S25: The CINP bipolar algorithm project

Chair: Hans Jürgen Möller, Germany
Co-Chair: Andi Tanra, Indonesia

Speaker 1: Hans Jürgen Möller, Germany
Title: Are everyday clinical practice and guideline supported clinical decision making in contrast?

Abstract
Among psychiatrists there is a common feeling, that guidelines directives on psychopharmacological treatment are often in contrast to clinical decision making driven by clinical experience. This might be one reason, why compliance to guidelines is not as one might expect.

Reasons for this discrepancy are related among others in the way guidelines are developed by the respective commissions: the experts are often not or not any more clinically experienced, the priority given to meta-analyses lead to relative global results, for more differentiated treatment problems (drug resistance, predominance of certain sub-syndromes, psychiatric and non-psychiatric comorbidity, co-medication etc.). Sufficient data are not available, individual dispositions of the patients are not sufficiently considered in the EBM database, the gap between phase-2 studies and phase-4 studies is difficult to overcome.

The current position of EBM neglects extremely the value of clinical practice and is not open enough for more critical reflections about is own methodological limitations. Especially the one-sided preference for meta-analyses should be replaced by a multi-methods approach, involving much more the evaluation of individual studies. This would help among others to give answers also to questions mentioned above, so mostly not addressed sufficiently by the available guidelines.

Speaker 2: Konstantinos N Fountoulakis, Greece
Title: The Collegium International Neuro-Psychopharmacologicum (CINP) treatment guidelines for bipolar disorder in adults

Abstract
The CINP assembled a workgroup to develop guidelines and a precise algorithm for Bipolar disorder (BD). The works are still in progress and the actual guideline is expected to be published within 2016. These guidelines will be based on hard data and were intended to be as evidence based as possible. A new system of grading the evidence was developed. Monotherapy was given priority over combination therapy. The first approach led to draft detailed guidance for each phase of BD in a five-step way, by taking into consideration the specific clinical features if possible. The second includes a very precise algorithm. When released, the CINP guidelines will be the most recent fully updated and fully evidence based guidelines on the treatment of BD. Many issues need further study, data are rare and insufficient and many questions remain unanswered. The most important and still unmet need is to be able to merge all the guidelines which concern different phases of the illness into a single one, and in this way consider BD as a single unified disorder, which is the real world fact. However today the research data do not permit such a unified approach.

Speaker 3: Siegfried Kasper, Austria
Title: Evidence based treatment of refractory bipolar patients.

Abstract
Definition of refractory bipolar patients is based on the course of the illness as well as current and past psychopathological status. Different steps of treatment considerations are considered for acute mania, hypomania as well as acute bipolar depression and thereafter for treatment during the maintenance phase. The steps can be grouped by evidence based from 1 to 5 and also non recommended types of medication need to be considered. Specific patient populations include those with agitation, pregnancy, lactation and the use of oral contraceptives as well as the management of somatic problems in bipolar disorder. It is obvious that evidence based guidelines like the CINP guidelines are limited by the data that is available and need to be regularly updated.

Speaker 4: Lakshmi Yatham, Canada
Title: How to incorporate the (CINP) algorithm into the everyday clinical

S26: Modulation of emotion in psychiatric disorders

Chair: Go Okada, Japan
Co-Chair: Anton J M Loonen, Netherlands

Speaker 1: Israel Liberzon, USA
Title: Contextual modulation of fear in PTSD

Abstract
Background; The brain mechanisms that underlie PTSD are not yet understood. We had proposed that deficits in the processing of contextual information are at the core of PTSD pathophysiology, and they involve complex interplay between fear associated learning, memory, sleep, hyperarousal and stress responses in PTSD. We performed genetic and functional neuroimaging studies in PTSD subjects as well as translational studies in animal model of PTSD, to identify brain regions, as well as physiological...