

## Academic Publications

# **Monica Vermani, C. Psych.**

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## **PUBLISHED BOOKS**

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- Vermani, Monica. *The PCMAD (Primary Care Mood and Anxiety Diagnoser)*. LAP LAMBERT Academic Publishing, May 29, 2011.
- Vermani, Monica. *A Deeper Wellness – How to heal your past, deal with your present and take control of your future – Self Help Life Lessons*. In Publication Process. 2021.

## **PUBLISHED JOURNAL ARTICLES**

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- Carter J, Gerbarg PL, Brown RP, Ware RS, D’Ambrosio C, Anand L, Dirlea M, Vermani M, Katzman MA. Multi-component Yoga Breath Program for Vietnam veteran Post Traumatic Stress Disorder: randomized controlled trial. *J Trauma Stress Disorder Treat* 2013; 2(3): 1-10.
- Khamba B, Aucoin M, Lytle M, Vermani M, Maldonado A, Iorio C, Cameron C, Tsirgielis D, D’Ambrosio C, Anand L, Katzman M. Efficacy of acupuncture treatment of sexual dysfunction secondary to antidepressants. *J Altern Complement Med*. 2013 Jun 21.
- Katzman MA, Vermani M, Gerbarg PL, Brown RP, Iorio C, Davis M, Cameron C, Tsirgielis D. A multicomponent yoga-based, breath intervention program as adjunctive treatment in patients suffering from Generalized Anxiety Disorder (GAD) with or without comorbidities. *International Journal of Yoga* 2012; 5(1): 57-65.
- Khamba BK, Katzman MA, Aucoin M, Tsirgielis D, Copeland A, Vermani M, Cameron C, Szpindel I, Laidlaw B, Epstein I. Effectiveness of Vitamin D in the treatment of mood disorders: A literature review. *JOM* 2011; 26:125-133
- Marcus M, Westra HA, Katzman MA, Vermani M. Patient Predictors of Detection of Depression and Anxiety Disorders in Primary Care. *Journal of Participatory Medicine* 2011; 3(15).
- Szpindel I, McIntyre I, Copeland A, Tsirgielis D, Epstein I, Vermani M, Cameron C, Khamba B,

Gorsky K, Katzman MA. Usage Trends of ADHD medication by bipolar patients with attentional deficits 3rd International Congress of ADHD. *ADHD Attention Deficit and Hyperactivity Disorders Journal*. June 2011; 3 (2), p. 156.

- Kennedy CE, Moore PJ, Peterson R, Katzman MA, Vermani M, Chermak WD. What Makes People Anxious about Pain? How Personality and Perception Combine to Determine Pain Anxiety in Clinical and Non-Clinical Populations. *Anxiety, Stress & Coping: An International Journal* 2011; 24(2) 179 – 200.
- Vermani M, Marcus M, Katzman MA. Rates of Detection of the Mood and Anxiety Disorders in Primary Care. *Primary Care Companion for CNS Disorders* 2011;13:e1-e10.
- Moore PJ, Chung E, Peterson RA, Katzman MA, Vermani M. Information integration and emotion: How do anxiety sensitivity and expectancy combine to determine social anxiety? *Emotion and Cognition* 2009; 23(1): 42-68.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galarraga W, Struzik L, & Gendron A. Quetiapine as an adjunctive pharmacotherapy for the treatment of non-remitting generalized anxiety disorder: A flexible-dose, open-label pilot trial. *Journal of Anxiety Disorders* 2008; 22:1480-1486.
- Vermani M, Westermeyer J, Stone M, Katzman MA, Marcus M. The PCMAD (Primary Care Mood & Anxiety Diagnoser): Noteworthy Briefs From the Field. *PCMAD: A Self-Report Scale for Improved Detection of Mood and Anxiety Disorders*. May 2008 15:5, 26-27.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galarraga W, Struzik L. Quetiapine as an adjunctive pharmacotherapy for the treatment of non-remitting generalized anxiety disorder: a flexible-dose, open-label pilot trial. *Journal of Anxiety Disorders* 2008; 22:1480-6.
- Rosenthal J, Kong BY, Jacobs L, Vermani M, Katzman MA. Did a switch to a generic antidepressant cause relapse? *Journal of Family Practice* Feb 2008; 57:2.
- Katzman MA, Jacobs L, Marcus M, Vermani M, Logan AC. Weight gain and psychiatric treatment: Is there a role for green tea and conjugated linoleic acid? *Lipids in Health and Disease* 2007; 6:14
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galarraga W, Struzik L, Gendron A. A flexible dose, open-label trial evaluating the efficacy and safety of quetiapine (Seroquel (R)) as adjunctive pharmacotherapy for the treatment of generalized anxiety disorder. *Accepted for publication in Depression and Anxiety Conference Abstract*.
- Wilson RJ, Cortoni F, Vermani M (2007). *Circles of Support & Accountability: A national replication of outcome findings*. [Research Report R-185] Ottawa, ON: Correctional Service of

