



Annual Report 2015

Fundación
Alicia Koplowitz

WE SUPPORT THE FUTURE

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Letter from the Chairwoman

Once again, I would like to use this Report to give an account of the work performed at our Foundation which, after 21 years of activity, continues to make progress in the field of child and adolescent psychology.



We are particularly pleased with the results obtained in the social area of aid for children and young people, as well as wards of the state of legal age, to whom we offer education, a home and an environment in which they can feel safe and can grow and achieve the autonomy they need to become independent. With these initiatives we are contributing to an improvement in their quality of life and that of their families.

There is no question that the progress made in 2015 was possible thanks to the support of all of the people and institutions that have collaborated with us throughout the years and which have enabled achievements such as making child and adolescent psychology a recognised medical speciality in Spain.

Mental disorders have been a great unknown for many years and have, to a large extent, been ignored because of the social stigma that surrounds



them. Fortunately, and thanks to the work of everybody involved, the situation has now changed.

We have learnt to understand, respect and care for people with mental disorders and award them the seriousness and rigour they deserve, providing the resources needed for their diagnosis and treatment.

We had many reasons to be pleased in 2015. Attaining recognition for the specialty of child and adolescent psychiatry was, of course, one of the most important. But I would also like to share with you some of the other projects that have brought us joy.

We awarded more than 150 fellowships to psychiatrists and psychologists to carry out long- and short-term stays. The fellowships allowed them to access further and better training in this speciality in the best centres in the world. We also funded 74 research projects into child-youth psychiatry and neurology.

This has given us the satisfaction of knowing that, through these programmes, part of the talent that exists in our scientific community will stay in Spain.

Another achievement in 2015 was to shore up our commitment to the Board of Foundations for Science, of which we have been an active member since its creation in 2014 and whose objective is to establish a framework of collaboration among different private foundations to boost science and scientific research in Spain.

We also held the 10th Scientific Sessions, which this year addressed “Updating of Evidence-Based Therapeutic Interventions in Child and Adolescent Mental Disorders” and drew a very extensive panel of experts and professionals who set forth the latest developments in interventions with a scientific base for different mental-disorder casuistics.

Finally, I would like to thank the institutions that worked with us throughout the year and particularly the whole of the Foundation’s team, who have put so much work into helping children, adolescents and their families to promote hope.

Alicia Koplowitz

Chairwoman



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WE SUPPORT THE FUTURE

The **Alicia Koplowitz Foundation** provides socially excluded children and adolescents with a home, an education and the personal tools to face the future. It also promotes child and adolescent psychiatry in Spain through a Grants Programme and funding for research projects.

The Foundation was established in 1994 to provide care for children from highly dysfunctional family backgrounds. The medical and scientific side began in 2004, which, focusing on the **Child and Adolescent Mental Health Support Programme**, bases on its work on driving research, fostering the specialisation of Spanish psychiatrists and promoting talent.

The Foundation's two roles merge into a single mission: **to improve the quality of life of children and young people.**

This is at the heart of all of the Foundation's activities: science, medicine, education, social work, patronage and professional creativity are developed in harmony for a single purpose.

CHILDREN AND
ADOLESCENTS
CARED FOR

+350

DOCTORS
TRAINED

150

RESEARCH
PROJECTS

74

Awards



European Psychiatry Association 2015 Research Prize

The European Psychiatric Association gave its **2015 Research Prize**, in the “Child and Adolescent Psychiatry” category, to **Doctor Laura Pina-Camacho**, a recipient of the Foundation’s 2013-2015 Advanced Training Fellowships who used her grant to study at the Maudsley Institute of Psychiatry in London, UK. The prizes were awarded at the 23rd European Psychiatry Congress in Vienna, Austria, held from 28 to 31 March 2015.



ABC Health Awards

Each year the ABC newspaper organises the “**ABC Health Awards**” to acknowledge the work of institutions and professionals from various health fields in six different categories: Doctor of the Year, Best Drug, Best Public Hospital, Best Private Hospital, Best Health Technology and Best Private Foundation Dedicated to Research or Support for the Ill. The jury, led by Rubén Moreno, former secretary-general of Spain’s Ministry of Health, evaluated the initiatives and projects that had made the greatest contribution to improving patient quality of life or generating knowledge in the field of health in the abovementioned categories.



New Medical Economics Awards

The “**New Medical Economics Awards**” are presented each year by the Spanish edition of the highly regarded US magazine to acknowledge the contribution of companies, researchers and administrations in the development of biomedicine and health in Spain. This year the prestigious publication which specialises in health management and patient care gave the “**Fostering of Biomedical R&D**” prize to the **Alicia Koplowitz Foundation**. The Foundation was chosen by the magazine’s readers for its research work in multiple sclerosis, recognising that it had made a significant contribution to the development of biomedicine and the health sciences in Spain.



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Foundations for Science Council

The Spanish Foundation for Science and Technology (FECYT), which reports to the Ministry of Economy and Competitiveness, aims to promote science, technology and innovation and to foster outreach work and integration in society by delivering on the needs of the Spanish Science, Technology and Business System (SECTE).

The aim of the Council, driven by FECYT, is to incentivise private foundations to participate in science in accordance with international criteria.

As a full member, the **Alicia Koplowitz Foundation** is present at the quarterly meetings the Council holds each year. The meetings are used to establish common actions to foster science in Spain and to establish links with other international foundations such as, for example, the Nobel Foundation.

The Council's core activities in 2015 were to:

- ▶ Continue with the good practices protocol established in 2014 which serves as a guide in the content of official calls to award aid for training or advanced training for scientists.
- ▶ Define the map of existing official calls for aid.
- ▶ Perform metric studies.
- ▶ Continue with the pilot action of research skills: skills map and training programmes.
- ▶ Make headway in the activities of the Philanthropy for Science Club.
- ▶ Organise the annual Foundations for Science congress.

In 2015, the Foundations for Science Council comprised 13 foundations that support and fund different areas of science, including research, dissemination, training and technology transfers. The Alicia Koplowitz Foundation has been a

▶ The objectives of the Council

- ▶ The dissemination and promotion of good practices for increasing investment in science.
- ▶ Cooperation in the initiatives proposed by the Council or by any of the promoting Foundations to the extent of their individual capacities and strategies.
- ▶ The carrying out of joint activities for the promotion of involvement of other foundations in science investment and/or the cofinancing of joint promotion projects.
- ▶ Joint advice and cooperation in the search for and evaluation of R&D projects.
- ▶ Any other activity whose aim is to fulfil the Council's objectives.

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member of the Council since its creation in March 2014.

The Council operates under the principles of transparency, complementarity, cooperation and optimisation of resources.

In Spain there are currently around 10,000 active foundations that spend more than €8.52 billion on achieving their aims, according to figures from the Spanish Institute for Statistics. However, they allocate less than €100-150 million to science, i.e., around 0.6% of total Spanish investment in R&D. That's why the goal of the Foundations for Science Council is to disseminate and promote good practices to foster and increase investment in science, create forms of cooperation in joint initiatives, cofinance projects and advise on and cooperate in the search and evaluation of R&D projects.



Social Innovation and Global Ethics Forum (SIGEF)

The Horyou Foundation aims to promote and foster humanitarian causes around the world through individual and group projects. The Foundation offers scholarships and funding to scientists, researchers, inventors and other endeavours dedicated to improving the living conditions of people anywhere in the world.

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The Horyou Foundation sponsored the Social Innovation and Global Ethics Forum held in Geneva (Switzerland) in October 2015, at which the **Alicia Koplowitz Foundation** was a speaker.

As an organisation, it identifies projects and needs around the world and coordinates the financial resources needed for these projects to be implemented with their own funding, reducing their dependence on donations and subsidies

> Participation in the Forum

At the second edition of the Forum, the **Alicia Koplowitz Foundation** spoke about the social-work initiatives it performs, with foster residences for children in state care where the children are given an all-round education, and the homes for individuals over 18 years of age. The latter is a pioneering initiative in that it is targeted at people of legal age who, after no longer being wards of the state, find themselves with no resources or protection. The Foundation's programme allows them to obtain the training and resources they need to lead a self-sufficient life.

The Foundation also spoke of its support for scientific research into child and adolescent psychiatry and neurosciences in the medical and scientific areas, through fellowships and advanced research and training aid.

These two areas, social and scientific, help improve the quality of life of children and adolescents and that of their families.

Scientific Advisory Committee

Today, and in the framework of its Support Program for Child and Adolescent Psychiatry, the Fundación is counseled by a Scientific Advisory Committee, made up of a outstanding group of Psychiatrists and Researchers, whose objective is to evaluate the initiatives of the Fundación and to establish priorities at the highest medical-scientific level.



The Scientific Advisory Committee also helps to better define the focus and potential of the future programs with international excellence criteria.

The members and their titles are as follows:

President	Ms. Alicia Koplowitz Romero de Juseu
Secretary	Dra. Josefina Castro i Fornieles Director of Instituto Clinic de Neurociencias. Hospital Clínic de Barcelona, Spain.
Members	Dr. Celso Arango López Head of the Child and Adolescent Psychiatry Service of Hospital General Universitario Gregorio Marañón, Madrid, Spain. Dr. Boris Birmaher Professor of the Department of Psychiatry, WPIC, Pittsburgh, USA Dr. Valentín Fuster Carulla Director of the Cardiovascular Institute of Mount Sinai Hospital in New York and Chairman of the CCAEE of the CNIC, Madrid, Spain. Dr. Joaquín Fuster Carulla Professor of Psychiatry and Behavioral Sciences, UCLA Neuropsychiatric Institute, Los Angeles, USA.



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SOCIAL

WORK

The **Alicia Koplowitz Foundation**'s mission is to care for, protect and defend children and adolescents, particularly those deprived of basic care, whether personal, educational, health, cultural or material, in order to deliver on their development and full education in search of enhanced social inclusion.

**CHILDREN AND
ADOLESCENTS
CARED FOR**

+350

HOMES

8

YEARS

21

Children are the most vulnerable group in society. A child would not survive alone without the right care from its parents.

It's not hard to understand that a new born without food and protection would die within a short time.

On top of this objective and evaluable care there is the important, intangible and non-transferable value of the love that parents give their child from its first day of life and without which the child would be scarred by an unsuspected evolution of shortfalls.

The problems of children in the world are very easy to identify: malnutrition caused by hunger, child soldiers, child prostitution, labour from the age of three, physical and psychological abuse, organ traffic, and the kidnapping and sale of children.

Altogether, children's needs have generated universal laws set forth in the United Nations' Declaration of the Rights of the Child.

In Spain, child protection laws guarantee legal intervention in cases of abandonment and the poor parenting that children can receive.

The government develops programmes and resources to guarantee the best possible care. The **Alicia Koplowitz Foundation** has spent more than 20 years rolling out programmes and resources for children and adolescents. It has engaged with public and private institutions, reaching out to children and young people with its work, resources and

knowledge to continue to find solutions that improve children's quality of life in a comprehensive fashion.



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➤ **An evolutionary journey full of possibilities**

We support the future

The Foundation's medical, scientific and social projects have a solid commitment linked to the common goal of working directly and having a bearing on achieving a better future for our children.

The effects of childhood trauma are comparable to an earthquake. Depending on the strength of the quake and the quality of the infrastructures where it occurs, the damage can be more devastating or less.

When it is very strong and the infrastructures are weak, the destruction is almost irreparable. A great deal of effort is required from the community to fix the damage and rebuild what has been torn asunder in order to live again.

Aggression, abuse and abandonment are traumatic situations that leave a child's affective and psychological infrastructures heavily damaged and the joint effort of the whole of the community is required to restore them. The goal of the Alicia Koplowitz Foundation is to restore them firmly

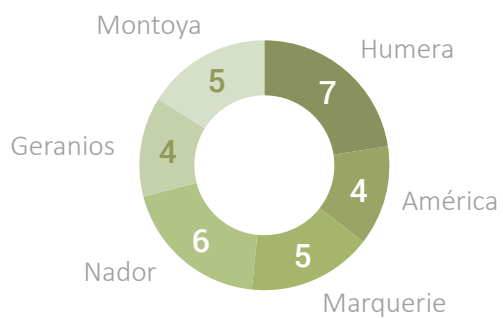
and using the best earthquake-proof material so that any future aggression will impact the child's life as little as possible.

The tools the **Alicia Koplowitz Foundation** uses to advance along this difficult path are legal protection, psychological and psychiatric care, special education, a social environment filled with affection and respectful treatment.

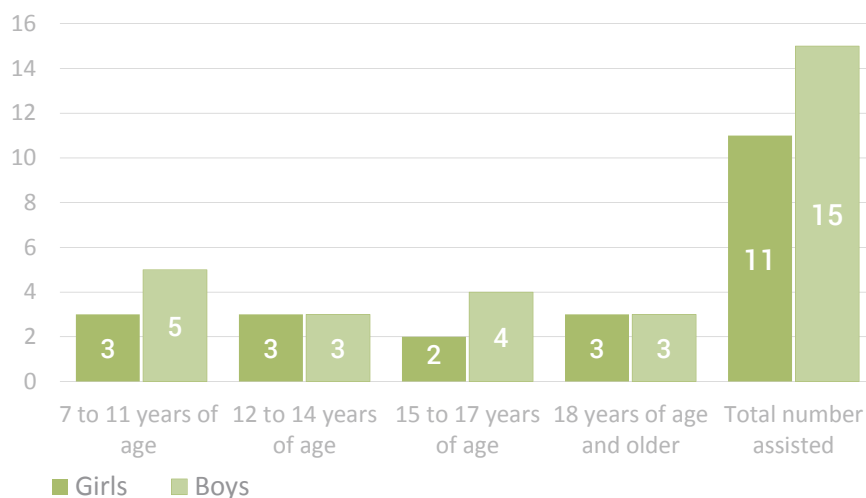
The evolutionary journey that must necessarily be undertaken in order to leave marginalisation behind must be as full as possible of a realm of opportunities grounded on classic values such as friendship, effort, overcoming obstacles, honour, collaboration, respect and sincerity. These are the foundations on which we build our programme of personal improvement and anti-marginalisation.



