

Poster Abstract: 04-25-01

Title: Facial Cosmetic Surgery Outcomes in Patients with Major Depression: Insights from National Inpatient Trends

Presenting Author: Peace Okpoko, MS-2, University of Oklahoma College of Medicine

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Additional Authors: Palak Dutta, M.D. (1), Rohit Ganduboina, M.B.B.S (2), Crae Pfannenstiel (3), Cankutay Muderrisoglu (1), Guilherme Barrerio, M.D. Ph.D.(4). (1)Kyiv Medical University, Kyiv, Ukraine, Department of General Surgery (2)NRI Institute of Medical Sciences, Visakhapatnam, Department of General Surgery (3)University of Oklahoma Health and Sciences Center, Oklahoma City, Oklahoma (4) University of Oklahoma, Oklahoma City, Oklahoma, Department of Plastic Surgery

Abstract:

Background: Major depression has been associated with significantly increased likelihood of postoperative complications, expected length of stay, and/or hospital readmission in females. This study aims to investigate the impact of major depression on facial cosmetic surgery outcomes using data from the National Inpatient Sample (NIS), assessing variables such as age, complications, length of stay, and hospital charges.

Methods: A retrospective cohort design was employed, analyzing inpatient data from 2016–2020. Patients with major depression undergoing facial cosmetic surgeries were compared to a control group without depression. Standard statistical tests were used to assess the outcomes.

Results: The study cohort included 352 patients who underwent facial cosmetic surgeries, comprising 321 control patients (91.2%) and 31 depression patients (8.8%). The median age differed significantly between the groups, with controls having a median age of 61.67 years compared to 53.42 years for depressed patients ($p < 0.001$). There was a higher prevalence of hypertension among depressed patients (29% vs 13.4%) ($p < 0.05$). No significant disparities were observed in the overall in-hospital outcomes following facial cosmetic surgeries.

Conclusion: In conclusion, our study demonstrates that facial cosmetic surgery outcomes are comparable between patients with and without major depression, suggesting these procedures are safe when depression is well-managed, and expectations are realistic. Prospective studies are needed to further explore the long-term impact of depression severity, patient satisfaction, and quality of life following cosmetic surgeries to better guide clinical decision-making and improve care.



Poster Abstract: 04-25-03

Title: Triaging factors of caregiver depression through Chi-square Automatic Interaction Detection (CHAID) analysis

Presenting Author: Zach Monahan, MS-3, Oklahoma State University College of Osteopathic Medicine

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Abstract:

Background: Over 1 in 4 caregivers in the US report having received a diagnosis of depression, compared to less than 10% of the general adult population. Previous research has demonstrated various demographic and caregiving variables associated with caregiver depression. This paper adds to the literature by determining which of these factors is associated with the greatest variance in caregiver depression rates.

Methods: We conducted a cross-sectional analysis of the 2022-2023 Behavioral Risk Factor Surveillance Survey using 23 demographic, comorbidity, or caregiving variables to determine which factors were associated with higher caregiver depression rates. We then conducted a Chi-square Automatic Interaction Detection (CHAID) analysis to determine the order of significance among these variables in predicting depression rates.

Results: The greatest differential in depression rates is based on the age of the caregiver (Dep: 35.3% of <55 versus 21.6% 55+; $p < .001$). Among both age groups, income was the second greatest factor in predicting caregiver depression (35.4% with <\$50,000 and 21.6% with greater than \$50,000; $p < .001$). For younger caregivers, educational attainment was a tertiary predictor. For older caregivers, marital status, employment status, and body mass index were tertiary predictors for depression.

Conclusion: Analysis of the factors associated with the greatest caregiver depression rates informs strategies to triage community funds and resources. Improving social and community programs and expanding financial aid stipends for family caregivers can target key stressors contributing to caregiver depression.



Poster Abstract: 04-25-04

Title: Cultural differences in disciplining: A case report of an immigrant Family adjusting to American culture

Presenting Author: Yashar Fard, MD, MPH, PGY-5, Oklahoma University Health Sciences Center

Faculty Member Coordinator: Humaira, Abid, MD, OUHSC School of Medicine, Department of Child and Adolescent Psychiatry

Additional Authors: Amna Chaudhary, MD, OUHSC; Rani Hansey, APRN, OUHealth, Eleanor Lastrapes, MD, OUHSC

Abstract:

Background: In an intact family, parents are responsible for a children's upbringing. Parents often have to use rewards and punishments in order to prevent unwanted behavior from their children. Acceptable rewards and punishments vary based on one's culture, defined as the values, beliefs, language, rituals, traditions, and other behaviors that are passed from one generation to another within any social group. Some cultures allow corporal punishment, i.e. punishment in which physical force is used to cause some sort of pain and discomfort, as a means of discipline.

