



Depression and Bipolar
Support Alliance

Contact: Ellen Schantz, DBSA Communications Director
(312) 988-1162 eschantz@DBSAlliance.org

Depression and Bipolar Support Alliance Honors Top Researchers with 2015 Gerald L. Klerman Awards

CHICAGO—The Depression and Bipolar Support Alliance (DBSA), the nation's largest patient-run organization focusing on depression and bipolar disorder, has presented its 2015 Gerald L. Klerman Awards. **Maurizio Fava, MD** and **James Jefferson, MD** were honored with Senior Investigator Awards for their career-long contributions to mental health research. Young Investigator Awards went to **Rodrigo B. Mansur, MD, PhD** and **Louisa G. Sylvia, PhD**. Awards were presented at the DBSA Scientific Advisory Board reception on May 15 in Atlanta, Georgia.

DBSA's Klerman Award is the highest honor DBSA extends to members of the scientific community. It recognizes researchers whose work contributes to understanding the causes, diagnosis, and treatment of depression and bipolar disorder. Presented annually, awards are given in the categories of Senior Investigator and Young Investigator, with up to two awards given per category.

Gerald L. Klerman, MD was a professor and associate chairman of research at Cornell University Hospital Medical College and one of DBSA's earliest supporters. While conducting the first clinical trial showing the efficacy of medication and psychotherapy in preventing recurrent depression, he developed interpersonal psychotherapy. This evidence-based treatment is widely used today and modified for the adjunctive treatment of patients with bipolar disorder who are undergoing pharmacotherapy. Klerman also led the first large-scale, multi-sites 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.

The Depression and Bipolar Support Alliance (DBSA) is the leading peer-directed national organization focusing on depression and bipolar disorder. Led by and created for individuals living with these conditions, DBSA provides hope, help, support, and education to improve the lives of people living with mood disorders by providing free, scientifically based tools and information focused on an integrated approach to wellness; supporting research; and working toward equitable treatment for people with mental health conditions. In 2015, DBSA's programs and resources directly touched 3.4 million people.

Biographies

Rodrigo B. Mansur, MD, PhD is currently a Clinical/Research Fellow in Psychiatry at the Mood Disorders Psychopharmacology Unit at the University of Toronto. His research interests focus on the interaction of mood disorders and metabolic comorbidities, specifically the epidemiological, phenomenological, and mechanistic aspects. The extensive involvement of the brain as a consequence or cause of metabolic

Klerman, page 2

disorders offers a unique opportunity to refine pathogenic models in mood disorders, possibly developing novel and innovative treatments.

As part of his PhD program, Mansur conceptualized, designed, and executed a study evaluating the impact of metabolic comorbidities on clinical and biological features of bipolar disorder. The study documented that the presence of these comorbidities modifies the clinical and biological features of bipolar disorder. The study also confirmed that the presence of metabolic abnormality is associated with an unfavorable course of the disorder. Mansur is currently part of a study in Brazil that is assessing 2,500 children with the aim of using biomarkers to explore and understand physiological and pathological developmental trajectories. Other research projects include a pilot clinical trial targeting the cognitive issues frequently found in individuals with mood disorders.

The author of more than 40 articles, Mansur received his medical degree and completed his psychiatric training at the Universidade Federal de São Paulo in Brazil.

Louisa G. Sylvia, PhD is assistant professor at Harvard Medical School. She also serves as director of psychology for the Bipolar Clinic and Research Program at Massachusetts General Hospital (MGH), as well as director of Health and Wellness at the Red Sox Foundation and MGH's Home Base Program. Her major research interests are developing resilience and wellness programs for veterans and individuals with bipolar disorder, with a career goal of developing psychosocial interventions that are better targeted for specific individuals to improve their physical as well as mental health.

Sylvia is currently designing two innovative treatments for people living with bipolar disorder. The Nutrition, Exercise, and Wellness Treatment (NEW Tx) is designed to reduce the disproportionate medical burden, such as metabolic syndrome, by targeting poor nutrition/obesity, sedentary lifestyle, and unhealthy lifestyle choices. She has designed an accompanying manual to help patients, specifically with bipolar disorder and cognitive impairment, manage their nutrition, exercise, and overall physical health. Her second project focuses on improving sleep problems for individuals with bipolar disorder via a four-session sleep intervention tailored to individuals' specific sleep problem.

Sylvia has had over 80 manuscripts accepted for publication and has written two workbooks on bipolar disorder: "The Bipolar II Workbook" and "The Wellness Workbook for Bipolar Disorder". She has been recognized for her promise as a clinical researcher in bipolar disorder by an invitation to the Career Development Institute for Bipolar Disorder and a Commendation of Excellence for her research, given by Temple University where she received her MA and PhD in clinical psychology.

Maurizio Fava, MD is currently executive vice chair for the Massachusetts General Hospital (MGH) Department of Psychiatry, director of the Division of Clinical Research of the MGH Research Institute, and executive director of the MGH Clinical Trials Network and Institute (CTNI). He is also the Slater Family Professor of Psychiatry at Harvard Medical School. Fava received his medical degree from the University of Padova School of Medicine in Italy where he completed a residency in endocrinology, prior to a residency in psychiatry at MGH. His research has focused on novel pharmacologic treatments of major depressive disorder.

Klerman, page 3

Fava's research career has forged a path for improving treatment outcomes of depression. He was involved in many of the early efficacy studies of antidepressants, and his work toward effective treatments for individuals with treatment-resistant depression has led to important treatment guideline recommendations. Fava has also examined novel treatment augmentation strategies for treatment refractory depression and, most recently, launched the MGH CTNI, which coordinates multi-center clinical trials including the study of novel interventions with rapid antidepressant effects.

A well-known national and international speaker, Fava is among the most published depression researchers in the world, with over 700 original manuscripts. Among his many honors, he is among the most cited researchers in psychiatry according to the Thompson Reuters Highly Cited Research. He is currently editor-in-chief of MGH's "Mind, Mood, and Memory" newsletter.

James W. Jefferson, MD is a psychiatrist and internal medicine physician. He is clinical adjunct professor of psychiatry at the University of Wisconsin School of Medicine and Public Health and recently attained emeritus status. He is also Distinguished Senior Scientist at the Madison Institute of Medicine and president of Healthcare Technology Systems. His major clinical and research interests include mood and anxiety disorders, clinical psychopharmacology, and the medical/psychiatric interface. He received his medical degree from University of Wisconsin School of Medicine and Public Health.

A clinician-researcher, Jefferson has been a prolific contributor to patient-centric research. As co-founder of the Lithium Information Center, Bipolar Disorders Treatment Information Center, and Obsessive Compulsive Information Center, he has been a pioneer in the collection and curation of key information critical to care of patients and has trained generations of clinicians on how to care for patients with bipolar disorder. He has been a Distinguished Senior Scientist at the Dean Foundation for Health, Research, and Education, president of Healthcare Technology Systems, and a national advisory board member for the National Depression and Manic Depression Association.

Jefferson has written hundreds of articles and book chapters and has co-authored the books "Handbook of Medical Psychiatry", "Depression and Its Treatment", "Anxiety and Its Treatment", "Primer of Lithium Therapy", "Lithium Encyclopedia for Clinical Practice", and "Neuropsychiatric Features of Medical Disorders", among others. He has lectured worldwide on these and other topics.

###