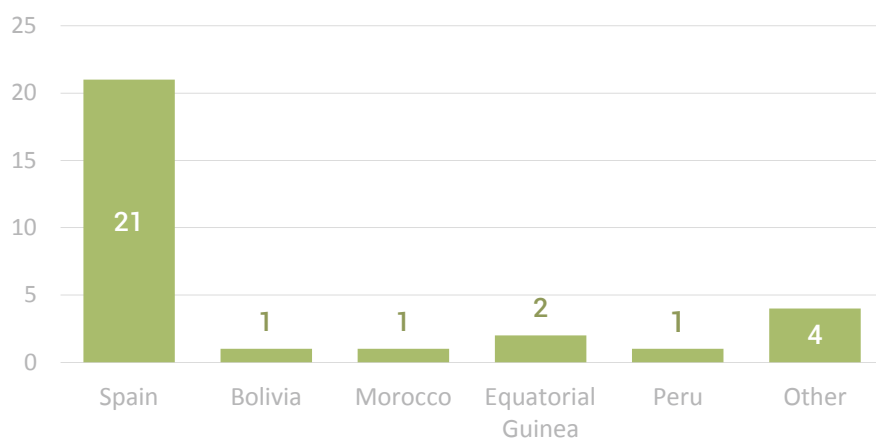
OCUPATION BY HOMES



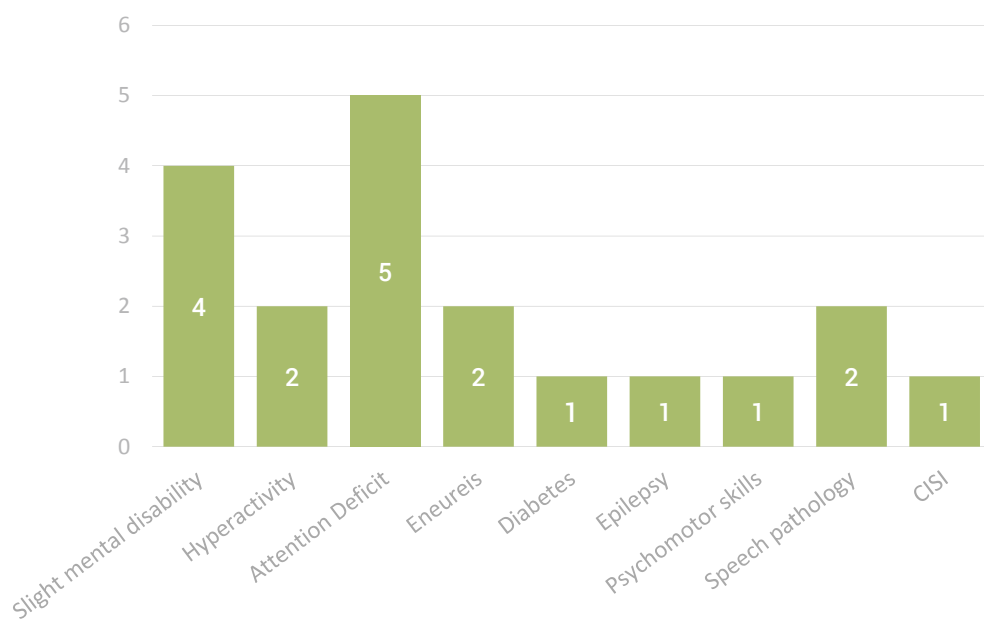
MINOR ASSISTED, BY AGE AND SEX



COUNTRY OF ORIGIN OF CHILDREN AND YOUTHS ASSISTED



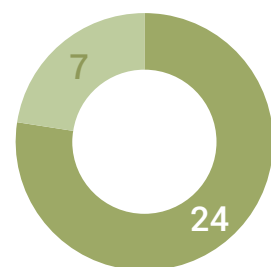
CHILDREN ASSISTED WITH SPECIFIC TREATMENTS



OUTING AND FAMILY VISITS

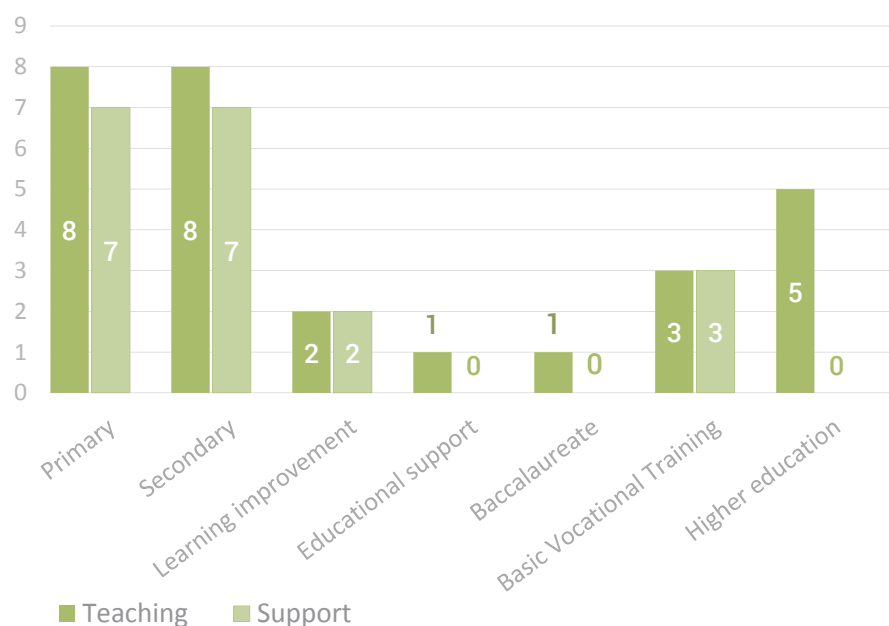
Always go out and school holidays	11
Go out occasionally	3
Go out but don't belong to the family	1
Have contact with the family but don't go out or receive visits	2
No contact with the family	6
Others, unspecified	7

ADMISSIONS ORIGIN

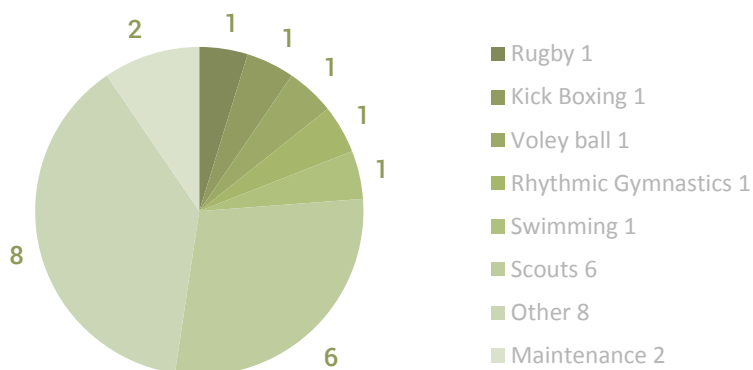


■ Reception centers
■ Other

EDUCATION STRUCTURES



FREE TIME ACTIVITIES 2015



Energy

V 18



> **Curiosity and enthusiasm to achieve a dream**

Discovering individual potential

Each year the Foundation promotes among our youngest the curiosity and interest for science and experiments.

One of our convictions is that each child is a complex and diverse world unto itself and needs its own tailor-made action plan. Teaching a child to live and grow is no mean task; we don't have manuals or magic formulas to provide the solutions.

We try to discover the children's likes, concerns and qualities in order to use these ingredients to configure a dream that will allow them to have the curiosity and enthusiasm needed to reach it.

Like all families, we meet up at Christmas and this year we met at the **National Science and Technology Museum**, where a group of magicians for science showed us that magic is not very hard either to understand or to practice.

We turned this celebration into a small homage to science and young scientists while at the same time made the children aware of the importance it plays in human development.





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> **Creating a better future**

Young adults

The big challenge of our mission is how to transform trauma into future possibilities.

Wards are minors with great problems to whom we have to offer the chance of integration in society. Support for minors legally ends at the age of 18, but at this age their education has still not ended and they are often still not capable of living independently. That's why we expanded the **Alicia Koplowitz Foundation's** commitment to include young adults of legal age. We consider that affording young adults better qualifications means giving them more possibilities, and that's why it is one of our major challenges.

We try to assimilate shortfalls and build new codes of resilience that help children become strong individuals who can take on life and to be free citizens who are prepared to be positive persons for our society.

An academic education can set you free and open up more opportunities. It is really hard for a ward to get into the last year of vocational training at high school or to study for their baccalaureate and it happens only very occasionally. University is even more exceptional. Despite this, practice and experience provide us with promising figures.

- ▶ Journalism 1
- ▶ Psychology 1
- ▶ Law 1
- ▶ Social Work 1
- ▶ Vocational training 2
- ▶ Baccalaureate 3



> Daniel Alvaredo Senso 27 years of age

What do you remember about when you first entered the home?

- Changes are always tough, especially if you're young. I remember the feeling that I didn't have any other choice. I had been at El Parral, a boarding facility that no longer exists. That's where the first intake of kids came from when they turned 12, or even younger if they had older siblings. My sister had gone there.

How long were you at the home?

- 11 years.



22 Tell us about the best and worst memories of your time at the home.

- The best - that I'd got in. I have no doubt that no other place would have put up with me for so long or given me so many opportunities.

The worst was how long I was there for. So many years.

What did you hope your life would be like when you grew up?

- I think you guys asked me that at the time. I'd say the same now as I did then: No idea!

How's life treating you today?

- I live with my partner, we're expecting a baby and I have a house...My life now makes me happy.

What do you think your time at the Foundation's home brought to your life?

- Being in the home made me what I am today. It took away a lot of the bad things and put me on the right path. It taught me not to give up.

It also helped me take better care of my things, to focus on myself and not just depend on others. It taught me to value what I have and to work hard to make sure that, when my child is born, he or she can have everything that I didn't have.

> Verónica Sánchez Palomo 26 years of age

What do you remember about when you first entered the home?

I remember it as a time when I was happy, although it was tough at first until I adapted. My arrival at the home wasn't bad and I have many memories of this time. For example, the image of parents waiting. I went with my aunt and I remember it well because at the time I was already used to things like it because I'd been at El Parral. In comparison, this was better, it was a chalet with not many children. The rules were tough. They put me in a room with Jessica and I went through some tough times but I remember playing with Tomás and other kids.



How long were you at the home?

I was there for 8 years.

Tell us about the best and worst memories of your time at the home.

Honestly, I went through just as many good times as bad. Some of my favourite memories are the Húmera parties and also when we went on trips with kids from the other homes, and mates like Dani and Lorena, plus of course my brother. They're the best memories.

The worst were the problems I had with the educators and because I didn't know how to solve problems. And I went through a rebellious stage that wasn't great, either. Realising the situation I was in and being aware that what I thought wasn't what was actually happening, and the disappointment with some of my family, were other difficult times.

What did you hope your life would be like when you grew up?

I don't think I thought about what I would do when I grew up or what my future would be like.

How's life treating you today?

I live with my partner, I have a four-year-old son and a job. Over the years I've grown as a person and I'm now in one of the happiest stages of my life. I feel calm, fulfilled and content.

What do you think your time at the Foundation's home brought to your life?

I'd say it brought quite a lot. What I most appreciate is having met various educators who put me on the right path and helped me see other people in the world that I didn't know existed. Educators like Ana and Patri, they really understood me (maybe because they weren't that much older than me). They're people you just have to take notice of.



> **2015 agreements and social collaboration**

Volunteering

Each year tens of volunteers contribute with their services, knowledge and time to social and educational development of the children and youngsters of the Foundation.

TUFTS UNIVERSITY

For the first time, and through the **AFAIJ Association**, 2015 saw the foreign volunteers we receive each year include people from the US. Tufts University this year began a volunteering programme for selected students who had already been admitted to degree courses at the university and who will also receive a scholarship.

We welcomed four 18-year-old volunteers from different states across America and included them in the support teams of our homes' education programmes so they could share with the children the learning of their native tongue, their life experiences of effort, achievement and consistency, and their culture.

The four volunteers will be supporting the children every afternoon from Monday to Friday and will also share their different talents with them, including theatre, sports and mediation skills.

FRANCISCO DE VITORIA UNIVERSITY

Francisco de Vitoria University has had an agreement with the **Alicia Koplowitz Foundation** since 2011. Student's visits our homes once a week throughout the school year to provide academic support to the children. In some cases this involves homework and in others it is more specific to particular areas where the child has been found to have a need and the volunteer a strength or interest.

DESPACHO URÍA Y MENÉNDEZ

Some of the children living in the homes take English classes at the language school of the **Despacho Uría y Menéndez** legal office. Some of the firm's lawyers also provide school support to some of our children. In addition to this support, the children have the opportunity to see and relate with highly qualified people in their professional setting.

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VOLUNTEERING 2015

Home	School support	Companionship	Language URÍA	International Volunteers	Student Work Experience	Others
Húmera	12	5	3	1		
Geranios	5		2	2	6	1
Montoya	16	1	2		1	
Nador	9					2
América	2		2	3		
Marquerie	1					
	45	6	9	6	7	3



➤ **A benchmark for patients and health professionals**

8th Multiple Sclerosis and Society Congress

In June, Ramón y Cajal University Hospital held the eighth edition of an event that has become a benchmark for multiple sclerosis patients and health professionals alike.

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The Multiple Sclerosis and Society Congress is a chance for society and science to swap knowledge, experiences and the latest news on future treatments for the disease.

The role of private initiative in caring for MS patients was analysed in depth at the congress by Isidro Villoria, Social Area Manager of the **Alicia Koplowitz Foundation**. He shared with attendees the start, development and conclusions of a project which is a reality today: the Alicia Koplowitz/Madrid Region Centre for People with Multiple Sclerosis. The Centre is a reference point for initiatives that arise from the needs that many MS patients face in their daily lives.

"A hospital is the best place to cure the disease but when people leave hospital they find a wealth of needs that require the adaptation of their environment in order to have an acceptable quality of life, and day centres are the breathing space and fundamental meeting point for patients and their families," Isidro Villoria said.





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ACTION

MEDICAL- SCIENTIFIC

**TRAINING
AND RESEARCH
FELLOWSHIPS**

+150

**PROJECT
FUNDING GRANTS**

74

**ARTICLES IN
INTERNATIONAL
JOURNALS**

+350

Since 2004 the **Foundation began its Children and Adolescent Mental Health Support Programme**, it has awarded 74 Research Project Funding Grants and more than 150 Training and Research Fellowships and has published more than 350 articles in international journals as an outcome of the scientific activity it sponsors. The Foundation's Medical and Scientific Area is aimed at fostering child and adolescent mental health, contributing to the progress of research and promoting the specialisation of Spanish psychiatrists. As part of the Programme, ten Scientific Sessions have been held, which each year draw leading professionals from this specialty to share advances and practical improvements in the field of child and adolescent psychiatry and psychology.

For years, children and young people with any type of mental illness were stigmatised, if not ignored, by society. The mentally ill would often hide themselves away and suffer a life of

impotence and incomprehension in silence.

The **Alicia Koplowitz Foundation** is strongly committed to reversing this situation by fostering research and training specialists in child and adolescent psychiatry to learn more about the possible causes and evolution of mental disorders and the best therapeutic options that can be offered to our unwell children and adolescents.



> Research support

Advanced Training Fellowships

In the 12th invitation to apply for Advanced Training Fellowships (2015-2017), the review board decided to award the following applicants:

Marina Fábrega Ribera

St Mary's Hospital, Imperial College.
London. UK.

Daniel Ilzarbe Simorte

Institute of Psychiatry at the Maudsley, King's College London, University of
London. London. UK.

Ana Pérez-Vigil

Karolinska Institutet, Child and Adolescent Psychiatry Research Center.
Stockholm. Sweden.

Juan Úbeda Gómez

Bellevue Hospital Center.
New York. USA.



Marina Fábrega Ribera

Dr Fábrega specialised in psychiatry at Hospital Clínic, Barcelona.

During her residency she undertook different training courses in Child and Adolescent Psychiatry while also obtaining a Specialist Diploma in Cognitive-Behavioural Therapy in Childhood and Adolescence from Spain's UNED National University of Distance Education (December 2014-May 2015) and a Diploma as a University Expert in Bipolar Disorder from the Ongoing Education Institute at the University of Barcelona, Editorial Médica Panamericana (September 2013-April 2014).

She has collaborated in congress presentations and publications with various child psychiatry team from Hospital Clínic, Barcelona, particularly the Eating Disorders and Psychosis teams.

As an Alicia Koplowitz Foundation Fellow at Imperial College, London, at the clinical level she developed her activity at Westminster Child and Adolescent Mental Health Service, where she treated patients with eating disorders, ASDs and somatoform disorders in particular.

At the academic level, she attends the training programme for residents in Child and Adolescent Psychiatry at Hospital St Mary's, Imperial College, on a weekly basis. She will spend 2016 dedicated to producing a paper on behavioural cognitive therapy. She also enrolled on the courses *Family Based Treatment for Adolescent Anorexia Nervosa*, taught by Prof James Lock at Great Ormond Street Hospital (Feeding and Eating Disorders Service) and *Video-feedback Intervention to Promote Positive Parenting and Sensitivity Discipline (ViPP-SD)*, a training course at Imperial College London run by Jane Iles and Paul Ramchandani.

At the research level, she formed part of the "*Healthy Start, Happy Start*",

project led by Dr Ramchandani, aimed at analysing the effectiveness and cost of a video-feedback intervention to promote positive parenting and sensitive discipline (ViPP-SD) in children aged 1 to 3 with behavioural difficulties. She trained as a therapist in ViPP-SD and is presently taking part in the study as such. She is also planning to perform a subanalysis of the collected data focusing on coparenting.