Methods: Herein we present clinical case of an Iranian family who came to the clinic initially for anxiety.

Results: We will discuss corporal punishment seen in various areas of the world, its prevalence, and its consequences in adulthood.

Conclusion: These discussions are important in psychiatry because social boundaries of acceptable interactions can be abstruse in a diverse society and it is important as psychiatrists to distinguish the culturally unacceptable behavior from a psychopathological phenomenon.



Poster Abstract: 04-25-05

Title: Is What You See Really What You Get? Post-COVID Effects of Visual Social Media on Adolescent Body Image, Eating Disorders, and Wellbeing

Presenting Author: Brooks Koenig, MS-3, University of Oklahoma College of Medicine

Faculty Member Coordinator: Britta Ostermeyer MD, MBA, DFAPA, University of Oklahoma College of Medicine

Additional Authors: Madelyn Gregston B.S., University of Oklahoma College of Medicine; Robyn Cowperthwaite MD, University of Oklahoma College of Medicine; Eleanor Lastrapes, MD, University of Oklahoma College of Medicine

Abstract:

Introduction: Social media's influence on the lives of adolescents raises concerns about its impact on body image and the development of eating disorders. Social media platforms offer an environment where curated images, filters, and idealized body representations play a significant role. This review aims to describe the influence of social media on body image and eating disorders post-COVID-19 pandemic.

Methods: A review of articles published after the COVID-19 lockdown was performed by searching PubMed, Google Scholar, and other databases. The research question was formulated and specific criteria about population, intervention, and outcomes were defined. Subject headings and keywords were based on age group, visual social media platforms, eating behavior changes, and COVID-19. After screening 1,181 articles, 19 were selected. Participant age range, study location, social media platform, and findings were utilized.

Results: The impact of social media on body image, eating disorders, and body dysmorphia among young adults was the primary focus. Findings showed that exposure to social media can distort perceptions of beauty and lead to a higher risk of body dissatisfaction, affecting up to 93% of men and women. The COVID-19 pandemic worsened these issues, with a 15.3% surge in diagnostic incidence rates of disordered eating behaviors and depressive symptoms among adolescents that rose as the pandemic continued.

Conclusion: In a post-COVID-19 world, where digital engagement has increased, the impact of social media on body image perceptions may have intensified. Social media's influence on body image requires attention and measures to promote a healthier relationship with digital platforms.

Poster Abstract: 04-25-06

Title: Systematic Review of Behavioral Health Interventions for Injection Drug Use-Related Infective Endocarditis: Insights From an AI-Assisted Iterative Approach

Presenting Authors: Colton Hill, MS-4 and Emmanuel Li, MS-1, University of Oklahoma College of Medicine

Faculty Member Coordinator: Dr. Michael Brand, PhD, LCSW - Vice Chair of Social Work, Adult Mental Health & Child and Adolescent Mental Health at OU HEALTH; Professor at the OUHSC Department of Psychiatry and Behavioral Sciences

Additional Authors: Dr. Brandt Wiskur, PhD, LMSW, OUHSC; Kaitlyn Pixley, MS-3, OUHSC

Abstract:

Background: Injection drug use-related infective endocarditis (IDU-IE) presents complex and prolonged health challenges. While behavioral health interventions (BHI), psychosocial support, and integrated care models have been proposed as adjunct treatment modalities, comprehensive evidence on their long-term effectiveness remains limited. This systematic review synthesizes existing literature on BHI in IDU-IE and demonstrates how artificial intelligence (AI) can be leveraged to enhance the review of complex medical literature.

Methods: Articles addressing IDU-IE and BHI were identified using traditional search methods. AI-based methodology incorporating natural language processing (NLP) was applied iteratively across article batches. A multi-pass, iterative approach facilitated thematic categorization and consolidation of findings over successive passes. Human oversight ensured methodological rigor and focused on key outcomes.

Results: Studies suggest that integrated BHI can reduce mortality and hospital readmissions; however, the AI review identified inconsistencies in study designs. Short follow-up periods and insufficient cost analyses yield inconclusive evidence. While some results align with emerging integrated care models, quantifying cost savings and standardizing protocols remain challenging. Moreover, systemic barriers impede widespread BHI implementation, particularly fragmented care coordination across addiction medicine, infectious disease, and cardiology.

