We are excited to report that Dr. Sylvia has received the 2015 prestigious Gerald L. Klerman Young Investigator Award from the Depression and Bipolar Support Alliance (DBSA) for her contributions to the scientific community.

The Gerald L. Klerman Young Investigator Award is the highest honor awarded by DBSA to members of the scientific community. This award is presented to researchers whose work enhances knowledge of the etiology and treatment of depression and bipolar disorder.

Dr. Sylvia is director of Psychology at the Bipolar Clinic and Research Program at Massachusetts General Hospital and an assistant professor at Harvard Medical School. She is a highly-regarded researcher who has published more than 80 peer-reviewed manuscripts especially in her area of enhancing wellness and is currently Director of Operations for MoodNetwork (www.moodnetwork.org), an online study that will bring together thousands of participants with mood disorders to participate in research.

Congratulations, Dr. Sylvia, on your well-deserved accomplishment!
This June, we bid goodbye to 3 of our clinical research coordinators. Alexandra Gold, Casey Hearing, and Rebecca Montana, who joined the BCRP in June 2014, graduated to attend graduate/medical school.

Alexandra will be pursuing a PhD in clinical psychology at Boston University, Casey will be pursuing a PhD in clinical psychology at George Washington University, and Rebecca will be pursuing an MD at Sidney Kimmel Medical College of Thomas Jefferson University.

We are excited to welcome four new clinical research coordinators to our program!

Meet Our New Clinical Research Coordinators!

Samantha Walsh, B.S.

Samantha graduated summa cum laude from the University of Miami in May 2016 with a B.S. in Psychology and a minor in Biology, as a member of Phi Beta Kappa and Psi Chi honor societies, and as the overall College of Arts and Sciences outstanding senior. While completing her degree, Samantha worked in Dr. Amanda Jensen-Doss’s lab, conducting research on evidence-based treatment and assessment implementation. She also worked in Dr. Jill Ehrenreich-May’s Child and Adolescent Mood and Anxiety Treatment (CAMAT) program, studying treatment approaches for mood and anxiety disorders in youth. In CAMAT, Samantha also assisted with clinical intake screening interviews and clinical assessments with child and adolescent clients and their caregivers. During her senior year, Samantha developed a senior honors thesis under the mentorship of Dr. Amanda Jensen-Doss, examining leadership and its importance in implementing an evidence-based practice using a community-based learning collaborative implementation model. Samantha is interested in studying the development and treatment of mood disorders and plans to pursue a Ph.D. in Clinical Psychology after her time at the BCRP. 🌹
Jacob Dinerman, B.A.

Jake graduated summa cum laude from Clark University in May 2016 with a B.A. in psychology and as a member of Phi Beta Kappa. During the summer of 2014, Jake interned in the adolescent partial unit at Bradley Hospital in Providence, RI, where he assisted with group therapy and in a therapeutic milieu. While at Clark, Jake worked in the lab of Dr. Laura McKee, where he assisted in evaluating the effectiveness of Cognitive Bias Modification and Positive Psychology on college students’ well being. Subsequent to that, Jake worked in Dr. Phoebe Moore’s lab at the University of Massachusetts Medical Center. In Dr. Moore’s lab, he conducted research on the effectiveness of Acceptance and Commitment Therapy on parents of children with anxiety disorders. After his time at the BCRP, Jake hopes to attend graduate school in clinical psychology.

Jessica Janos, B.A.

Jessica graduated with honors from the University of Miami in May 2016 with a B.A. in psychology. As an undergraduate, she gained research experience in Dr. Jill Ehrenreich May’s Child and Adolescent Mood and Anxiety Treatment Program, where she completed her senior honors thesis on barriers to treatment in a clinical sample of youth with internalizing disorders. Under Dr. Ehrenreich-May’s guidance, she gained experience administering diagnostic assessments to children and adolescents with anxiety and mood disorders. Jessica is particularly interested in child psychology, and after her time at the BCRP, she plans to pursue her Ph.D. in clinical psychology.

Steven Dufour, B.A.

Steven graduated Summa Cum Laude from Boston University with a B.A. in Psychology with honors and a minor in statistical methods. As an undergraduate, he worked in the research lab of Dr. David Barlow assisting with research on transdiagnostic approaches to the treatment of emotional disorders. During his senior year, he conducted his honors thesis under the mentorship of Dr. Todd Farchione in the same lab assessing the feasibility and efficacy of an online intervention for the prevention of anxiety and depression in undergraduates. Additionally, Steven helped with several projects aiming to improve treatment for veterans with post-traumatic stress disorders as an undergraduate volunteer at the Boston VA under Drs. Shannon Wiltsey-Stirman and Cassidy Gutner. Steven is interested in researching transdiagnostic treatment for emotional and traumatic disorders as well as studying statistical methods to better understand idiographic applications of particular protocols. He plans to pursue a Ph.D. in clinical psychology following his time at Massachusetts General Hospital.
Meet our New Web Developer!

Nicha Puvanich, M.S.

