



ACNP Quarterly

American College of Neuropsychopharmacology

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ACNP Committee on the Use of Animals in Neuropsychopharmacology Animal Rights, Generation X, and the Next Generation

Israel Hanin, Chair

In the last decade America has experienced changing attitudes about lifestyles, political ideology, and a shift in the level of trust towards some previously venerated professions, including science.

A recent editorial in *Science* (Vol. 269, p. 1495; September 15, 1995) referred to a 1995 Louis Harris and Associates survey commissioned by ResearchAmerica of public attitudes toward medical research in the United States. The results obtained were extremely positive toward medical research. Out of 1,004 adults surveyed, 94% believed that the United States must maintain its role as a world leader in medical research, and 65% opposed cuts in federal support for universities and hospitals.

While the majority of adults are supportive of science, today's youth are increasingly becoming more supportive of the animal rights movement, which threatens to decrease their interest in, and support of, science.

Admittedly, 75% of those under the age of 30 opposed cuts in medical research. However, if animal rights groups succeed in their most recent initiative, which targets grammar and high school students as well as their teachers, medical research may not garner such a decisive edge in the near



Israel Hanin

future. These groups are the subject of an intensive and highly organized campaign against any and all kinds of animal research. In fact, results of a 1991 Gallup Youth Survey indicated that 41% of American teenagers were "very much" in support of animal rights, while another 26% "somewhat" supported animal research.

Today's animal rights groups are sophisticated, efficient, and well organized. For instance, if a member of the general public telephones one of these groups, their automated phone system offers a variety of options from which to select, including the option to request

information for the purpose of writing a paper or making a presentation at school. Their growing membership provides them with a large budget which is used for disseminating effective, albeit misinforming, information.

What is being communicated by animal rights groups to Generation X and today's youth?

Literature from People for the Ethical Treatment of Animals (PETA) suggests how individuals can participate in the movement by throwing out fur or leather clothing from their wardrobes, and choosing not to frequent zoos, circuses, or other forms of recreation or

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ACNP/Glaxo-Wellcome Fellowship

William Potter
Donald Robinson
Richard Shader

The ACNP is pleased to inform its members of the ACNP/Glaxo-Wellcome Fellowship in Clinical Neuropharmacology to be awarded on or after July 1, 1996. This fellowship is intended to provide an intellectual environment for a clinical specialist to acquire formal instruction, knowledge, and skills to pursue a career in clinical neuropsychopharmacology. Mr. Harry Bowen initially obtained support for the concept of such a fellowship in 1993 from what was then simply 'Glaxo,' with encouragement from the ACNP Council and letters from Floyd Bloom, Joseph Coyle, Frederick Goodwin, William Potter, Alan Schatzberg, and Richard Shader. At the end of November 1995, Council and what had become the Glaxo-Wellcome Company agreed on the broad outlines of the fellowship. The ACNP was asked to develop criteria for identifying appropriate candidates, mentors, and fellowship sites. To this end, William Potter, Oakley Ray, Donald Robinson, and Richard Shader met by conference call and at the Annual Meeting as a Task Force. In order to implement the program with the least possible delay, we agreed on certain initial criteria and

guidelines as described below.

As background, we would like to emphasize that the stated goal of the ACNP/Glaxo-Wellcome Fellowship in Clinical Neuropharmacology is to select individuals for training in certain areas. Specifically, training will be targeted to include an in-depth knowledge of pharmacologic mechanisms and principles of pharmacokinetic and pharmacodynamic modeling as well as a working knowledge of the principles of biostatistics, clinical trial methodology, pharmacoepidemiology, drug interactions, and the ethics of clinical research. This should result in



William Potter

physician scientists who can move between molecular mechanism-based research and clinical studies to assess therapeutic potential.

Based on these goals, criteria are specified first for selecting potential fellows and second for selecting sites and mentors:

A. Criteria to be used in selecting Fellows:

1. Physician who is Board-eligible in a primary medical specialty and eligible for licensure at the proposed training site;
2. Outstanding academic performance as related in program director's assessment, honors/awards, grades, etc.;
3. Teaching and presentation skills;
4. Research/publications;
5. Three letters of reference; and, critically,
6. Statement of intent to pursue a career in clinical or applied neuropsychopharmacology, identifying a mentor and fellowship site, and explaining the basis for that selection. This is to be accompanied by a letter of support from the proposed mentor (see below).

B. Criteria for Institutions and Mentors:

1. Administration,
 - a. In order to meet the special requirements of this clinical neuropsychopharmacology fellowship, sponsoring institutions must be, or have a meaningful affiliation with, a Liaison Committee on Medical Education accredited medical school, unless such an institution can demonstrate an

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Suggestions or Comments

If you have any comments or suggestions about this newsletter, please send them to the secretary of

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ACNP/Glaxo Fellowship

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equivalent research environment and commitment to education and training. Any university-owned or operated hospitals lacking sufficient diversity in



Donald Robinson

faculty, facilities, and resources in the inpatient and/or ambulatory setting should have meaningful affiliations with suitable institutions.

