The latest science, practice and public information updates from Idaho, NIMH, SAMHSA, and more.

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Mental Health ENews
A service of Idaho State University Institute of Rural Health

In the News

NIMH Website Launches Redesigned Statistics Section for Improved Accessibility and Organization

The National Institute of Mental Health (NIMH) has launched a newly redesigned statistics section of their website which allows for increased accessibility and organization of their mental health statistics. The new website features interactive data visualization tools which will allow users easier access to mental health statistics and can help to spread knowledge and awareness of mental health illness to the public.


NIH-Funded Scientists Discover Mechanism behind Crucial Learning Gene

NIH funded scientists have recently discovered a way in which our learning memory gene, Arc, has the ability to shuttle mRNA between cells through a virus-like mechanism. While Arc had been known to play a role in learning, the process of how it worked, until recently, was a mystery. Using this newfound information, scientists plan to further explore the Arc gene to understand why it behaves as it does.

Education and Events

2018 NIH Rare Disease Day

From 6:30 AM – 2:30 PM MT on Thursday, March 1, 2018 in Bethesda, Maryland, the NIH is sponsoring their 2018 Rare Disease Day by hosting presentations, posters, exhibits, an art show, and CC tours. To find out more about the NIH’s Rare Disease Day goals, occurring events, and how you can learn more about rare disease research, follow the link below:

https://ncats.nih.gov/rdd

April: National Minority Health Month

The Office of Minority Health (OMH) director has recently announced that the theme for April’s National Minority Health Month will be Partnering for Health Equity. As a part of this movement, the OMH will collaborate with partners, health advocates, and organizations to highlight the role of partnerships in improving the health of people nationwide.

https://content.govdelivery.com/accounts/USOPHSOMH/bulletins/1d5cf12

Clinical Trials

Memory Improvement through Nicotine Dosing (MIND) Study

A research project sponsored by the University of Southern California is conducting a clinical trial to determine if daily transdermal nicotine is able to produce a significant cognitive, clinical, and functional improvement in participants with MCI. Individuals may be eligible if they are between the ages of 55 and 90 years old, have concerns about memory problems, have the ability to fluently speak English, and more. For more information about the clinical trial, and inclusion and exclusion criteria, please follow the link below:

https://www.clinicaltrials.gov/ct2/show/NCT02720445?term=Behaviors+and+Mental+Disorders%5BCONDITION-BROWSE-BRANCH%5D&recrs=abc&map_contry=US&map_state=US%3AID&fund=01&rank=5

Science Update

Folic Acid and Multivitamins Before and During Pregnancy May Reduce Autism Risk
A new study funded in part by the NIH has found that women who take either folic acid or daily multivitamin supplements during or prior to pregnancy may be at a lower risk of having a child diagnosed with an autism spectrum disorder. Results showed that women who took a multivitamin, folic acid supplement, or a combination of both before pregnancy were 61% less likely to have a child with autism spectrum disorder compared to those who did not take the supplements. Additionally, women who took either or both supplements during their pregnancies were 73% less likely to have a child with an autism spectrum disorder compared with those who did not take the supplements. While scientists note that the study was not meant to prove causation nor does it show that taking these supplements prevents a child from developing an autism spectrum disorder, it is an interesting finding that may lead to future continued research on prenatal vitamin supplements and their effects.


Scientists Discover Molecular Structure of Antipsychotic Which May Lead to Better Mental Health Medication Treatment

Scientists funded by the National Institute of Health have discovered the molecular structure of a widely prescribed antipsychotic docked in its receptor, which may be a helpful tool in designing better treatments for mental health disorders by improvement of medical treatments. Scientists believe that this discovery can aid in the design process of new drugs that help to target specific mental health illness effects and lower negative side effects.


Useful Links

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Clinical Trial Participation

Information regarding clinical trials, how to participate in a study, and study records can be found using the link provided below.

https://clinicaltrials.gov/