



SATURDAY,  
FEBRUARY 2, 2019

# **DEPRESSION IN 2020:**

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BIOMARKERS, TECHNOLOGIES  
AND NOVEL THERAPIES

CHELSEA HOTEL, 33 GERRARD ST W, TORONTO







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# ACKNOWLEDGEMENTS

Thank you to our faculty and guest speakers for sharing their clinical expertise, knowledge and time. We would also like to acknowledge the Depression in 2020 Conference Planning Committee for organizing a thought-provoking and innovative conference.

## SPONSORS & SUPPORTERS

We would like to acknowledge our four Gold Sponsors: Allergan Inc. Canada; Janssen Inc.; Lundbeck Canada Inc. and Otsuka Canada Pharmaceutical Inc., and our Silver Sponsor: Sunovion Pharmaceuticals Canada Inc. that have generously awarded this conference with unrestricted educational grants. Grants have been awarded in accordance with the Canadian Medical Association (CMA) and Canada's research-based pharmaceutical companies.

We would also like to thank the Ontario Brain Institute (OBI) for generously supporting the registration costs for Ontario trainees to attend today's conference.





# PLANNING COMMITTEE



## CHAIR

**Dr. Claudio Soares**  
MD, PHD, FRCPC, MBA  
Queen's University



**Dr. Jane Foster**  
PhD  
McMaster University



**Dr. Sagar Parikh**  
MD, FRCPC  
University of Michigan



**Dr. Sidney Kennedy**  
MD, FRCPC  
University of Toronto



**Janice Pong**  
MSc  
St. Michael's Hospital



**Dr. Raymond Lam**  
MD, FRCPC  
University of British Columbia



**Dr. Susan Rotzinger**  
PhD  
St. Michael's Hospital



**Dr. Roumen Milev**  
MD, PHD, FRCPSYCH, FRCPC  
Queen's University



**Anum Shivji Arwani**  
MSc  
St. Michael's Hospital

More information: [www.canmat.org](http://www.canmat.org) • [www.canbind.ca](http://www.canbind.ca)

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# PROGRAM AGENDA

## 7:30AM-8:00AM

**Breakfast & Registration**

## 8:00AM-8:15AM

**Welcome & Introductions**

Dr. Sagar Parikh

**Opening Remarks**

Dr. Sidney Kennedy

Dr. Raymond Lam

## 8:15AM-9:00AM

**Plenary 1: Biomarkers & Bitcoin:  
Transmogrifying Hype  
into Patient Care**

Dr. Roy Perlis

Chair: Dr. Rudolf Uher

## 9:00AM-9:45AM

**Plenary 2: Imaging-based  
Biomarkers in Depression**

Dr. Jonathan Downar

Chair: Dr. Faranak Farzan

## 9:45AM-10:00AM

**Break**

## 10:00AM-10:05AM

**Welcome to Incoming CANMAT Chair**

Dr. Raymond Lam

## 10:05AM-11:35AM

**Symposium 1: Emerging Treatments  
in Depression**

Chair: Dr. Sophie Grigoriadis

**Ketamine Treatments (30 min)**

Dr. Pierre Blier

**More than a Gut Feeling: Emerging  
Roles of the Microbiome in the  
Treatment of Depression (30 min)**

Dr. Jane Foster

**Theta Burst Stimulation for the  
Treatment of Depression (30 min)**

Dr. Daniel Blumberger

## 11:35AM-12:30PM

**Lunch**

## 12:30PM-2:00PM

**Symposium 2: Technology & Health**

Chair: Dr. Claudio Soares

**m-Health & Depression (40 min)**

Dr. John Torous

**Online CBT for Depression: Current  
Evidence & Clinical Tools (25 min)**

Dr. Lena Quilty

**EEG Devices for Mood & Anxiety  
(25 min)**

Dr. Faranak Farzan

## 2:00PM-2:15PM

**Break**

## 2:15PM-3:45PM

**Concurrent Workshops**

**Cannabis & Mood Disorders:**

**Knowledge Translation in Clinical  
Practice**

Dr. Oyedeji (Deji) Ayonrinde

**CANMAT Bipolar Guidelines**

Dr. Benicio Frey

Dr. Valerie Tourjman

**CANMAT Depression Guidelines**

Dr. Sophie Grigoriadis

Dr. Sagar Parikh

## 3:45PM-4:00PM

**Closing Remarks**

# EDUCATION STATEMENT

## CONTINUING MEDICAL EDUCATION (CME) CREDITS

### **Credits for Family Physicians**

This 1-credit-per hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified for up to 6 Mainpro+ credits.