Conclusion: This literature review highlights significant evidence gaps concerning the benefits of BHI in IDU-IE management and demonstrates the utility of an AI-assisted, iterative review framework as a versatile model for synthesizing complex medical literature in rapidly evolving healthcare landscapes. Future research concerning BHI in IDU-IE should employ rigorous and standardized methodologies, including structured intervention schedules and comprehensive cost analyses, to establish best practices.



Poster Abstract: 04-25-09

Title: Prescribing Controlled Substances to Patients with Documented Substance Use Disorders: An Ongoing Patient Safety Issue

Presenting Authors: Elizabeth Pappas, MS-1 and Abigail Bellatti, MS-1, University of Oklahoma College of Medicine

Faculty Member Coordinator: Brandi Fink, PhD, University of Oklahoma College of Medicine, Department of Psychiatry and Behavioral Sciences

Abstract:

Prescription opioids and other controlled substances prescribed by physicians have declined in recent years due to increased prescription monitoring by boards of pharmacy. The goal of this monitoring is to reduce patient harm by different physicians prescribing different controlled substances to one patient, and to reduce over-prescribing. As a result, there have been decreases in prescription-related accidental overdoses and deaths. Concerns still remain, however, for the vulnerable substance use disorder patient population. The present study is a descriptive examination of the prescription records of 650 patients enrolled in an outpatient Level III Patient-Centered Medical Home Substance Use Disorder treatment program in the Southwest United States from years 2017 to 2021. Our results show that 252 of these patients (including 68 patients with active medications for opioid use disorder or alcohol use disorder prescriptions, such as buprenorphine, methadone or naltrexone), still received a prescription for a controlled substance, such as an opioid, benzodiazepine or stimulant, 4,047 times within the same health system during this examination period. Such prescriptions not only put these patients at risk for a recurrence of their substance use problem, but they also put these patients at risk of an accidental overdose death due to interactions between the prescribed medications and their medications for opioid use disorder or alcohol use disorder. Our descriptive study highlights the need for increased training for physicians about safer prescribing practices for individuals with substance use disorders.

Poster Abstract: 04-25-10

Title: Exploring Kratom: A Rising Drug of Abuse with Serious Health Implications

Presenting Author: Jared Gregston, MS-3 and Madelyn Gregston, MS-2, University of Oklahoma College of Medicine

Faculty Member Coordinator: Britta Ostermeyer MD, MBA, DFAPA, University of Oklahoma College of Medicine

Additional Authors: Sheri Clifton; Tiffany Bartel, DO and Britta Ostermeyer MD, MBA, DFAPA, University of Oklahoma College of Medicine

Abstract:

Introduction: Kratom, derived from the *Mitragyna speciosa* tree native to Southeast Asia, has gained significant attention in recent years due to its complex pharmacological effects and growing use as an herbal supplement. This review provides a comprehensive analysis on the current body of knowledge on kratom, focusing on its chemical properties, methods of use, known side effects, clinical presentations, and its broader impact on health.

Methods: A systematic review of publications in the last 10 years was conducted across Medline, Embase, and Pubmed using predefined keywords and inclusion/exclusion criteria. A total of 66 articles were included in the analysis.

Results: The reviewed papers suggest that kratom is used for analgesia, mood elevation, anxiety, and opioid withdrawal. Many side effects have also been reported, most commonly hallucinations, nausea/vomiting, hepatotoxicity, seizures, cardiotoxicity, coma, and death. Additionally, in case reports, kratom use has been associated with numerous adverse health outcomes requiring hospitalization.

Conclusion: Kratom is an emerging drug of abuse around the world, especially in the United States. Concerns about kratom's potential abuse and associated adverse effects highlight the need for clinicians to become increasingly familiar with the pharmacology and clinical features of the drug and consider it in their differential diagnoses in a diverse set of patient presentations.

Poster Abstract: 04-25-11

Title: Resilience and Wellbeing among correctional workers: A review of literature

Presenting Author: Wesley Tomlin, MS-2, University of Oklahoma College of Medicine

Faculty Member Coordinator: Andrew Olagunju, 1, 2, 3, 4, 5 and Britta Ostermeyer, 4

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3. Forensic Psychiatry Program, St. Joseph's Healthcare Hamilton, Hamilton, ON, Canada

Abstract:

Background: Correctional workers experience unique stressors that affect their personal and professional wellbeing. Resilience—the ability to adapt and thrive under adversity—has been identified as a key factor in mitigating occupational stress. However, few reviews have comprehensively examined its impact on correctional workers' wellbeing. This study summarizes existing literature on resilience and its effects on psychosocial health, burnout, work performance, and responses to adverse incidents. Additionally, it explores factors associated with resilience and strategies used to enhance it.

