MELBOURNE SCHOOL OF
POPULATION & GLOBAL HEALTH

THE UNIVERSITY OF MELBOURNE

Developing person tailored treatments in mood disorders; research of the Department of Psychiatry at the University Medical Center Groningen

Presenter: Prof Robert Schoevers

Tuesday 11 September 2018, 12.30-1.30pm, Room 410, Level 4, 207 Bouverie Street, Carlton

Diagnostic classifications of mental disorders such as depression incorporate a heterogenous group of patients in terms of symptomatology, underlying pathophysiological mechanisms, natural course and treatment outcome. Current treatment algorithms only limitedly take this heterogeneity into account and the efficacy of everyday treatments is not optimal. Three approaches will be presented that may be of interest to develop more effective, personalised treatments: clinical staging, profiling, and individual symptom profiles. Clinical staging models may be helpful to guide treatment selection according to stage and complexity of disorders. Profilers can be found in the form of bio- psycho- and socio-markers such as early life trauma, current life stresses and inflammatory dysregulation and may be used to add specific interventions. Ecological Momentary Assessment in combination with Network Analyses may be used to develop tailored, symptom specific treatment and patient self-management. Lastly, large databases of mental healthcare providers can be explored for specific predictors and stratifiers using machine learning. These approaches may have significant consequences for the development of personalised, more effective treatments in psychiatry.

Prof Schoevers is Head of the Department of Psychiatry and Director of the Research School of Behavioural and Cognitive Neurosciences at the University Medical Center Groningen and Visiting Professor at TianJin Medical University, China.

His research focuses on the epidemiology, underlying mechanisms, treatment and prevention of mood disorders, comprising large epidemiological studies such as NESDA (www.nesda.nl), TRAILS (www.trails.nl) and LIFELINES (www.lifelines.nl) as well as clinical studies to examine underlying disease mechanisms and develop more effective personalised treatments.

These seminars are free. Visitors are welcome to attend.
For more information contact the Centre for Mental Health +61 3 8344 0908