Canada.

- Katzman MA, Struzik L, Vivian LL, Vermani M, McBride J. Pharmacotherapy of post-traumatic stress disorder: a family practitioner's guide to management of the disease. *Expert Review of Neurotherapeutics* 2005; 5(1):129-139.
- Chung E, Moore PJ, Peterson RA, Katzman MA, Vermani M. Psychosocial determinants of pain anxiety in laboratory and field settings: The integration of disposition and expectancy. *Journal of Basic and Applied Social Psychology* 2005, 27:317-327.
- Vermani M, Milosevic I, Smith F, Katzman MA. Herbs for mental illness: effectiveness and interaction with conventional medicines. *Journal of Family Practice* Sep 2005;54(9):789-800.
- Struzik L, Vermani M, Duffin J, McBride JJ, Katzman MA. Anxiety Sensitivity as a Predictor of Panic Attacks. *Psychiatry Research* 2004;129(3): 273-278.
- Struzik L, Vermani M, Coonerty-Femiano, Katzman MA. A Review of Treatments for Generalized Anxiety Disorder. *Expert Review of Neurotherapeutics* 2004; 4(2):285-294.
- Katzman M. Cornacchi S. Coonerty-Femiano A. Hughes B. Vermani M. Struzik L. Ross BM. Methyl nicotinate-induced vasodilation in generalized social phobia. *Neuropsychopharmacology* 2003; 28:1846-51.
- Struzik L, Duffin J, Vermani M, Katzman MA. Effects of Tryptophan Depletion on Central and Peripheral Chemoreflexes in Man. *Journal of Respiratory Physiology & Neurobiology* 2002; 133(3); 183-195.

## RECENT SOCIAL MEDIA PUBLICATIONS

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- *What to Do When You Need Therapy* | 2021
- *Putting Your Problems On The Table* | 2021
- *EQ and You* | 2021
- *September Self-Care* | 2021
- *Nothing Personal* | 2021
- *Running on Empty* | 2021
- *Choosing Happy!* | 2021
- *Our Obstacles Our Teachers* | 2021
- *Corporate Wellness - Team Cohesion* | 2021
- *How to be Your Own Bestfriend* | 2021
- *No More Numbing!* | 2021
- *Almost Valuable Lesson in Chemistry* | 2021
- *Putting Your Past Where it Belongs* | 2021

- *You and Your Schemas* | 2021
- *Making Our Faith Bigger than Our Fear* | 2021
- *The Purpose of Suffering* | 2021
- *Mirror, Mirror* | 2021
- *The Power of No* | 2021
- *You... Unlimited* | 2021
- *The High Cost of Unwellness* | 2021
- *What lies beneath* | 2021
- *To Sleep* | 2021
- *The Power of Compassion* | 2021
- *What goes up must come down PART 2* | 2021
- *What goes up must come down PART 1* | 2021
- *The Ripple Effect* | 2021
- *Feeling, Healing and Growth* | 2021
- *Give From Your Overflow* | 2021

Topics published to: Anokhi VIBE Magazine, Dr. Monica Vermani's Podcast, Instagram, Facebook, LinkedIn and Medium.