Daniel Ilzarbe Simorte

Dr Ilzarbe holds a degree in Medicine and Surgery from the University of Saragossa. He performed his residency in psychiatry at the Psychiatry and Clinical Psychology Teaching Unit of Hospital Clínic, Barcelona (2011-2015). During this time he did various student rotations in Child and Adolescent Psychiatry, including one at the Recognition and Prevention (RAP) Program in the Child and Adolescent Hospitalization Unit of Hospital Zucker Hillside (New York City, USA). During this time he has published three indexed articles, delivered various congress papers and actively engaged in the scientific meetings where his research work was presented.

In his time as an Advanced Training Fellow at the Institute of Psychiatry at the Maudsley, King's College London, University of London, he has been performing his clinical activity at the

The Alicia Koplowitz Foundation 2015

Lambeth Child and Adolescent Mental Health Service (CAMHS), attending the ADHD clinic, participating in systemic therapy interventions and working with the dialectical behaviour therapy groups tutored by Prof Steven Scott.

His teaching activities include participating in classes for Child Psychiatry residents at South London and Maudsley Hospital NHS Trust as a Specialist Registrar and he has undertaken courses in Therapeutic Assessment for Adolescents with Self-Harm, South London and Maudsley NHS (12 hours, London, September 2015) and the CAMHS Skills Course, Lambeth CAMHS (6 hours, London, November-December 2015).

In the research area and under Dr Philip McGuire he has worked in the Psychosis Studies Department.



Ana Pérez-Vigil

Dr Pérez holds a degree in Medicine and Surgery from the University of Barcelona and specialised in psychiatry at the Clínic Hospital, Barcelona, during which time she performed a four-month external rotation at the Child and Adolescent Psychiatry Research Centre, Department of Clinical Neuroscience / Karolinska Institutet in Stockholm, Sweden.

During her residency she participated as a co-investigator in three Hospital Clínic projects and a further two at the Karolinska Institutet, under the supervision of Dr David Mataix-Cols. She has had five articles published in high-impact factor indexed journals and presented more than 20 papers and national and international congresses.

She has been involved in various research projects since she started to work as an Advanced Training Fellow at the Child and Adolescent Psychiatry Research Centre. She has finished validating a testing scale for Body Dysmorphic Disorder (“Dysmorphic Concern Questionnaire”)

with a sample of more than 2000 patients and has also performed a systematic review of Obsessive Compulsive Disorder, tics and their association with autoimmune diseases. Finally, the most important project of all is that she is putting the final touches to the bases of her doctorate, which will consist of various studies on the functional impact of OCD, tics and anxiety disorders in schools (infant-school children) and in social/work areas subsequently in adulthood.

With respect to the clinical side, she has visited admitted patients together with a senior psychiatrist specialising in OCD and related disorders. She has also engaged in two workshops carried out at the clinic on tics (mention clinical cases, training to administer the Yale Global Tic Severity Scale, see videos where the two psychotherapeutic treatments which have scientific evidence were applied: habit reversal and exposure and response prevention). Finally, with respect to ongoing education, she has undertaken a three-week course on how to perform systematic reviews and meta-analysis.

** Juan Úbeda Gómez turned down the Fellowship for personal reasons, leaving it vacant.*

> Research support

Return agreements

In 2015, two new fellows decided, once their Advanced Training had ended, to join the Child and Adolescent Psychiatry departments of different centres in Spain, under the Return Agreements the Foundation offers.

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María Alicia Serrano Villar

2012 fellow at *Bellevue Hospital, New York University*, on her return she sought to join the Hospital Universitario La Paz's Child-Youth Psychiatry Unit in Madrid. During her time at the university hospital, she signed up to the research project entitled "Study Among School Aged Children (9-14 years) of the Neurocognitive Situation, Learning, Social and Mental Health Driver in a Population of Children with a Birth Weight of under 1,500 gm". As the project co-investigator, she was responsible for compiling the database, performing the mental health assessments of prematurely born children and adolescents who subsequently developed psychological disorders, and the drafting of papers at international congresses (European Congress of Psychiatry and American Psychological Association Meeting) with the first results obtained crossed with the biomedical data of the hospital's neonatology unit.

In relation to healthcare activity, she performed inter-consultations in child psychiatry and assisted in external child psychiatry doctor's visits.



Olga Santesteban Echarri

2012 fellow at *Columbia University Medical Center-New York Psychiatric Hospital (New York)*, Ms Santesteban joined the Child-Youth Mental Health Unit (USMIJ) at the Hospital Universitario 12 de Octubre's Psychiatry and Mental Health Clinical Management Area in Madrid, under the direction of Dr Miguel Ángel Jiménez and Dr José Carlos Espín. During her time there she performed healthcare activities as a psychologist, engaging in the assessment, diagnosis and monitoring of patients with symptoms of anxiety. Her research tasks involved shaping the implementation of a group format for cognitive behavioural therapy for children with anxiety, following P. Kendall's *Coping Cat* model and drafting a manual for the sessions adapted to the Spanish public healthcare system, creating the database and the joint supervision of residents who continue to perform the group therapy today. Her work led to the drafting of two original manuscripts and various papers at international scientific congresses. She currently continues to collaborate as a consultant with

> MEDICAL-SCIENTIFIC ACTION Return agreements

Hospital Universitario 12 de Octubre professionals, supervising the implementation of successive groups and the use of data obtained from them.

➤ Research support

Short-term fellowships for specialisation and research into Child and Adolescent Psychiatry, Psychology and Neuroscience

At the 9th invitation to apply for short-term fellowships, in 2015, the selection committee decided to award the following applicants

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NAME	HOSPITAL/ INSTITUTION	DESTINATION HOSPITAL	SUBJECT	FELLOWSHIP PERIOD
Caridad Benavides Martínez	Columbia University Medical Center, New York	Columbia University Medical Center, New York USA		6 months
Ana Belén Calvo Calvo	Hospital General Universitario Gregorio Marañón, Madrid	Education & Research Centre, Beaumont Hospital. Royal College of Surgeons in Ireland, Dublin. Ireland.	<i>Study on risk indicators for mental disorders among adolescents and young adults.</i>	6 months
Álvaro Frías Ibáñez	Mataró Mental Health Centre (Barcelona province)	Western Psychiatric Institute and Clinic, Pittsburgh, USA	<i>Comorbidity in paediatric bipolar disorder and borderline personality disorder.</i>	3 months
Blanca García Delgar	Hospital Clínic, Barcelona	Mount Sinai Hospital, New York. USA	<i>Further development of training in tic disorders and Tourette syndrome.</i>	6 months
Lourdes Rocío García Murillo	New York University Child Study Center, New York	New York University Child Study Center, New York USA	<i>Identification of predictive factors for nicotine dependence in children with ADHD following 33 years of monitoring.</i>	5 months
Félix Inchausti Gómez	Benito Menni Hospital Centre, Elizondo (Navarre province)	Karolinska Institutet, Stockholm, Sweden	<i>Rejects the fellowship</i>	6 months

NAME	HOSPITAL/ INSTITUTION	DESTINATION HOSPITAL	SUBJECT	FELLOWSHIP PERIOD
María José Parellada Redondo	Hospital General Universitario Gregorio Marañón, Madrid	University of California. San Francisco. EE.UU.	<i>Participation in the Autism Sequencing Consortium (ASC) international project. Study of possible phenotypic clusters with biological validity in ASD.</i>	4 months
Olga Puig Navarro	Hospital Clínic de Barcelona	University of California, San Diego, EE.UU.	<i>New psychological therapy protocols of cognitive rehabilitation for schizophrenia and patients with schizophrenia or Psychosis High Risk State</i>	6 months
Olga Santesteban Echarri	Columbia University Medical Center, New York	Orygen Youth Health (OYH), The National Centre of Excellence in Youth Mental Health, Melbourne, Australia	<i>Acquire clinical experience in online therapy for First Episode Psychosis.</i>	6 months
Laia Villalta Macià	Imperial College London, UK	Imperial College London, UK	<i>Prospective evaluation of the role of emotional dysregulation in adolescents after becoming victims of sexual assault.</i>	6 months



Caridad Benavides Martínez

Dr Benavides holds a degree in Medicine and Surgery from the Complutense University of Madrid and is a psychiatry specialist at Complejo Hospitalario de Segovia. She was also a collaborating physician in Mlale, Malawi in 2009.

She was a recipient of an Advanced Training Fellowship from the Alicia Koplowitz Foundation 2013-2015 to work at the Columbia University Medical Center's Psychiatry Department where she was the Principal Investigator on the project "The Role of Self-esteem in the Psychosis Spectrum: A Comparative Translational Study in Healthy Adolescents, Subjects with High Risk Criteria, and Subjects with Schizophrenia". COPE (*Center of Prevention and Evaluation in Psychosis*) team.

During her time at Columbia University Medical Center she performed further studies on neuroimaging in its different facets, participating in a project on the neural

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networks involved in dopaminergic dysfunction in schizophrenia.

Dr Benavides applied for a short-term fellowship so that over its six-month duration she could analyse a COPE database which included adolescent patients who, although not considered at risk, subsequently developed a psychotic episode: imagines obtained from certain regions of interest in schizophrenia study such as the hippocampus and limbic system would be studied before and after conversion to psychosis to attempt to identify a neuroimaging biomarker of first-episode psychosis in a young population.





Ana Belén Calvo Calvo

Dr Calvo holds a degree in Psychology from the University of Salamanca, a doctorate in Psychology from the Complutense University of Madrid and a master's in Research Methodology from the Autonomous University of Barcelona.

She trained as a researcher at the Child and Adolescent Psychiatry Service of the Gregorio Marañón Health Research Institute (IISGM) at Hospital General Universitario Gregorio Marañón, Madrid, with a predoctoral fellowship obtained on a competitive basis. She furthered her clinical and research training at the *Orygen Youth Health Clinical and Research Centre, University of Melbourne* (Australia), working with a leading team in early intervention and investigation for young people with serious mental disorders. Her principal study focus is the efficacy of early psychotherapeutic interventions and in this area she defended her doctoral thesis entitled "Study of the Efficacy of Parallel Group Psychotherapy for Adolescents with Early Onset Psychosis and their Families " and has published various

journal articles with a high impact factor.

On a clinical level, she has collaborated as a therapist in PIENSA (Adolescent Psychosis Intervention Programme) and been a member of the therapeutic team of the ATRAPA (Actions for Personality Treatment in Adolescence) programme at the Child and Adolescent Psychiatry Service of Hospital General Universitario Gregorio Marañón in Madrid.

She is a director and professor of the General Health Psychology Master's and a professor of the Master's in Neuropsychology and Education at the International University of La Rioja , as well as a professor of the Research Designs subject in the Master's in Health Psychology at the Pontificia de Comillas University, Madrid.

The short-term fellowship she was awarded by the Alicia Koplowitz Foundation allowed her to perform six months of research at the *Royal College of Surgeons in Ireland (RCSI), Beaumont Hospital Dublin and Trinity College, Dublin*. During that time she collaborated with the *Psychiatric Epidemiology Research across the Lifespan (PERL)* group led by Professor Mary Cannon, which is particularly interested in the discovery of first-risk indicators of mental disorders

in adolescents and young adults.

This allowed her to do further work in the study at the epidemiological, neurocognitive and neuroimaging level of adolescents with psychotic symptomatology, after which she will publish various scientific articles and give a talk at the *Society for International Schizophrenia Research Conference* in Florence in March 2016.



Álvaro Frías Ibáñez

Dr Frías (Valencia, 1981) has a degree in Psychology from the University of Valencia (1999-2004) for which he earned an Extraordinary Prize. He obtained the title of Clinical Psychology Specialist via the Psychology Resident Intern system at Hospital Universitario La Fe, Valencia. He was awarded a doctorate in Psychology in 2015 from the Blanquerna Faculty of Psychology, Education and Sport Sciences (FPCEE) of Ramón Llull University, Barcelona, with a doctoral thesis on obsessive-compulsive disorder and schizophrenia, which was classified cum laude. His postgraduate education includes a Master's in Comorbidity between Eating Disorders and Personality Disorders and in Legal Psychology.

His professional experience has covered the child, youth and adult populations in the National Health System for more than 10 years. He has participated in the research teams of Drs Rosa Baños and Cristina Botella and published more than 25 articles in national and international journals, indexed as lead author.

During his time at the *Western Psychiatric Institute and Clinic*, Pittsburgh, USA, he participated in different care, teaching and research activities carried out in the paediatric bipolar disorder unit led by Dr Boris Birmaher. Specifically, he was particularly interested in neurocognitive correlations and psychiatric comorbidity among minors diagnosed with this mental disorder. As a result of this work he has two articles in progress as lead author in collaboration with other members of the unit. Since returning to the Mental Health Centre in Mataró he has been conducting his own research on a sample of patients presenting comorbidity between bipolar disorder and borderline personality disorder with a view to facilitating their early detection and improving clinical progress.



Blanca García Delgar

Dr García is a psychiatry specialist at the Parc de Salut Mar research centre in Barcelona. During her residency she developed her education in Child and Adolescent Psychiatry by taking a master's in Child-Adolescent Clinical Psychopathology from the Autonomous University of Barcelona and worked many shifts in specialist units, including a 3-month stay at a hospital unit for children under 12 in the South London and Maudsley system in London.

Since finalising her education as a specialist physician, she has worked as a researcher on different international projects into childhood tics: *European Multicentre Tics in Children Study* (EMTICS) and *Tourette International Collaboration Genetics* (TIC Genetics). As a result of her work with the families of children with tics, in 2014 she designed a study to evaluate the efficacy of intervention for parents, targeted at reducing disruptive behaviour in their children. The project received the Spanish Child and Adolescent Psychology Association's award for best research project submitted by a junior

psychiatrist. The project is currently under development.

The purpose of her applying for a fellowship was to develop her education in tic disorders via a collaboration with the *Tics and Tourette's Clinical and Research Program* at Mount Sinai Hospital, New York. This programme is run by Professor Barbara Coffey and is one of the 10 centres designated by the Tourette Association of America as a centre of excellence in the treatment of Tourette Syndrome in the United States. During her fellowship period, she became familiar with therapeutic measures that have proven to be effective for tics and which are not yet available in Spain, such as *Comprehensive Behavioural Intervention for Tics* (CBIT therapy) and the prescription of Guanfacine.

She is also involved as an evaluator in clinical trials with experimental drugs such as SD-809 (Deutetrabenazine).





Lourdes Rocío García Murillo

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Dr García holds a degree in Medicine and Surgery from the University of Extremadura and specialised in psychiatry at Hospital Universitario Puerta de Hierro in Madrid. She performed a sub-specialisation in Child and Adolescent Psychiatry at the *Bellevue Hospital Center* of New York University thanks to an advanced training fellowship from the Alicia Koplowitz Foundation (2013-2015). She completed her education with different postgraduate and master's courses including a master's of Integrative Psychotherapy from the University of Alcalá and a postgraduate degree in family therapy from the *Ackerman Institute* in New York. She is the author of various book chapters and 5 indexed publications focusing on perinatal psychiatry, the use of psychotropic drugs in children and adolescents, and diagnosing Attention Deficit Hyperactivity Disorder, and has made more than 20 presentations at congresses.

The short-term fellowship she was awarded allowed her to continue

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working on the longitudinal study at New York University mentored by Drs Rachel G Klein and Francisco Xavier Castellanos and focusing on the identification of predictive factors for nicotine dependency among children diagnosed with ADHD at the median age of eight, being this dependency visible 33 years later.

She has also continued to work with the *Family Studies Program* team of New York University led by Dr Andrew Roffman and to attend activities proposed to the Child Study Center, such as Grand Rounds. She has furthermore participated in the *Program for the Education and Enrichment of Relational Skills* (PEERS) based on the programme created by Dr Laugeson at UCLA comprising eight adolescents with diagnoses included within Autism Spectrum Disorders.





