Based on last 30 years clinical and etiological research, there is widening recognition of the lack of validity of the current psychiatric nosography. The diagnostic categories of DSM-5 and ICD-11 defined by a set of psychopathological symptoms are heterogeneous conditions that may include different biological entities, with distinct etiopathogenesis, different course and requiring different treatment management. Relying exclusively on current diagnostic categories could be an obstacle, not only in improving etiopathogenetic understanding of mental disorders, but also in overcoming the so-called “therapeutic stagnation in psychiatry”. The utilization of diagnostic categories defined on the basis of the potential response to the existing treatments (mainly pharmacological) represents a major limitation in the development of new therapeutic strategies.

A “transdiagnostic” approach cutting across the existing diagnostic boundaries may offer a new and rational path for the development of treatments for targeted subgroups of patients and new insight in the pathogenesis of different mental disorders. This is the essence of stratified and personalized medicine or what has recently been called “precision medicine”. Personalized medicine for mental disorders aims to couple established clinical-pathological indexes with new molecular profiling to create diagnostic, prognostic, and therapeutic strategies precisely tailored to each subject. Our research group is particularly focused on the advancements of personalized medicine in BD, with particular attention to how age at onset, comorbidity, genetic and epigenetic, imaging and biomarkers can influence diagnosis and treatment management and provide an integration to the conventional treatment guidelines.

Age at onset is an important variable in defining different subtypes of BD. Early onset during childhood or adolescence is frequently associated with neurodevelopmental disorders, while late onset after 50 years of age may be in many cases the initial manifestation of a neurodegenerative disease. Dr. Alessandro Palucchini and Dr. Giulio Brancato will present our projects in the field of ADHD, Emotional Dysregulation and Neurodevelopmental Bipolarity; Dr Camilla Elefante will illustrate preliminary results of our research on Bipolarity in Parkinson’s Disease and in other Neurodegenerative Diseases; finally Dr Martina Novi will present a summary of our researches and
projects on Electro Convulsive Therapy (ECT) and other brain stimulation approaches in patients with BD. Finally new perspectives in pharmacotherapy of mood disorders will be discussed in the light of a personalized approach to depression and BD.

Mercoledì 23 Gennaio 2019, alle ore 16.30
Aula Magna, Scuola Medica