- b. To qualify as a sponsoring institution, the institution must be able to promote meaningful interaction of clinical neuropsychopharmacology fellows with residents and fellows from relevant accredited general residency programs (e.g., internal medicine, neurology, psychiatry, etc.). The institution or its affiliate should serve as the sponsor of these programs, and each must have a sufficient number of residents.
- c. Adequate financial support must

be evidenced by appropriate compensation for faculty and fellows, suitable facilities for educational programs, support services, and opportunities for research.

- d. There must be no reliance on fellows for clinical service.
 - e. The administrative structure must be such that the clinical neuropsychopharmacology components of the educational programs are an integral part of the institution's Department of Pharmacology, Medicine, Neurology, or Psychiatry. The mentor for this training program must have the authority to organize, implement, and provide leadership for the activities of the trainee. The institution must have demonstrated a commitment to clinical neuropsychopharmacology as evidenced by divisional, departmental, center, or sectional status for the group responsible for the trainee's program. The institution must have one or more members of the ACNP on its faculty, at least one of whom will be involved in the supervision of the trainee's program and will provide a written performance evaluation of the trainee to the ACNP.
1. Major changes in leadership, governance, institutional support, and goals that affect the educational programs must be communicated promptly to the ACNP if they will materially affect the trainee's experience during the year approved for funding.
 2. Participating Institutions. When the resources of the two or more institutions are utilized in the program, letters of affiliation must be approved by the institutional

governing boards. Affiliated institutions should not be so distant as to make it difficult for fellows to attend their continuity clinics, clinical rounds, or required classes and conferences.

3. Mentor and Involved Faculty. The mentor and other teaching faculty in this program must be selected for their professional ability and commitment to teaching, medical education, research training, patient care, and the scientific and humanistic bases of clinical neuropsychopharmacology. As noted above, at least one member of the program faculty responsible for the supervision of the trainee's year-long



Richard Shacter

experience must be an ACNP member. All faculty members must also actively participate in one or more national clinical neuropsychopharmacology, clinical pharmacology, or pharmacology societies.

We are sure that a large number of members of The College are affiliated

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entertainment that "exploit" animals.

Much of the literature and posters uses shock value to achieve emotional responses. "No skin off your back" depicts a skeletal animal which has been skinned—presumably for a fur or leather coat. Another poster, illustrated with a large bear riding a bicycle, proclaims: "Smile ... or they could shock you with an electric prod. Circuses— you choose. . . they can't," while yet another poster depicting a circus horse rearing up on its hind legs states: "Dance ... or they may smash your legs with an iron bar."

Current medical treatment for menopause is also labeled by PETA as a prescription for cruelty in a poster which reports a "drug nightmare that every woman needs to know," i.e., that a commonly used medication, premarin, is "made of horse urine."

Another PETA appeal suggests that by becoming a vegetarian one can save hundreds of animals simply by eliminating meat, eggs, and dairy products from one's diet.

Furthermore, one pamphlet describes the kind of feed that commercially raised animals are given as filled with "cement, dust, shredded newspaper, and recycled animal wastes— heavily laced with antibiotics, pesticides, and hormones" that are then passed on to those who eat the animal.

These tactics use a slick form of advertising, which is really disguised propaganda coupled with emotional appeals that are targeted to the younger generation.

It is no surprise, therefore, to read in a recent Chicago Tribune article (August 7, 1995, by Nancy Kyan) that

teenage vegetarianism is on the rise. According to Vegetarian Times magazine, approximately 12 million adult Americans today are vegetarians, and this number is increasing by one million annually. Teenagers that have chosen to become vegetarians believe that eating meat is bad for the environment, since it is more efficient in terms of energy and natural resource consumption to grow grains than it is to produce meat. Moreover, they are convinced, as a result of animal rights groups' publicity, that livestock are cruelly treated before they are slaughtered.

The environmental and ecology movements have much to gain by strengthening the conservation of resources and health aspects as a rationale for vegetarianism, but without supporting the notion of "animal rights" as an additional battlefield.

The issue of vegetarianism has recently attracted much publicity, when Paul McCartney, of Beatles fame, and his wife Linda insisted that their musical partners become vegetarians in protest against the killing of animals. Health related benefits of adhering to a vegetarian diet appear to be only secondary in nature.

Animal rightsism has now, in fact, become "hip." Many movie stars and rock groups have espoused the cause, and this has encouraged a larger following. Stars such as Alse Baldwin, Candace Bergen, and Kim Basinger, as well as rock groups such as SHAG, the B-52s, and the Indigo Girls, have participated in posters and concerts dedicated to animal activist causes.

What is most disconcerting are the inroads that animal activists are

attaining with children at the high school and grade school levels. A magazine entitled "PETA Kids" currently has a subscription of over 5,000. The magazine consists of cartoons and connect the dot puzzles, and provides advice on how to prevent animal cruelty (Wall Street Journal, September 2, 1992, Lou's Jacobsen).