## **MEDIA PUBLICATIONS**

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- Relationship Advice from Dr. Monica V. (Fall 2008). Anokhi VIBE Magazine. pp. 94-95. Monica Vermani, B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Summer 2008). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Spring 2008). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Winter 2008). Anokhi VIBE Magazine. pp. 118-120. Monica Vermani B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Fall 2007). Anokhi VIBE Magazine. pp. 94-95. Monica Vermani, B.Sc., M.A., Psy.D.
- Relationship Advice from Dr. Monica V. (Summer 2007). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A., Psy.D.
- Relationship Advice from Monica V. (Spring 2007). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.

- Relationship Advice from Monica V. (Winter 2007). Anokhi VIBE Magazine. pp. 118-120. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Fall 2006). Anokhi VIBE Magazine. pp. 118-120. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Summer 2006). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- Stigma in social anxiety disorder. *Social Phobia Support Group of Toronto Newsletter*, 6. Hassan, S., Son, G., Teskey, S., Jacobs, L., Vermani, M., & Katzman, M.A. (2006, Summer).
- Summertime SAD? Hassan, S., Vermani, M., & Katzman, M.A. (2006, Summer). *Moods*, 23-24.
- Relationship Advice from Monica V. (Spring 2006). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Winter 2006). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Fall 2005). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Summer 2005). Anokhi VIBE Magazine. pp. 94-95. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Spring 2005). Anokhi VIBE Magazine. pp. 94-95. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Winter 2005). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Fall 2004). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
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- Relationship Advice from Monica V. (Spring 2004). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Winter 2004). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.

- Relationship Advice from Monica V.(Fall 2003). Anokhi VIBE Magazine. pp. 183-195. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Summer 2003). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V. (Spring 2003). Anokhi VIBE Magazine. pp. 106-107. Monica Vermani B.Sc., M.A.
- Combating Anxiety (January 2003). Anokhi VIBE Magazine. Vol. 2, pp. 183-195. Monica Vermani B.Sc., M.A.
- Relationship Advice from Monica V.(Winter 2003). Anokhi VIBE Magazine. Vol. 4, pp. 183-195. Monica Vermani B.Sc., M.A.
- Meeting of the Minds: The interface between Naturopathy and Psychiatry. Monica Vermani B.Sc., M.A., Fraser Smith N.D., & Martin Katzman B.Sc., MD., FRCPC. Ontario Psychiatric Association (OPA) Dialogue. (June 2002), pp.16-19.

## **PREPARED MANUSCRIPTS IN SUBMISSION**

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- Vermani, Monica. *A Deeper Wellness – How to heal your past, deal with your present and take control of your future – Self Help Life Lessons*. In Publication Process. 2021.
- *Effects of mindfulness-based cognitive therapy on depression and role impairment in a heterogeneous psychiatric population*. Welch A, Kitchen K, Rose M, Hallett D, Vermani M, Davis M, Katzman MA.
- *Psychosocial determinants of pain anxiety in laboratory and field settings: The integration of disposition and expectancy*. Chung E, Moore PJ, Peterson RA, Katzman MA, Vermani M
- *Natives and Non-Natives Relative Risk of Parental Loss Due to Marital Breakdown; The Roles of Family background Characteristics and Parental Behaviour*. De Wit M, Sahota M, Vermani M.
- *Resource Availability in the Forensic Mental Health System in Ontario; A Context, Review and Analysis*. Nussbaum D, Schneider R, Vermani M.
- *A Comprehensive Approach to Violent Risk Assessment for the Forensic Program; Centre for Addictions and Mental Health*. Nussbaum D, Wright P, Vermani M.