Nicha Puvanich is a Web Application Developer with 9 years of experience. She has a Bachelor's degree of Science in Computer Science and a Master's degree of Science in Information Technology. She is studying a Master of Science in Computer Science at University of Massachusetts, Boston. Her studies focus on Data Analysis and Web Development. Nicha is interested in examining new web development technologies and techniques. Nicha will be working with our senior web developer, Anthony DeBenedictis, on the MoodNetwork studies. Welcome, Nicha!

The Wellness Workbook for Bipolar Disorder

Several research studies indicate a strong link between bipolar disorder and risk factors for CVD such as obesity, diabetes, and a sedentary lifestyle. Dr. Sylvia recently authored *The Wellness Workbook for Bipolar Disorder*, a new workbook based on her expertise in developing cognitive behavioral therapy interventions for improving health behaviors in bipolar patients. Currently, Dr. Sylvia is the Principal Investigator of the Nutrition, Exercise, and Wellness Treatment (NEW Tx) research study that is looking at the feasibility and acceptability of a consolidated cognitive behavioral treatment for improving lifestyle habits in adult overweight individuals with bipolar disorder.

*The Wellness Workbook for Bipolar Disorder* includes Dr. Sylvia's step-by-step, evidence-based behavioral lifestyle program to help people with bipolar disorder live healthy lives, lose weight, and improve their mood. *The Wellness Workbook* is available online or at your local bookstore. Get your copy today!
Dr. Andrew Nierenberg, Director of the BCRP, who holds the Thomas P. Hackett, MD Endowed Chair of Psychiatry at MGH and is Professor of Psychiatry at Harvard Medical School, recently received a total of ~$6.5 million from the Patient-Centered Outcomes Research Institute (PCORI) to lead two online studies to be hosted on www.moodnetwork.org, our program's online network for people with depression and bipolar disorder.

The first study, *Healthy Hearts Healthy Minds*, will compare an online cognitive behavioral therapy program versus an online mindfulness-based therapy program for increasing daily steps in 500 overweight individuals with depression or bipolar disorder who are at risk for cardiovascular disease. This study is being conducted with the Health eHeart Alliance, a network for patients with heart disease and their families. All participants in this study will receive a FitBit or similar device at no cost.

The second study, *Healthy Mind Healthy You*, will compare a brief, 3-session mindfulness intervention versus a standard, 8-session mindfulness intervention for improving well-being in thousands of individuals across more than 100 disease conditions. For this study, MoodNetwork will lead 20 other patient-powered research networks that are part of the National Patient-Centered Clinical Research Network (PCORnet), a national network aimed at conducting comparative clinical effectiveness research.

We are excited to be able to offer these new studies to members of MoodNetwork this fall. To join MoodNetwork, visit www.moodnetwork.org and sign up today to track your mood, participate in forums, vote on research priorities for future studies, contribute to blogs, and more!
Current Research Studies
Call 617-643-2076 to be screened for any of our studies

Join us
in a new approach to finding treatments for depression and bipolar disorder

We're launching a brand-new kind of study that brings together people with depression or bipolar disorder, doctors, and researchers, all dedicated to improving the lives of people with mood disorders.

Our study is a collaboration: Participants are partners, not simply patients or research subjects. You can be a vital part of the search for new, more effective treatments at www.MoodNetwork.org.

Join to:
- Get answers to your questions about depression and bipolar disorder
- Evaluate how well treatments work
- Use our forums to share experiences with other participants
- Use our online tools to track how you are feeling
- Help set priorities for research

We need your experience and your help.
Join us.

www.MoodNetwork.org
facebook.com/MoodNetwork

Massachusetts General Hospital

Partners Human Research Committee
MEETING Effective Date
3/22/2016
Do you have depression or bipolar disorder?

Are you right handed?

You may be eligible to participate in a research study at MGH looking at brain function during self-focus tasks. This study involves two visits and one fMRI brain scan. Compensation will be provided.

To learn more about this research study, call 617-643-2076.
Together, let's learn about yoga for treating depression

You may be eligible for this study if you

- Are more than 18 years old
- Have experienced depression, mania, or hypomania

No familiarity with yoga is required.

MoodNetwork brings together people with depression or bipolar disorder, doctors, and researchers—all dedicated to improving lives of people with mood disorders.

Join MoodNetwork and learn more about this research opportunity.

www.MoodNetwork.org
facebook.com/MoodNetwork
Post #4:

Is your phone smart enough to sense your mood? www.moodnetwork.org is doing a mobile sensing study to find out. Curious? Visit https://moodnetwork.org/news to learn more about this study.
The Massachusetts General Hospital Center for Experimental Drugs and Diagnostics is currently seeking participants for a research study.

This study, led by Dr. Roy Perlis, will look at cellular models of various neuropsychiatric disorders to better understand the causes and hopefully find better treatment options.

The study is one visit, lasting about 4 hours. Subjects are asked to provide a skin and blood sample. In addition to the samples, a study psychiatrist will ask about mental and medical history, followed by some questionnaires on an iPad, and some memory and attention testing on a computer.

Participants will be compensated $150

If you are interested in participating or would like more information, please contact one of our Research Coordinators, Leslie Snapper by email: CEDD@mgh.harvard.edu or by phone: 617-643-2052.
MoodNetwork now offers an online brain game!

Visit MoodNetwork to learn more

www.MoodNetwork.org