Methods: This systematic review followed the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Major databases, including PubMed/MEDLINE, Embase, PsycINFO, Web of Science, Scopus, and CINAHL, were searched for relevant studies. At least two independent reviewers conducted screening and data collection, resolving conflicts through discussion or senior author input. A quality appraisal was performed on included studies.

Results: The search yielded 679 reports, with 51 meeting the criteria for full-text review, and 24 undergoing data extraction. Most studies focused on North American correctional facilities. Key resilience-promoting factors included strong support systems, a sense of purpose, and optimism, while workplace adversity posed a risk. Resilience was linked to reduced burnout and depression symptoms and played a crucial role in promoting psychosocial well-being.

Conclusion: Resilience mediates correctional workers' wellbeing, highlighting its importance in mitigating occupational stress. Future research should use standardized resilience measures and expand to broader populations to enhance understanding and intervention strategies.



Poster Abstract: 04-25-12

Title: The Role of Social Media in Shaping Young Adults' Desire to Undergo Cosmetic Procedures in the Aftermath of COVID-19: A Systematic Review

Presenting Author: Hallum Ewbank, MS-3, University of Oklahoma College of Medicine

Faculty Member Coordinator: Robyn Cowperthwaite, MD, University of Oklahoma Health Sciences Center

Additional Authors: Brooks Koenig, B.S., University of Oklahoma College of Medicine; Michael Grunsted, B.S., University of Oklahoma College of Medicine; and Megan Abraham, B.A., University of Oklahoma College of Medicine

Abstract:

Introduction: In recent years the influence of social media on shaping body image and self-esteem has gained increased attention. Social media platforms such as TikTok, Instagram, and Snapchat have become expansive sources of aesthetic inspiration, where beauty standards are often amplified through curated images. For young adults whose sense of self is still developing, these online environments can significantly affect their perceptions of their own bodies, leading to desires for cosmetic alterations. The COVID-19 pandemic's forceful social isolation and shift toward virtual interactions has further intensified this dynamic. This review explores the intersection of social media, body image, and the desire to undergo cosmetic alterations in the aftermath of COVID-19.

Method: Review of literature published 5 years prior to the COVID-19 lockdown to present was performed by searching the MEDLINE database. The research question was formulated and specific criteria about population, intervention, and outcomes were defined. Subject headings and keywords were based on age group, social media platforms, cosmetic alterations, and COVID-19. After screening 839 articles, 77 articles were selected. Participant age range, study location, social media platform, and findings were utilized.

Results: The impact of social media on the elevated prevalence of cosmetic alteration in young adults was the primary focus. Findings illustrated that increased exposure to social media can lead to greater likelihood of seeking out cosmetic alteration with higher incidence of rhinoplasty, abdominoplasty, and breast augmentation among young adults. The COVID-19 pandemic worsened these issues, with a surge in incidence of cosmetic procedures that continues to rise.



Poster Abstract: 04-25-13

Title: Cannabis Use in Children & Adolescents: Risks you can't ignore!

Presenting Author: Amna Mohyud Din Chaudhary, MD, PGY4, Child & Adolescent Psychiatry Fellow, University of Oklahoma Health Sciences Center, Oklahoma City

Faculty Member Coordinator: Humaira, Abid, MD, University of Oklahoma Health Sciences Center

Additional Authors: Eleanor Lastrapes, MD; Robyn Cowperthwaite, MD; Rachel Zettl, MD; Lenore Arlee, LCSW (All authors are affiliated with Department of Psychiatry, University of Oklahoma Health Sciences Center, Oklahoma City, OK)

Abstract:

Background: Cannabis use in children and adolescents is steadily increasing. However, there is limited awareness of its significant effects on brain development, as well as its long-term cognitive, emotional, and behavioral consequences.

Objective: To educate about the potential dangers of cannabis and help dispel misconceptions about its safety in children and adolescents.