## **PUBLICATIONS IN PREPARATION**

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- *The role of intolerance of uncertainty in social anxiety disorder.* Iorio C, Davis M, Cameron C, Vermani M, Tsirgielis D, D'Ambrosio C, Katzman MA.
- *The impact of mindfulness-based cognitive therapy on symptom state and community functioning in co-morbid mood and anxiety disorders.* Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA.
- *Use of alternative treatments in patients referred to a tertiary care anxiety disorder clinic.* Lytle M, Khamba B, Aucoin M, Tsirgielis D, Vermani M & Katzman MA.
- *Use of Acupuncture to treat SSRI/SNRI induced sexual dysfunction.* Lytle M, Khamba B, Aucoin M, Tsirgielis D, Vermani M & Katzman MA.
- *Breath-Body-Mind-Workshop as adjunctive treatment in patients suffering from Generalized Anxiety Disorder (GAD) with or without comorbidity.* Katzman MA, Vermani M, Gerbarg PL, Brown RP, Tsirgielis D, D'Ambrosio C.
- *Weight and thickness of the chart as a diagnostic tool for the mood and anxiety disorders.* Unger T, Furtado M, Vermani M, Aand L, Corbett BA, Katzman MA
- *Marital Discord and its Relation to Anxiety.* Anand L, D'Ambrosio C, Tsirgielis C, Cameron C, Szpindel I, Epstein I, Vermani M, Laidlaw R, Armata S, Mohamed M, Sternat T, Furtado M, Katzman MA..
- *Examining the Prevalence of Psychiatric Features within a Chronic Pain Population.* Iorio C, Tsirgielis D, Pawluk E, Vermani M, Katzman MA. .
- *Detecting Attention Deficit Hyperactive Disorder (ADHD) in Patients suffering with Major Depressive Disorder.* Sternat T1, Mohamed M, Anand L, D'Ambrosio C, Epstein I, Szpindel I, Cameron C, Vermani M, Katzman MA.

## **ABSTRACT & CONFERENCE PRESENTATIONS**

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- Anand L, D'Ambrosio C, Tsirgielis C, Cameron C, Szpindel I, Epstein I, Vermani M, Laidlaw R, Armata S, Mohamed M, Sternat T, Furtado M, Katzman MA. Marital Discord and its Relation to Anxiety. Canadian Psychiatric Association Conference Ottawa 2013.
- Sternat T, Mohamed M, Anand L, D'Ambrosio C, Epstein I, Szpindel I, Cameron C, Vermani M,

Katzman M. Detecting Attention Deficit Hyperactivity Disorder (ADHD): Examining Predictive Factors. 4th World Congress on ADHD. Milan, June 2013.

- Anand L, D'Ambrosio C, Tsirgielis D, Cameron C, Szpindel I, Epstein I, Vermani M, Laidlaw B, Khamba B, Armata S, Mohamed M, Iorio C, Sternat T, Katzman M. Presentation of anxiety correlates and their relationship to marital discord. Anxiety Disorders of America Association, Annual Conference. La Jolla, April 2013.
- Khamba B, Aucoin M, Lytle M, Vermani M, Maldonado A, Iorio C, Cameron C, Tsirgielis D, D'Ambrosio C, Katzman MA. Acupuncture: efficacy as a treatment option for sexual dysfunction secondary to antidepressants. Canadian Interdisciplinary Network for Complementary & Alternative Medicine Research Symposium, Toronto, November 2-4, 2012.
- Khamba B, Aucoin M, Tsirgielis D, Copeland A, Vermani M, Cameron C, Szpindel I, Laidlaw B, Epstein I, D'Ambrosio C. Effectiveness of vitamin D in the treatment of mood disorders: A review. Canadian Interdisciplinary Network for Complementary & Alternative Medicine Research Symposium, Toronto, November 2-4, 2012.
- D'Ambrosio C, Tsirgielis D, Vermani M, Epstein I, Cameron C, Khamba B, Szpindel I, Wood W, Ross B, Katzman M. Efficacy of escitalopram in a socially phobic population. Anxiety Disorders of America Association Conference, Arlington, April 13-15, 2012.
- Katzman MA, Epstein I, Vermani M, Szpindel I, Khamba B. Diagnosis and management of complicated and comorbid anxiety disorders. Canadian Psychiatric Association Conference, Vancouver, October 13-15, 2011.
- Szpindel I, McIntyre R, Copeland A, Tsirgielis D, Epstein I, Vermani M, Cameron C, Khamba B, Gorsky K, Katzman MA. Usage trends of ADHD medication by bipolar patients with attention deficits. 3rd International Congress on ADHD, Berlin, Germany. May 26-29, 2011.
- Katzman MA, Tsirgielis D, Copeland A, Mohamed M, Dirlea M, Vermani M, Cameron C, Khamba B, Szpindel I, Laidlaw B, Epstein I. Effects of intolerance to uncertainty, anxiety sensitivity and severity on marital dissatisfaction in patients who present with anxiety disorders. 20th World Congress for Sexual Health, Glasgow, UK. June 12-16, 2011.
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- Katzman M, Vermani M, Epstein I, Szpindel I, Cameron C. Management of the comorbidities existing with depression. Ontario Psychiatric Association. Toronto, April 14-15, 2011.