María José Parellada Redondo

With a degree in Medicine and Surgery from the Autonomous University of Madrid and a doctorate of Medicine and Surgery from the University of Alcalá (Madrid) that earned a European Doctorate Mention, Dr Parellada received first prize for best doctoral thesis from the Spanish Society of Biological Psychiatry in 2006. She qualified as a psychiatrist from Hospital Doce de Octubre in Madrid and as a university specialist in child and adolescent psychiatry from King's College London. She has conducted numerous training courses in child psychiatry at the *Kennedy Krieger Institute, IoP at Maudsley Hospital, King's College*, London and at Cornell, Oxford and Miami universities. In Spain, Dr Parellada is the director of the AMITEA (integral medical attention for autism spectrum disorders) programme at the child and adolescent psychiatry department of Gregorio Marañón University General Hospital in Madrid.

Her short-term fellowship allowed her to prolong her stay at the University of California, San Francisco (UCSF), where she worked mainly with two groups, that of Prof Matthew State Lab and that of Dr Young Shin Kim. Dr Parellada has brought more than 40 patients and their parents for sequencing as part of the collaborations already initiated to engage in international projects for the genetic study of patients with ASD, the *Autism Sequencing Consortium (ASC)* coordinated by the USA's National Institute for Mental Health (NIMH) and the *MIPS Project* coordinated by UCSF, something she would not otherwise have been able to do due to lack of funding.

She has also continued to participate in STAR meetings (*Service, Training, Advocacy, and Research*) Center for *Autism and Neurodevelopmental Disorders* for the diagnosis and treatment of ASDs and to work with Somer Bishop and Vanessa Hus-Ba on the use of the SSC *Simons Simplex Collection* database for the study of possible phenotypic clusters with biological validity.



Olga Puig Navarro

Dr Puig holds a degree in Psychology from the University of Barcelona and specialised in Clinical Psychology at Hospital Clínic, Barcelona, where she has been a Senior Specialist Associate in the Child-Youth Psychiatry and Psychology Department since 2007. She has a doctorate in Psychology from the Faculty of Medicine at the University of Barcelona which she earned with a thesis entitled "*Cognitive and Functional Impairment in Adolescents with Early-onset Schizophrenia: Characterisation and Treatment with Cognitive Remediation Therapy*". She is also a collaborating researcher of the CIBERSAM Mental Health Research Network and the Government of Catalonia's Child-Youth Psychiatry Consolidated Research Group.

Most of her academic career has focused on the study of the cognitive characteristics of early-onset schizophrenia among adolescents, as well as the study of its treatment using cognitive rehabilitation techniques. She is the author of diverse original articles published in international journals with a high

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impact factor. These include an article published in the *Journal of the American Academy of Child and Adolescent Psychiatry* in 2014, which was the first study to analyse the efficacy of cognitive rehabilitation therapy in the improvement of cognitive and functional deficits in adolescent patients with schizophrenia.

Continuing with the same area of research, Dr Puig applied for a short-term fellowship to develop her knowledge on new psychological therapy protocols for schizophrenia in general and cognitive rehabilitation in particular both for patients with schizophrenia and Psychosis High Risk State (PHRS) patients. Her destination hospital was the University of California in both San Diego (UCSD) and San Francisco (UCSF). At UCSD Dr Puig collaborated with the teams of Dr EW Twamley and Dr K Cadenhead to discover new cognitive rehabilitation protocols in combination with other psychological therapies for schizophrenia (*Cognitive Compensatory Training with Cognitive-Behavioural Social Skills training*) and their application to PHRS adolescents. At UCSF she collaborated with the team led by Dr S Vinogradov, which allowed her to learn the basics of the *Neuroplasticity-based Auditory Training* computerised cognitive rehabilitation programme applied to recent onset schizophrenia and interventions

designed to treat motivational deficits via a computer app on a mobile phone platform currently being studied (DRIVE Laboratory, led by Dr Schlosser from Dr Vinogradov's team).



Olga Santesteban Echarri

Dr Santesteban holds a degree in Psychology from the University of Deusto (Bilbao province) and specialised in Clinical Psychology through the Psychology Resident Intern system at Hospital Universitario Psiquiátrico Institut Pere Mata (Reus). She has a master's in Mental Health, Psychiatry Research, Neurotoxicology and Psychopharmacology from the Rovira i Virgili University (Tarragona) and is currently in the final phase of her doctorate studies.

She was an Alicia Koplowitz Foundation Advanced Training Fellow (2012-2014) at *Columbia University Medical Center - New York Psychiatric Hospital* (New York) where she took part in the *Boricua Youth Study* research project under Dr Cristiane Duarte.

When she finished her placement at Columbia University, she joined the Child-Youth Mental Health Unit (USMIJ) of the Psychiatry and Mental Health Clinical Management Area at Hospital Universitario 12 de Octubre (Madrid) under Drs Miguel Ángel Jiménez and José Carlos Espín through the Return

Agreement which the Foundation makes available to Advanced Training fellows. In the six months she was there she conducted care and research activities such as the implementation in a group format of cognitive-behavioural therapy for children with anxiety, "El gato valiente" (following P Kendall's Coping Cat model). She currently continues to collaborate as a consultant with Hospital Universitario 12 de Octubre professionals, supervising the implementation of successive groups and the use of data obtained from them.

She is currently carrying out the Short-term Fellowship with the online innovation and intervention research team at *ORYGEN - the National Centre of Excellence in Youth Mental Health*, (Melbourne, Australia) led by Mario Álvarez-Jiménez. During this time, Dr Santesteban is acquiring clinical experience in online therapy for first-episode psychosis and experience at the statistical level in meta-analysis techniques after studying the *Comprehensive Meta-Analysis* (CMA) course given by its creator, Dr Borenstein. Her main goal is to implement online applications in the public mental health system when she returns. During her time at the centre she was awarded a 2016 *Endeavour Research Fellowship* from the Australian Government to extend her stay at ORYGEN in order to continue with her project.



Laia Villalta Macià

Dr Villalta holds a degree in Medicine and Surgery from the University of Barcelona (UB-Hospital Clínic) and specialised in Psychology (Psychology Intern Resident system) through Hospital de la Santa Creu i Sant Pau, Barcelona. In the field of psychotherapy she works as a family therapist and took a master's at the Family Therapy School of Hospital de la Santa Creu i Sant Pau and the Autonomous University of Barcelona (UAB).

During her specialist training she conducted clinical stays at the Child and Youth Psychiatry and Psychology Services at Hospital Mútua (Terrassa), Hospital Clínic (Barcelona) and the early intervention service of the ORYGEN Youth Health group in Melbourne, Australia. She enrolled on the Advanced Training Programme in Child and Adolescent Psychiatry at Imperial College and St. Mary's Hospital, London when she was awarded a fellowship from the Alicia Koplowitz Foundation (2013-2015).

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During her time at Imperial College, London, she was involved in the project *"Prospective Evaluation of Follow-up and Outcomes Following Adolescent Sexual Assault"*, led by *University College London*. She applied for a six-month Short-term Fellowship to continue with her collaboration in the project and to make an analysis focused on the role of emotional dysregulation among adolescents after being victims of sexual assault, which enjoys the collaboration of the *Mood Disorder Clinic, Kings College London*.

* *Félix Inchausti Gómez* turned down the Fellowship for personal reasons, leaving it vacant.



➤ Research support

Research grants in the area of Child and Adolescent Psychiatry and Neurosciences

The 11th Call for Research Grants received a total of 99 applications, of which 59 were for psychiatry projects and 40 for neuroscience projects. The corresponding Evaluation Committees were established, made up of six neuroscientists from Spain's Council for Scientific Research (CSIC) and six psychiatrists specialising in child and adolescent psychiatry.

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The Research Grants in the Area of **Child and Adolescent Psychiatry** were awarded to the research teams led by:

- ▶ Dr. Montserrat Dolz Abadia.
- ▶ Dr. Maite Garaigordobil Landazabal.
- ▶ Dr. María Luisa Lázaro García.
- ▶ Dr. Anna Sans Fitó.

On the other hand, the Research Grants in the Area of **Child and Adolescent Neurosciences** were awarded to:

- ▶ Dr. Francesc Artigas Pérez.
- ▶ Dr. Angel Luis Barco Guerrero.
- ▶ Dr. Pascual Sanz Bigorra.





Dr. Montserrat Dolz Abadia

AbadiaDr Dolz is an Attending Psychiatrist and Head of the First Psychotic Episodes Unit at Hospital Sant Joan de Deu in Barcelona, an area her research activity has also focused on, as shown by the research projects she has participated in and her publications.

The team led by Dr Dolz of Hospital Sant Joan de Deu, Barcelona, which includes the researchers Lourdes Ibañez Toda and Ramón Deulofeu Piquet, submitted the project:

"Neurobiological Markers of Stress for Psychosis Risk: the Role of Cortisol and Prolactin".

The project aims to study neurobiological markers of Psychosis Risk Syndrome (PRS) through the hypothalamic-pituitary-adrenal axis, as between 16% and 30% of subjects with PRS will develop a psychotic disorder in the 18 months following the identification of this syndrome.

> Research project

Neurobiological Markers of Stress for Psychosis Risk: the Role of Cortisol and Prolactin

Principal Investigator

Dr. Montserrat Dolz Abadía

Team

Dr. Lourdes Ibañez Toda

D. Ramón Deulofeu Piquet

Institution

Hospital Sant Joan de Deu. Barcelona



Dr. Maite Garaigordobil Landazabal

Dr Garaigordobil is a Professor at the Personality, Evaluation and Psychological Treatment Department of the Psychology Faculty at the University of the Basque Country. Her research areas have always focused on psychological and psychoeducational intervention programmes and the design of psychological evaluation instruments for children and adolescents. She has published 24 indexed articles in the past five years and written six books and 23 book chapters.

The team led by Dr Maite Garaigordobil Landazabal of the Faculty of Psychology at the University of the Basque Country, San Sebastian, which includes the researchers Elena Bernaras Iturrioz and Joana Jaureguizar Albonigamayor, submitted the project *"Prevention Programme of Depressive Symptomatology in Schoolchildren Aged 8-9 Years"*.

The work reports on the lack of prevention/intervention programmes in the appearance of depressive

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symptomatology in the early ages of 8-9 years. To that end the study purpose is to design, implement and evaluate a primary prevention programme of depressive symptomatology among Year 3 primary-school children in schools in Guipúzcoa in order to reduce the risk factors associated with this condition.

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➤ Research project

Prevention Programme of Depressive Symptomatology in Schoolchildren Aged 8-9 Years

Principal Investigator

Dr. Maite Garaigordobil Landazabal

Team

Dr. Elena Bernaras Iturrioz

Dr. Joana Jaureguizar Albonigamayor

Institution

Psychology Faculty. University of the Basque Country in San Sebastián



Dr. María Luisa Lázaro García

Dr Lázaro is a Senior Psychiatry Consultant and Head of the Child and Adolescent Psychiatry and Psychology Department at Institut Clínic de Neurociències, Hospital Clínic, Barcelona. She has a degree in Medicine from the University of Saragossa and a master's in Hospital Management from the University of Barcelona. She is a temporary Associate Professor of Psychiatry at the University of Barcelona's Faculty of Medicine. Her research work has to date focused on obsessive-compulsive disorder and anorexia nervosa. She is currently a member of the IDIBAPS and CIBER-SAM (Biomedical Research Networking Centres - Mental Health) research teams. She has given many talks and written for national and international publications.

The team led by Dr Lázaro, which includes the researchers Sergio Mas Herrero and Amalia Lafuente Flo, submitted the project: "*Identification of Pharmacogenetic Predictors in the Therapeutic Response to Fluoxetine in Children and Adolescents (Part II)*".

In previous research work, Dr Lázaro's group has shown that the response to fluoxetine depends on the genetic variability of the genes involved with the serotonergic system and not the variability of the genes involved with pharmacokinetics. The present work aims to design a strategy based on the convergence and integration of genome data obtained from human peripheral tissues in order to obtain and prioritise new candidate genes in functional modules to study interactions between genes and develop a pharmacogenetic predictor for fluoxetine response using techniques derived from artificial intelligence.

> Research project

Identification of Pharmacogenetic Predictors in the Therapeutic Response to Fluoxetine in Children and Adolescents (Part II)

Principal Investigator

Dr. María Luisa Lázaro García

Team

Dr. Sergio Mas Herrero

Dra. Amalia Lafuente Fló

Institution

Instituto de Investigaciones Biomédicas August Pi i Sunyer (IDIBAPS) - Hospital Clínic de Barcelona



Dr. Anna Sans Fitó

Dr Sans is a Specialist in Paediatrics and Neurology and Director of the Learning Disorder Unit (UTAE) of Hospital Sant Joan de Deu in Barcelona and has focused her care and research work on these disorders, particularly among patients with different neurological conditions. She has also collaborated in various Early Intervention and Special Education centres.

The team led by Dr Sans of Hospital Sant Joan de Deu, Barcelona, which includes the researchers Cristina Boix LLuch, Xavier Caldú Ferrus and Cristina Serra Amaya, submitted the work: *"Difference in the Cognitive and Behavioural Profile of Children with FASD (Foetal Alcohol Spectrum Disorder) and ADHD in Two Age Groups: Phenotypical and Neuroimaging Correlation"*.

The work proposes analysing the cognitive, behavioural and neuroimaging characteristics of patients with idiopathic ADHD and FASD. The aim is to find markers that discriminate children from both groups, studying the phenotypical

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findings of patients with FASD and the degree of correlation existing between the physical findings and the severity of cognitive and behaviour changes, as well as brain changes via magnetic resonance with the end goal of being able to initiate early and specific intervention that will make it possible to improve their prognosis.

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➤ Research project

Difference in the Cognitive and Behavioural Profile of Children with FASD (Foetal Alcohol Spectrum Disorder) and ADHD in Two Age Groups: Phenotypical and Neuroimaging Correlation

Principal Investigator

Dr. Anna Sans Fitó

Team

Ms. Cristina Boix LLuch

Dr. Xavier Caldú Ferrús

Dr. Cristina Serra Amaya

Institution

Hospital Sant Joan de Deu de Barcelona



Dr. Francesc Artigas Pérez

Dr Artigas has a doctorate in Chemistry, is a Research Professor at the CSIC and is the Director of the Neurochemistry and Neuropharmacology Department of the IIBB-CSIC in Barcelona. He has participated in 16 research projects and private contracts with businesses and published nearly 100 indexed articles in the past five years. He is the inventor of two international patents and a further two that have been requested in the United States.

The team led by Dr Artigas, of the Barcelona Biomedical Research Institute - Spanish Council for Scientific Research (IIBB-CSIC), which includes the researchers Pau Celada, Noemi Santana Ramos and Julia Gasull Gamós, submitted the project: *"Brain Oscillations as Biomarkers of Cognitive Involvement in Schizophrenia: Importance for Diagnosis in Adolescence"*.

The study considers the need for research into the underlying pathophysiological mechanisms in the symptomatology of schizophrenia

in adolescents and the negative deficits of the condition. The team aims to study functional changes to the cognitive circuit of basal ganglia in prepubertal rats that undergo early treatment with PCP (phencyclidine), which imitates the symptomatology of schizophrenia in healthy individuals. The data obtained from the work will be of high translational value as it will enable the use of non-invasive diagnostic techniques such as EEG for the early diagnosis of cognitive changes in schizophrenia.

> Research project

Brain Oscillations as Biomarkers of Cognitive Involvement in Schizophrenia: Importance for Diagnosis in Adolescence

Principal Investigator

Dr. Francesc Artigas Pérez

Team

Dr. Pau Celada

Dr. Noemí Santana Ramos

Institution

IIBB - CSIC. Barcelona



Dr. Angel Luis Barco Guerrero

Dr Barco has a degree in Biology and a doctorate in Biochemistry and Molecular Biology from the Autonomous University of Madrid. He is currently the Scientific Researcher of the UMH-CSIC Neuroscience Institute in San Juan, Alicante, President of the European Molecular and Cellular Cognition Society (EMCCS) and a member of the Governing Council of the Federation of European Neuroscience Societies (FENS). He has published 45 indexed articles in the past five years with an average impact factor of 7-plus.