At the high school level, PETA has been extremely active in its condemnation of dissection as a cruel ritual imposed on apathetic school children with little or no interest in biology (FBR Facts, Vol. II, No. 5). The issue of classroom dissections has now become a matter of regular concern to legislators at the local and state levels. Six states—California, Florida, Maine, Massachusetts, New York, and Pennsylvania—now have enacted laws which would allow students the "right to refuse" to participate in animal dissection projects on religious or moral grounds. Moreover, school administrators are required to provide to such students "alternative" nonanimal projects. Currently, four bills in Massachusetts and one in New York are pending legislation which propose that school children do not have to take part in dissections, nor can they be penalized for refusing to do so (NABR Update, Vol. XV, No. 15, July 15, 1995).

And in a related tactic, PETA will provide, just for the asking, literature on: "How to Say No to Dissection," "How to Start an Animal Rights Group at Your School," and other similar, high quality and visually effective documents.

Another target of animal rights groups is teachers, and they may be making their mark. Some teachers

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either because of these tactics or due to their own sense of "political correctness" – have been encouraging their students' anti-animal research sentiments. In some instances, this is due to the teachers' attempt to avoid controversy. In other cases, there is an active effort to oppose use of animals to test the safety of pharmaceutical products. The Wall Street Journal reported on September 3, 1995 that some grade school teachers have encouraged students to write hateful letters to Gillette as a protest of their products. This is in response to PETA's initiative in providing "Gillette Kills" stickers, anti-Gillette kits, and offers of T-shirts and CDs to children who spread the word about Gillette's "nasty" tests on animals. Here again, PETA has enlisted a number of celebrities, most notably Linda and Paul McCartney, to openly denounce Gillette's policies as unethical (FBR News, Vol. XII, No. 3). Today, the target is Gillette – tomorrow, it could be any other objective – whatever suits PETA's strategic plans.

The Physicians Committee for Responsible Medicine (PCRM) has been vocally objecting to the use of live animals in medical school curriculum. To date, this initiative is not meeting with much support. According to an Association for American Medical Colleges questionnaire sent in early 1994 to all 126 U.S. medical schools, 77 (62%) of these schools use live animals in one or more courses (primarily dogs and pigs). Fifteen schools have discontinued animal use because of the expenses involved, changes in curricular focus or time, and lack of resources. Only eight

schools have discontinued animal use in their courses because of student concerns or academic reasons (FBR Facts, Vol. II, No. 5).

It is important that the membership of the ACNP be aware of, and demonstrate concern about, the increasing inroads that animal rights groups are making on our impressionable youth – our scientists of tomorrow.

Frankie L. Hull, President of the Foundation for Biomedical Research and the National Association for Biomedical Research, very concisely summarizes these concerns in a recent feature article (The Research Movement, Lab Animal, April 1994, pp. 23-24), in which she states: "The scientists of tomorrow are the students of today, so any erosion of support for science in the schools should have great repercussions for decades to come.... What if brilliant young minds – minds that may have found a cure for cancer or a new surgical technique that would save lives – turn to other fields because they were denied this crucial stage of stimulation?"

What if indeed!!

What can we as scientists do? Organized pro-science groups should make all efforts to educate the public about the ethical and thoughtful way in which animals are involved in research. Some groups, such as the Foundation for Biomedical Research and the Center for Alternative Animal Testing at Johns Hopkins University, are already doing just that. We must continue to stress the societal benefits derived from using animals, and demonstrate that the methods that are used avoid unnecessary pain and any form of cruelty. We can address future scientists and generations to come through education. ▲

ACNP/Glaxo Fellowship

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with institutions that can qualify. The underlying goal is to identify and train talented individuals in the field of clinical neuropharmacology, not to certify training sites. All applications will be seriously considered and judged on their merit for providing career training in this field, and College members are encouraged to identify prospective candidates and work with a qualified individual to submit an application.

Additional information, including application forms, a breakdown of the fellowship stipend, and funding available for institutional support, will be mailed to ACNP members during the month of April 1996.

The Task Force appreciates having the opportunity to work on a project of such value. The College is grateful to the Glaxo-Wellcome Company for supporting training in the essential, but much neglected, discipline of clinical neuropsychopharmacology. ▲



1996 ACNP Calendar

May 8th-11th

ACNP Regional Meeting
Istanbul, Turkey

For information:

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1996 ACNP Calendar

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June 22nd-27th

CIPD 58th Annual Meeting
San Juan, Puerto Rico

For information:

Martin Adler, Ph.D.

Temple University

3420 North Broad Street

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June 23rd-27th

XXth CINF Congress
Melbourne, Australia

For information:

ICMS Pty Ltd

84 Queensbridge Street
South Melbourne, Victoria
Australia 3205

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August 18th-22nd

ISPNE XXVIIIth Congress
Cascais, Portugal

For information:

ISPNE XXVIIIth Congress

P.O. Box 121029

Nashville, TN 37212

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August 23rd-28th

World Congress of Psychiatry
Madrid, Spain

For information:

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September 21st-25th

9th ECNP Congress
Amsterdam, Netherlands

For information:

9th ECNP Congress

CONGREG Holland bv

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THE NETHERLANDS

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December 9th-13th

ACNP 35th Annual Meeting
San Juan, Puerto Rico