### **Credits for Specialists**

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada. You may claim a maximum of 6 hours (credits are automatically calculated).

### **Credits for Others**

This is an accredited learning activity which provides up to 6 hours of Continuing Education.

## LEARNING OBJECTIVES

1. Identify emerging treatments and technologies for depression, including medication, psychotherapy, brain stimulation and digital health tools
2. Describe recent findings in depression biomarker research and explain how they may impact patient care
3. Discuss best available depression management options with consideration for emerging treatments



# SPEAKERS

## PLENARY 1: BIOMARKERS & BITCOIN: TRANSMOGRIFYING HYPE INTO PATIENT CARE

**Dr. Roy Perlis, MD, MSc**

**CHAIR: Dr. Rudolf Uher, MD, PhD, CCT**



Dr. Roy Perlis is the Director of the Center for Quantitative Health at Massachusetts General Hospital. He is Professor of Psychiatry at Harvard Medical School, and Associate Editor for Neuroscience at JAMA's new open-access journal, JAMA Network - Open. He graduated from Brown University, Harvard Medical School and Harvard School of Public Health, and completed his residency, chief residency, and clinical/research fellowship at MGH before joining the faculty.

Dr. Perlis' research is focused on identifying predictors of treatment response in brain diseases, and in parallel development of novel treatments. He directs two complementary laboratory efforts, one focused on patient-derived cellular models and one applying machine learning to large clinical databases. His laboratory has developed one of the largest cellular biobanks in the world for the study of neurodevelopmental and neurodegenerative disorders, spanning more than 400 cell lines associated with detailed clinical phenotypic assessment and linked to electronic health records. In 2016 he co-lead the team that identified the first genetic variation associated with major depressive disorder.

Among other laboratory accomplishments were the first application of machine learning to predict antidepressant response, the first genome-wide association study of suicide, and the first patient-derived cellular model of synaptic pruning. Dr. Perlis has authored more than 250 articles reporting original research in journals including Nature Genetics, Nature Neuroscience, JAMA, British Medical Journal, and the American Journal of Psychiatry. His research has been supported by awards from NIMH, NHGRI, NHLBI, NCCIH, and NSF, among others. In 2010 Dr. Perlis was awarded the Depression and Bipolar Support Alliance's Klerman Young Investigator Award; he now serves as a scientific advisor to the DBSA.

# SPEAKERS

## PLENARY 2: IMAGING-BASED BIOMARKERS IN DEPRESSION

**Dr. Jonathan Downar, MD, PhD, FRCPC**

**CHAIR: Dr. Faranak Farzan, PhD**



Dr. Jonathan Downar is Director of the MRI-Guided rTMS Clinic at the Toronto Western Hospital, Scientist at the Krembil Research Institute, and Associate Professor of Psychiatry at the University of Toronto. He completed a BSc in biology at McGill University, followed by a PhD in neuroimaging at the University of Toronto with Dr. Karen Davis, before obtaining his medical degree from the University of Calgary in 2005. He then returned to Toronto for his psychiatry residency training, during which he also completed a research fellowship in neuroeconomics with Dr. Read Montague at Baylor College of Medicine.

Dr. Downar joined the Department of Psychiatry at Toronto Western Hospital on completion of his residency in 2010. Shortly thereafter, he established the MRI-Guided rTMS Clinic, with a mandate to accept referrals from the community as a clinical resource, while simultaneously conducting translational research into improving the efficacy, cost, access, and range of indications for non-invasive brain stimulation in psychiatric illness. The rTMS clinic is now among the busiest in North America, with 5 full-time treatment suites and over 3000 patient referrals to date. The clinic offers treatment without charge to approximately 50-70 patients each day.

Dr. Downar's research work focuses on translating advances in basic neuroimaging and neuroscience research into improvements in the efficacy, capacity, and cost of rTMS. His lab also seeks to identify better targets for rTMS across a wider range of conditions, and to identify neuroimaging biomarkers to predict the best treatment parameters for individual patients presenting for treatment. He currently holds grants from the National Institutes of Health, the Canadian Institutes of Health Research, Brain Canada, the Klarman Foundation, and the Buchan Family Foundation. His work to date has been published in leading clinical and basic research journals including Nature Neuroscience, JAMA Psychiatry, Biological Psychiatry, Neuropsychopharmacology, Brain Stimulation, Nature Medicine, and the Lancet.

