Prevention of Severe Mental Disorders

PSMD

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EBRA Public Event

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Severe Mental Disorders (SMD)

- SMD overall lifetime prevalence of 12% in Europe
- 264 million people live with depression, 45 million with bipolar disorders, 20 million with schizophrenia
- Years Lived with Disability in 2017: 43 million for depression, 9 million for bipolar disorders and 13 million for schizophrenia
Burden of Severe Mental Disorders (SDM)

Prevention of Severe Mental Disorders (PSMD)

- Impulse control disorders
- Substance use disorders
- Anxiety disorders
- Mood disorders
- Psychotic disorders

Age: 0 5 10 15 20 25 30 35 40

PSMD cluster

- ECNP Prevention of Mental Disorders and Mental Health Promotion Network
- ECNP Bipolar Disorders Network
- Co-Chairs: Paolo Fusar-Poli and Ole Andreassen
- Members: 45
- Countries: Norway, Italy, Germany, France, The Netherlands, Switzerland, UK, Spain, Denmark, Czech Republic, Poland, Turkey, US
- Pharmaceutical Industry
- Current research grant income: about 50 million
PSMD ongoing activities

HARMONY initiative
- 2000 individuals at clinical risk for psychosis
- Multimodal data
- Cross-validation of risk prediction models
PSMD ongoing activities

Preventive interventions for SMD

- Oxytocin
- Cannabidiol
- PDE9 inhibitors
PSMD ongoing activities

ENIGMA Bipolar Disorder Working Group

• Brain MRI from 6503 individuals
• Structural MRI, FreeSurfer
PSMD ongoing activities

2019: Bipolar Disorder: 30 gene variants

Stahl et al., Nat Genet 2019
PSMD aims

- Cross-fertilise leading European institutions
- Harmonise assessment, outcome measures and interventions
- Implement digital health, big data and precision medicine into healthcare
- Promote clinical research partnerships
- Produce clinical guidelines
- Apply for European grant funding
- Disseminate preventive culture in psychiatry
- Engage policy makers, healthcare systems, patients and their families
PSMD Activities

• 2 preparatory workshops at ECNP Congress
• 1 European roundtable: «Implementation of precision medicine and preventive psychiatry for SMD”
• 1 European roundtable: «Ethical, legal, societal challenges for preventing SMD”
Thank You!