

Presentation Form

Webinar Title: Identifying the bipolar prodrome: who is at highest risk, and what can we do?

Webinar Date: March 4, 2020

Presenter Bio
<p style="text-align: center;">Danella Hafeman, MD, PhD Assistant Professor of Psychiatry, University of Pittsburgh School of Medicine Child and Adolescent Bipolar Spectrum Services (CABS) UPMC Western Psychiatric Hospital Pittsburgh, PA</p> <p>Danella Hafeman, M.D. Ph.D. is an Assistant Professor in the Department of Psychiatry at the University of Pittsburgh. Her research focuses on understanding clinical trajectories and neural markers in youth with and at risk for bipolar disorder. She is particularly interested in identifying person-level clinical/neural risk markers that may have clinical utility and can be targeted by early interventions. She is currently funded by the NIMH on a Career Development Award to assess neural mechanisms of bipolar risk in youth with a family history of the disorder, as well as the effect of an app-based mindfulness intervention to target clinical and neural risk markers. She also receives funding from the Brain and Behavior Research Foundation as a 2019 NARSAD Young Investigator Awardee. Clinically, she treats youth with and at-risk for bipolar disorder at the Child and Adolescent Bipolar Services (CABS) clinic.</p>
Name and Narrative Description of your Presentation
<p>Identifying the bipolar prodrome: who is at highest risk, and what can we do?</p> <p>Youth with a family history of bipolar disorder are at elevated risk of developing the disorder themselves. This introductory webinar will focus on better understanding risk factors for the development of bipolar disorder, and prodromal symptoms that may precede disorder onset. We will discuss the work that we and others have done related to risk trajectories; describe a risk calculator to estimate person-level risk for new-onset bipolar disorder in at-risk offspring; and discuss early interventions that may address prodromal symptoms and decrease risk.</p>
Three (3) learning objectives
<p>By the completion of this session, participants should be able to:</p> <ol style="list-style-type: none">1. Identify the clinical symptoms that are associated with increased risk of bipolar onset, particularly in those at familial risk.2. Describe a risk calculator and how this can be used to estimate person-level risk for an outcome, in this case bipolar disorder onset.3. Discuss early therapeutic interventions that may help in this population, as well as basic medication strategies.
Three (3) current (within the past 10 years) <i>peer-reviewed</i> publications that support the evidence base for the content of your presentation

Publications must be listed in American Psychological Association (APA) Style (see www.apastyle.org for more information).

Hafeman DM, Merranko J, Axelson D, Goldstein BI, Goldstein T, Monk K, Hickey MB, Sakolsky D, Diler R, Iyengar S, Brent D, Kupfer D, Birmaher B. Toward the Definition of a Bipolar Prodrome: Dimensional Predictors of Bipolar Spectrum Disorders in At-Risk Youths. *American Journal of Psychiatry*. 2016;173(7):695-704.

Hafeman DM, Merranko J, Goldstein TR, Axelson D, Goldstein BI, Monk K, Hickey MB, Sakolsky D, Diler R, Iyengar S, Brent DA, Kupfer DJ, Kattan MW, Birmaher B. Assessment of a Person-Level Risk Calculator to Predict New-Onset Bipolar Spectrum Disorder in Youth at Familial Risk. *JAMA Psychiatry*. 2017.

Miklowitz DJ, Schneck CD, Walshaw PD, Singh MK, Sullivan AE, Suddath RL, Forgey Borlik M, Sugar CA, Chang KD. Effects of Family-Focused Therapy vs Enhanced Usual Care for Symptomatic Youths at High Risk for Bipolar Disorder: A Randomized Clinical Trial. *JAMA Psychiatry*. 2020.