Through a comprehensive review of the literature, we found scarce evidence supporting that cannabis improves symptoms of depression, anxiety, ADHD, Tourette syndrome, PTSD, or psychosis. Using cannabis before the age of 18 may affect how the brain builds connections for functions like attention, memory, and learning. Children and adolescents with persistent cannabis dependence show a significant reduction in intelligence quotient (IQ), with overall IQ deficits that do not fully recover after one-year cessation of use. Even after adjusting for Major Depressive Disorder (MDD), early age of onset cannabis use was significantly associated with higher rates of suicidal ideation and suicide attempts. States legalizing recreational cannabis have had the largest increase in adolescent overdose deaths since 2019. Daily use and high-potency use are the strongest predictors of developing psychosis. Cannabis use in combination with antidepressants may increase drug concentration levels in the body, thereby increasing the risks of side effects. Additionally, combining cannabis with ADHD medications, including stimulants, can lead to auditory and visual hallucinations as well as life-threatening complications like tachycardia and hypertension. Cannabis use reduces the effectiveness of antipsychotics, resulting in treatment failure for patients with schizophrenia.

Poster Abstract: 04-25-14

Title: Regret Recognition: Harnessing Patient Narratives and AI to Enhance Opioid Treatment and Management

Presenting Author: Michael Ting, MS-3 and Mellisa Xie, MS-3, University of Oklahoma College of Medicine

Faculty Member Coordinator: Gabriel Cuka, MD, MBA, University of Oklahoma Department of Psychiatry and Behavioral Sciences and Brandt Wiskur, PhD, LMSW, University of Oklahoma Department of Psychiatry and Behavioral Sciences

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Abstract:

The ongoing opioid epidemic in the United States is a widespread public health crisis. In five years, between 2010-2015, heroin overdose deaths quadrupled. By 2015, deaths by opioid overdose accounted for 63% of all drug overdose deaths in the United States. In patients with addiction disorders, the interpersonal dynamics of the patient-provider relationship are essential to address their health concerns. Providers that were knowledgeable about their patient's addiction disorder while engaging them with feelings of deserving care and empathy resulted in stronger patient-provider relationships and overall better care. Utilizing comments from Reddit, drug user views on opioid use was sorted into three main themes to better understand the patient perspective: (1) the initial events leading to opioid use, (2) the role of relationships in starting and quitting drug addictions, and (3) the difficulty to quit drug use due to physical or mental dependence. Through incorporation of AI pattern-recognition analysis along with healthcare providers' evaluations, we identify these themes from patient stories to enhance providers' ability to connect and empathize with patients. These categorizations also provide greater precision in contexts behind patients with substance use disorders. Eventually, more specific action plans can be created and utilized through these themes to strengthen future patient-centered care.

Poster Abstract: 04-25-15

Title: Exploring Mental Health Struggles Among U.S. Forensic and Correctional Healthcare Staff: A Post-Pandemic Scoping Review

Presenting Author: Eric Yu, MS-2, Michael G. DeGroote School of Medicine

Faculty Member Coordinator: Christopher, Czapla, MD, Assistant Professor, University of Oklahoma Health Sciences

Additional Authors: Eric Yu (1), Michael Wang, Jayden Berdugo, Shahnawaz Towheed, Jaehyeong Yang, Insiya Moosavi, Sarah Lalji-Mawji, Professor Britta Ostermeyer (5), Dr. Christopher S. Czapla (5), Clinical Professor Andrew T. Olagunju (2,3,4,5)

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5. Department of Psychiatry and Behavioral Sciences, Oklahoma City, University of Oklahoma

Abstract:

Correctional and forensic healthcare workers provide an essential service to an underserved population, often sacrificing their mental health in the process (Burhanullah et al. Front Psychiatry 2022). While the global mental health burden has increased since the COVID-19 pandemic, this study is the first to synthesize existing literature on the mental health challenges faced by healthcare workers in U.S. forensic-correctional settings post-pandemic.

This review was conducted following PRISMA-S guidelines (Rethlefsen et al. Syst Rev 2021). A comprehensive search of major databases (MEDLINE, PsycINFO, Web of Science, CINAHL, and Embase) was conducted, supplemented by citation chaining. 10,001 articles were screened with 6 meeting inclusion criteria.

Synthesized findings revealed a significant mental health burden, further exacerbated by the COVID-19 pandemic. Forensic and correctional healthcare workers experienced high rates of clinical depression, anxiety, PTSD, and insomnia, along with considerable burnout and compassion fatigue. Workplace stress affected home lives. Risk factors included female sex, younger age, chronic medical conditions, increased workload and working hours, fears around exposure to COVID-19, and lack of PPE. Protective factors included a clear sense of purpose, clear managerial communication, improved organizational support, and trauma-informed training.

