

The Sleep and Suicide Connection: the role of hyperarousal

presented by

William "Vaughn" McCall, MD, MS

Dr. McCall has been the Case Distinguished University Chair of the Department of Psychiatry and Health Behavior at the Medical College of Georgia (MCG) at Augusta University since 2012. He also serves as Executive Vice Dean of MCG. He completed his medical degree and post-graduate psychiatric training at Duke University. He completed a Master's degree in Epidemiology from Wake Forest University. He is board certified in general psychiatry, geriatric psychiatry, and sleep medicine. His research interests include depression, electroconvulsive therapy, quality of life, insomnia, and suicide. He received 22 years of research support from the National Institute of Mental Health, and he has more than 500 published items, including 265 peer-reviewed journal articles, with a Google Scholar H-index of 63. His papers in the American Journal of Psychiatry were twice picked by the Editors as among 7 "most interesting and important papers" published in that journal for the years 2017 and 2019.

In 2021 he was ranked #43 in the world for scholarship on the topic of suicide (top 0.15 %), and among the top 14 psychiatrists in the world, and the top 5 psychiatrists in the USA over the prior 10 years. He is Editor of the Journal of ECT, Past Associate Editor for the Journal of Clinical Sleep Medicine, and presently on the Editorial Board of Sleep and the Journal of Clinical Sleep Medicine. He has been the Past President of the Association for Convulsive Therapy, and a prior Director of the Board of the American Academy of Sleep Medicine. He previously was the Chair of Psychiatry and Behavioral Medicine at Wake Forest University School of Medicine from 2001-2012.

1/25/24 8-9:15 AM

<https://hartfordhealthcare.zoom.us/j/98668147368>

Learning Objectives: *As a result of participating in this Live Internet Activity, participants should be able to:*

- *Discuss the relationship between insomnia, and the treatment of insomnia, with risk for suicide.*
- *Explain one or more possible mechanisms whereby insomnia is associated with suicide risk.*
- *Contrast two different assays that are available for assaying physiologic arousal via the autonomic nervous system.*

Accreditation & Credit Designation Statements: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

- **Physicians:** Hartford Healthcare designates this Live Activity for **1.25 AMA PRA Category 1 Credit(s)**[™]. Physicians should only claim credit commensurate with their participation.
- **Psychologists:** Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.
- **Nurses:** This activity is approved for **1.25 ANCC contact hour(s)**.
- **Social Workers:** As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25** other continuing education credits.
- **Other Learners:** All other learners will receive a Certificate of Participation for **1.25** hours of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for AMA PRA Category 1 Credit[™] from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

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- Planning Committee: None
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