The team led by Dr Barco, of the Neuroscience Institute, Miguel Hernández University - Spanish Council for Scientific Research (UMH-CSIC) in San Juan, Alicante, which includes the researchers Luis Miguel Valor Becerra, José Pascual López-Atalaya and Beatriz del Blanco Pablos, submitted the work: *"Screening of Epigenetic Changes Common to Distinct Syndromes Associated with Autism and Intellectual Disability"*.

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The project starts from the premise that diverse congenital syndromes associated with Intellectual Disability (ID) are caused by mutations in genes that regulate the epigenetic modification of chromatin. The proposal is to build on the description of ID underlying epigenetic changes using murine models for three syndromes associated with ID and autism: Rubinstein-Taybi Syndrome (RTS), Rett Syndrome and Claes-Jensen Syndrome. The comparison of the profiles obtained will make it possible to identify new genes associated with autistic behaviour and cognitive disorders that may be validated in patient samples, providing information on aetiology and opening up new treatment and diagnostic possibilities for these childhood disorders associated with autism.

➤ Research project

Screening of Epigenetic Changes Common to Distinct Syndromes Associated with Autism and Intellectual Disability

Principal Investigator

Dr. Angel Luis Barco Guerrero

Team

Dr. Luis Miguel Valor Becerra

Dr. José Pascual López-Atalaya

Dr. Beatriz del Blanco Pablos

Institution

Neuroscience Institute i (UMH-CSIC). San Juan de Alicante



Dr. Pascual Sanz Bigorra

Dr Sanz has a doctorate in Pharmacy from the University of Valencia and is currently a Research Professor at the Valencia Institute for Biomedicine - Spanish Council for Scientific Research. He has extensive experience and knowledge about the regulatory bases of AMP-activated protein kinase (AMPK) which he acquired in post-doctoral periods spent at the University of California, Los Angeles (UCLA) and Columbia University, New York. This knowledge about the regulatory bases of AMPK by glucose has enabled the group to explore the molecular bases of Lafora progressive myoclonic epilepsy, as attested by the 28 indexed articles, the four funded projects and the patents registered in the past five years.

The team led by Dr Pascual of the Valencia Institute for Biomedicine (CSIC), which includes the researchers Maria Adelaida García Gimeno and Rosa Viana Ballester, submitted the project: *"Molecular Bases of Epilepsy in Lafora Disease"*.

The study aims to analyse the way the laforin-malin complex (whose genes are mutated in Lafora Disease) is capable of regulating levels of the EAAT2 glutamate transporter in the plasma membrane. These studies will make it possible to define EAAT2 as a possible therapeutic target, analysing whether the use of compounds that re-establish normal transporter functioning is beneficial for the disease. Epilepsy in Lafora Disease causes the death of patients around 10 years after the onset of the first symptoms.

> **Research project**

Molecular Bases of Epilepsy in Lafora Disease

Principal Investigator

Dr. Pascual Sanz Bigorra

Team

Dr. Maria Adelaida García Gimeno

Dr. Rosa Viana Ballester

Institution

Valencia Institute for Biomedicine (CSIC)

Fundación Alicia Koplowitz

Apoyo a la salud mental de la infancia y adolescencia

- ◇ Becas de formación
- ◇ Ayudas de investigación

Fomento de la educación y la cultura

- ◇ Jornadas científicas
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Centro de esclerosis múltiple de la CAM "Alicia Koplowitz"

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➤ **Another effort in the field of education**

Sponsorships

As a further effort in the field of education, the Foundation organizes or assists in training sessions, Scientific Conference, workshops and symposia, and conferences for professionals, who are specialists in charge of national and international prestige.

Continuing with its work of sponsoring science, the Alicia Koplowitz Foundation sponsored the following events in 2015:

▶ **16th International ESCAP Congress from Research to Clinical Practice**
“Linking the Expertise”
20 to 24 June 2015, at the Palacio Municipal de Congresos, Madrid

▶ **9th Update Seminar on Child and Adolescent Psychiatry**
“Physician-Patient Relations and Teamwork in Child and Adolescent Psychiatry”
8 May 2015, at the CIMA (Centro de Investigación Médica Aplicada) Auditorium, Pamplona.

▶ **10th Scientific Sessions of the Alicia Koplowitz**
“Update on Evidence-based Therapeutic Interventions in Child and Adolescent Mental Disorders”
Foundation, 29 and 30 October 2015 at the Grand Amphitheatre of the Official Association of Physicians of Madrid.



Fundación
Alicia Koplowitz

X Jornadas Científicas

Actualización en intervenciones
terapéuticas basadas en la evidencia
para los trastornos mentales
del Niño y del Adolescente

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Jueves 29 y viernes 30
de octubre de 2015
Ilustre Colegio Oficial de
Médicos de Madrid



> **Forum for debate and meeting point**

10th Scientific Sessions

Alicia Koplowitz Foundation

“Update on Evidence-based Therapeutic Interventions in Child and Adolescent Mental Disorders”.

The Scientific Sessions were held once again at the Gran Anfiteatro of the Madrid College of Physicians on 29 and 30 October. This 10th edition addressed the topic “Update on Evidence-based Therapeutic Interventions in Child and Adolescent Mental Disorders”.

As Foundation Chairwoman Alicia Koplowitz said at the presentation of the sessions that scientific evidence today testifies that there are effective and scientifically proven treatments for mental disorders amongst children and adolescents which include not only drug treatments (psychiatric drugs) but also specific psychological interventions for each group of mental disorder: individual and family interventions, behavioural therapy, psychological education, parents’ groups, interpersonal therapy and more. In some cases it is the combination of drug-based and psychological interventions which has demonstrated scientific superiority.

> **Organising Committee**

Prof. Jesús Avila de Grado

Scientific Director, Centre for Biomedical Research Network-Neurogenerative Diseases (CIBERNED). Research Professor. Severo Ochoa Molecular Biology Centre, Spanish National Research Council-Autónoma University of Madrid (CSIC-UAM), Madrid, Spain.

Dr. Ceso Arango

Professorship Director, Alicia Koplowitz Foundation-Complutense University of Madrid Child Psychiatry Foundation. Head of the Child and Adolescent Psychiatry Unit at Hospital Universitario Gregorio Marañón in Madrid. Centre for Biomedical Research Network-Mental Health (CIBERSAM). Complutense University of Madrid. Alicia Koplowitz Foundation Fellowship Tutor.

Dr. Josefina Castro

Director of the Neuroscience Institute at Hospital Clínic Universitari in Barcelona. Centre for Biomedical Research Network-Mental Health (CIBERSAM). Chairperson of the Spanish Society of Child and Adolescent Psychiatry (AEPNYA). “Alicia Koplowitz Foundation” Fellowship Tutor.

Dr. María de Gracia Domínguez

Child and Adolescent Psychiatrist (Alicia Koplowitz fellow), Imperial College London, St. Mary’s Hospital, London. Clinical Lecturer in Child and Adolescent Psychiatry, Centre for Mental Health, Imperial College London. London, United Kingdom.

Dr. María Concepción Guisasola

Scientific Coordinator. Alicia Koplowitz Foundation.

Dr. Juan Manuel Pascual

Director of the Department of Rare Diseases and Professor and Researcher at the University of Texas Southwestern Medical Center. United States. Professor.



Professor Juan Manual Pascual

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The Foundation understands that children and adolescents with mental disorders and their families are entitled to be offered these therapeutic options in the mental health services in Spain, given the trend to prefer using drug treatment in children and young people. That is why it was decided to make the central plank of the 10th Scientific Sessions an update of the different interventions with a scientific basis for each mental disorder.

The event was opened by **Professor Juan Manual Pascual**, who emphasised that this was an opportunity the Foundation was making available to attendees, regardless of whether they were area professionals, students, parents of affected patients, therapists or more.

The first round table of the morning was entitled **“Update on Evidence-based Therapeutic Interventions for Eating Disorders”**.

Dr Ana Rosa Sepúlveda presented her speech entitled **“Update on Comprehensive Treatment using TCAs: Cognitive Behavioural Therapy and Family and Multifamily Therapy for Anorexia and Bulimia Nervosa”**.

Dr Sepúlveda has been working as a contracted in the Hospital Ramón y Cajal professor and researcher at Madrid’s Autónoma University’s Faculty of Psychology for six years. She has been the coordinator of the Consultancy on Problems of Self-Image and Eating Habits at the Centre for Applied Psychology (Autónoma University of Madrid) on the university campus these past six years. Her

Dr. Ana Rosa Sepúlveda



predoctoral training was carried out at Spain's Public Health Institute under the supervision of Dr Ana Gandarillas and she undertook her postdoctoral training at the Eating Behaviour Disorders Unit at London's Institute of Psychiatry and at Maudsley Hospital (2004-2008) in London, under the supervision of Janet Treasure. She won the BBVA Foundation's Innovative Researcher Award in 2014. She has published

some 35 scientific articles of impact, the book "Parents' Guide to Bulimia Nervosa" and various book chapters.

Her speech dealt with effective treatments for eating disorders, the elements to tackle and the techniques used, including C. Fairburn's 2003 work on cognitive behavioural therapy; the version which includes a motivational interview to reduce resistance

to treatment in cognitive behavioural therapy by Janet Treasure and U. Schmidt according to subtypes;

- ▶ M. Linehan's dialectical therapy for eating disorders;
- ▶ Treatments that include the family from the start such as family and multifamily systemic therapy, developed by I. Eisler (2001) and which has been translated and enriched by the American School of J. Lock & Le Grange (2008).

Dr Sepúlveda also said that the family should engage in structured psycho-educational workshops on teaching parents coping skills (Treasure, Smith, Crane, 2007; Sepulveda et al., 2008) which have produced important scientific evidence.

Dr Marina Diaz Marsá, head of the Eating Disorders Unit at Hospital Clínico San Carlos in Madrid and a CIBERSAM (Centre for Biomedical Research Network-Mental Health) member, moderated the debate that followed.

Dr. Marina Diaz Marsá



The second round table of the morning, entitled **“Update on Evidence-based Therapeutic Interventions for Affective Disorders”** began with a talk by **Dr Maria Dolores Picouto** titled **“Psychopharmacological Treatment for Major Depression in Children and Adolescents”**.

Dr Picouto is a psychiatrist who specialised in Child and Adolescent Psychiatry at St. Mary's Hospital in London, thanks to an Alicia Koplowitz Foundation fellowship (2008-2010).

In this period she also worked as a researcher with the Academic Unit of Child and Adolescent Psychiatry, Imperial College London, developing a project on psychological consequences and biological markers of stress in children who had required admission to intensive care units. She wrote her doctoral thesis on this project, which she defended at the University of Alcalá on 14 October 2014.

Dr Picouto has worked for the past five years as an associate psychiatrist in the Child Psychiatry Unit at Barcelona's Hospital Materno-Infantil Sant Joan de Déu, where she is the psychiatrist responsible for the Affective Disorders and Suicidal Behaviour Programme, and for patients with severe mental disorders admitted under a partial hospitalisation regime. She is also a member of the Parc Sanitari Sant Joan de Déu's Child-Adolescent Healthcare Ethics Committee.

She began her speech by saying that major depression is a common condition in the paediatric age group. It is estimated that by the end of their teenage years, approximately 20% of people will have suffered from it but only 25% of the cases will have been diagnosed (1, 2). Detecting and treating depression in children and adolescents is crucial because it is

associated with an increased risk in suffering from depression, psychiatric disorders (alcohol and drug abuse, behavioural disorders, personality disorders and suicidal behaviours) and social and work adaptation problems in adult life (3, 4). The grounds for treating major depression in children and adolescents is not drug-based. Spanish clinical practice guidelines and the UK's NICE clinical guidelines reserve a limited role for drug therapy with antidepressants, recommending their use only in psychotherapy refractive cases or in moderate to very severe cases (4, 5). They do not presently consider the use of antidepressants in monotherapy but rather recommend associating them in all cases with psychotherapy and always with a prescription and under the close supervision of the psychiatrist.

Today only fluoxetine and escitalopram have been given the FDA go-ahead for the treatment of major depression in children, starting from eight and 12 years respectively. The Spanish regulatory agency recommends the use of fluoxetine and sertraline in paediatric depression, but has not approved instructions for the use of any antidepressant.

These limitations on the use of antidepressants in child and adolescent is due to the fact that although multiple clinical trials have been performed in recent decades, antidepressants overall have shown limited efficacy

Dr. María Dolores Picouto



on paediatric populations, particularly children under the age of 12. (6, 7).

Questions concerning the efficacy of antidepressants in child and juvenile depression are not due to the fact that there are low response figures among groups treated with drugs in the clinical trials but mainly because of the existence of a very high level of response to placebo (30–60%), especially accentuated in multi-site studies which include milder conditions and younger children (8). Additionally, efficacy is not even among groups of antidepressants, with SSRIs showing greater efficacy; efficacy also differs among the different SSRIs: fluoxetine is the one that has shown the best benefit/risk efficacy profile and the only one to have been shown to be superior to placebo in a population under 12 years of age.

However, not only the efficacy but also the safety of using antidepressants with children has been the focus of intense debate over the past two decades, as epidemiological studies identified a rise in completed suicides up to 2003-2004, after which SSRI prescriptions began to fall.

Today evidence on the efficacy of antidepressants in child and adolescent depression is limited. The efficacy and safety of antidepressants is likely to be greater among more serious patients, who are generally excluded from clinical trials. Future studies will

have to take these considerations into account to deliver more useful data from a clinical viewpoint.

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The next speech “**Interpersonal Psychotherapy for Depression in Adolescents**”, was delivered by **Pablo Vidal-Ribas**.

A clinical psychologist with the Institute for Neuropsychiatry and Addictions at Parc de Salut Mar in Barcelona and former Alicia Koplowitz fellow at the Child and Adolescent Psychiatry Department of the Institute of Psychiatry, Psychology and Neuroscience, Kings’s College London (2012-2014), he is currently undertaking his doctorate at the same centre thanks to a three-year fellowship from Britain’s National Institute for Health Research (NIHR).

He began his speech by saying that the annual prevalence of depression in young people is approximately 10%, and is higher among girls than boys (1). Depression in adolescents is associated with interferences in psychosocial functioning both at school and with friends and family (2, 3). Furthermore, depression is also a risk factor for suicidal behaviours (4, 5) and substance abuse, educational problems, antisocial behaviour, interpersonal problems, low self-esteem and suicide attempts (6-8). It is therefore necessary to take an effective approach towards adolescent depression. Given the limited efficacy of drug treatments, in most cases psychotherapy is recommended as the front-line treatment in adolescent depression (9), with interpersonal

therapy (IPT) being one of the most effective.

IPT-A is a time-limited therapy (12 sessions, one per week), with a structured and manual-based focus on the present. It has three core objectives: 1) to reduce depressive symptoms, 2) improve the patient’s interpersonal functioning, and 3) educate on the relationship between depressive symptoms and what occurs in the patient’s relationships. IPT taps into three strategies to deliver on these objectives:

1. Identify specific problematic areas.
2. Identify practice techniques in the sessions and then,
3. Apply them in real life in the context of significant relationships.

Children suffering from mild or moderate depression, grief reactions, parent-child conflicts or conflicts

with friends due to poor social skills are suitable for treatment. Cases not suitable for treatment include, among others, the presence of psychotic symptoms, substance abuse, suicidal behaviour, depression as a secondary disorder (the primary disorder should be treated first) and being under 12 years of age.

IPT has been shown to be an effective treatment for adolescent depression with good acceptability. In any case, studies with larger samples are needed, comparing IPT-A directly with other psychotherapies and, above all, with medication, their combination and placebo in a child and adolescent population.

