



**Depression and Bipolar
Support Alliance**

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FOR IMMEDIATE RELEASE

**Depression and Bipolar Support Alliance (DBSA) to Honor Top Researchers
with Klerman Awards at DBSA 25th Anniversary Conference**

(CHICAGO, February 5, 2010) — The Depression and Bipolar Support Alliance (DBSA), the nation's largest patient-run organization focusing on depression and bipolar disorder, will present its prestigious Klerman Awards to David E. Kemp, M.D., and David J. Miklowitz, Ph.D., on Friday, April 30, in Itasca, Illinois, at the DBSA 2010 National Conference, "Celebrating 25 Years of Peer Support." Named after Gerald L. Klerman, M.D., a pivotal figure in psychiatry, these awards are the highest honors that DBSA extends to members of the scientific community. Presented annually, they recognize researchers whose work contributes to understanding the causes, diagnosis, and treatment of depression and bipolar disorder.

The 2009 Klerman Young Investigator Award recipient is David E. Kemp, M.D., assistant professor of psychiatry and director of the Mood & Metabolic Clinic at the University Hospitals Case Medical Center of Case Western Reserve University. Dr. Kemp's research focuses on improving psychiatric outcomes by targeting the treatment of comorbid medical conditions, particularly obesity, pre-diabetes, and metabolic syndrome. To that end, he is a principal investigator on a National Institutes of Health (NIH)-supported research project testing whether an insulin sensitizer, a treatment for type 2 diabetes, can reduce depression symptoms.

The International Society for Bipolar Disorders selected Dr. Kemp as the inaugural recipient of its Research Fellowship Award; other honors include the NARSAD Young Investigator Award and a Cleveland Foundation Award. He received his M.D., with honors in psychiatry, at Northeastern Ohio Universities College of Medicine and completed a residency in psychiatry at Northwestern University. In 2008, Dr. Kemp completed a National Institute of Mental Health (NIMH) Center for Interventions and Services Research fellowship in the therapeutics of bipolar disorder and is currently completing a master's in clinical investigation through Case Western.

The 2009 Klerman Senior Investigator Award recipient is David J. Miklowitz, Ph.D., professor of psychiatry at the Semel Institute at the University of California, Los Angeles (UCLA), and a senior clinical research fellow in Oxford University's Department of Psychiatry. Dr. Miklowitz's research centers on family environmental factors and family psychoeducational treatments for adult-onset and childhood-onset bipolar disorder. He has received funding for his research from the National Institute of Mental Health, the John D. and Catherine T. MacArthur Foundation, the Robert Sutherland Foundation, and the Danny Alberts Foundation.

Dr. Miklowitz has published six books and over 200 research articles on bipolar disorder and schizophrenia. His book with Michael Goldstein, *Bipolar Disorder: A Family-Focused Treatment Approach*, won the 1998 Outstanding Research Publication Award from the American Association for Marital and Family Therapy. His other awards include a Distinguished Investigator Award from NARSAD (2001) and the Mogens Schou Award for Research from the International Society for Bipolar Disorders. Dr. Miklowitz completed his undergraduate work at Brandeis University and his doctoral and postdoctoral work at UCLA.



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The Klerman Awards' namesake, Gerald L. Klerman, M.D., was one of DBSA's earliest supporters and professor and associate chairman of research at Cornell University Hospital Medical College. He conducted the first clinical trial showing the efficacy of medication and psychotherapy in preventing recurrent depression. For that trial, he developed interpersonal psychotherapy, an evidence-based treatment widely used today and modified for the adjunctive treatment of patients with bipolar disorder who are undergoing pharmacotherapy. Additionally, Dr. Klerman led the first large-scale, multisite study to understand the diagnosis, course, and genetics of major depression. Still ongoing, the study has provided critical findings on the nature of depressive disorder.

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*The **Depression and Bipolar Support Alliance (DBSA)** is the leading patient-directed national organization focusing on depression and bipolar disorder. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-*

date, scientifically-based tools and information. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

Assisted by a scientific advisory board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 1,000 peer-run support groups across the country. Nearly five million people request and receive information and assistance each year. DBSA's mission is to improve the lives of people living with mood disorders.

For more information, please visit www.DBSAAlliance.org or call (800) 826-3632.