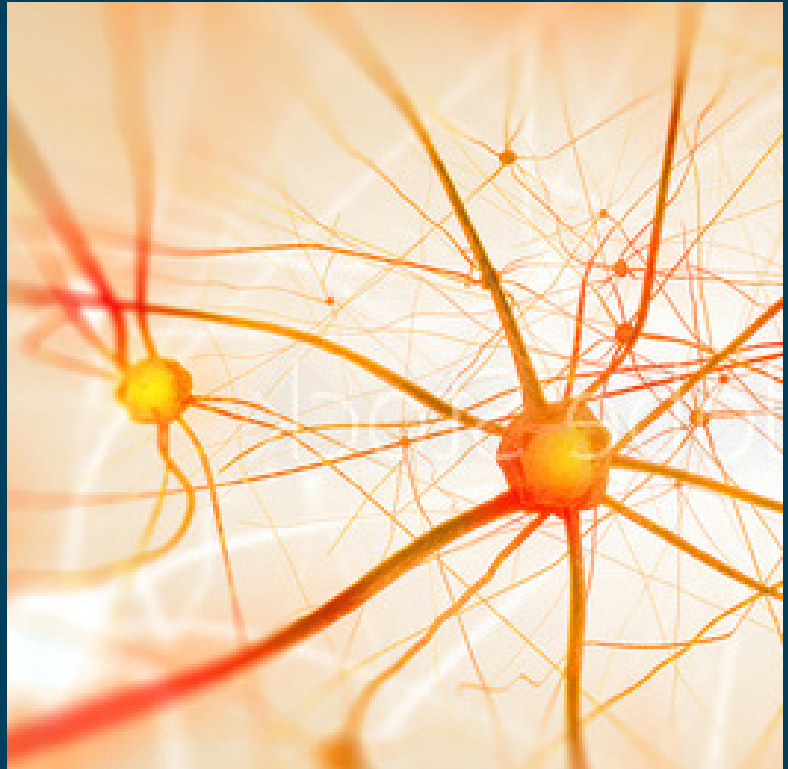

NEUROPSYCHIATRIC RESEARCH INSTITUTE



2014-2015
Annual Report

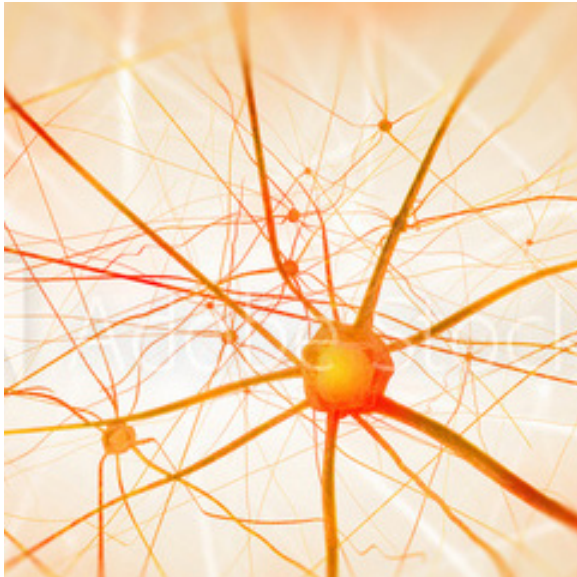


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State of Incorporation: North Dakota
Date of Incorporation: May 27, 1955
Duration of Charter: Perpetual



NRI Principal Scientists: Ross Crosby, Kristine Steffen, James Roerig, James Mitchell, Jason Lavender, Stephen Wonderlich, Scott Engel

Officers & Directors

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- Li Cao, M.S.
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- Scott Engel, Ph.D.
- Ann Erickson
- Daniel Green
- Kathy Lancaster
- Jason Lavender, Ph.D.
- Erika Lovaas
- James Mitchell, M.D.
- Tricia Myers, Ph.D.
- Deborah Roerig, M.S., C.N.S.
- Stephen Wonderlich, Ph.D.

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- Glenda Schmit

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- Barry Rahman

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- Jo Ellison, Ph.D.
- Carrie Nelson, RN
- James L. Roerig, Pharm.D., BCPP
- Teresa Klein
- Kristine Steffen, Pharm. D., Ph.D.

