Report on the 1st International Misophonia Research Symposium

Tom Dozier
President, Misophonia Institute

Misophonia Association Convention
October 19, 2018
1st International Misophonia Research Symposium

August 6, 2018
Pleasanton, California
organized by
Misophonia Association
and Misophonia Institute
Organizers

- Chief trouble maker – Marsha Johnson
- Chief organizer – Tom Dozier
- Chief negotiator – Cindy Simon
- Misophonia Association – funding for event
  - Marsha Johnson
  - Cindy Simon
  - Jaelline Jaffe
- Misophonia Institute
  - Tom Dozier
  - Chris Pearson
Symposium Goal

• Share our research
• Discuss what it means about misophonia
  – What is misophonia?
  – What causes misophonia?
  – How misophonia develops, maintains, and expands?
  – What treatments help and why?
• Share our experience with misophonia
• Share ideas for future research on misophonia
• Promote collaboration and research
Symposium Speakers

- Sukhbinder Kumar (video conference), neuroscience researcher, Newcastle Univ.
- Mercede Erfanian (video conference), Ph.D. student in misophonia
- Tom Dozier, behaviorist, misophonia researcher, and treatment provider
- Tanit Ganz Sanchez, M.D., professor, tinnitus/misophonia/hyperacusis researcher
- Chris Pearson, clinical neuropsychotherapist, hypnotherapist, and developer of Sequent Repatterning hypnotherapy
- Steven Taylor (video conference), professor of psychology, University of British Columbia
- Tian Ci (Travis) Quek (video conference), M.D. student, Singapore
- Dean McKay (video), professor of psychology, Fordham University, misophonia researcher
- Rebecca Schneider, Ph.D. student in psychology, University of Colorado
- Nilima Salankar (video conference), professor of computer science, UPSE, India
Not Participating

- Miren Edelstein / Romke Rouw – conflicts (dissertation defense)
- Duke University – conflicts
- Amsterdam University – chose to not participate
Presentations and Topics

- **Misophonic Response**
  - Tom Dozier: Initial Physical Response of Misophonia
  - Sukhbinder Kumar: The Brain Basis for Misophonia

- **Theory of Misophonia**
  - Sukhbinder Kumar: Misophonia - A Preliminary Proposal for a Theoretical Framework
  - Tom Dozier: Misophonia: A Conditioned Aversive Reflex Disorder
Presentations and Topics

- **Misophonia Diagnostic Criteria**
  - Chris Pearson: Proposed Diagnostic Criteria for Misophonia
  - Steve Taylor: Should Misophonia be Classified as a New Psychiatric Disorder?

- **Misophonia Research Studies**
  - Mercede Erfanian: Misophonia: The General Perspective and the Association with Affective Empathy
  - Tian Ci (Travis) Quek: Misophonia in Singaporean Psychiatric Patients
Presentations and Topics

• Misophonia Treatment
  – Dean McKay: Misophonia: Preliminary Findings from a Randomized Clinical Trial
  – Rebecca Schneider: Case Study: A Novel Application of Mindfulness- and Acceptance-Based Components to Treat Misophonia
  – Chris Pearson: Sequent Repatterning: Enhancing an Established Therapy with Reconsolidation
  – Tom Dozier: Counterconditioning and Muscle Relaxation Treatment for Misophonia

• Research Proposal
  – Nilima Salankar: EEG and Misophonia Research Study Proposal
Treatments - CBT + Stress Management

- Fordham University – 33 participants, 9 dropped out
- Exposure and Stress Management
- Exposure - Inhibitory learning approach instead of habituation

Primary outcome – Misophonia Questionnaire (Emotions & Behavior Scale)

Significant time effects:
- Baseline to end tx: p<.001
- Baseline to 3mo: p<.001
- Baseline to 6mo: p<.001

p=0.07 at end of First phase of treatment (exposure advantage over stress management)

Primary outcome – Misophonia Questionnaire (Symptom Scale)

Significant time effects:
- Baseline to end tx: p<.001
- Baseline to 3mo: p<.001
- Baseline to 6mo: p<.001

p=0.08 at end of First phase of treatment (exposure advantage over stress management)
Presentations and Topics

• Misophonia Treatment
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  – Chris Pearson: Sequent Repatterning: Enhancing an Established Therapy with Reconsolidation
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• Research Proposal
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Future Vision for Misophonia Research Symposium

- A regular event for everyone interested in misophonia research
- Facilitate communication and collaboration
- Hasten the advancement of misophonia research
- Promote research needed for formal recognition (DSM) of misophonia
- Expose graduate students to misophonia research
- Connect funders of misophonia research with researchers
- Expand the number of university professors interested in misophonia research
- Next: Find a time and place that works for everyone
Misophonia Institute

• Organized 2016 – 501c3 non-profit company
  – Tom Dozier – president
  – Chris Pearson – secretary
  – Michelle Lopez – treasurer

• Mission:
  – Increase awareness of misophonia among individuals and clinicians.
  – Facilitate the collaboration among and training of clinicians on misophonia treatment.
  – Promote and support misophonia research.
Misophonia Institute Activities

- Public awareness and education
  - Social media campaign
  - Recognizing Misophonia webinars
  - Management and Treatment Options for Misophonia webinar
  - Videos: MisophoniaInstitute.org/videos and YouTube
  - Google “misophonia” – M.I. is 1st page
Misophonia Institute Activities

• Professional awareness
  – Exhibited at Anxiety and Depression Association of American
  – We need donations for more exhibits
    • APA, pediatricians, family doctors, etc.
  – Contacted all 50 state psychological associations
  – Symposium at Association for Behavior Analysis International
Misophonia Institute Activities

- Training of professionals
  - Collaboration Workshops (online)
  - Diagnosing and Assessing Misophonia Class (6 hrs. reading and video)
  - Recognizing Misophonia for Clinicians webinars
  - Management and Treatment Options for Misophonia webinar
Misophonia Institute Activities

• Research and Publications
  – Research Study, Misophonia: Evidence for an Elicited Initial Physical Response (manuscript in review)
  – Proposed Diagnostic Criteria for Misophonia: A Multisensory Conditioned Aversive Reflex Disorder
  – 1\textsuperscript{st} International Misophonia Research Symposium
Misophonia Institute

- We need your financial support
Thank you!

Misophonia Institute

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