- Epstein I, Katzman MA, Vermani M, Szpindel I, Tsirgielis D, Copeland A. Management of complicated anxiety disorders. Anxiety Disorders Association of Canada Symposium. New Orleans, March 26, 2011.
- Vermani M, Epstein I, Katzman MA. Complicated anxiety disorders: Diagnosis and treatment Canadian Psychiatric Association. Toronto, September 23-26, 2010.
- Iorio C, Tsirgielis D, Pawluk E, Vermani M, Katzman MA. Examining the Prevalence of Psychiatric Features within a Chronic Pain Population. Canadian Psychiatric Association Conference. Toronto, September 23-26, 2010.
- Tsirgielis D, Dirlea M, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Correlations between perfectionism, coping and Intolerance of Uncertainty in the Development of Anxiety Disorders. Northern Ontario School of Medicine (NOSM). Research Day Sudbury, June 4-5, 2010.
- Dirlea M, Tsirgielis D, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Relationship between perfectionism coping strategies as seen through measures of anxiety sensitivity and intolerance of uncertainty. Northern Ontario School of Medicine (NOSM). Research Day Sudbury, June 4-5, 2010.
- Mohamed M, Tsirgielis D, Dirlea M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Adjustment in romantic relationships and potential correlation with anxiety sensitivity, and intolerance of uncertainty. Northern Ontario School of Medicine (NOSM). Research Day Sudbury, June 4-5, 2010.
- Iorio C, Tsirgielis D, Pawluk E, Vermani M, Katzman MA. The Prevalence of Psychiatric Features within a Chronic Pain Population. The Canadian Pain Society Conference May 2010.
- Dirlea M, Tsirgielis D, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. The development of anxiety disorders, perfectionism, coping and intolerance of uncertainty. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Vancouver, April 22-24, 2010.
- Tsirgielis D, Dirlea M, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Marital discord and its relationship with anxiety sensitivity anxiety severity and intolerance to uncertainty. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Vancouver, April 22-24, 2010.
- Mohamed M, Tsirgielis D, Dirlea M, Vermani M, Cameron C, Epstein I, Iorio C, Katzman MA. Perfectionism and its relationship between coping strategies, degree of anxiety sensitivity and the correlation to the degree of intolerance of uncertainty. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Vancouver, April 22-24, 2010.