Adjunct

- Kyle DeYoung, Ph.D.
- Luis Garcia, M.D.
- Kathryn Gordon, Ph.D.
- Susan Raatz, Ph.D. MPH, RD

Postdoctoral Fellows

- Tyler Muson, Ph.D.
- Carly Pacanowski, Ph.D.
- Linsey Utzinger, Psy.D.



Dr. Ross Crosby

Ross D. Crosby, Ph.D.
Director of Biomedical Statistics

Ross Crosby, Ph.D., is the Director of Biomedical Statistics at the Neuropsychiatric Research Institute and a Clinical Professor in the Department of Clinical Neuroscience at the University of North Dakota School of Medicine and Health Sciences. Dr. Crosby's major research interests are in the use of latent structure models to develop empirical classifications of eating disorder patients. Dr. Crosby serves as a statistical advisor on the editorial boards of three major journals including the International Journal of Eating Disorders and Obesity Surgery.



Dr. Kyle De Young

Kyle De Young, Ph.D.
Adjunct Research Scientist

Kyle De Young, Ph.D., is an Adjunct Research Scientist at the Neuropsychiatric Research Institute and an Assistant Professor of Psychology at the University of North Dakota. Dr. De Young received his doctoral degree in Clinical Psychology from the University at Albany, State University of New York in 2011. He completed a clinical internship at the University of Pittsburgh Medical Center/Western Psychiatric Institute and Clinics. His research interests include characterizing and accounting for short- and long-term symptom fluctuations in the eating disorders by understanding dispositional (e.g., personality) and contextual (e.g., emotion and environment) factors.



Dr. Jo Ellison

Jo M. Ellison, Ph.D.
Ph.D. Psychologist

Dr. Ellison completed her undergraduate education at Gustavus Adolphus College in St. Peter, Minnesota. She earned degrees in both Psychology and Spanish in 2007. Dr. Ellison attended graduate school at the University of North Dakota and completed her pre-doctoral internship at Southeast Human Service Center in Fargo, North Dakota. She earned her Ph.D. in Clinical Psychology in 2012. Dr. Ellison's graduate research focused on personality, social media use, body image disturbance, and eating disorder prevention. Upon graduation with her Ph.D., Dr. Ellison worked as a clinician in a private-practice setting for one year. Presently, her research interests continue to include body image disturbance and eating disorder prevention; her interests have expanded to include bariatric surgery as well as psychological interventions for eating disorders and obesity.



Dr. Scott Engel

Scott Engel, Ph.D.
Research Scientist

Scott Engel, Ph.D., is a Research Scientist at the Neuropsychiatric Research Institute. He also is an Assistant Professor at the University of North Dakota School of Medicine and Health Sciences. Dr. Engel received his doctoral degree from North Dakota State University in 2003 and worked at the Neuropsychiatric Research Institute as a post-doctoral fellow from 2003-2004. Dr. Engel's primary research areas are in eating disorders, obesity, and bariatric surgery. He is particularly interested in the roles of cognitive and emotional variables in disordered eating and obesity. Much of Dr. Engel's research involves the application of novel, technology-based methodologies to assess and intervene with these groups of patients. Dr. Engel has also used these assessment methodologies to examine the development of alcohol use disorders in post-bariatric surgery patients.



Dr. Luis Garcia

Luis Garcia, M.D.
Adjunct Research Scientist

Dr Garcia is a General, Advanced Laparoscopic, and Bariatric Surgeon for Sanford Health. He is the Chair of Bariatric Surgery and Medical Director of the Weight Loss Surgery Center of Excellence. He is a Clinical Associate Professor of Surgery for the University of North Dakota, School of Medicine and Health Sciences.

Dr Garcia completed medical school at LaSalle University in Mexico City, his residency in general surgery at the University of North Dakota, and a mini-fellowship in bariatric surgery at the University of Pittsburgh Medical Center. He has a Healthcare MBA from the University of St Thomas Opus College of Business.

Dr Garcia is an Adjunct Research Scientist for NRI with special interest in bariatric surgery research and surgical outcomes.



