



Depression and Bipolar
Support Alliance

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Depression and Bipolar Support Alliance Honors Top Researchers with 2016 Gerald L. Klerman Awards

CHICAGO, June 21, 2017—The Depression and Bipolar Support Alliance (DBSA), the nation's largest patient-run organization focusing on depression and bipolar disorder, presented its 2016 Gerald L. Klerman Awards on May 6, 2017, in Alexandria, Virginia. **Martha Sajatovic, M.D.** was honored with the 2016 Gerald L. Klerman Senior Investigator Award for her career-long contributions to mental health research. The 2016 Gerald L. Klerman Young Investigator Award went to **Constance Guille, M.D., M.S.C.R.** Awards were presented at the DBSA Scientific Advisory Board reception, in conjunction with the annual conference of the International Society of Bipolar Disorders (ISBD).

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, M.D. 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.

BIOGRAPHIES

Martha Sajatovic, M.D. is currently Professor of Psychiatry and of Neurology at Case Western Reserve University School of Medicine. Her work has been committed to conducting interventional research, research training, and dissemination of best treatment practices in the areas of late-life bipolar disorder, treatment adherence in bipolar disorder, and in the management of psychiatrically ill elders with comorbid neurologic and general medical conditions that complicate their clinical status and long-term management. Over the past two decades, she has been principal investigator on multiple externally funded research grants including projects from the National Institute of Mental Health (NIMH), National Institute on Aging (NIA), National Institute of Nursing Research (NINR), the Centers for Disease Control and Prevention (CDC), Ohio Department of Mental Health, multiple charitable foundations, and industry.

Much of Dr. Sajatovic's work has focused on hard-to-study "real world" psychiatric populations with mood disorders and her research projects often include individuals who are historically under-represented in standard

clinical trials because of complex medical burden, poor treatment adherence, or sub-optimal engagement in care. She is Co-Chair of the International Society of Bipolar Disorder (ISBD) task force on older-age bipolar disorder, and helped lead an international consensus summary on older-age bipolar disorder as well as a series of reports that have called to attention the need for additional research and clinical focus on the topic of aging and bipolar disorder.

Dr. Sajatovic has been recognized previously by DBSA with the 2006 Gerald L. Klerman Young Investigator Award; by the National Alliance for the Mentally Ill (NAMI) with the 2003 Exemplary Psychiatrist Award; and by the Arnold P. Gold Foundation with the 2013 Leonard Tow Humanism in Medicine Faculty Award, which recognized her commitment to medical education and training the next generation of researchers. A productive author with 20 books, 24 book chapters, and over 200 peer-reviewed articles representing a body of work which is thematically linked, Dr. Sajatovic's articles have appeared in prominent, peer-reviewed journals. Her strong professional citizenship is evident from her activities in the American Association of Geriatric Psychiatry (AAGP), American Psychiatric Association (APA), and a number of other psychiatry organizations. She has served on the DBSA Scientific Advisory Board for the last 10 years.

Constance Guille, M.D., M.S.C.R. is currently Director, Women's Reproductive Behavioral Health Program at the Medical University of South Carolina. Her research is focused on conditions temporally associated with high risk for onset of depression, the postpartum period and the period of medical training. In collaboration with a colleague, Dr. Guille developed the Intern Health Study during her residency training. The Study has shown that rates of depression and suicidal ideation increase dramatically, from 4% and 3% prior to internship to on average 26% and 8% during internship, respectively. In a randomized controlled trial, Dr. Guille and her colleagues demonstrated that interns assigned to a web-based Cognitive Behavioral Therapy program prior to the start of internship year were 60% less likely to endorse suicidal ideation during internship year, compared to those assigned to the control group. Similarly, they have identified high rates of depression in pregnant and postpartum women as well as modifiable risk factors early in pregnancy that predict the development of a depressive episode later in pregnancy or postpartum. Current efforts are underway to design interventions to reduce the risk of peripartum depression.

Dr. Guille's work has been recognized from the earliest stage of her career. She won the NIMH New investigator Award in 1999, two years before she was admitted to medical school. She received a career development (K award) grant for biomarkers related to postpartum depression and has contributed 34 peer reviewed publications including 12 as first author. Shown to be an excellent teacher and superb clinician as well as a productive researcher, Dr. Guille also participates as an advisor to Postpartum Support Charleston, a local advocacy group supporting women with postpartum depression.

ABOUT DBSA

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 2016, DBSA's programs and resources directly touched 4.1 million people.