

# TMS TRENDS

FEBRUARY 2015

A publication of the TMS Institute of Pennsylvania – Advanced Neuropsychiatric Solutions

## MENTAL ILLNESS LINKED TO PERCEPTION OF POWER

<http://psychcentral.com/news/2015/01/01/mental-illness-linked-to-perception-of-power/79351.html>

According to new research from the University of California, Berkeley, there are higher concentrations of people with mental illness at both ends of the perceived power spectrum; in those who feel extremely powerful and in those who feel totally helpless. Researchers found that one's perceived social status, or lack thereof, has an impact in a wide range of mental illnesses. Specifically, a perception of having no power was linked to symptoms of anxiety and depression, while very high levels of pride were linked to bipolar disorder and narcissism.

The study included 612 young men and women and assessed such traits as "ruthless ambition", "discomfort with leadership", and "hubristic pride" to understand psychopathologies. The researchers looked at how study participants fit into the "dominance behavioral system", a construct in which humans and other mammals assess their place in the social hierarchy and respond accordingly to promote cooperation and avoid conflict. The study participants rated their social status, propensity toward manic, depressive or anxious symptoms, drive to achieve power, comfort with leadership and degree of pride, among other measures.

The participants were gauged for two distinct types of pride: "authentic pride", which is based on specific achievements and is related to positive social behaviors and health self-esteem; and "hubristic pride", which is defined as being overconfident and is correlated with aggression, hostility, and poor interpersonal skills. Overall, the findings illustrate a strong correlation between the highs and lows of perceived power and mood disorders.



## THE EFFECTS OF DEPRESSIVE THOUGHTS ON MEMORY

<http://medicalxpress.com/news/2015-01-quantifies-effect-depressive-thoughts-memory.html>

Individuals with depression have to cope with memory and concentration difficulties, which affect personal relationships and work performance. Although many report that these cognitive issues are some of the most problematic, previous studies have been unable to observe this phenomenon in a laboratory setting. In a study published in *Cognition and Emotion*, researchers at the Center for BrainHealth at the University of Texas at Dallas were the first to quantifiably demonstrate memory deficits in those with depressed mood.

In the study, individuals with depressed mood displayed as much as a 12% reduction in memory compared to individuals without depressed mood when depressive thoughts were present. However, they performed similarly to individuals without depressed mood when depressive thoughts were not present. Nicholas Hubbard, the study's lead author explains, "The results suggest that individuals with and without depressed mood generally have similar ability to actively remember information. However, when depressive thoughts are present, people with depressed mood are unable to remove their attention from this information, leading to deficits in their memory". The findings may have implications for the way cognitive deficits are diagnosed and treated in depression.

## UNITED HEALTHCARE/OPTUM COVERAGE POLICY

Effective February 1, 2015, access to repetitive transcranial magnetic stimulation (rTMS) will now be available to approximately 63 million United Healthcare subscribers in the United States. Members with United Healthcare living outside of the country may also have benefits for TMS.