Dr. Kathryn Gordon

Kathryn Gordon, Ph.D.
Adjunct Research Scientist

Kathryn Gordon, Ph.D., is an Adjunct Research Scientist at the Neuropsychiatric Research Institute and an Associate Professor at the North Dakota State University Department of Psychology. Dr. Gordon received her doctoral degree in Clinical Psychology from Florida State University in 2008. Her research focuses on eating disorders among traditionally understudied groups (e.g., ethnic minority women), interpersonal and emotional processes related to suicidal behavior, and the occurrence of suicidal behavior in individuals with eating disorders.



Dr. Jason M. Lavender

Jason M. Lavender, Ph.D.
Research Scientist

Dr. Lavender is a Research Scientist at the Neuropsychiatric Research Institute. He completed his undergraduate education at Duke University, where he graduated with a B.S. in psychology in 2005. Following completion of his clinical internship at the University of Mississippi Medical Center, he received his Ph.D. in clinical psychology from the University at Albany, State University of New York in 2011. He subsequently completed a T32 postdoctoral fellowship in eating disorders research at the Neuropsychiatric Research Institute from 2011-2014. His main research interests include the role of emotion dysregulation and neurocognitive processes in eating disorders, dimensional approaches to studying psychopathology, and functional neuroimaging approaches to examining neurobiological functioning in eating disorders.



Dr. Tyler Mason

Tyler Mason, Psy.D.
Post Doctoral Fellow

Tyler Mason, Ph.D., is a T32 Post Doctoral Research Fellow at the Neuropsychiatric Research Institute. He received his Ph.D. in Applied Psychological Science in 2015 and B.S. in Psychology in 2010 from Old Dominion University. He is interested in advanced statistical modeling of longitudinal and ecological momentary assessment data. His primary research interests include etiology and treatment of binge eating and obesity.



Dr. James Mitchell

James E. Mitchell, M.D.
Research Scientist

Chester Fritz Distinguished University Professor. Dr. Mitchell completed his undergraduate education at Indiana University and medical school at Northwestern University. Following an internship in Internal Medicine, he completed his residency in psychiatry and a fellowship in Consultation/Liaison Psychiatry at the University of Minnesota. Dr. Mitchell has focused his activities on the areas of eating disorders, obesity, and bariatric surgery. He is a Past-President of the Academy for Eating Disorders and a Past-President of the Eating Disorders Research Society. Dr. Mitchell is on the editorial boards of the International Journal of Eating Disorders and Surgery for Obesity and Related Diseases, where he is also an Associate Editor. Dr. Mitchell has published more than 600 articles in the scientific literature and has authored or edited 18 books.



Dr. Carly Pacanowski

Carly R. Pacanowski, Ph.D., RD
Post Doctoral Fellow

Carly Pacanowski, Ph.D., RD, earned a bachelor's degree in Nutritional Sciences from The Pennsylvania State University, and a doctorate in Human Nutrition from the Division of Nutritional Sciences at Cornell University. She also completed the clinical internship and became a Registered Dietitian while at Cornell University. After obtaining her Ph.D., Dr. Pacanowski spent two years as a NIH postdoctoral fellow in the School of Public Health at the University of Minnesota. She researches behavioral approaches to body weight regulation, with an interest in how these impact health and well-being over time.



Dr. Susan Raatz

Susan Raatz, Ph.D., MPH, RD
Adjunct Research Scientist

Susan Raatz, Ph.D., MPH, RD is an Adjunct Research Scientist at the Neuropsychiatric Research Institute and a Research Nutritionist at the USDA Human Nutrition Center, Grand Forks, ND. Dr Raatz received her doctoral degree in Human and Clinical Nutrition for the University of Minnesota in 1996. Her research focuses on dietary modification of obesity and related chronic diseases, energy balance regulation, and the impact of foods and meals on satiety.



Dr. James Roerig

James L. Roerig, PharmD, BCPP
Research Scientist

Dr. Roerig currently holds the position of Professor in the Department of Psychiatry and Behavioral Sciences at the University of North Dakota School of Medicine and Health Sciences. In addition he is the Director Undergraduate Medical Education in Psychiatry & Psychiatry Clerkship and the Assistant Director Psychiatry Residency Program. He holds the position of Research Scientist at the Neuropsychiatric Research Institute located in Fargo, ND. Dr. Roerig is a Clinical Professor in the College of Pharmacy at North Dakota State University. Dr. Roerig is Board Certified in Psychiatric Pharmacy (BCPP) by the Board of Pharmaceutical Specialties. He currently teaches psychopharmacology for the psychiatry residents and also participates in neuroscience, research design, and evidence based learning courses. His research focus is psychopharmacology, drug interactions, and eating disorders as well as psychotropic pharmacokinetic changes associated with bariatric surgery.