Pablo Vidal-Ribas





Dr. Hilario Blasco-Fontecilla

There was then a debate/discussion -moderated by **Dr Hilario Blasco-Fontecilla** which saw the public pose various questions to the speakers. Dr Hilario Blasco-Fontecilla is a child and adolescent psychiatrist with expertise in psychopharmacology, personality disorders, suicidal behaviour and Attention Deficit Hyperactivity Disorder (ADHD). He has been awarded numerous fellowships and distinctions, including two awards from the European Psychiatric Association and the prize for the best new researcher from the Spanish Society for Biological Psychiatry in 2013.

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The keynote speech on the Thursday morning was given by **Dr Celso Arango** on **“The Present and Future of Neuropsychopharmacology in Child and Adolescent Psychiatry”**.

Dr Celso Arango is head of the department of child and adolescent psychiatry at Hospital General Universitario Gregorio Marañón in Madrid and a Doctor of Medicine and specialist in forensic psychiatry from the Complutense University of Madrid. Accredited as a Professor by the Agency of Evaluation of Quality and Accreditation (ANECA), he is a tenured professor of psychiatry at the Complutense University of Madrid and a professor of psychiatry at the University of Maryland (USA). Scientific director at the Centre for Biomedical Research Network-Mental Health (CIBERSAM) since 2008 and president-elect of the European College of Neuropsychopharmacology. He has held the Cruz de la Orden Civil de Sanidad con Encomienda since February 2008. The adolescent unit he oversees in the department of psychiatry of Hospital General Universitario Gregorio Marañón has been awarded numerous prizes such as the Prize for Clinical Excellence, the 2009 Childhood Prize, the Prize for the initiative “Virtual simulation in mental health” and the Lundbeck Spain Prize for Excellence in Quality. He has participated in 40 research projects in the last five years, and was principal

investigator in 33 of them; nine were European projects financed by the 7th Framework Programme, and he has published more than 100 articles since 2010.

In his conference, Dr Arango said that few aspects are as controversial at present as that of neuropsychopharmacology in children and adolescents. Off-label use, lack of studies for a paediatric population, secondary effects such as the risk of suicide or metabolic and cardiovascular disorders and the lack of biomarkers for prediction of response or heterogeneity in its use are some of the controversial questions in this field.

The use of psychiatric drugs is currently restricted to symptomatic treatment with therapeutic targets that have little to do with the majority of physio-pathology occasions that the mental disorder causes. The

use of psychiatric drugs in children and adolescents for the treatment of mental disorders and their prevention, even in adult age, in combination with other therapeutic techniques is a very promising area. There are enough differences in the developing brain of children and adolescents to continue to take the opposite path to the one taken to date: the use of drugs that have worked on adults and which are applied to a child and adolescent population. The future development of neuropsychopharmacology must involve seeking therapeutic targets that prevent mental disorders or stop them transitioning to others of greater severity.

Dr Juan Carlos Leza then led the discussion, moderating the turns of the numerous questions and interventions. Dr Leza is a doctor of medicine and surgery and a professor in pharmacology at the faculty

Drs. Juan Carlos Leza and Celso Arango





Dr. Leticia Gutierrez-Galve

of medicine of the Complutense University of Madrid. He is the principal investigator of the “Molecular Neuropsychopharmacology of Stress-Related Pathologies” research group whose principal scientific objectives are basic and translational research of neuropsychiatric pathologies with the goal of finding new therapeutic targets or their biological markers and the identification and development of pharmacological tools to improve the treatment quality of stress-related pathologies. He is also a correspondent member of the Royal National Academy of Medicine.

At the 10th Scientific Sessions, the Foundation decided to change the format and replace the former keynote speeches of Thursday afternoon with the **Alicia Koplowitz Foundation Fellows’ Conference**. The aim was to give a voice to the Foundation’s fellows to present at the Sessions some aspect of the research work and studies they undertook during their fellowship.



Dr. Pedro Manuel Ruiz

At this first edition, the conference speaker was **Dr Leticia Gutierrez-Galve**, who spoke on “**Paternal Depression in the Postnatal Period and Child Psychopathology**”.

Dr Gutierrez-Galve specialised in psychiatry at the Hospital Clínico Universitario Lozano Blesa, Zaragoza, and later won a Río Hortega contract with which she did her thesis on Neuroimaging and Neuropsychiatry at University College London. She was an Alicia Koplowitz fellow at Imperial College (London) from 2012 to 2014. During her time as a Foundation fellow at Imperial College she worked under the supervision of Dr Paul Ramchandani.

Her research work focused on studying the impact of paternal depression in the postnatal period and the psychosocial and emotional development of the child and adolescent. In her first work she studied risk transmission mechanisms between paternal depression in the postnatal period and changes in the psychosocial development of the child. The work was recently published in Pediatrics. She later participated in another work

> MEDICAL-SCIENTIFIC ACTION 10th Scientific Sessions

KEYNOTE SPEECH:
“The Present and Future of Neuropsychopharmacology in Child and Adolescent Psychiatry”

Dr. Celso Arango

**FUNDACIÓN ALICIA KOPLOWITZ
FELLOWS CONFERENCE:**
“Paternal Depression in the Postnatal Period and Child Psychopathology”

Dra. Leticia Gutierrez-Galve

on the effect of paternal depression in the postnatal period on depression in children after 18 years of monitoring. She is currently a Clinical Research Fellow in Child and Adolescent Psychiatry at Great Ormond Street Hospital (London) and University College London, UK.

During her conference, Dr Gutierrez-Galve developed the methodology, results and conclusions of her research, which were followed with interest by the attending public and gave way to an intense discussion moderated by **Dr Pedro Manuel Ruiz**. Dr Ruiz is the Head of the Child-Juvenile Psychiatry Section at Hospital Clínico Universitario Lozano Blesa, Zaragoza, an Associate Professor of Psychiatry at the University of Zaragoza, an I+CS collaborating investigator and coordinator of the ZARIMA Group.



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The last table of the day was entitled “**Update in Evidence-Based Therapeutic Inventions for Anxiety Disorders**”. The first speaker at this table was **Dr Regina Sala**, with a paper entitled “**Psychopharmacological Treatments in Anxiety Disorders**”.

Dr Sala is a child and adolescent psychiatrist who trained at the Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center, PA, USA thanks to an Advanced Training Fellowship from the Alicia Koplowitz Foundation (2008-2010), at the Michel Rutter Centre, Maudsley Hospital & King’s College London, UK; at Cornell University, New York, USA; at Complutense University, Madrid, Spain; at Università degli Studi di Parma, Italy; and at Hospital Universitario de Móstoles, Madrid, Spain (resident in General Psychiatry). Dr Sala earned her doctorate in Neuroscience from the University of Barcelona, Spain. She has worked at the Anxiety Disorders Clinic at New York State Psychiatry Institute,

Columbia University, New York, USA. She is currently working as an associate in Child and Adolescent Psychiatry and is the head of the ADHA clinic at the Child & Family Consultation Service-Newham, East London NHS Foundation Trust, London, UK. She is also a professor and researcher at the Child and Adolescent Psychiatry Department, Institute of Psychiatry, Psychology and Neurosciences (IoPPN), King’s College London, UK.

Dr Sala is also a reviewer of various journals including the Journal of Clinical Psychiatry, Bipolar Disorder and Addiction and a member of the Editorial Board of the Journal of Child & Adolescent Behavior.

During her talk, Dr Sala said that 70-80% of children and young people with anxiety disorder can improve with psychotherapeutic treatments and that this should be the first

Dr. Regina Sala



therapeutic option. However, this means that between 20% and 30% do not respond and will also require psychopharmacological treatment. The number of randomised controlled trials for psychopharmacological treatment in anxiety disorders in children and adolescents is still limited. Frontline treatment involves selective serotonin reuptake inhibitors, and she presented other psychopharmacological agents and the latest studies to date.

Dr Carmen Morcillo then spoke on “Non-pharmacological Therapies for Anxiety Disorders”.

Dr Morcillo specialised in general psychiatry at Hospital Universitario Ramón y Cajal, Madrid, in 2008. After finishing her residency, she was awarded an Advanced Training Fellowship from the Alicia Koplowitz

Foundation in Child and Adolescent Psychiatry which she undertook at Columbia University/ Presbyterian Hospital in New York, USA (2008-2010). During this time she participated in various research programmes, fundamentally in epidemiology of antisocial behaviour and cultural factors that influence their development. Having finished her fellowship and after various months working at the Adolescents’ Unit at Hospital Gregorio Marañón (Madrid), she returned to New York to work as a clinical researcher at the anxiety disorders and pathological gambling unit at the Psychiatric Institute, Columbia University. She has been performing her clinical work in the United Kingdom since 2012, having worked at child and adolescent mental health community clinics in Cambridge and, currently, Sussex. She is the author of various publications in high-impact

psychiatry journals and book chapters centred on diverse aspects of child and adolescent mental health.

Dr Morcillo began her speech by saying it is important to know Evidence Based Treatments (EBTs) because the prevalence of anxiety disorders among children and adolescents ranges between 9% and 32%, present a high comorbidity with depression, ADHD, behavioural problems, etc., and that children with anxiety disorder shave up to 3 times more risk of a psychopathology in adulthood. Despite that, up to 80% of children and adolescents with anxiety disorders do not receive treatment.

To be considered the best intervention, an EBT must comply with a series of requirements:

1. It must be effective and specific, i.e., superior to control groups in at least two different contexts.
2. It must have a solid and considerable basis in scientific literature (at least one randomised controlled trial).
3. It must have good clinical acceptance.
4. The intervention requires specific training.
5. It must have the possibility of being used in multiple contexts.

Dr. Carmen Morcillo



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Apoyar a la calidad humana de la
infancia y adolescencia
Española, Argentina y
Uruguaya de Independencia

El momento de la adolescencia
y la cultura

Programa de Intervención Social



Dr. Mar Álvarez

Therapeutic guideline recommendations include NICE (National Institute for Health and Care Excellence, UK) and AACAP (American Academy of Child and Adolescent Psychiatry, USA). They both recommend Cognitive Behavioural Therapy (CBT) together with Family Therapy.

From the analysis of 41 randomised controlled trials, it can be concluded that:

1. CBT is useful for anxiety disorders.
2. CBT is superior to controls but not to “active” controls (psycho-education, bibliotherapy, regular treatment).
3. It is not clear that CBT is superior to medication.
4. There is scarce evidence about the long-term of effect of CBT on children with learning difficulties and
5. There are no significant differences regarding the format in which the therapy is performed.

Dr Morcillo then presented a new way of performing therapy in anxiety disorders such as CBT administered online

or through e-devices, their advantages and the scientific evidence of their application.

Dr Morcillo said that post-traumatic stress disorders make up a significant part of anxiety disorders and examined the efficacy of different therapeutic modalities: Eye Movement Desensitization and Reprocessing (EMDR), CBT, Eclectic Treatment with CBT elements, Eclectic Treatment without CBT, Exposure...etc.

Finally, she presented the treatment of Obsessive-Compulsive Disorder with CBT and Exposure and Response Prevention (ERP), the recommendations of the NICE and AACAP guidelines and the results attained.

The discussion that took place afterwards and which brought the day to a close was moderated by **Dr Mar Álvarez**, an Alicia Koplowitz Foundation Fellow at Bellevue Hospital, New York University, New York, USA (2009-2011), a Child

and Adolescent Psychiatrist at the Cornellá Child and Youth Mental Health Unit, Hospital Sant Joan de Déu, Barcelona and Professor at Abal Oliba CEU University in Barcelona.



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The session on Friday 30th October began with the round table **“Update on Evidence-Based Therapeutic Interventions for Attention Deficit Hyperactivity Disorder (ADHD)”**.

The first speech of the round table was given by **Dr José Ángel Alda** on **“Psychopharmacological Treatments in ADHD”**.

Dr Alda has a degree in medicine and surgery from the University of Zaragoza and is a specialist psychiatrist and head of the Child-Adolescent Psychiatry Section of Barcelona’s Hospital Sant Joan de Déu. He is also the coordinator of the hospital’s ADHD Unit. He has dedicated his professional activity to children and adolescents with different psychiatric conditions, working closely with primary-care paediatricians. In recent years, his main focus has been addictive disorders in adolescents and attention deficit hyperactivity disorder. He has performed multiple teaching and research activities in this field and

has coordinated the Spanish Health Ministry’s Guide to Clinical Practice on ADHD. He is the treasurer of the Spanish Association of Child and Adolescent Psychiatry (AEPNYA) and the Academy of Medical Sciences of Catalonia.

In his speech, Dr Alda described how interest in ADHD has been growing in recent years, with an average of 2,000-plus articles having been published, many referring to

pharmacological treatment. He also presented the latest developments in evidence or test-based pharmacological treatment of ADHD. He mentioned the treatment recommendations of the leading clinical practice guides for ADHD and the latest available evidence on drug-based treatments, emphasising findings regarding their side effects and possible management.

The second speech of the round table was entitled **“Psychoeducational**

Dr. Jose Angel Alda



Groups for Parents in ADHD” and was given by **Dr Marta García Giral**.

Dr García Giral has a degree in medicine and surgery from the Autonomous University of Barcelona and specialised in psychiatry at Barcelona’s Hospital Clinic i Provincial. She qualified in Child and Adolescent Psychiatry from the Institute of Psychiatry and the Institute of Child Health of the University of London, Bethlem Royal Hospital, Maudsley

Hospital and the Hospital for Sick Children, London, UK. She has been an associate with the Child and Adolescent Psychiatry Section of the Barcelona-based Hospital Clinic’s Psychiatry and Clinical Psychology Institute since 1992. Since 2006, her activity has focused on the hospital’s ADHD Unit where she performs her care, research and teaching activities, as the numerous scientific articles and book chapters she has published attest to.

Dr. Marta García Giral



During her speech, Dr García Giral said that ADHD is a neurodevelopmental disorder whereby the individual presents problems controlling their attention and movements, inhibiting immediate responses and regulating their emotions. She said the disorder has a major impact on the patient’s life and that of his or her immediate environment. It is a process with a polygenic and complex pattern of inheritance, she said. The different genes involved interact with each other and with environmental factors, giving rise to changes at the neuro-biochemical and neurophysiological levels, and in the neuroanatomical substrate. These changes are responsible for clinical manifestations of the disorder.

The family social environment plays the most important role in psychological and behavioural development. The family dynamic impacts the subject’s development and the formation of adaptive strategies. Many studies demonstrate the importance of the

psychosocial environment as a modulating variable on symptom severity, the intensity with which symptoms will be expressed, the seriousness of the ADHD and the presence of comorbidity or associated problems such as academic failure, learning disorders and oppositional defiant disorder.

The knowledge that parents have of the process has an important impact on the success of interventions. The ADHD treatment of choice is a multimodal and multidisciplinary treatment in which the pharmacological approach and the psychological treatment, specifically cognitive behavioural therapy, act by mutually supporting each other to achieve a better response of the behavioural symptomatology to the pharmacological intervention. Cognitive behavioural strategy treatments are effective but must be kept up over time like pharmacological treatment, because

the genesis of behavioural problems in ADHD are not due to unlearned behaviour but a problem with control. Barkley refers to cognitive behavioural therapy as a crutch or facilitator for minimising the disorder's impact.

Today, NICE (Europea 2008 and 2013 Revision), the Scottish guide and the current guide from the Spanish Health Ministry, among others, consider that amongst preschool children and in the case of school-aged children with mild or moderate symptoms, intervention should always begin with the parents to teach them about the disorder and its possible complications, as well as cognitive behavioural strategies to manage their children's behaviour.

