





Research....  
**COOL!!!**

April 2008

Effect of Weight-Increasing Psychotropic Medications on Appetite Regulation (IRB Study #07-1448)  
P.I. Brownley, Kimberly A.

**ADAPT STUDY**

## CURRENT STUDY HIGHLIGHT!!

We are currently conducting a number of studies through the Clinical Research Unit, both inpatient and outpatient. We also help UNC-Chapel Hill investigators with recruitment for their studies. Once such study is highlighted below! While subjects are involved in our studies they receive study medications and psychiatric treatment at the CRU free of charge. In addition, all of our studies provide reimbursement for the subject's time. Below are brief descriptions of our current studies. If you have patients who may qualify for or be interested in study participation, please do not hesitate to contact us!! (919-733-5227).

### APPETITE DYSREGULATION WITH ANTI PSYCHOTIC TREATMENT

#### Why are we conducting this study?

We want to understand why certain psychiatric medications cause weight gain. Based on earlier studies in patients using these medications, we believe the medications may increase appetite and/or change the rate at which the body burns calories for energy (i.e., resting metabolism). This study will help us understand if the medications affect resting metabolism and key hormones that turn appetite on and off throughout the day.

#### Who is eligible to participate in this study?

Patients, ages 18 to 40, who recently started taking one of the following four medications:

- |                            |                           |
|----------------------------|---------------------------|
| 1. Zyprexa (olanzapine)    | 3. Geodon (ziprasidone)   |
| 2. Risperdal (risperidone) | 4. Abilify (aripiprazole) |

#### What is involved in this study?

4 visits to UNC Hospital's General Clinical Research Center spread out over a period of approximately 5 months.

- Screening Visit.** At this visit we will verify your eligibility to be a participant. You will be interviewed about medical history, meet with the study dietician to discuss your eating habits, and complete screening labs.
- Baseline Visit.** This visit will last 1½ days. You will check in to the Research Center (main UNC hospital) around 9A.M. and stay until approximately 2 P.M. the next day. During this time you will be asked to eat meals and beverages provided by the research kitchen and you will complete several questionnaires. You will undergo testing to evaluate your resting metabolism and % body fat, and to measure the response of your appetite hormones to a meal. This will involve having your blood drawn at various time points over a period of 4 hours. You may elect to have a friend or family member stay with you during this visit.
- 2-month Visit.** You will repeat the same procedures described for the Baseline visit.
- 4-month Visit.** You will repeat the same procedures described for the Baseline visit.

#### How will I be compensated for my time?

You may receive up to \$650.00 for completing the study. If you begin but are unable to complete the study, you will receive partial payment. You will also receive free parking during study visits, if needed.

#### Who should I contact for more information?

Please contact Brenda Pearson, study coordinator, at (919) 843-8084 and mention the ADAPT study.

### DON'T FORGET OUR OTHER CURRENT STUDIES!!

OTS (Oxytocin Treatment of Schizophrenia)

MAPS (UNC/DUKE Research Study on Money Management for People with Psychiatric Disabilities and their Families)

### STUDIES ON THE HORIZON!!

TOPS (Mifepristone for MDD w/ Psychosis)

IMAGE (Differential effects of invega and risperidone on brain metabolism)

**A Moment of Gratitude...Healthcare Technicians**

You know, when I actually sit down and **really** think about why I love my job, and what I'm most thankful for, I think of my appreciation for the few male technicians that we have on our unit; not just anyone could make it here on this estrogen run unit and live to tell about it.

The guys here roll with the punches; always willing to go above and beyond the call of duty, even if it includes going to pick up lunch, breakfast, or whatever else we may need. Our guys are very kind and wonderful with our patients; they play pool, basketball, video games, take them on outings, etc. The majority of our patients tend to be male, and with the majority of staff being female, we feel lucky to be able to provide them with a male connection that would otherwise not exist. To be completely honest they are just wonderful to have around. They provide a calmness and balance on the unit; they are our gentle giants. I love all the guys here on our unit (and the girls too), we couldn't do it without them!!

-Diane Cortopassi, Healthcare Technician



**21st Annual Walk for Hope**

October 11, 2009  
Raleigh, NC

**1st Annual 10k Run for Hope**

For more information, visit:  
[www.walkforhope.com](http://www.walkforhope.com)



**NAMI NC Annual Conference**

October 16-17, 2009  
McKimmon Center,  
Raleigh NC

For more information, visit:  
[www.naminc.org](http://www.naminc.org)



**CRU CRU CRU CRU CRU CRU CRU CRU CRU CRU CRU CRU CRU CRU**

**Social Work...Helpful Tips**

I received this several years ago and have somehow continued to hold on to it. Hopefully some part of it resonates with each of you!

