



Association of Scientists in Child and Adolescent Mental Health Alicia Koplowitz Foundation

ALICIA KOPLOWITZ ADVANCE TRAINING FELLOWSHIPS - 2020 CALL

Centre: Karolinska Institutet, Department of Clinical Neuroscience, Child and Adolescent Psychiatry Research Center

Tutor: Dr. David Mataix-Cols

Research Area:

- Please list and provide a brief explanation of the research projects that are currently being conducted in your department and in which the future fellows could take part in?

The fellows will have the opportunity to be involved in cutting edge, innovative research led by internationally recognized academics in the field, including Sven Bölte, Terje Falck-Ytter, Clara Hellner, Henrik Larsson, Brjánn Ljótsson, Mats Lekander, Paul Lichtenstein, David Mataix-Cols, and Eva Serlachius, amongst several others.

The fellows will join and integrate within an existing research team, where they can take time to familiarize themselves with the various ongoing projects before deciding which one(s) to participate in, depending on availability and the interests and motivations of the fellow.

Key areas of research at KI in general, and child and adolescent psychiatry in particular, are:

- Population based epidemiological research using the Swedish national registers (Patient Register, Twin Register, Prescriptions Register, etc.)
- Genetics
- Environmental risk factors
- Neuroimaging
- Clinical trials for a range of clinical groups
- Internet-based cognitive-behavioural therapy for a range of clinical groups, including anxiety, depression, OCD or Tourette syndrome

Strong areas in Child and Adolescent Psychiatry are:

- Neurodevelopmental disorders (e.g., Autism Spectrum Disorders, ADHD)
- Anxiety and affective disorders
- Obsessive-compulsive and related disorders
- Tourette syndrome and chronic tic disorder



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- *Eating disorders*
- *Addictions*
- *Functional gastrointestinal disorders*

- In relation to those research projects, please specify the activities in which the fellows will be able to take part? (e.g. data collection, hypothesis formulation, data analyses, writing up papers, etc.)

This will greatly vary depending on the characteristics and stage of the project that the fellow chooses to be involved in, but it is expected that the fellows will be involved in at least one of the following: study design, data extraction, data management, data analysis, and writing up of the results for publication. Additionally, as members of the research team, the fellows will take part in all periodical meetings regarding the study projects and may also take part in dissemination activities (i.e., presenting the results in scientific conferences or other suitable contexts).

All previous Alicia Koplowitz fellows at Karolinska Institutet have been able to publish their work in top-tier journals, often as first authors. All previous fellows have done their PhDs during or shortly after their fellowships at Karolinska Institutet.

- Please specify statistical support available to the fellows for the development of their research activity? (e.g. statistician input, attendance to statistical courses, skills meetings, etc.)

Doctoral level courses related to the methodological and statistical skills needed for the development of scientific projects will be available at Karolinska Institutet (with no cost for the fellow). As an example, previous Alicia Koplowitz fellows at KI have taken the following statistical courses:

- *SAS (statistical package for epidemiological studies) for beginners*
- *Basic Course in Medical Statistics*
- *Epidemiology I: Introduction to epidemiology*
- *Epidemiology II: Design of epidemiological studies*
- *Epidemiology III: Analysis and interpretation of epidemiological data*
- *Biostatistics I: Introduction for epidemiologists*
- *Biostatistics II: Introduction for epidemiologists*
- *Biostatistics III: Survival analysis for epidemiologists*
- *Writing Science and Information Literacy*
- *To Communicate Science in Different Contexts*



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Additionally, the host research teams will offer further methodological and statistical support via regular meetings and availability for consultation. Some of the research groups have their own inhouse statistical support. For complex projects requiring statistical support that is not available within the research group, the fellows will be able to consult with the Karolinska Institutet Biostatistics Core Facility (<http://www.biostatcore.ki.se/people.htm>).

- How much of the fellows' working time will be dedicated to research activities?

The time dedicated to research can be flexible, according to the training needs of the fellow. However, this is a research-heavy institution and fellows are expected to participate in at least some publishable research. Past fellows have published heavily in top tier journals.

Clinical Area:

*It is **NEITHER COMPULSORY NOR NECESSARY** for the fellows to learn Swedish during the fellowship period in order to have a fruitful time at the Karolinska Institutet. Clinical activities at the Karolinska Institutet are mainly held in Swedish and therefore the fellow's involvement in this area will be linked to their ability to quickly learn the basics of the Swedish language. However, in an increasingly multicultural society, it is not uncommon for patients and families to have other languages like English and even Spanish as their preferred language. Most Swedish families speak excellent English. The Karolinska Institutet is a very international institution. Most of the conferences and training events at Karolinska Institutet are in English.*

- Could you list the type of clinical placements the fellows could attend (e.g. generic outpatient services, inpatient units, specialist teams, etc.)?