There are different behavioural therapy programmes for cognitive behaviour strategies: Incredible Years (Webster-Stratton 1981, Hutchings

2007, Gardner) for parents of children up to the age of 12; the Triple P programme (Positive Parenting Program; Sanders 2004) and PCIT (Parent-Child Interaction Therapy, Brestan and Eyberg 1998). These programmes are based on changing behaviour but also tap into beliefs and feelings of self-confidence at a cognitive level, as well as more social themes of relationships, coexistence and depression. PCIT is for children aged 4-7 and parents are directly taught how to change their behaviour with the child. The Barkley Program for parents of children with an oppositional defiant disorder explains the causes of defiant behaviour, teaches positive reinforcement skills and ways to improve the child's ability to follow instructions, along with parenting skills in providing instructions effectively. It also reinforces non-disruptive behaviour, establishes token boards for use at home, time outside and the response and management of the child in public places. Finally, others include the Collaborative Problem Solving Approach (CPS) programme by Ross W. Greene which understands that these children have a deficit of skills such as emotional regulation, tolerance of frustration, problem-solving and adaptation. Their non-adaptive behaviour is not manipulative or voluntary. The way carers respond to unfulfilled expectations can increase or decrease the child's response and lead to "explosive" behaviours. The core strategy of CPS is for the adult to





Dr. Pilar Gamazo

empathise with the child's emotions and for the parent and child to solve problems together.

Dr García Giral ended by concluding that psychological interventions with parents in the form of psychoeducation and cognitive behavioural-strategy training in handling their child's behaviour are first-choice interventions in the case of ADHD amongst preschool children, school-aged children with mild/moderate symptoms and in cases where the seriousness of the symptomatology makes the initiation of pharmacological treatment recommendable, which should also be accompanied by psychological therapy for the parents.

The moderation of the round table, which produced multiple interventions by the public, was led by **Dr Pilar Gamazo**, a child and adolescent psychiatrist qualified by St Mary's Hospital, Central and North West London Mental Health NHS Trust and Collingham Gardens, London, United

Kingdom and who performs her care activities as an associate with the Child and Adolescent Psychiatry Unit of the Department of Psychiatry and Medical Psychology at the Clinical University of Navarre in Madrid.

> MEDICAL-SCIENTIFIC ACTION 10th Scientific Sessions

ROUND TABLE:

"Update on Evidence-Based Therapeutic Interventions for Attention Deficit Hyperactivity Disorder (ADHD)"

The second round table entitled **“Updates on Evidence-based Therapeutic Interventions in Behavioural Disorder”** then began.

It started with **Dr Isabel Hernández-Otero** talking about **“Psychopharmacological Treatments in Conduct Disorders”**.

Dr Hernández-Otero has a degree in medicine and surgery from the University of Zaragoza. She specialised in general psychiatry at Hospital Reina Sofía in Cordoba (2000-2004) and finished her specialisation at Bellevue Hospital, New York (Child and Adolescent Psychiatry Section), where she remained for a further academic year after receiving a training fellowship from the Castilla del Pino Foundation and being subsequently recruited by the hospital for six months. In late 2004 she moved to London (UK), where she specialised in child and adolescent psychiatry at St. Mary’s Hospital, after receiving an Advanced Training fellowship from the Alicia Koplowitz Foundation. She remained in the UK for a further two-and-a-half years and after finishing her specialty in child and adolescent psychiatry returned to Spain to join Hospital Clínico Universitario Virgen de la Victoria in Malaga (Child-Adolescent Mental Health Unit) and soon went on to run the unit. She works above all in ADHD and conduct disorders.

Dr Hernández-Otero began by defining Conduct Disorder and its inclusion in DSM-V within the group of behavioural disorders. She then spoke of the importance of performing a good differential diagnosis, as in 80% of cases behavioural symptoms are the principal symptom of other underlying disorders, which may include ADHD, affective and anxiety disorders, and even child psychosis.

With respect to the pharmacological approach, she stated the NICE recommendations and the warning that behavioural approaches be used in this group of patients, and always in an individual rather than group format when it involves diagnoses of an antisocial disorder as a single diagnosis. She then spoke about the available evidence regarding the specific approach to conduct disorders at the pharmacological level and the

most common side effects of these medications.

The next speech, by **Dr Carmen Pinto**, looked at **“Therapeutic Modalities for Conduct Disorder”**.

Dr Pinto is a child and adolescent psychiatry consultant in a team with a national scope from Maudsley Hospital, London, which covers two areas: adopted/foster children and children with a complex conduct disorder. National teams specialise in cases that have generally already been seen by generic teams and second opinions.

Dr Pinto has a degree in medicine and surgery from the University of Zaragoza and specialised in psychiatry. She has been a member of the Royal College of Psychiatrists since 2000. In 2002, she obtained a

Dr. Isabel Hernández-Otero





Dr. Dolores Moreno

master's in clinical psychiatry from the University of Nottingham and after her dissertation on perinatal psychiatry, developed an interest in attachment disorders, an area in which she did research work at St. George's University of London, where she finished her specialist training in child and adolescent psychiatry.

Dr Pinto has been a consultant at Maudsley Hospital since 2005. Other interests include neurodevelopmental disorders, cognitive behavioural therapy (postgraduate diploma, IoP,

2007) and the development of evidence-based mental health services for adopted and foster children.

Dr Pinto introduced her presentation by speaking of the treatment principles of Conduct Disorders: evaluation of disorder type, study of comorbidities, assessment of psychosocial emotions and biopsychosocial formulation, so that, in accordance with the aforementioned, specialists can choose the type of treatment plan and customise it, establish a therapeutic alliance, and follow NICE, AACAP guidelines, etc. She then presented theoretical models and parenting styles and their evaluation, before going on to list family interventions as a conduct disorder therapy.

Within the subject of family interventions, she spoke of *Family and Systemic Therapy (11-18 years)*

Dr. Carmen Pinto



> MEDICAL-SCIENTIFIC ACTION 10th Scientific Sessions

ROUND TABLE:

"Updates on Evidence-based Therapeutic Interventions in Behavioural Disorder"

(www.functionalfamilytherapy.com), *Multisystemic Therapy (11-17 years)* (www.mstul.org) and group and individual parent education. Group education programmes she mentioned included: *Positive Parenting Program* (<http://www.triplep.net/glo-en/home>), *Incredible Years Program* (<http://incredibleyears.com/>), and *Fostering Changes* (<http://fosteringchanges.com>). Within individual intervention, she mentioned *Parent-Child Interaction Therapy* (<http://pcit.php.ufl.edu/>) and *Personalized Individual Parent Training (PIPT)*.

Dr Pinto then spoke about child interventions via cognitive behavioural therapy and social skills therapies. Finally, she summarised school interventions and how important it is to work with the school, and the principles of these interventions.

The numerous participations from the attendees were led by **Dr Dolores Moreno**, the psychiatrist in charge of the Adolescents' Unit at Hospital General Universitario Gregorio Marañón in Madrid and an associate professor with the Complutense University of Madrid.



CHAIRWOMAN SPEECH

"... How much energy, how many dreams locked inside children and young people who suffer from a mental disorder are simply condemned to pain"

Ms. Alicia Koplowitz

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After, Foundation Chairwoman Alicia Koplowitz spoke to attendees. She reminded the audience that the presence of mental illnesses in society is more common than people think and that figures and statistics support this: four to five hundred million people will be affected by a mental illness at some point in their lives, according to the World Health Organisation. Over 40% of chronic diseases diagnosed in Spain are mental disorders, and almost five million people have a mental disorder in Spain.

Ms Koplowitz ended by speaking of Michael Phelps, the Olympic athlete with the most medals in history, who was a "handful" as a child and who, thanks to a timely diagnosis of hyperactivity, went on to convert his excess energy into motivation to reach perfection. "How much energy, how many dreams locked inside children and young people who suffer from a mental disorder are simply condemned to pain", she reflected. She ended her speech by thanking the attendees for

their contribution to helping society face mental illnesses. Her speech was loudly applauded by everyone present in the amphitheatre.

The Foundation Chairwoman then awarded the Diplomas for **Grants for Research Projects in Child and Adolescent Psychiatry and Neurosciences** which had been financed at the 2015 call for grants.

The Chairwoman awards the Diplomas for Grants for Research Projects in Child and Adolescent Psychiatry and Neurosciences 2015







Dr. María Concepción Guisasola



Dr. María de Gracia Dominguez

Professor Jim van Os delivered the keynote address that brought the 10th Scientific Sessions to an end, entitled **“Individualised Diagnoses in Early Onset Psychopathology Trajectories and Digital Feedback Intervention”**.

Prof. van Os is a professor and chair of the Psychiatry and Psychology Department at Maastricht University Medical Centre in Maastricht (Netherlands) and a visiting professor of psychiatric epidemiology at the Institute of Psychiatry, London, UK. He trained in psychiatry in Casablanca (Morocco), Bordeaux (France) and the Institute of Psychiatry and Maudsley Hospital/Bethlem Royal in London (UK), and following his clinical training was awarded a three-year fellowship to undertake medical research in clinical epidemiology at the London School of Hygiene and Tropical Medicine. He took up a post at Maastricht University Medical Centre in 1995. He is a member of the editorial board of multiple psychiatry journals in Europe and the US and

an academic editor of PLoS ONE. In 2011, he was elected as a member of the Royal Netherlands Academy of Arts and Sciences (KNAW) and in 2014 appeared on the Thomson Reuter-Web of Science list as one of the most influential scientific minds of our time. Jim van Os is the coordinator of a €12 million EU FP7 project on interactions between genes and environment in schizophrenia. He is presently the director of the Centre of Contextual Neuroscience at Maastricht University Medical Centre.

Dr van Os began his speech by reminding the audience that as out-patient monitoring in other fields of medicine spectacularly improves evaluation of diagnosis and treatment and that the retrospective recall of mental states is very unreliable, mental health patients and physicians could benefit from a monitoring system that prospectively provides information on daily life related to the context, on changes in moods and on experiences. Translating the “daily life

film” to customised feedback could show parts of daily life behaviour that contribute to the mental disorder experience which the patient could manage.

This was the basis of **The PsyMate®**, an integrated platform that enables customised diagnoses and ‘portable’ mental health interventions in daily life. It includes an app for iOS and Android that facilitates the monitoring of daily experiences and behaviours, and cloud-based environmental management that can be used for immediate feedback. The platform can currently be used in clinical practice. **The PsyMate®** tool is designed for taking technologies based on momentary assessment into routine mental health practice. It can be programmed for a wide range of momentary assessment needs and to beep at unpredictable moments of the day. Participants use a touchscreen to fill out small questionnaires on current mood state, social context and activities. The sensors can take samples

KEYNOTE ADDRESS:

“Individualised Diagnoses in Early Onset
Psychopathology Trajectories and Digital
Feedback Intervention”

Professor Jim van Os

at the same time. Smartphones are small and the app is designed to be autonomous (it stores data internally or, where available, on the cloud). The device can be programmed to be interactive (i.e., respond to the input of the subject or the sensors). It also allows for the provision of immediate feedback from the patient or physician as the data is available for analysis as soon as the device is connected to the internet (by Wi-Fi or from the phone's own network). The information is analysed automatically and presented on interactive graphics that facilitate the management of the collected data.

The use of this IT app has many benefits. It engages the patient with the reasons why changes are made to their treatment, meaning they are more likely to comply with it. It makes the patient the owner of his or her

own mental process and therefore gets them actively involved in the course of their recovery. It also makes it possible to monitor subtle mental health patterns and responses to situations that occur during the day, making it a tool which can facilitate and boost the therapeutic targets of cognitive behavioural therapy.

Finally, many people who suffer from mental disorders do not seek treatment, possibly because they do not have the experience of visiting a mental health specialist and because of the need to get over the stigma associated with that decision. PsyMate® can be a cheap and direct option for patients to firstly try to manage their own problems.

Self-management on the part of the patient of his or her emotional dysregulation, together with the

management of medication can be a realistic and affordable option for reducing residual symptoms and the risk of relapse, as well as preventing future episodes.

See more at www.psymate.com

Professor Jim van Os



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X Jornadas Científicas

Fundación Alicia Koplowitz

Jueves 29 y viernes 30 de octubre 2015

Ilustre Colegio Oficial de Médicos de Madrid

GRAN ANFITEATRO

Actualización en intervenciones
terapéuticas basadas en...

> **Promoting the development of Science**

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

The **Alicia Koplowitz Foundation** was established as a protective partner of the **Association of Child and Adolescent Mental Health Scientists - Alicia Koplowitz Foundation 15 February 2015**.

In accordance with the Association's corporate statutes, protective partners are "individuals and/or corporations interested in belonging to the Association and which use fellowships, prize competitions and financial aid to promote study, research or the dissemination of knowledge and information about matters consistent with the Association's aims". In this way the Foundation provides support to the Association so that it can carry out the activities promoted by its members.

A few weeks later, the Association sent an online survey to members to assess its activities proposal. The results showed that the main area of interest to members was research, followed by academic/teaching activity and then clinical activity. Members voted the following as the greatest attraction for developing activities:

- ▶ The possibility of establishing and/or maintaining relations and contacts with other members.
- ▶ Updating and promoting science in the field of child and adolescent mental health.
- ▶ The exchange of knowledge and dissemination of clinical programmes or research results among members in the field of child and adolescent mental health.
- ▶ The chance to establish professional collaborations (research / academic / clinical areas / taskforces, etc.).

> **Presentation**



Public presentation of the Association by its President, Dr. Marta Dominguez de Gracia, in the framework of the IX Scientific Sessions Alicia Koplowitz Foundation. (Madrid, 9 to October 10, 2014).

On **February 15 2015**, the **Alicia Koplowitz Foundation** was established as a protective partner of the **Association of Child and Adolescent Mental Health Scientists - Alicia Koplowitz Foundation**.



Dr. Isabel Hernández-Otero



Dr. Dolores Moreno

The first General Assembly

The first General Assembly meeting of the Association's members was held on the afternoon of 21 June 2015 at the Pullman Hotel in Madrid. The board of directors, 12 members and José Leoncio Areal López on behalf of the Alicia Koplowitz Foundation attended.

Association chairwoman Dr María de Gracia Domínguez opened the meeting by presenting the Association to the attendees and explaining its identity, purposes and goals in accordance with the articles of association. A copy of the 2014 Annual Report was then provided to all attendees and the most important events of the first year were explained. Dr Gracia Domínguez then informed attendees of the results of the abovementioned online survey. Association treasurer Dr María Dolores Picouto then presented the 2014 balance sheet.

The board proposed that the Association organise two yearly meetings:

- ▶ The first in the first half of the year, coinciding with the General Assembly meeting.
- ▶ The second in the second half of the year, coinciding with the Scientific Sessions on Child and Adolescent Psychiatry organised by the Alicia Koplowitz Foundation.

The Association's website was launched on 12 October 2015. The address is: <http://www.asociaciondecientificos-fundak.org>

Through the website the Association opens itself up to the world. It features information in two languages on the creation of the Association, its features, objectives and articles of association. News stories and meetings related to the Association are also published and the application form to become a member is made available. Scientific news of interest is published along with, under the Agenda/Events tag, news on congresses and courses in relation to child and adolescent mental health.

It is also hoped that the website will be used as a tool to establish links among members and to boost and promote the activities performed in the Association, along with clinical and research resources of interest. To that end, the site has a **Restricted Members' Area**, where members can share professional and personal information (Members' Directory) and swap questions and ideas in the clinical or scientific field (Members' Email Group) Members can make use of links of interest in the restricted area, and the Association plans to include access to an online library of international journals on child and adolescent mental health.

A scientific news story from Tel Aviv University was published on the Association's website on 7 October 2015, offering the possibility of collaborating with Short Stay Fellows interested in two areas of research into genetic changes in autism, led by Profesor Ilana Gozes.