It applies to many, not just social workers! Cheers!

**Being a Social Worker Means**

- You will never be bored.
- You will sometimes be frustrated.
- You will be surrounded by challenges; so much to do and so little time.
- You will carry immense responsibility and very little authority.
- You will step into people's lives and you will make a difference.
- Some will thank you and some will shun you.
- You will see people at their worst and at their best.
- You will never cease to be amazed at people's capacity for love, courage, and endurance.
- You will see life begin and end.
- You will experience resounding triumphs and devastating failures.
- You will cry a lot.
- You will laugh a lot.
- You will know what it means to be human and humane.

-Author Unknown

Shannon Wallace, MSW, P-LCSW



## Clinical Research Unit

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Raleigh Campus**  
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3601 Mail Service Center  
Raleigh, NC 27699-3601

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**Fax:** 919-733-5869  
**E-mail:** shane\_rau@med.unc.edu

The Clinical Research Unit (CRU), located in the Edgerton Building of Central Regional Hospital's Raleigh Campus, serves as an inpatient and outpatient psychiatric research facility.

Established in 1975, the CRU is affiliated with the University of North Carolina at Chapel Hill, Department of Psychiatry. Research at CRU is carried out by a multidisciplinary team of professional staff and is supported by funding from the National Institutes of Health, foundations, the pharmaceutical industry, and private philanthropy.

Our mission is to provide the highest level of care while also advancing knowledge and understanding in order to improve the quality of life for each individual, family member, and loved one affected by mental illness.

For more information about the studies at the CRH- Raleigh Campus CRU, please contact Kelly Moore at 919-733-5227.

**We're on the Web!!  
Visit our site below!**

[www.psychiatry.unc.edu/  
psychoticdisorders/research/cru](http://www.psychiatry.unc.edu/psychoticdisorders/research/cru)

### September Birthdays

09/06 Eva Wilson  
09/15 Kelly Moore  
09/15 Elizabeth Southerland  
09/15 Frances Bryant  
09/17 Ramon Acosta  
09/18 Diane Cortopassi  
09/22 Kayvon Salimi

## Upcoming CRUISE Series Schedule

Month/Year	Presenter	Title
<b>October 2009</b>	Shane Rau, MD, PhD	Antipsychotics and Metabolic Syndrome
<b>November 2009</b>	Natalie Sadler, MD	TBA
<b>December 2009</b>	TBA	TBA

### CRU NEW ADDITION!!!

Please assist me in welcoming **Anneliese Lichtenstein** to our CRU family! Anneliese will be working as study coordinator, aiding Kelly Moore in our research department. Please make her feel welcomed!



**MENTAL HEALTH  
AWARENESS WEEK**  
October 4th-10th, 2009

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#### Physicians

**John Gilmore, M.D.,**  
Vice Chair of Research and Scientific Affairs, UNC-CH, Psychiatry  
**Shane W. Rau, M.D., Ph.D.**  
Clinical Director, Clinical Research Unit  
**Kayvon Salimi, M.D.**  
Associate Director, CRU

#### Study Coordinators

**Kelly Moore, MA,** Central Study Coordinator  
**Anneliese Lichtenstein,** Study Coordinator

#### Nursing Staff

**Kathy Jones, RN,** Nurse Manager  
**Joy Atkins, RN**   **Beverly Mills, RN**   **Judy Shelly, RN**  
**Diane McGill, RN**   **Kimberly Ragland, RN**   **Sylvester Washington, RN**  
**Carmela Di Maio, RN**   **Evelyn Wilson, LPN**

#### Social Work Services

**Shannon Wallace, MSW, P-LCSW**

#### Health Care Technicians

**Diane Cortopassi, HCT**   **Ramon Acosta, HCT II**   **Jameta Thomas, HCT**  
**Kanayo Okoye, HCT**   **Derrick Gee, HCT**   **Michael Barnes, HCT II**  
**Usha Shankar, HCT**   **Reggie Rogers, HCT**   **Greg English, HCT**  
**Frances Bryant, HCT**

#### Administrative Support

**Rachel Page, OA-III**

### SEND US YOUR STUFF!!:

We want to make this a collaborative effort!! Feel free to send us topics of interest, announcements of research endeavors, suggestions for projects, etc. We can tell each other good news this way, share ideas, share concerns, educate each other. EVERYONE has something to teach, tell, suggest. Please send me your bits of info to include!! Send me an e-mail (shane\_rau@med.unc.edu), catch me in the hallway, leave a message with the unit (919-733-5227), whatever is easiest for you!! THANKS FOR READING!