The clinical tutor will work with the fellow to organize a meaningful program of study visits to the relevant child and adolescent clinics in Stockholm, including outpatient and inpatient services and generic and specialist teams. This will give fellows a comprehensive understanding of Child and Adolescent Psychiatry Services in Sweden. Specific training needs will be accommodated whenever possible. Some recent examples of our fellows' clinical rotations are:

- *Shadowing/observing first assessments and treatment sessions at the specialist OCD and related disorders clinic, with active involvement in clinical decision-making. 6 months.*
- *Shadowing/observing assessments and medical treatments of patients with "Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcus (PANDAS)" or "Pediatric Acute-onset Neuropsychiatric Syndrome (PANS)" at the specialist Pediatric immunopsychiatry clinic, with active involvement in decision-making. 6 months.*



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- *Clinical rotation at a community Child and Adolescent Mental Health Service, being involved in the diagnosis and treatment of a wide range of psychopathologies in children and adolescents. 40 hours.*
- *Observer of ADOS-2 "Autism Diagnostic Observation Schedule" assessments in individuals with suspected autism at the Center of Neurodevelopmental Disorders at Karolinska Institutet (KIND). 40 hours.*
- *Clinical rotation at the specialist clinic for children and adolescents with psychosis and bipolar disorder. 40 hours.*

- Could you describe the fellows' role in relation to participation in assessments and treatments in their clinical placements?

The fellow will be able to shadow clinicians in their clinical activities (including both assessments and treatments). A more active participation in the assessment/treatment sessions is also encouraged. As mentioned above, it is not uncommon for patients and families to have other languages like English and even Spanish as their preferred language. This offers unique opportunities for our fellows to actively participate in clinical activities.

- What are the requirements for psychiatrists and psychologist in order to be able to have a clinical role?

After signing a document committing to basic secrecy principles, all clinicians can join clinical activities in an observer capacity and even actively participate in assessments and treatment sessions. However, the responsibility for the patients will always be with the care worker in charge of the patient.

- How much of the fellows' working time will be dedicated to clinical work?

Time spent in the clinical area can be flexible according to the training needs of the fellow. However, based on experience from previous years, research is typically the main activity requested by fellows coming to Karolinska Institutet.

Academic area:

- Will the fellows be able to join a specific academic programme? If so, could you briefly describe the structure of this programme?

Rather than a rigid training program with pre-determined lectures and seminars, we will work with each fellow to create individually tailored training programs. The fellows will be able to sign up for doctoral-level courses of different duration at the Karolinska Institutet (in English) on clinical skills,



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methodological skills (e.g., medical statistics, epidemiology, biostatistics) and general research skills (e.g., scientific writing, grant writing, communication in science), among others. For a current list of available doctoral courses at KI, see <https://staff.ki.se/course-catalogue-and-vacancies-doctoral-courses>.

- Will the fellows be able to attend other training courses outside the specific academic programme (e.g. university courses, therapy workshops, etc.)?

Apart from the regular academic courses mentioned above, the fellows will be able to attend a large number of other events that may be of interest for their projects or professional development in general. These may include the Stockholm Psychiatry lectures (organized by the Centre for Psychiatry Research), conferences, workshops, study retreats, etc., as well as national and international conferences and academic meetings. Some recent examples of conferences and courses attended by our fellows are:

- American Academy of Child and Adolescent Psychiatry (AACAP). Pediatric Psychopharmacology Update, New York, USA.
- ECNP School of Child and Adolescent Neuropsychopharmacology, Venice, Italy.
- Nordic Child & Adolescent Psychiatric (NordCAP) Research Meeting, Turku, Finland.
- ADOS-2 Autism "Diagnostic Observation Schedule" accreditation, Madrid, Spain.
- "Fokus på autism" conference. Center of Neurodevelopmental Disorders at Karolinska Institutet (KIND). Stockholm, Sweden.

- Please specify annual budget available to the fellow for training.

The annual budget available to the fellow for training will depend on their specific needs and the nature of the project but it cannot exceed the maximum amount allocated to the centre by the Alicia Koplowitz Foundation.

- Please specify the clinical and research supervision offered to the fellow over the 2-years fellowship.

The fellows will be supervised by their hosting team. In addition, there will be more general support and supervision by the following individuals:

- Prof David Mataix-Cols (<http://ki.se/en/people/davmat>) is the coordinator of the Koplowitz Fellows training program at Karolinska Institutet. He will be the first point of contact for all prospective fellows and will help them settle in Stockholm and find the right research and clinical group to host them during their fellowship. He will attend to their training needs, manage their training budget, and troubleshoot any arising difficulties. He will also directly mentor and supervise fellows who have



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an interest in anxiety, obsessive-compulsive and related disorders (OCD, Tourette syndrome, body dysmorphic disorder, hoarding disorder, trichotillomania, skin picking disorder, PANS/PANDAS).

- Dr Lorena Fernández de la Cruz (<http://ki.se/en/people/lorfer>), Senior Researcher at the Karolinska Institutet, and former Alicia Koplowitz fellow herself will offer mentoring and further support in the organization of the fellowship. She will also represent a link with the local tutors in order to guarantee that the aims of the fellowship are being met. Regular supervision meetings will be offered.

- Dr Eva Serlachius (<http://ki.se/en/people/evaser>), child and adolescent psychiatrist and Coordinator of the Child and Adolescence Psychiatry Research Centre, will facilitate desk space, contacts with the various clinics within the Stockholm County Council and arrange necessary permissions for fellows to engage in clinical activities. Her own area of expertise is Internet-delivered interventions for children and adolescents with a range of disorders (<http://www.bup.se/sv/Om-BUP/Forskning/BIP/>). Eva also speaks Spanish.

- Dr Nitya Nitya Jayaram-Lindström (<https://ki.se/en/people/nitjay>), Head of the Division of Psychiatry (Centre for Psychiatry Research), will facilitate the administrative aspects of the fellowships, such as setting up contracts, research accounts, etc. Her own area of research is addictions.