



Mood
Disorders
Centre of
Ottawa



FLOURISH

Understanding and Preventing Mood Disorders

Hello Readers!

Summer is here and with it comes the latest issue of our newsletter. Spring has been very busy and enjoyable, as we have been catching up with participants and families, as well as enrolling new participants. If you have a family member who may be interested in contributing to the research, feel free to get in touch with your study coordinator. Family members need not have a mood disorder to be eligible for the study.

We had a successful 5km run as a team during the Ottawa Race Weekend in May. We've done this run as a team for the past few years, as a way to stay committed to cardiovascular activity, which is an important part of mental health.

We would like to welcome Dr. Marie Vesela, a visiting psychiatrist from Prague who will join us this summer in Ottawa and Halifax to learn about our research. This visit comes in part as a result of the international interest and recognition that the research has generated. Dr. Vesela and her team hope to replicate and expand our work with participants in the Czech Republic.

Do you ever wonder how this research study began? Take a look at the article by the University of Calgary on what inspired Dr. Duffy to begin the work she does now: [Looking Back to Help Look Forward](#). Do you ever wonder what a day in the life of a psychiatrist is like? To find out: [Day In The Life](#)



WHAT CAN YOU DO TO IMPROVE RESILIENCE?

MoodGYM is a free interactive-online program designed to help you identify whether you are having problems with emotions like anxiety and depression and learn skills that can help you cope with these emotions. It is based on two approaches which have been successful in preventing and treating depression and anxiety - Cognitive Behaviour Therapy and Interpersonal Therapy. The program is designed to be used by people who would like to prevent mental health problems or manage problems which are troubling but not incapacitating.

To find out more: www.moodgym.anu.edu.au

RESEARCH RESULTS

What Has Been Happening

Bipolar Network News posted news about Dr. Duffy's presentation at the American Academy of Child and Adolescent Psychiatry (AACAP): "Anxiety and Depressive Disorders Often Precede the Onset of Bipolar Disorder in Those At High Risk Due to Family History". [READ THE ARTICLE](#)

Understanding the relationship between substance use and mood disorders has been an important part of our research. In the article [Serious Addictions Start Sooner](#), Dr. Duffy discusses the research findings described in a recently published Journal of Affective Disorders article. To read the entire article: [Adolescent substance use disorder during the early stages of bipolar disorder: A prospective high-risk study.](#)



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 medication information about moclobemide (Brand name: Manerix)

Medication Information – [Moclobemide](#)

Upcoming Ottawa Event - Play at the Gladstone Theatre on Thursday July 25: Crazy

Presented by Hazel Hutton

This is a story of a young woman's encounter with insanity, intertwined with a quirky meeting of mental health "survivors." It offers an insider's perspective into a manic episode, both funny and disturbing. For details: http://www.thegladstone.ca/one_night.html



Anne, Shannon, Debbie and Sarah before the race

**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!

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