



**Australasian Society
for Bipolar & Depressive Disorders Ltd**

We are looking forward to the upcoming
ASBDD Conference in Melbourne!

“BETTER TREATMENTS, BETTER OUTCOMES”

15–17 September, 2017

The Deakin Edge, Federation Square, Melbourne

Convenor: Prof. Michael Berk

KEYNOTE SPEAKERS

Prof Andrew Nierenberg - Professor of Psychiatry, Harvard Medical School; Co-Director, Bipolar Clinic and Research Program; Associate Director, Depression Clinical and Research Program, Massachusetts General Hospital (MGH).

Prof Lakshmi Yatham - Associate Head of Research and of Research & International Affairs, Department of Psychiatry, University of British Columbia, Canada.

A/Prof George Papakostas - Scientific Director, Clinical Trials Network and Institute at MGH; Director of Treatment-Resistant Depression Studies in Department of Psychiatry (MGH); Associate Professor of Psychiatry at Harvard Medical School.

Prof Shitij Kapur - Professor of Psychiatry and Dean, Faculty of Medicine, Dentistry and Health Sciences, Assistant Vice Chancellor (Health), University of Melbourne.

SELECTED ECR ORAL PRESENTATION AWARD ENTRANTS

Emma Gliddon: MoodSwings 2.0: Outcomes of an international randomized controlled trial.

Alana Fisher: Improving decision making about treatment options to prevent relapse: Pilot of a decision aid booklet for patients with bipolar II disorder and their family.

Aswin Ratheesh: Bipolar Spectrum Diagnostic Scale measures affective instability rather than probability of bipolar disorder among youth with moderate to severe major depression.

Chiara Bortolaschi: Gene expression signature and proportionality analysis to investigate the mechanisms of action of antipsychotics.

Emily Moriarty: Standards of Lithium monitoring in an adult area mental health service compared with best practice guidelines: an audit.

Tracey Haitana (NZ): How does research inform knowledge about bipolar disorder to reduce mental health inequities for indigenous people.

OTHER KEY POINTS:

- Dedicated ECR session with \$635 prize plus free 2-year ASBDD membership awarded for Best ECR Oral Presentation and Best ECR Poster!
- For ECR session enquiries, please contact Emma Gliddon (eglidd@gmail.com).

EMCRtimes is prepared
by the ASBDD EMCR
sub-committee:

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ASBDD EMCR website

<http://tinyurl.com/ASBDDMCR>

Recent publications by our EMCR members

Emmanuelle CS Bostock, Kenneth C Kirkby, Michael I Garry and Bruce VM Taylor (2017). [Systematic review of cognitive function in euthymic bipolar disorder and pre-surgical temporal lobe epilepsy](#). *Frontiers in Psychiatry*, 8:133, doi: 10.3389/fpsy.2017.00133.

Both bipolar disorder and temporal lobe epilepsy exhibit deficits in executive function and verbal memory suggestive of both frontal and temporal lobe involvement. Further research involving a head-to-head comparison of the two disorders on a broad range of neuropsychological tests is needed to clarify the nature and extent of cognitive deficits and potential overlaps.

Olivia M Dean, Buranee Kanchanatawan, **Melanie Ashton**, Mohammadreza Mohebbi, Chee Hong Ng, Michael Maes, Lesley Berk, Atapol Sughondhabiro, Sookjaroen Tangwongchai, Ajeet B Singh, Helen McKenzie, Deidre J Smith, Gin S Malhi, Nathan Dowling and Michael Berk (2017). [Adjunctive minocycline treatment for major depressive disorder: A proof of concept trial](#). *Australian and New Zealand Journal of Psychiatry*, 51, 8.

While the primary outcome was not significant, the improvements in other comprehensive clinical measures suggest that minocycline may be a useful adjunct to improve global experience, functioning and quality of life in people with major depressive disorder.

Emma Gliddon, Steven J Barnes, Greg Murray and Erin E Michalak (2017). [Online and Mobile Technologies for Self-Management in Bipolar Disorder: A Systematic Review](#). *Psychiatric Rehabilitation Journal*, doi: <http://dx.doi.org/10.1037/prj0000270>.

Both eHealth and mHealth programs present a wide range of self-management strategies for bipolar disorder, although individuals seeking comprehensive interventions might be best served by eHealth programs, while those seeking more condensed and direct interventions might prefer mHealth programs.

Phillip CF Law, Caroline T Gurvich, **Trung T Ngo** and Steven M Miller (2017). [Evidence that eye-movement profiles do not explain slow binocular rivalry rate in bipolar disorder: support for a perceptual endophenotype](#). *Bipolar Disorders*, doi: 10.1111/bdi.12515.

The results provide evidence that eye movement profiles do not explain the slow binocular rivalry endophenotype for bipolar disorder, thus indicating that the trait reflects anomalous perceptual processing per se. This perceptual trait can be employed in clinical, genetic, mechanistic and pathophysiological studies.

Jennifer Nicholas, Katherine Boydell and Helen Christensen (2017). [Beyond symptom monitoring: Consumer needs for bipolar disorder self-management using smartphones](#). *European Psychiatry*, 44, 210-216.

The results indicate that young adults with bipolar disorder are interested in a wide range of apps for self-management. Participants were interested in apps to support self-management strategies considered clinically important for disorder management.

Funding opportunities

Australian Rotary Health

Objectives of Australian Rotary Health:

- To provide financial support for research projects conducted in Australia which have the potential to enhance the health of the community.
- To stimulate research activities within Australia by facilitating communication between participants in specified fields.
- To support specific research fields for a minimum of three years.

Australian Rotary Health will be awarding **six Ian Scott PhD Scholarships in Mental Health** (closing date for applications: Friday 29th September 2017).

Australian Rotary Health invites applications from individuals holding a PhD looking to build a research career in the "Prevention of Mental Illness" with 2 Fellowships – **The Royce Abbey Postdoctoral Fellowship and the Geoffrey Betts Postdoctoral Fellowship** (closing date for applications: Friday 29th September 2017).

<https://australianrotaryhealth.org.au/research/current-research-opportunities/mental-health-phd-postdoctoral-fellowships/>

The Goddard Sapin-Jaloustre Scholarship Trust

Each year the Trust makes available from the proceeds a certain sum of money to support Australian Nationals pursuing courses of study or instruction, or conducting research or other projects in France.

Applicants must have the equivalent of senior secondary school level French.

Submissions are currently open, closing date 17 November 2017

<http://goddard-sapin-jaloustre.org/#>

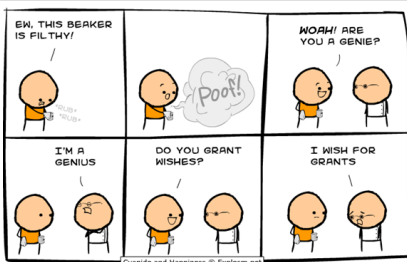
EMCR profile: **Claire Young**

EMCR stage: PhD Candidate (first year)

Department/School: The Food and Mood Centre, IMPACT SRC, School of Medicine, Deakin University

Qualifications: BEng(Hons), GradDip (Comp), GradDip (Psych), MAIT

Description of research: Investigating the feasibility of an Online Dietary Intervention targeting gut health for improvement in depressive symptoms.



We want your ideas!

What would you like to see the ASBDD EMCR sub-committee do? Are there any events you would like us to hold? Is there any information you would like us to provide in our newsletter and website?

EMCR Highlights
Send us details of your achievements!

EMCR Publications
Published a paper?
Please let us know!