# SPEAKERS

## SYMPOSIUM 1: EMERGING TREATMENTS IN DEPRESSION

**CHAIR: Dr. Sophie Grigoriadis, MDCM, FRCPC, MSc, PhD**

### KETAMINE TREATMENTS

**Dr. Pierre Blier, MD, PhD**



Dr. Pierre Blier is a full professor for the Departments of Psychiatry and Cellular & Molecular Medicine in the Faculty of Medicine at the University of Ottawa in Ottawa, Ontario, Canada, and the Director of the Mood Disorders Research Unit at The Royal's Institute of Mental Health Research.

Dr. Blier is on the editorial boards of several journals and is the co-editor in chief for the Journal of Psychopharmacology and field editor for translational medicine for the official journal of International College of Neuropsychopharmacology (CINP). In addition to his extensive list of publications and lectures presented worldwide, Dr. Blier has contributed to several treatment guidelines for psychiatric disorders. Dr. Blier has a basic research laboratory investigating how psychotropic medications work in the brain, he carries out investigator-initiated clinical studies, and treats patients with mood and anxiety disorders on a daily basis.

Dr. Blier received several awards for outstanding contributions to psychopharmacology including the Canada Research Chair in Psychopharmacology from the Government of Canada and is now a Fellow of the Royal Society of Canada (Life Sciences). He also serves on several committees, including the presidency elect of the CINP.

## MORE THAN A GUT FEELING: EMERGING ROLES OF THE MICROBIOME IN THE TREATMENT OF DEPRESSION

**Dr. Jane Foster, PhD**



Dr. Jane Foster is an active researcher in two large translational networks - the Province of Ontario Neurodevelopmental Disorders Network (POND) and the Canadian Biomarkers in Depression (CAN-BIND). By combining basic science research with clinical collaboration in psychiatry, psychology, and gastroenterology, the Foster Lab has developed a 'bench to bedside' and back again approach to studying microbiota-brain and immune-brain systems aimed at understanding how these relationships contribute to psychiatric disorders such as neurodevelopmental disorders, anxiety and depression.

# SPEAKERS

## SYMPOSIUM 1: EMERGING TREATMENTS IN DEPRESSION

**CHAIR: Dr. Sophie Grigoriadis, MDCM, FRCPC, MSc, PhD**

### THETA BURST STIMULATION FOR THE TREATMENT OF DEPRESSION

**Dr. Daniel Blumberger, MD, MSc, FRCPC**



Dr. Blumberger completed his medical school training at the University of Toronto where he also completed his residency training in psychiatry. He completed a Research Fellowship in Brain Stimulation and Geriatric Psychiatry at the Centre for Addiction and Mental Health. He is certified as a sub-specialist in Geriatric Psychiatry. He is the Medical Head and Co-Director of the Temerty Centre for Therapeutic Brain Intervention. His research focuses on the use of brain stimulation therapies for refractory psychiatric disorders. His main research focuses on novel treatments and understanding the neurophysiology of treatment resistant depression across the lifespan. He is the principal investigator or co-investigator on numerous clinical trials using different brain stimulation modalities including: magnetic seizure therapy (MST), repetitive transcranial magnetic stimulation (rTMS), deep rTMS and transcranial direct current stimulation (tDCS).

# SPEAKERS

## SYMPOSIUM 2: TECHNOLOGY & HEALTH

**CHAIR: Dr. Claudio Soares, MD, PHD, FRCPC, MBA**

### M-HEALTH & DEPRESSION

**Dr. John Torous, MD, MBI**



Dr. John Torous is director of the digital psychiatry division ([digitalpsych.org](http://digitalpsych.org)), in the Department of Psychiatry at Beth Israel Deaconess Medical Center, a Harvard Medical School affiliated teaching hospital, where he also serves as a staff psychiatrist and academic faculty. He has a background in electrical engineering and computer sciences and received an undergraduate degree in the field from UC Berkeley before attending medical school at UC San Diego. He completed his psychiatry residency, fellowship in clinical informatics, and master's degree in biomedical informatics at Harvard. Dr. Torous' current research focuses on digital phenotyping using smartphones in serious mental illnesses. He also leads the American Psychiatric Association's efforts around mental health smartphone app evaluation and standards.