Dr. María Dolores Picouto



Dr. Gisela Sugranyes

> MEDICAL-SCIENTIFIC ACTION
Association of Child and Adolescent Mental Health Scientists - Alicia Koplowitz Foundation

One year on from its establishment, the Association of Child and Adolescent Mental Health Scientists - Alicia Koplowitz Foundation launched an invitation to the first event organised by its members, a discussion on the topic “**Current Situation of Child and Adolescent Mental Health in Spain**”. This second meeting in the 2015 year responded to the need to create a preliminary discussion space among members to address different matters concerning the present

situation of child and adolescent mental health in Spain, as well as the areas with the greatest need and potential for change and development, at a clinical level, of research and vocational training. A further objective was to establish a starting point for the subsequent development of possible Association areas of action.

An event was held at the Madrid Physicians' Association on Wednesday 28 October 2015 to

strengthen member relations, in response to their request for the Association to boost contact among them. The colloquium was a meeting place for some of the country's most renowned professionals in child and adolescent psychiatry and research into neuroscience and included Alicia Koplowitz fellows from various years. This facilitated the creation of an enriching space to discuss the most important aspects of the current situation of child and adolescent mental health in Spain. The conclusions reached by the participants was framed in the still deficient situation of care, teaching and research work into child and adolescent mental health in Spain, while also highlighting the extraordinary advances made over past decades and the current potential to change and improve in this field.

The members and speakers brought many initiatives and ideas to the meeting for the Association to work on. These ideas were noted down to include in the 2016 work areas.





> **The result of the work done**

Scientific Production

The Scientific Activity of the Research Projects and the work carried out by both the Advanced Training Fellows and the Short-term Fellows have resulted in 59 articles published in 2015.

▶ Huertas-Fernández I, García-Gómez FJ, García-Solís D, Benítez-Rivero S, Marín-Oyaga VA, Jesús S, Cáceres-Redondo MT, Lojo JA, Martín-Rodríguez JF, Carrillo F, **Mir P**. *Machine learning models for the differential diagnosis of vascular parkinsonism and Parkinson's disease using [¹⁻¹²³]FP-CIT SPECT* Eur J Nucl Med Mol Imaging. 2015 Jan;42(1):112-9
FI: 5.383

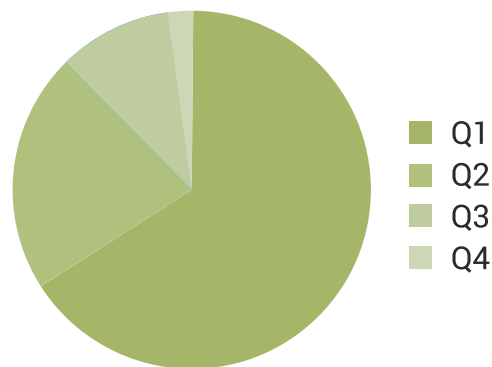
▶ **González-Blanch C**, Gleeson JF, Cotton SM, Crisp K, McGorry PD, Alvarez-Jimenez M. *Longitudinal relationship between expressed emotion and cannabis misuse in young people with first-episode psychosis* Eur Psychiatry. 2015 Jan;30(1):20-5
FI: 3.439

▶ Dervic K, **Garcia-Amador M**, Sudol K, Freed P, Brent DA, Mann JJ, Harkavy-Friedman JM, Oquendo MA. *Bipolar I and II versus unipolar*

depression: Clinical differences and impulsivity/aggression traits Eur Psychiatry. 2015 Jan;30(1):106-13
FI: 3.439

▶ **Vidal-Ribas P**, Goodman R, Stringaris A. *Positive attributes in children and reduced risk of future psychopathology*. Br J Psychiatry. 2015 Jan;206(1):17-25.
FI: 7.991

> **Percentiles of published articles**



Distribution according to the quartiles of the journals

The Scientific Activity in the Research Projects and the work carried out by both the Advanced Training Fellows and the Short Internship Fellows have resulted in 59 articles indexed in the Web of Science with an Impact Factor of **292,599**.

► **Arango C**, Kahn RS. *More Treatment for Those Most in Need? A Foregone Conclusion?* Schizophr Bull. 2015 Jan;41(1):26-7.

FI: 8.450

► **Gervasini G**, Gamero-Villarroel C. *Discussing the putative role of obesity-associated genes in the etiopathogenesis of eating disorders* Pharmacogenomics. 2015;16(11):1287-1305.

FI: 3.218

► Toma C, Torrico B, Hervás A, Salgado M, Rueda I, Valdés-Mas R, Buitelaar JK, Rommelse N, Franke B, Freitag C, Reif A, **Pérez-Jurado LA**, Battaglia A, Mazzone L, Bacchelli E, Puente XS, **Cormand B**. *Common and rare variants of microRNA genes in autism spectrum disorders*. World J Biol Psychiatry. 2015 Apr 23:1-11

FI: 4.183

► Lera-Miguel S, Andrés-Perpiñá S, **Fatjó-Vilas M, Fañanas L, Lázaro L**. *Two-year follow-up of treated adolescents with early-onset bipolar disorder: Changes in neurocognition*. J Affect Disord. 2014 Oct 17;172C:48-54

FI: 3.383

► Gamero-Villarroel C, Rodríguez-Lopez R, Jiménez M, Carrillo JA, García-Herraiz A, Albuquerque D, Flores I, **Gervasini G**. *Melanocortin-4 receptor gene variants are not associated with binge-eating behavior in non-obese patients with eating disorders*.

Psychiatr Genet. 2015 Feb;25(1):35-8

FI: 1.941

► **Gutierrez-Galve L**, Stein A, Hanington L, Heron J, Ramchandani P. *Paternal Depression in the Postnatal Period and Child Development: Mediators and Moderators*. Pediatrics. 2015 Feb;135(2):e339-47.

FI: 5.473

► Gómez-Caravaca MT, Cáceres-Redondo MT, Huertas-Fernández I, Vargas-González L, Carrillo F, Carballo M, **Mir P**. *The use of botulinum toxin in the treatment of sialorrhea in parkinsonian disorders*. Neurol Sci. 2015 Feb;36(2):275-9.

FI: 1.447

► **Vidal-Ribas P**, Stringaris A, Rück C, Serlachius E, Lichtenstein P, **Mataix-Cols D**. *Are stressful life events causally related to the severity of obsessive-compulsive symptoms? A monozygotic twin difference study*. Eur Psychiatry. 2015 Feb;30(2):309-16

FI: 3.439

► Solé B, Bonnin CM, Mayoral M, Amann BL, Torres I, González-Pinto A, Jiménez E, Crespo JM, Colom F, **Tabarés-Seisdedos R**, Reinares M, Ayuso-Mateos JL, Soria S, García-Portilla MP, Ibañez Á, Vieta E, Martínez-Aran A, Torrent C; CIBERSAM Functional Remediation Group. *Functional remediation for patients with bipolar II disorder: Improvement of functioning*

and subsyndromal symptoms. Eur Neuropsychopharmacol. 2015 Feb;25(2):257-64

FI: 4.369

► Solé B, Jiménez E, Martínez-Aran A, Vieta E. *Cognition as a target in major depression: New developments*. Eur Neuropsychopharmacol. 2015 Feb;25(2):231-47

FI: 4.369

► Martín CB, Martín VS, **Trigo JM**, Chevarin C, Maldonado R, Fink LH, Cunningham KA, Hamon M, Lanfumey L, Mongeau R. *5-HT2C Receptor Desensitization Moderates Anxiety in 5-HTT Deficient Mice: From Behavioral to Cellular Evidence*. Int J Neuropsychopharmacol. 2014 Oct 31;18(3)

FI: 4.009

► Sánchez-Pérez AM, Arnal-Vicente I, Santos FN, Pereira CW, EIMlili N, Sanjuan J, Ma S, Gundlach AL, Olucha-Bordonau FE. *Septal Projections to Nucleus Incertus in the Rat: Bidirectional Pathways for Modulation of Hippocampal Function*. J Comp Neurol. 2015 Mar 1;523(4):565-88.

FI: 3.225

► Cortese S, **Ferrin M**, Brandeis D, Buitelaar J, Daley D, Dittmann RW, Holtmann M, Santosh P, Stevenson J, Stringaris A, Zuddas A, Sonuga-Barke EJ; European ADHD Guidelines

Group (EAGG) *Cognitive Training for Attention-Deficit/Hyperactivity Disorder: Meta-Analysis of Clinical and Neuropsychological Outcomes From Randomized Controlled Trials*. J Am Acad Child Adolesc Psychiatry. 2015 Mar;54(3):164-74. Review. Erratum in: J Am Acad Child Adolesc Psychiatry. 2015 May;54(5):433.

FI: 7.260

▶ Soeiro-de-Souza MG, Dias VV, Missio G, **Balanzá-Martínez V**, Valiengo L, Carvalho AF, Moreno RA. *Role of quetiapine beyond its clinical efficacy in bipolar disorder: From neuroprotection to the treatment of psychiatric disorders (Review)*. Exp Ther Med. 2015 Mar;9(3):643-652.

FI: 1.269

▶ Martín-Rodríguez JF, Ruiz-Rodríguez MA, Palomar FJ, Cáceres-Redondo MT, Vargas L, Porcacchia P, Gómez-Crespo M, Huertas-Fernández I, Carrillo F, Madruga-Garrido M,

Mir P. *Aberrant Cortical Associative Plasticity Associated With Severe Adult Tourette Syndrome*. Mov Disord. 2015 Mar;30(3):431-5

FI: 5.680

▶ Allott KA, **Rapado-Castro M**, Proffitt TM, Bendall S, Garner B, Butselaar F, Markulev C, Phassouliotis C, McGorry PD, Wood SJ, Cotton SM, Phillips LJ. *The impact of neuropsychological functioning and coping style on perceived stress in individuals with first-episode psychosis and healthy controls*. Psychiatry Res. 2015 Mar 30;226(1):128-35

FI: 2.467

▶ Sarris J, Logan AC, Akbaraly TN, Amminger GP, **Balanzá-Martínez V**, Freeman MP, Hibbeln J, Matsuoka Y, Mischoulon D, Mizoue T, Nanri A, Nishi D, Ramsey D, Rucklidge JJ, Sanchez-Villegas A, Scholey A, Su KP, Jacka FN; International Society for Nutritional Psychiatry Research.

Nutritional medicine as mainstream in psychiatry. Lancet Psychiatry. 2015 Mar;2(3):271-4

▶ **Pina-Camacho L**, Garcia-Prieto J, **Parellada M**, **Castro-Fornieles J**, **Gonzalez-Pinto AM**, Bombin I, **Graell M**, **Paya B**, **Rapado-Castro M**, Janssen J, **Baeza I**, Del Pozo F, **Desco M**, **Arango C**. *Predictors of schizophrenia spectrum disorders in early-onset first episodes of psychosis: a support vector machine model*. Eur Child Adolesc Psychiatry. 2015 Apr;24(4):427-40

FI: 3.336

▶ Thomson D, Berk M, Dodd S, **Rapado-Castro M**, Quirk SE, Ellegaard PK, Berk L, Dean OM. *Tobacco Use in Bipolar Disorder* Clin Psychopharmacol Neurosci. 2015 Apr 30;13(1):1-11.

▶ **Amador-Campos JA**, Aznar-Casanova JA, Bezerra I, Torro-Alves N, Sánchez MM. *Attentional blink in children with attention deficit hyperactivity disorder*. Rev Bras Psiquiatr. 2015 Apr-Jun;37(2):133-8.

FI: 1.765

▶ **González-Blanch C**, Gleeson JF, Koval P, Cotton SM, McGorry PD, Alvarez-Jimenez M. *Social Functioning Trajectories of Young First-Episode Psychosis Patients with and without Cannabis Misuse: A 30-Month Follow-Up Study* PLoS One. 2015 Apr 7;10(4)

FI: 3.234



► Codina-Solà M, Rodríguez-Santiago B, Homs A, Santoyo J, Rigau M, Aznar-Lain G, Del Campo M, Gener B, Gabau E, Botella MP, Gutiérrez-Arumí A, Antiñolo G, **Pérez-Jurado LA**, Cuscó I. *Integrated analysis of whole-exome sequencing and transcriptome profiling in males with autism spectrum disorders* Mol Autism. 2015 Apr 15;6:21.

FI: 5.413

► **Arango C**. *Present and future of developmental neuropsychopharmacology* Eur Neuropsychopharmacol. 2015 May;25(5):703-12.

FI: 4.369

► Díez-Fernández C, Gallego J, Häberle J, **Cervera J, Rubio V**. *The Study of Carbamoyl Phosphate Synthetase 1 Deficiency Sheds Light on the Mechanism for Switching On/Off the Urea Cycle* J Genet Genomics. 2015 May 20;42(5):249-60.

FI: 3.585

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> Management Team

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Administrative Secretary	Carmen García
Medical-Scientific Program Collaborator	Mario Fernández-Peña
Coordinator of Medical-Scientific Programs	Dra. M ^a Concepción Guisasola
Secretary of Management	Mónica G. García Zuazo



Fundación
Alicia Koplowitz

D. JOSÉ LEONCIO AREAL, PATRONO-SECRETARIO DE LA FUNDACIÓN ALICIA KOPLOWITZ

CERTIFICA QUE:

La información financiera de los ejercicios 2015 y 2014 que se muestra a continuación forma parte de las cuentas anuales abreviadas de la Fundación Alicia Koplowitz, las cuales han sido auditadas por PricewaterhouseCoopers Auditores, S.L., que han emitido su informe de auditoría de fecha 11 de mayo de 2016, en el que se expresa una opinión favorable.

En Madrid, a 12 de mayo de 2016.



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CLASE 8.ª



OL6992756

FUNDACIÓN ALICIA KOPLOWITZ

BALANCES DE SITUACIÓN ABREVIADOS CORRESPONDIENTES A LOS EJERCICIOS ANUALES TERMINADOS EL 31 DE DICIEMBRE DE 2015 Y 2014 (Expresados en euros)

	2015	2014
Activo no corriente	66 516	63 050
Inmovilizado material (Nota 5.a)	65 884	61 005
Inmovilizado intangible (Nota 5.b)	-	-
Inversiones financieras a largo plazo (Nota 5.c)	632	2 045
Activo corriente	539 069	471 993
Usuarios y otros deudores de la actividad propia (Nota 6)	400 000	434 950
Otros	400 000	434 950
Deudores comerciales y otras cuentas a cobrar	1 255	1 254
Efectivo y otros activos equivalentes (Nota 7)	137 814	35 789
Total activo	605 585	535 043
Patrimonio neto (Nota 8)	443 262	414 940
Dotación fundacional	60 050	60 050
Excedentes de ejercicios anteriores	354 890	354 243
Excedentes del ejercicio	28 322	647
Pasivo corriente	162 323	120 103
Acreedores comerciales y otras cuentas a pagar (Nota 9)	162 323	120 103
Total pasivo	605 585	535 043



OL6992757

CLASE 8.ª

FUNDACIÓN ALICIA KOPLOWITZ

CUENTAS DE PÉRDIDAS Y GANANCIAS ABREVIADAS CORRESPONDIENTES A LOS EJERCICIOS ANUALES TERMINADOS EL 31 DE DICIEMBRE DE 2015 Y 2014 (Expresadas en euros)

	<u>2015</u>	<u>2014</u>
Ingresos de la actividad propia (Nota 11.b)	2 521 376	2 908 162
Subvenciones imputadas al excedente del ejercicio	2 521 376	2 908 162
Gastos de personal (Nota 11.c)	(512 158)	(424 482)
Amortización del inmovilizado (Nota 5)	(9 737)	(7 971)
Otros gastos de la actividad (Nota 11.d)	(1 970 080)	(2 474 194)
Excedente de la actividad	<u>29 401</u>	<u>1 515</u>
Ingresos financieros	-	370
Gastos financieros	(1 079)	(1 238)
Excedente de las operaciones financieras	<u>(1 079)</u>	<u>(868)</u>
Excedente antes de impuestos	<u>28 322</u>	<u>647</u>
Impuesto sobre beneficios (Nota 10)	-	-
Resultado del ejercicio - Beneficio / (Pérdida)	<u>28 322</u>	<u>647</u>

We support the future

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