Reworking mandatory overtime, staffing, workload distribution, organizational support, mental distress interventions, providing adequate PPE and improving communication were identified as essential to mitigating these issues. Addressing these factors will not only support the well-being of healthcare workers but also optimize their ability to continue providing essential care to this vulnerable population.

Poster Abstract: 04-25-16

Title: Impacts of dietary supplementation on prisoner health: a systematic review

Presenting Author: Paige Harris, MS-2, McMaster University

Faculty Member Coordinator: Professor Britta Ostermeyer, University of Oklahoma

Additional Authors: Paige Harris 1,2,3, Lori Lai 1, Fikayomi Kumapayi 4, Yedishtra Naidoo1,2,3, Gary A. Chaimowitz1,2,3, Andrew T. Olagunju1,2,3,5,6.

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Abstract:

Introduction: Little is known about the role of such interventions in correctional settings. This review aims to describe current literature to inform evidence-based recommendations for nutritional interventions within such settings to improve outcomes for all individuals in incarceration.

Methods: This review was conducted in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Major databases were searched to identify eligible reports. Article screening and data extraction were completed by at least two independent investigators. Conflicts were resolved by discussion between investigators and by consulting a senior investigator. Study quality was assessed using the JBI Critical Appraisal Tool.

Results: 1286 articles were identified from major databases following removal of duplicates. 36 eligible reports underwent data extraction for inclusion in the final review. Trials involved supplementation of omega fatty acids (n=2), multivitamins (n=1), or both (n=2). Deficiencies in vitamins, magnesium, calcium, and folate were highlighted. Vitamin D insufficiency may be associated with longer prison stay, race (higher in black than white inmates), and higher security level. Both cross-sectional studies and trials showed a beneficial effect of omega fatty acids on aggressive and antisocial behavior. Several articles reported limited generalizability due to a lack of menu standardization, where assumptions used may obscure real nutritional issues across facilities.

Conclusion: This review supports the benefit of nutritional supplements for incarcerated persons. This presentation will highlight current evidence for nutrition-based interventions among populations in correctional settings, and make specific recommendations to support equitable and inclusive implementation of nutritional supplements.

Poster Abstract: 04-25-17

Title: Impacts of physical activity on prisoner health: the role of exercise for wellness and recovery

Presenting Author: Paige Harris, MS-2, McMaster University

Faculty Member Coordinator: Professor Britta Ostermeyer, University of Oklahoma

Additional Authors: Ms. Paige Harris 1, Ms. Sarah Lalji-Mawji 1, Ms. Kairavi Parikh 1, Dr. Christopher S. Czapla 5, Professor Britta Ostermeyer 5, Professor (Clinical) Andrew Toyin Olagunju 1,2,3,4,5.

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Abstract:

Introduction: Incarcerated individuals are disproportionately affected by chronic psychological disorders, which are often worsened by the conditions of the prison environment. Given the prevalence of mental health disorders within the incarcerated population and the uniqueness of the prison environment, research focusing on the benefits of exercise-based interventions for the correctional population is needed.

Methods: This systematic review was conducted in accordance with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guideline. Major electronic databases, including the Cochrane Trial Registry, MEDLINE/PubMed, PsychINFO, ScienceDirect, and Web of Science were searched. Screening, extraction, and synthesis were completed by at least two independent investigators. Conflicts at any stage were resolved through discussion amongst investigators and via consultation with a senior author. Risk of bias will be assessed using the Cochrane Risk of Bias Tool (RoB 2).

Results: Database searches identified 2306 articles for screening. Title and abstract screening yielded 91 articles for full-text screening. 37 articles were eligible for extraction. Articles involved various exercise-based interventions, including yoga, cardiovascular and resistance training, sport, and unspecified activity. Outcomes assessed included psychiatric symptoms, perceived health, activity level, concentration, memory, decision making, and self-esteem. Findings from trials and observational studies suggest that exercise may improve mental health and overall wellbeing for incarcerated persons.

Conclusion: Overall, the results of this study support the benefits of exercise for the wellbeing of the incarcerated population. Further trials involving diverse populations and other forms of exercise in correctional settings are required to improve the generalizability of findings.

Poster Abstract: 04-25-18

Title: Post-Surgical Psychosocial Outcomes in Breast Cancer Patients in an Underserved Nigerian Region

Presenting Author: Madelyn Gregston, MS-2, University of Oklahoma College of Medicine

Faculty Member Coordinator: Andrew T. Olagunju, MBBS, MSc, PhD, FWACP, FMCPsych, McMaster University

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Abstract:

Background: Breast cancer is the most commonly diagnosed cancer and a leading cause of cancer-related deaths among women globally. Cases continue to rise in Nigeria, where surgery remains a primary treatment. However, little is known about the psychosocial well-being of post-surgical breast cancer patients in Sub-Saharan Africa, where limited access to mental health support and rehabilitation services may exacerbate distress. This study investigates psychosocial well-being, coping mechanisms, and their determinants in this population.