Dr. Kristine Steffen

Kristine Steffen, Pharm.D., Ph.D.
Research Scientist

Kristine Steffen, Pharm.D., Ph.D., is an Associate Professor in the Department of Pharmaceutical Sciences in the College of Pharmacy, Nursing, and Allied Sciences at North Dakota State University (NDSU). She is also a Research Scientist at the Neuropsychiatric Research Institute (NRI) where she is involved in research on bariatric surgery and obesity. The majority of her research is focused on characterization of the pharmacokinetic changes of medications and alcohol following bariatric surgery. She is also interested in obesity pharmacotherapy and problematic alcohol use following bariatric surgery. Dr. Steffen received her Doctor of Pharmacy and Doctor of Philosophy degrees from NDSU and completed a postdoctoral fellowship at NRI. Currently, Dr. Steffen teaches Pharmacokinetics at NDSU and Intermediate Psychopharmacology in the Psychiatry Residency Program at the University of North Dakota School of Medicine and Health Sciences.



Dr. Linsey Utzinger

Linsey Utzinger, Psy.D.
Post Doctoral Fellow

Dr. Utzinger received her B.A. in psychology from the College of Saint Benedict in 2006 (St. Joseph, MN). She completed her predoctoral clinical internship in the eating disorder track at Children’s Hospital Colorado and received her Psy.D. in clinical psychology from the PGSP-Stanford Consortium in 2013. Dr. Utzinger’s primary research interests include the assessment, diagnosis, and treatment of eating and weight disorders.



Dr. Stephen Wonderlich

Stephen A. Wonderlich, Ph.D.
Interim President and Director of Clinical Research

Stephen Wonderlich, Ph.D., is the Chester Fritz Distinguished University Professor and Associate Chairperson in the Department of Clinical Neuroscience at the University of North Dakota School of Medicine & Health Sciences. He graduated from Concordia College (Moorhead, MN) in 1978 and received his Ph.D. in Clinical Psychology from the University of Missouri in 1985. Dr. Wonderlich completed his Internship and Fellowship at the University of Wisconsin. He is Codirector of the Sanford Eating Disorder and Weight Management Center, Chair of the Eating Disorders Department at Sanford Health, and Director of Clinical Research for the Neuropsychiatric Research Institute. Dr. Wonderlich publishes widely in clinical and scientific journals and currently sits on the editorial board for the *International Journal of Eating Disorders*, the *Journal of Abnormal Psychology*, and *Behavior Research and Therapy*. Dr. Wonderlich is a Past-President of the Academy for Eating Disorders and has served on the Eating Disorder Workgroup for the DSM-5 Task Force.

Bariatric Surgery

Longitudinal Assessment of Bariatric Surgery: This project, now in its 12th year, is a multi-center study involving the University of Pittsburgh, Eastern Carolina University, Oregon Health & Science University, The University of Washington, Columbia University, and Cornell University, as well as NRI, to study the longitudinal course of patients undergoing bariatric surgery. The project has several components: LABS-1 is a study designed to look at predictors of unfavorable outcome in the short term such as death or the need for re-hospitalization. The sample for this study has now been collected (N = 5,200). A second part, LABS-2, concerns a prospective cohort study examining the longitudinal effects of bariatric surgery over time (N = 2400). These individuals have all been followed now for five to eight years. This project is now wrapping up.

Hormonal Abnormalities and Sexual Dysfunction in Bariatric Surgery Patients: This is a multi-center study involving NRI, the University of Pennsylvania and the University of Pittsburgh which examines sexual dysfunction and various hormonal abnormalities in patients who are candidates for bariatric surgery and subsequently at follow-up visits after the surgery. This project is completed and the results are being published.

Psychosocial Issues and Bariatric Surgery: This is a multi-center study involving NRI, the University of Pittsburgh, Columbia University and Cornell University. This study examines psychosocial issues prior to surgery and periodically following surgery including rates of psychopathology, eating pathology, quality of life and role functioning. This will continue until 2018.