## ONLINE CBT FOR DEPRESSION: CURRENT EVIDENCE & CLINICAL TOOLS

**Dr. Lena Quilty, PhD**



Dr. Lena C. Quilty is a Senior Scientist in the Campbell Family Mental Health Research Institute, Centre for Addiction and Mental Health, and an Assistant Professor in the Department of Psychiatry, University of Toronto. She is a registered psychologist and certified cognitive behavioural therapist. Dr. Quilty has an applied program of research, with a focus on the role of personality and cognition in depression and addiction. Her research program includes evidence-based assessment and early intervention, as well as cognitive and behavioural therapies. She has a specific interest in identifying how to match patients to the treatments that are best suited to them, and evaluating technology-based treatments that will increase access to high quality care, including online cognitive behavioural therapy, cognitive bias modification, cognitive training and remediation. Her research has been funded by such agencies as the American Foundation for Suicide Prevention, Ontario Mental Health Foundation, and Gambling Research Exchange Ontario. She has published over 95 scholarly articles, many in the area of psychodiagnostic assessment, cognitive behavioural therapy, depression, addiction, and impulsivity.

# SPEAKERS

## SYMPOSIUM 2: TECHNOLOGY & HEALTH

**CHAIR: Dr. Claudio Soares, MD, PHD, FRCPC, MBA**

### EEG DEVICES FOR MOOD & ANXIETY

**Dr. Faranak Farzan, PhD**



Dr. Farzan is the Chair in Technology Innovations for Youth Addiction Recovery and Mental Health and Assistant Professor at School of Mechatronic Systems Engineering at Simon Fraser University. Dr. Farzan is the founder of the eBrain Centre at SFU. She is also director of an embedded neurotechnology research laboratory at John Volken Academy, a long-term addiction recovery program. Prior to joining SFU, Dr. Farzan was an Assistant Professor of Psychiatry at University of Toronto, and an Independent Scientist at Centre for Addiction and Mental Health. Dr. Farzan has obtained her Bachelor in Electrical and Biomedical Engineering from McMaster University, her PhD in the Collaborative Program of Biomedical Engineering and Medical Science from University of Toronto, and her Postdoctoral training in Cognitive Neurology from Harvard Medical School. This multi-disciplinary background has been crucial in enabling her to lead a unique research program aimed at development and practical implementation of neurotechnological solutions for studying brain health and function, and for diagnosis and treatment of neuropsychiatric disorders. Dr. Farzan has over 70 peer-reviewed journal articles in top tier journals, and her work has received funding from prestigious agencies such as NSERC, CFI, the Michael Smith Foundation for Health Research, CIHR, NIMH, NARSAD, Brain Canada, Kids Brain Health Network, and the GRAMMY Foundation.

# SPEAKERS

## CONCURRENT WORKSHOPS

### CANNABIS & MOOD DISORDERS: KNOWLEDGE TRANSLATION IN CLINICAL PRACTICE

**Dr. Oyedeji (Deji) Ayonrinde, MBBS, MSc, FRCPsych, MBA**



Dr. Ayonrinde is an Associate Professor of Psychiatry at Queen's University, Kingston, Ontario and also the Medical Director of Heads Up! - the Early Psychosis Intervention Programme in South East Ontario.

He trained at the Bethlem and Maudsley Hospitals as well as the Institute of Psychiatry, Psychology and Neuroscience, London, UK. Dr. Ayonrinde has specialist accreditations in both General Adult and Addiction Psychiatry. He has been involved in undergraduate, postgraduate and national medical education for over 20 years and was previously Vice Chair of a General Medical Council examination panel.

Dr. Ayonrinde is involved in several cannabis knowledge translation initiatives with educational institutions, Canadian Armed Forces, police and health professionals. He also supports a number of Health Canada cannabis literacy initiatives.

Current research includes cannabis use and harms in ultra-high risk groups for psychosis and mood disorders, cannabis literacy in school age children and sources of cannabis literacy across different demographic groups. In addition, he is developing a First Nation and Indigenous youth mental health program.

Dr. Ayonrinde has an MBA from Imperial College Business School, London, UK and is currently developing a number of cannabis awareness and knowledge translation, digital and interactive games.

