



Mood  
Disorders  
Centre of  
Ottawa



# FLOURISH

## Understanding and Preventing Mood Disorders

### Hello Readers!

Winter is here! We've been catching up with participants, which is always a pleasure and we've also been working hard to pull together our research results in various publications (see p.2 for the links).

At the Ottawa site, we have also been getting ready for a move. As of January 2, 2014 we will officially be located within the University of Ottawa Health Services in downtown Ottawa. Our updated address is found at the end of this newsletter. We will keep the same phone number and email addresses.

In research news, Dr. Anne Duffy has an accepted symposium for the CINP (International College of Neuropsychopharmacology) June 2014 in Vancouver with Phillip Mitchell (Australia) and Jan Scott (UK) on "The potential of HR studies to inform early intervention in bipolar disorders."

Sarah Doucette on our research team in Halifax has an accepted abstract for the Canadian Society of Epidemiology and Biostatistics National Conference this June 2014 in Newfoundland.

### Who is At Risk for ADHD?

Dr. Duffy has recently been asked to submit an article for a special edition of the Italian Journal *Minerva Psichiatrica*. The special issue "ADHD: From Childhood to Adult Disease" will be published in an upcoming edition of the journal. The *Minerva Psichiatrica* is a peer-reviewed journal of psychiatry, psychology and psychopharmacology. It is also the official journal of the Italian Society of Social Psychiatry. We will include a link to this article in an upcoming newsletter.



SEASON'S GREETINGS

### LINKS AND RESOURCES

Electronically accessible information  
you may find helpful:

- Scientists have gone to great lengths to fully understand sleep's benefits. In studies of humans and other animals, they have discovered that sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions. To learn about these discoveries from Harvard Medical School, click on the link: <http://healthysleep.med.harvard.edu/healthy/matters/benefits-of-sleep>
- Mood Disorders Association of Ontario website offering free support programs to people across Ontario, and their families, who are living with depression, anxiety, or bipolar disorder. They provide awareness, education, training, family and youth clinical support, recovery programs and peer support ([www.mooddisorders.ca](http://www.mooddisorders.ca))



## RESEARCH RESULTS

### What Has Been Happening

We have three recently published articles that come from the research. The first is found in the Journal of Affective Disorders and describes the importance of anxiety disorders as an important early intervention target. To read this paper click on the title "[Childhood Anxiety: An early predictor of mood disorders in offspring of bipolar parents](#)"

Our second recent publication looks at the relationship between bipolar disorder and socioeconomic status. This article is found in the International Journal of Bipolar Disorders. To read this article, click on the title "[Bipolar disorder and socioeconomic status: what is the nature of this relationship?](#)"

Our third publication is in the British Journal of Psychiatry and examines the importance of a developmental approach along with consideration of family history to facilitate earlier accurate diagnosis. To read the article: "[The developmental trajectory of bipolar disorder](#)"



*A few members of our Ottawa team  
From left: Maryam, Anne, Shannon and Aggi*

WE WANT  
TO KNOW!

Do you have any comments, questions or suggestions? Is there anything you would like to see in future newsletters? We invite and welcome your feedback ☺ Please direct your responses to newsletter editor-in-chief Shannon McCloskey. Thanks for reading!

## CONTACT US

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### FOR YOUR INFORMATION

There are countless medications that are used to treat mood disorders and other psychiatric difficulties. We will include information on different medications in each newsletter. Please follow the link below to read about venlafaxine (Brand name: Effexor)

**Medication Information – [Venlafaxine](#)**