- Dirlea M, Tsirgielis D, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Khamba B, Katzman M. The relationship between the degree of intolerance to uncertainty and subtypes of perfectionism and coping strategies. Anxiety Disorders Association of America (ADAA), Annual Conference. Baltimore, March 4-7, 2010.
- Tsirgielis D, Dirlea M, Mohamed M, Vermani M, Cameron C, Epstein I, Iorio C, Khamba, Katzman M. Perfectionism and its correlations between coping strategies, degree of anxiety sensitivity, and its relationship to the degree of intolerance to
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- Lytle M, Vermani M, Khamba Grewal Baljit, Maldonado A, Jacobs L, Iorio C, Pawluk E, Katzman MA. The Efficacy of Adjunct Acupuncture Treatment in Secondary Sexual Dysfunction: A Pilot Study. Canadian Psychiatric Association. St. Johns, Newfoundland August 27-29, 2009.
- Vermani M, Westermeyer J, Stone M, Marcus M, Fikre Merid M, Pawluk E, Iorio C & Katzman MA. Rates of Detection of The Mood and Anxiety Disorders in Primary Care. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, 12-15 March 2009.
- Lytle M, Vermani M, Jacobs L, Iorio C, Maldonado A, Cameron C & Katzman MA. Efficacy of Adjunct Acupuncture Treatment in Secondary Sexual Dysfunctioning. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, 12-15 March 2009.
- Katzman M, Vermani M, Gerbarg P, Brown RP, Iorio C, Jacobs L, Davis M, Cameron C. Art of Living Course (SKY) as Adjunctive Treatment in GAD. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, March 12-15, 2009.
- Brown RP, Gerbarg PL, Vermani M, Katzman MA. Clinical trial of Breathing, Movement, and meditation Practices for relief of Symptoms of Post-Traumatic Stress Disorder, Depression, and Anxiety Related to September 11th New York City World trade Center Attacks. Anxiety Disorders of America Association (ADAA), Annual Conference. Albuquerque, March 12-15, 2009.
- Lytle M, Vermani M, Maldonado A, Jacobs L, Iorio C, Cameron C & Katzman MA. Efficacy Of Acupuncture Treatment in Secondary Sexual Dysfunctioning. Integrative, Complementary and Alternative Medicine (ICAM) and Mental Health Conference. Toronto, May 23-25, 2008.
- Vermani M, Westermeyer J, Stone M, Katzman MA, Marcus M The PCMAD (Primary Care Mood & Anxiety Diagnoser): The Development of a Diagnostic Tool to Detect Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, Bipolar Disorder and Depression. Anxiety Disorders Association of America (ADAA), Annual Conference. Savannah, Georgia,

March 6-9, 2008.

- Marcus, M., Westra, H., Vermani, M., & Katzman, MA. Predictors of Detection and Disclosure of Depression and Anxiety Disorders in Primary Care. Annual Meeting of the Association for Behavioral and Cognitive Therapists (ABCT), Nov. 2007.
- Vermani M, Westermeyer J, Stone M, Katzman MA, Marcus M The PCMAD (Primary Care Mood & Anxiety Diagnoser): The Development of a Diagnostic Tool to Detect/Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, Bipolar Disorder and Depression. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Jacobs L, Hassan S, Vermani M, Iorio, C, Cameron, Katzman MA. Does Behavioural Inhibition predict the intensity in the intolerance of uncertainty in a population suffering with anxiety disorders. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Iorio, C, Hassan S, Jacobs L, Vermani M, Cameron, Katzman MA. Intolerance of uncertainty in social anxiety disorder. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Iorio, C, Hassan S, Jacobs L, Vermani M, Cameron, Katzman MA. Behavioural Inhibition as a predictor of anxiety sensitivity and poor coping. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Marcus M, Westra H, Vermani M, Katzman MA. Predictors of detection and disclosure of depression and anxiety disorders in primary care. Anxiety Disorders Association of Canada (ADAC), Annual Conference. Montreal, April 2007.
- Vermani M, Westermeyer J, Stone M, Marcus M, Katzman MA. The PCMAD (Primary Care Mood & Anxiety Diagnoser): The Development of a Diagnostic Tool to Detect Social Anxiety Disorder, Generalized Anxiety Disorder, Panic Disorder, Bipolar Disorder and Depression. Collegium Internationale Neuro- Psychopharmacologicum (CINP). Chicago, July 9-13, 2006.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galaraga W, Struzik L, Gendron A. An open-label trial evaluating quetiapine (Seroquel (R)) as adjunctive pharmacotherapy for the treatment of generalized anxiety disorder. Collegium Internationale Neuro-Psychopharmacologicum (CINP). Chicago, July 9- 13, 2006.
- Kong BY, Marcus M, Jacobs L, Son G, Vermani M, Katzman MA. Coping Strategies Within Major Depressive Disorder. American Psychiatric Association (APA), Annual Conference. Toronto, May 2006.
- Kong BY, Marcus M, Jacobs L, Son G, Vermani M, Katzman MA. Intolerance of Uncertainty

and Emotional-Oriented Coping. American Psychiatric Association (APA), Annual Conference. Toronto, May 2006.