Methods: A cross-sectional study was conducted among 72 post-surgical breast cancer patients in Northern Nigeria. Data on clinicodemographic factors, quality of life (WHOQOL-BREF), and psychological distress (GHQ-12) were collected through structured interviews and validated questionnaires.

Results: The mean (\pm SD) age was 45.94 (\pm 9.05) years. Psychological distress was prevalent in 36.1% of participants. GHQ-12 factor analysis showed mean (\pm SD) scores of 9.25 (\pm 3.93) for anxiety/depression, 14.17 (\pm 5.62) for social dysfunction, and 4.59 (\pm 1.97) for loss of confidence. About 15% reported poor quality of life (QoL), with social relationships (9.81 \pm 5.09) most affected. Poor QoL was associated with lack of pre-surgical psychological counseling, unemployment, low education, post-surgical complications, and psychological distress. After adjusting for confounders, lack of counseling, post-surgical complications, and distress remained key predictors.

Conclusion: Holistic, evidence-informed care is essential for post-surgical breast cancer patients. Greater resources, capacity building, and training for healthcare professionals in psychological support and survivorship care are needed. Future prospective studies should guide evidence-based psychosocial interventions tailored to resource-limited settings.

Poster Abstract: 04-25-19

Title: Coping Strategies in Breast Cancer Patients: Insights into Surgical Decision-Making and Emotional Wellbeing

Presenting Author: Madelyn Gregston, MS-2, University of Oklahoma College of Medicine

Faculty Member Coordinator: Andrew T. Olagunju, MBBS, MSc, PhD, FWACP, FMCPsych, McMaster University

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Abstract:

Background: Patients' attitude, perception, and coping styles significantly influence survivorship experiences following breast cancer surgery. This study is aimed to shed light on the coping styles and perception of patients with breast cancer post-surgery in an underserved population.

Methods: This cross-sectional study included 72 breast cancer patient's post-surgery in Norther Nigeria. Data were collected on clinicodemographic variables, patient perspectives, the World Health Organization Quality of Life (WHOQOL-BREF), the General Health Questionnaire (GHQ-12) and Coping Strategy Inventory (CSI-32).

Results: The mean age of participants was 45.94(\pm 9.05) years. Over 80% underwent mastectomy, with 93.1% reporting surgical complications and half reporting dissatisfaction with their scar. Notwithstanding, participants largely believed that the procedure was live-saving and most did not feel the need for a breast prosthesis. The CSI-32 scores highlighted expression of emotions, wishful thinking, and problem avoidance as common coping strategies. Factors associated with disengagement included dissatisfaction with clothing fit ($\beta=7.92$, $p\leq.001$), feelings of incompleteness ($\beta=-6.15$, $p=.004$), shorter length of time post-surgery ($\beta=5.47$, $p=.014$), and psychological distress ($\beta=9.89$, $p=.000$). Predictors of engagement included satisfaction with clothing fit ($\beta=4.84$, $p=.046$), limited impact on daily living ($\beta=-5.99$, $p=.040$), and improved quality of life ($\beta=.27$, $p=.020$).

Conclusion: Coping strategies are shaped by multiple factors among patients with breast cancer post-surgery, albeit adaptive coping involving engagement was associated with improved wellbeing. Interventions to bolster adaptive coping strategies are essential for psychosocial well-being.

Poster Abstract: 04-25-20

Title: The Impact of Adverse and Positive Childhood Experiences on Resource Needs for Underrepresented Premedical Students

Presenting Author: Monica Ahedor, MS-2, University of Oklahoma College of Medicine

Faculty Member Coordinator: Robyn Cowperthwaite, MD, University of Oklahoma

Additional Authors: Dr. Jemel Watkins, MD, Hampton University and Dr. Adjoa Ahedor, PhD, Hampton University

Abstract:

This review explores the influence of Adverse Childhood Experiences (ACEs) and Positive Childhood Experiences (PCEs) on the essential resources needed by underrepresented premedical students. Physician diversity has been shown to enhance patient outcomes and satisfaction. Consequently, extensive research has sought to understand why underrepresented minorities (URMs) apply to and matriculate into medical school at lower rates than their non-URM counterparts. Existing literature has identified several barriers, including limited financial aid, mentorship, clinical exposure, research opportunities, and academic support. In response, many universities have implemented targeted initiatives such as student organizations, research-focused courses, and subsidized MCAT preparation programs. However, despite these efforts, URM representation in medicine remains disproportionately low. Notably, little research has examined how URM students' backgrounds influence the types of resources they require, nor has there been significant analysis of how effectively these resources are delivered. This study aims to bridge that gap by investigating the role of ACEs and PCEs in shaping the challenges faced by URM premedical students and assessing the support structures they find most beneficial. To achieve this, a survey will be administered to URM premedical students at Hampton University, a HBCU in Virginia, to explore their challenges in navigating the path to medical school and identify additional resources they need. The results will then be analyzed to determine strategies for more effective support that can be shared with other institutions. Future research should include additional universities and non-URM students for comparison to uncover potentially overlooked or underestimated barriers.

Poster Abstract: 04-25-21

Title: Code Calm: Standardizing Behavioral Emergency Responses for Safer Psychiatric Care

Presenting Author: Zain Iftikhar, MD, PGY-2, Griffin Memorial Hospital Psychiatry Program

Faculty Member Coordinator: Clayton Morris MD, Oklahoma State University

Additional Authors: None

Abstract:

Background: Within inpatient psychiatric hospitals, behavioral emergencies pose risks to staff and patients. Unstandardized responses and approaches to these behavioral emergencies can lead to increased use of restraints and seclusions, indecision amongst staff, and patient trauma. Implementing a standardized Behavioral Emergency Response Protocol allows for a structured approach with trauma focus on handling crises while prioritizing de-escalation.

Methods: A decision tree was created using evidence-based de-escalation techniques, practices from various crisis intervention models and national guidelines such as the Joint Commission, NASMHPD and SAMSHA. The protocol classifies behavioral crises by severity level and subsequently provides step-by-step recommendations for verbal de-escalation, PRN medications utilization, team activation/recruitment and, if needed, restrictive interventions.

Implementation: The protocol was introduced via scenario-based simulations, staff training sessions and easy to read decision trees on psychiatric units for quick reference. Following implementation, a debriefing model was used to review responses from staff and improve future interventions.

Conclusion: Utilizing a standardized approach in responses to behavioral crises leads to more uniform action plans, decreases unnecessary use of restraints, and promotes patient-centered care. Further recommendations include data collection of incident outcomes, continuous training and refinement of the protocol based on feedback from staff members. Using a structured approach in response to behavioral emergencies enhances patients and staff safety, minimizes trauma in an already susceptible population and aligns with the best national mental health practices.

Keywords: Behavioral emergencies, inpatient psychiatry, crisis response, de-escalation, patient-centered care.

Poster Abstract: 04-25-22

Title: The Impact of Parenting Style on Self-Perception in Young Adults

Presenting Author: Rishika Garg, MS-1, University of Oklahoma College of Medicine

Faculty Member Coordinator: Lauren Ethridge, PhD, OU Brain and Biomarker Lab (Norman)

Additional Authors: Jordan Norris, PhD, University of Oklahoma; Jasmine Heidary, B.S., University of Oklahoma; Shreya Lingamallu, B.S., University of Oklahoma

Abstract:

Parenting styles have been shown to play a critical role in shaping self-perception in young adults. Our study examines the relationship between primary caregiver parenting styles and self-perception across 13 domains using survey and EEG measures. Participants ($N = 79$) were undergraduate students at the University of Oklahoma who completed validated self-report questionnaires assessing parenting style and self-perception. Results indicated a statistically significant relationship between parenting style and three domains of self-perception: Global Self-Worth, Athletic Competence, and Parent Relationships. Post-hoc analysis revealed that individuals with Authoritative parents reported higher self-perception in Parent Relationships compared to those with Permissive or Authoritarian parents. Similarly, students with Authoritative parents exhibited greater Athletic Competence than those with Authoritarian parents, though no significant differences were observed between other parenting styles. A similar pattern was found in Global Self-Worth, where Authoritative parenting was associated with higher scores than Authoritarian parenting. No significant relationships were found for the remaining ten self-perception domains.

These findings suggest that Authoritative parenting may foster stronger self-perception in key areas, whereas Authoritarian parenting may be associated with lower self-perception in these domains. Future research incorporating EEG measures includes further exploration of the neural basis of self-perception in relation to parenting styles.