

## FEATURED EXPERT



### An Interview with David Baron, DO, MEd

Senior VP, Provost, & Chief Academic Officer  
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**Q: *What is Lifestyle Psychiatry and how does it relate to Addiction?***

**A:** Lifestyle Psychiatry focuses on addressing psychiatric disorders through an integrated, holistic approach to health, which includes recommendations for exercise, diet, sleep, and mindfulness practice for helping people manage their psychiatric disorders. While these ideas are not new, research continues to expand our understanding of how different aspects of lifestyle can help prevent and treat mental health conditions, including addictions.

**Q: *What aspects of Lifestyle Psychiatry directly impact the treatment of Addictive Disorders?***

**A:** Virtually all aspects of LP relate to the comprehensive treatment of Addictive Disorders.

**Q: *Are there any contraindications/AE of treating Addictive Disorders with LP techniques?***

**A:** When monitored by a knowledgeable LP professional, there are no adverse side effects. Fad diets and excessive exercise are not LP interventions, but may have adverse effects.

**Q: *Does one need special training to use LP interventions?***

**A:** LP is based on a personalized, health-oriented approach to physical and mental health. There is no certification for LP, and training is becoming a component of psychiatric training programs, though not required.

**Q: *Is there credible scientific data to support the use of LP in treating Addiction?***

**A:** Yes. There is a robust, and growing, extant literature on the therapeutic value of LP. There is a textbook (Noordsi) and many peer-reviewed papers in the top scientific journals.

**Q: *In which clinical settings can LP be used?***

**A:** LP can be used in every clinical setting as a primary or adjunctive intervention. It does not require special equipment and can be incorporated into a healthy lifestyle approach to living.