- Kong BY, Marcus M, Jacobs L, Son G, Vermani M, Katzman MA. Correlation Between Intolerance of Uncertainty and Perfectionism. American Psychiatric Association (APA), Annual Conference. Toronto, May 2006.
- Katzman MA, Vermani M, Jacobs L, Marcus M, Kong B, Lessard S, Galaraga W, Struzik L, Gendron A. An open-label trial evaluating quetiapine (Seroquel (R)) as adjunctive pharmacotherapy for the treatment of generalized anxiety disorder. American Psychiatric Association (APA), Annual Conference. Toronto, May 2006.
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- Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA. The impact of mindfulness-based cognitive therapy on symptom states and impairment in com-morbid mood and anxiety disorders. Harvey Stancer Research Day, University of Toronto, Department of Psychiatry. June 2003.
- Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA. Mindfulness-based cognitive therapy and life-role functioning. American Psychiatric Association (APA), Annual Conference. San Francisco, May 2003.
- Welch A, Kitchen K, Rose M, Milosevic I, Vermani M, Struzik L, Katzman MA. Mindfulness-based cognitive therapy and life-role functioning in co-morbid mood, anxiety and substance-related disorders: A pilot study. Anxiety Disorders Association of America (ADAA), Annual Conference. Toronto, March 2003.
- Katzman MA, Vermani M, Moore PJ, Peterson RA. How Anxiety Sensitivity and Event Expectancy combine to determine social anxiety among mental health clinic patients. Anxiety Disorders Association of America (ADAA), Annual Conference. Toronto, March 2003.
- Struzik L, Duffin J, Vermani M, Katzman MA Effects of Serotonergic Modulation on Respiratory Control in Man. Experimental Biology. New Orleans, April 2002.
- Struzik L, Duffin J, Vermani M, Hegadoren K, Katzman MA. Effects of Deficient Serotonergic Modulation on Chemoreflex Control of Breathing in Man. Anxiety Disorders Association of America (ADAA), Annual Conference. Austin, March 2002.
- Katzman MA, Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired

Methylnicotinate-induced vasodilation in patients with social phobia correlates with symptom severity. Harvey Stancer Research Day, University of Toronto, Department of Psychiatry. June 2001.

- Katzman MA, Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired Methylnicotinate-induced vasodilation in patients with social phobia correlates with symptom severity. American Psychiatric Association (APA), Annual Conference. New Orleans, May 2001.
- Katzman MA, Vermani M, Hughes B, Coonerty-Femiano A, Turenne S, Ross BM. Impaired Methylnicotinate-induced vasodilation in patients with social phobia correlates with symptom severity. Anxiety Disorders Association of America (ADAA), Annual Conference. Atlanta, March 2001.

## **CLINICAL RESEARCH STUDIES UNDERWAY**

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- *Effects of treatment on brain metabolism.*
- *Efficacy of Acupuncture in the treatment of sexual dysfunction.*
- *A study of St. John's Wort in the treatment of social anxiety disorder.*
- *A diagnostic assessment of patients presenting to a tertiary care cardiac center with Supraventricular Tachycardia.*
- *Testing a Cognitive Model of control anxiety.*
- *Mindfulness-Based Cognitive Therapy and life role functioning in co-morbid anxiety disorders: A Pilot Study.*

## **CLINICAL RESEARCH STUDIES & WORKSHOPS**

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### **Stress Reduction Breath~Body~Mind Workshops | 2006**

#### **Serving Those Who Serve (non-profit)**

- World Trade Center 9/11 Community and First Responders
- Breath~Body~Mind workshops – teaching psychiatrists, other physicians, hospital staff, yoga teachers, military veterans, psychiatric patients, cancer patients, brain and spinal cord injury patients and others.

