

Cognitive Health

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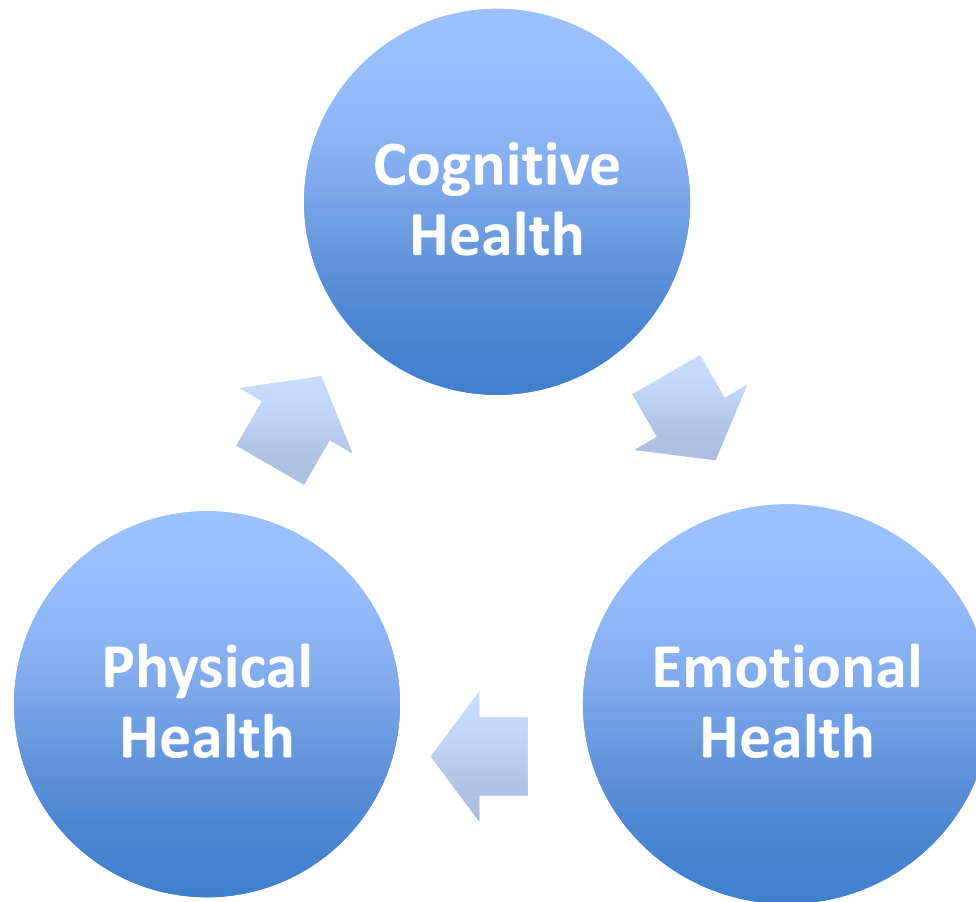
What is Cognitive Health?

Across ethnic and racial groups people describe cognitive health as :

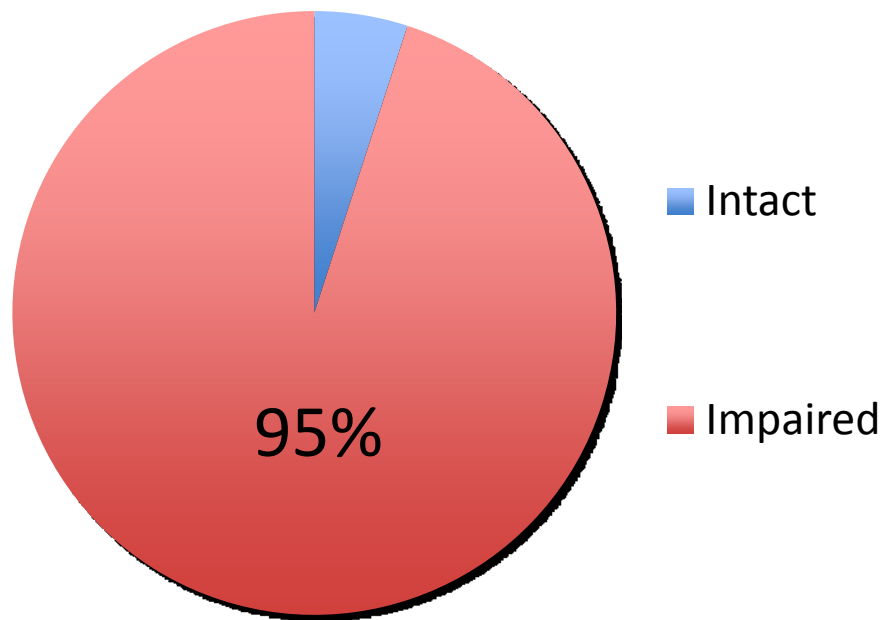
- staying sharp
- being right in the mind
- having a positive mental outlook
- being alert
- having a good memory
- being socially involved



Good Functioning Requires



Cognitive Impairment in Depression



After 8 weeks of antidepressant treatment, cognition remains impaired relative to healthy controls, even after symptoms of depression improve.

Shilyansky et al, Lancet Psychiatry 2016



What were you doing in the last 8 weeks?



Imagine having impaired attention and memory



What Does Cognitive Impairment Look Like?



Functional Disability in Mood Disorders

Underperformance is common in these areas:

- Academics
- Occupational achievement
- Interpersonal relationships
- Independent living
- Community participation
- Medication management



Dispelling a Myth

Diagnostic symptoms account for surprisingly little variance in everyday functional behaviors and contribute poorly to the prediction of the breadth and persistence of functional impairment experienced by individuals with mood disorders.

**COGNITION PREDICTS WORK & SOCIAL
FUNCTIONING**

Cognition can be Improved

Excitement to study and provide treatments for cognition



Tools to Address Cognitive Health

- Cognition is embedded in the vocabulary of recovery
- Medications and behavioral treatments address cognitive symptoms
- Thinking well is valued, assessed and addressed by all stakeholders