Teen LABS: This is a multicenter study that is examining the long-term outcomes of 240 adolescents who underwent bariatric surgery. The project is in its eighth year, and will continue until 2021.

Teen LABS Psychosocial: This is a multicenter ancillary study to Teen LABS, examining psychosocial issues including alcohol use/abuse and depression in a subset of 90 individuals in the Teen LABS sample. This study will continue until 2019.

A Longitudinal Examination of the Effects of Alcohol in Bariatric Surgery Patients: This study is being run at NRI and NDSU and examines bariatric surgery patients from before surgery to one year after surgery. The purpose of the study is to examine the impact of alcohol on patients' cognitive and driving performance as well as study changes in the reinforcing and pharmacokinetic effects of alcohol from pre- to post-surgery.

Alcohol-Related Impairment and Reinforcement After Gastric Bypass Surgery: This study is being run at NRI and NDSU. Data from this project will help us to understand the changes in impairment, specifically related to cognitive and driving performance, experienced by bariatric surgery patients who consume alcohol. This study will also help us to understand how the reinforcing value of alcohol changes from before to after surgery. Studying these topics will help future bariatric surgery patients anticipate how the effects of alcohol will change from pre- to post-surgery and the proposed study will help researchers and clinicians better explain possible mechanisms for an increased risk for alcohol use disorders in this group.

Eating Disorders and Obesity Studies

Integrative Cognitive-Affective Therapy for Binge Eating Disorder: This is a multi-site treatment development grant (R34) awarded to NRI and the University of Minnesota to support the development a new treatment for binge eating disorder. This treatment is an outgrowth of the recently completed trial at NRI for bulimia nervosa but focuses on binge eating disorder specifically. Binge eating disorder was recently added to the DSM-5 as a new eating disorder diagnosis and continues to be considered a significant risk factor for obesity and various forms of psychiatric disturbance.

Ecological Momentary Assessment: Over the last 15 years, NRI has been a leader in the utilization of ecological momentary assessment (EMA) to study eating disorders. EMA involves carrying handheld computers in the natural environment to gather data. Three federal grants have been funded which allowed the study of EMA in eating disorders at NRI and we have employed the methodology to a variety of other areas, including past studies investigating bariatric surgery patients. Recently we developed a new system for conducting EMA research called Real-time Assessment in the Natural Environment (ReTAINE). The ReTAINE system allows us to collect data via smartphones. There are many benefits to using smartphones for EMA data, but employing the participants' own smartphone to collect data is particularly convenient for the participant given that most already carry the device with them. We are currently using the ReTAINE system in a federally funded grant project at NRI, have contracted work with several other U.S. universities and institutions, and are collaborating with colleagues at several international locations (e.g., Portugal, Germany). We plan to increase these international collaborations using the ReTAINE system.

Post-Doctoral Training in Eating Disorders, Obesity, and Bariatric Surgery: With a grant from the National Institute of Mental Health, NRI continues to be one of three sites (along with the University of Minnesota and the University of Chicago) to fund post-doctoral research fellows who study eating disorders, obesity, and bariatric surgery. Currently, there are two post-doctoral fellows at NRI and four additional fellows at the other two sites. Fellows not only conduct their own research at NRI, but also assist NRI scientists in scientific studies.

Research Domain Criteria (RDoC) and NRI: The National Institute of Mental Health has started the major initiative entitled "RDoC," which examines the relationship between behavior and brain function and identifies factors thought to underlie the development of psychiatric disorders. This development is likely to have a major impact on behavioral research in the United States for the foreseeable future. NRI has been preparing for this development and submitted several applications to NIMH which address this new approach.

Pharmacology/Pharmacokinetics

Comparison of Immediate and Extended Release Venlafaxine following Bariatric Surgery: this study compares the pharmacokinetics of immediate and extended release venlafaxine in patients who have undergone Roux-en-Y Gastric Bypass or Sleeve Gastrectomy and healthy controls.

Comparison of Sustained and Extended Release Bupropion Following Bariatric Surgery: This is an evaluation of the pharmacokinetics of sustained, and extended release bupropion in patients who have undergone gastric bypass in comparison with nonsurgical control participants.