### **Breath~Body~Mind Practices Workshops | 2005**

- Professional conferences, service projects, mass disasters, professional caregiver stress, and

workshops

- START Clinic funding – The Effectiveness of the Art of Living Course as an Adjunctive Treatment in Patients Suffering from GAD with or without Comorbidities.

### **Research Study** | Nov. 2009

- The goal was to study the effect of a multi-component yoga program on measures of anxiety in 30 individuals, including First Responders affected by the WTC attacks, who had ongoing symptoms of anxiety, depression and PTSD. Richard P. Brown, Patricia L. Gerbarg, Monica Vermani, Martin A. Katzman
- **Role:** Co-investigator

### **Research Study** | March 2009

- The goal was to study a program of breathing, movement and meditation practices as an intervention for individuals suffering with generalized anxiety disorder with comorbidity. An open pilot trial of breathing and meditation practices with 6-week follow-up was performed in 40 subjects. Martin A. Katzman, BSc., MD, F.R.C.P.(C), Monica Vermani, Psy.D., C. Psych., Richard P. Brown, MD, Patricia L. Gerbarg, MD
- **Role:** Co-investigator
- START Clinic funding – Study 2: Pilot Study of Breathing, Movement, and Meditation Intervention for PTSD, Depression, and Anxiety Related to September 11th New York City World Trade Centre Attacks.

### **Research Study** | October 2008

- The goal was to study the effect of a multi-component yoga program on measures of anxiety in 30 individuals, including First Responders affected by the WTC attacks, who had ongoing symptoms of anxiety, depression and PTSD. Richard P. Brown, Patricia L. Gerbarg, Monica Vermani, Martin A. Katzman
- **Role:** Co-investigator
- START Clinic funding – Pilot Study: Trial of Meditation and Breathing Practices for Relief of Symptoms of Generalized Anxiety Disorder with Comorbidity.

### **Pilot Research Study** | Feb. 2007

- The goal was to do a pilot study of the effect of a multi-component yoga program on measures of anxiety in 40 patients with treatment resistant generalized anxiety disorder and other comorbidities. Martin A. Katzman, BSc., MD, F.R.C.P.(C), Monica Vermani, Psy.D., C. Psych., Richard P. Brown, MD, Patricia L. Gerbarg, MD,
- **Role:** Co-investigator
- START Clinic funding – Study 1: Pilot Study of Breathing, Movement, and Meditation Intervention for PTSD, Depression, and Anxiety Related to September 11th New York City World Trade Centre Attacks.

## INVITED PRESENTATIONS

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- *Abuse: Physical, Emotional, Sexual, Financial & Social; An Overview and Exploration of Available Treatments.* George Brown College, March 1998.
- *An Overview of the Phenomenology, Epidemiology and Management of Anxiety Disorders.* Centennial College, November 2000.
- *The Spectrum of Mood & Anxiety Disorders.* Centennial College, November 2001.

## EDUCATIONAL/PROFESSIONAL DEVELOPMENT

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- Research Ethics Course, Franco J. Vaccarino, June 2001– Centre for Addiction & Mental Health.
- Advances in the Assessment & Treatment of Chronic Pain, Dennis C. Turk Ph.D., April 2000 at the Clinician's Institute for Training & Education.
- Psychometric training workshop for: WAIS III, SASSI, Dot Counting Test (malingering) at Centre for Addiction & Mental Health – Queen Street Site (1998)
- Attended Informative Seminars at Centre for Addiction & Mental Health – Queen Street Site (1998) on:
  - Fitness to stand trial.
  - Criminal responsibility.
  - Assessing sexual offenders.
  - Assessing dangerousness.
- Workshops at the Centre for Addiction & Mental Health – Queen Street Site (1998)
  - Personality Assessment I (focused on MMPI-2 and MMPI-A).
  - Personality Assessment II (focused on Axis II, SCID, TCI, PAI).
  - Intellectual Assessment (focused on NART-R, SILS, Ravens, WAIS III), &
  - Neuropsychological Assessment (focused on Memory, WMS III, MASI, Frontal Lobes, Visual Motor).