

Third Annual NCMD Mood Disorders Meeting

On the 2nd of February, NCMD hosted the Third Annual Professional Development Meeting for healthcare professionals. The conference began with Professor Hamish McAllister-Williams giving an introduction on the importance of work carried out within NCMD. Dr David Cousins then went on to discuss the new pharmacological treatments being used for bipolar disorder, giving a comparison of multiple drugs. A number of speakers discussed current and upcoming research: Dr Peter Gallagher on the effect of sleep on cognition in bipolar disorder, Dr David Cousins on better understanding response to lithium in bipolar and Professor Hamish McAllister-Williams on upcoming trials for innovative alternatives for treatment resistant mood disorders. Dr Mary-Jane Tacchi then gave an interesting talk on the representation of mental health disorders in art through time. Dr Daniel Smith spoke on work carried out at Glasgow University, with a focus on personalised medicine researched in the UK Biobank cohort. Dr Jennifer Burgess discussed the controversial use of Valproate in women of child bearing age and other possible treatment options. Dr Adi Sharma was the final speaker and discussed the crucial issue of bipolar disorder in adolescence and the transition from child psychiatric services to adult.







There was also a poster presentation room displaying information about current studies and services which people were able to look around during breaks throughout the day.

The daylong conference was very informative and created further interest into future research to improve the treatment of mood disorders.