Comparison of Buspirone with and without Grapefruit Juice Following Bariatric Surgery: this study is being performed with a probe medication (buspirone) and an inhibitor of intestinal drug metabolizing enzymes (grapefruit juice) to evaluate a possible mechanism responsible for some of the changes in pharmacokinetics of medications observed following bariatric surgery. This study will involve patients who have undergone Roux-en-Y Gastric Bypass and non-surgical controls.

Sertraline Pharmacokinetics Over Time following Bariatric Surgery: Patients who had gastric bypass surgery at least two years prior and who participated in a prior sertraline study where sertraline pharmacokinetics were assessed pre-surgery and at three and 12 months post-surgery are being studied to determine whether pharmacokinetics change over longer periods of time following surgery.

Child/Adolescent Traumatic Stress

Treatment Collaborative for Traumatized Youth: The Treatment Collaborative for Traumatized Youth (TCTY) is a network of mental health clinicians whose mission is to raise the standard of care and increase access to mental health services for traumatized children. The TCTY consists of more than 250 mental health clinicians from over 40 agencies across the state of North Dakota. These clinicians received advanced training through the TCTY in evidence-based treatments for traumatized children. Importantly, the TCTY Team is conducting studies on the delivery of these services to children which allows a unique state-wide research opportunity.

Other Studies

Researchers at NRI are also involved in a number of other projects being conducted primarily at other centers. These include a study being conducted at Columbia University in New York examining the use of tele-health approaches to prevent weight regain after obesity treatment in adolescents, and a prospective longitudinal study of adolescents conducted in Boston and London.

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DataScore is an online survey solution for clinics, hospitals and health centers that see patients for the treatment of eating disorders and weight problems.

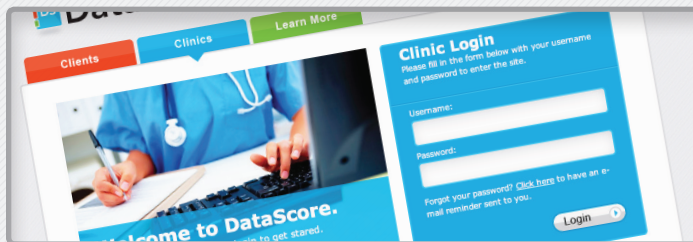


Collection of Accurate and Honest Data

Effective treatment begins with accurate and honest information about the patient's historical and current eating and weight status. DataScore's online surveys ask pointed questions to get a baseline of information – information that is often difficult for client's to share when making a first step toward wellness.

DataScore was developed by the research team at the Neuropsychiatric Research Institute in Fargo, North Dakota.

Neuropsychiatric Research Institute is a non-profit biomedical research institute focusing on the research and treatment of eating and weight disorders, and is globally recognized for their expertise.



Easy for the Clinic

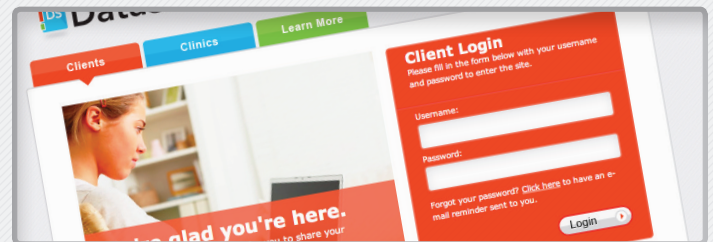
Each clinic designates a DataScore administrator who has a secure portal. Upon entering, Clinic's go to their "home page" where they see a list of current staff who have access and current participants. Both staff and patients are easy to add, edit or delete.

The administrator selects which surveys the client will take, and a user name and unique password is generated and assigned to each client.

The designated surveys are taken online before the first appointment. Clinic staff print out comprehensive, accurate and easy-to-read baseline reports to help begin the treatment process effectively.

Clinic Benefits:

- Data rich
- User friendly
- Secure
- No software installation
- Easy to maintain
- Economical



Easy for the Client

When client's login with their user name and password, they see what DataScore questionnaires (or surveys) the clinic would like them to complete.

The client can take the surveys on their own time, at their own pace and in the location of their choice.

This comprehensive solution for collecting data frees the client from the pressures of a face-to-face interview or an active waiting room, allowing them to provide the most accurate and honest information in the first steps of treatment.

Client Benefits:

- Comprehensive
- Easy to use
- Convenient
- Answer in private
- Go at your own pace
- Information is secure



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