB approval to start recruiting for her research project. The aim of this project is to identify the neurophysiological mechanism underlying the beneficial effects of ECT in major depressive disorder (MDD). Dr. Soltani proposes that MDD is due to pathological over-coupling of neuronal oscillations, specifically, excessive synchronization of the alpha frequency band across cortical regions. With the administration of ECT, she will be introducing high frequency activity into the neural network and in turn disrupting that abnormal excessive pathological coupling and regularizing neuronal firing. Dr. Soltani will receive her first year funding when she receives IRB approval.
21. Kim Weingart, PhD (Veterans Administration Medical Center, San Diego) was recently awarded a one-year grant and will start recruiting. Dr. Weingart's study has two aims: (1) to test the feasibility of the Mantram Repetition Program (MRP) for veterans with Major Depressive Disorder (MDD) and (2) to measure the effects of MRP on psychological outcomes related to MDD.

22. Jaime Thomas and Preeti Bangalore (Pre-Med Students, UC San Diego) “Fulfilled Patients Website (http://fulfilledphysicians.com): Fulfilled Physicians was created to empower physicians and medical students to be fulfilled in medicine despite the demands and constraints of our current healthcare system. We are particularly focused on addressing burnout and suicidal ideation in this unique population. With help from the John A. Majda, MD Memorial Fund, we successfully launched FulfilledPhysicians.com in August 2015. The fund allowed us to attain professional website development and mentorship from physician wellness social media experts. Since our launch, we have had 13 physicians join us as partners, published 17 articles, and received 16,000 visits from users all around the world. Eight of our articles were later cross-posted on KevinMD.com, a website whose follower base is in the hundreds of thousands. One article in particular was chosen as the weekly headline article for KevinMD and subsequently shared over 1000 times. We have also recently launched our private Facebook support community, “The Physicians Oasis.” In the future, we hope to launch a “Resources” section and hold live quarterly online webinars. The “Resources” section will have web links relevant to physician and medical student health, wellness, and burnout. The live online webinars will be hosted by a physician wellness professional and allow for participants to anonymously view the webinar specifically addressing burnout and suicidal ideation and also allow for questions to be asked anonymously.

23. Joanne Harpel, MPhil, JD (Rethink the Conversation, Ltd.) “The Life Impact of Suicide Loss on Clinicians: An Experiential Retreat. A Care for the Caregiver Program.” Thousands of clinicians have lost someone they care about to suicide. For some, suicide of a family member or friend impelled them to enter the mental health field. They may feel driven to help others and make a difference; they may also be challenged to integrate their own grief and understanding of suicide into their practice. Others were ready to practice when their family member or friend killed themselves, leaving them feeling guilty, responsible, inadequate (and blamed). Still others (20% of psychologists and 50% of psychiatrists) have lost a patient or client to suicide, creating an entire population of caregivers who are vulnerable to “disenfranchised” grief. Yet, virtually none of them have the opportunity or safe space to have their own needs for emotional support met, explore where they are in their own journey of healing, examine the meaning of the suicide and how loss has affected them both personally and professionally, or connect with peers who have had similar experiences. This groundbreaking retreat offers an opportunity for professionals to explore where they are in their own journey of healing and consider the impact of the suicide of someone important to them on their professional identity and their work. The retreat's goal is to offer clinicians a highly-interactive experience that facilitates discoveries that are deeply meaningful both personally and professionally. Through a combination of guided reflection, private journaling, small group sharing, and full group dialogue, we will explore questions such as: What was the experience of the personal loss to suicide like for you? How has the loss impacted your personal and professional life? What feels unfinished? What are your key challenges? What do you need/want going forward?