# SPEAKERS

## CONCURRENT WORKSHOPS

### CANMAT BIPOLAR GUIDELINES

#### **Dr. Benicio Frey, MD, MSc, PhD**



Dr. Frey is Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University; Medical Director of the Women's Health Concerns Clinic; and Academic Head of the Mood Disorders Program at St. Josephs Healthcare Hamilton.

His research is primarily focused on understanding the neurobiology of mood disorders, with an emphasis on women's mental health. He is the site-PI of the largest study of biomarkers of treatment response in depression ([www.canbind.ca](http://www.canbind.ca)), and member of the Canadian Network for Mood and Anxiety Treatments (CANMAT). He has more than 140 publications accepted in peer-reviewed journals and has presented his work in numerous national and international conferences. In addition, he currently supervises clinical clerks, residents and graduate and undergraduate students in various research projects.

### CANMAT BIPOLAR GUIDELINES

#### **Dr. Valérie Tourjman, MD**



Psychiatrist and researcher, Dr. Valérie Tourjman is an Associate Professor in the Department of Psychiatry at Université de Montréal and Medical Chief of the Anxiety Disorders and Mood Program at the Montreal Mental Health Institute. Dr. Tourjman is primarily interested in the development of treatments for mood disorders, including treatment resistant depression. She also has a strong interest in attention deficit disorder in adults. A graduate in medicine and psychiatry from McGill University, she is also the author of numerous articles on these areas of expertise.

Dr. Valérie Tourjman is conducting clinical studies on the efficacy of molecules in the treatment of mental disorders such as depression, bipolar disorder and attention deficit disorder in adults. She is also studying the role of inflammatory markers in major depression, as well as the effect of antidepressant treatment on brain structures using neuroimaging. Dr. Tourjman is also the Medical Director of the Anxiety Disorders and Mood Program at the Montreal Mental Health University Institute.

# SPEAKERS

## CONCURRENT WORKSHOPS

### CANMAT DEPRESSION GUIDELINES

**Dr. Sophie Grigoriadis, MDCM, FRCPC, MSc, PhD**



Dr. Grigoriadis is the Head of the Women's Mood and Anxiety Clinic: Reproductive Transitions at Sunnybrook Health Sciences Centre and scientist at the Sunnybrook Research Institute. She is an Associate Professor in the Divisions of Brain and Therapeutics (Mood and Anxiety Disorders) and Equity, Gender and Population (Women's Mental Health) Department of Psychiatry, Faculty of Medicine, at the University of Toronto.

Dr. Grigoriadis completed her medical degree at McMaster University and her psychiatry residency at the University of Toronto. Prior to Medical school, she completed a MA and PhD in Psychology, Clinical Program, at Queen's University, and internship in Clinical Psychology at the Toronto Hospital. She was the Academic Leader of the Reproductive Life Stages Program at Women's College Hospital, and staff psychiatrist at the University Health Network, Women's Clinic and Mood Disorders Psychopharmacology Unit, before moving to Sunnybrook.

Her clinical research program focuses on the treatment of mood disorders in women across the reproductive life stages. The interventions she studies include pharmacological and psychotherapeutic approaches to determine and promote evidence-based treatment options. She has been involved in many clinical trials and headed meta-analyses summarizing adverse effects of untreated depression or anxiety on mother and baby as well as potential adverse effects of pharmacological agents. Her research is internationally recognized and she has won numerous awards including the "Paul H. Wender 2014 Best Paper in the Journal of Clinical Psychiatry," awarded by the American Society of Clinical Psychopharmacology. Her work has been funded by several agencies but predominately by CIHR. She has authored a plethora of peer reviewed papers, book chapters, seven "UpToDate" chapters and has been a co-author on the CANMAT Depression treatment guidelines and national anxiety guidelines. She is actively involved in teaching at all levels including continuing medical education.

# SPEAKERS

## CONCURRENT WORKSHOPS

### CANMAT DEPRESSION GUIDELINES

**Dr. Sagar Parikh, MD, FRCPC**



Dr. Sagar V. Parikh is the John F. Greden Professor of Depression and Clinical Neuroscience at the University of Michigan, Ann Arbor, and Associate Director of the Michigan Depression Center. He is Medical Director of the National Network of Depression Centers (USA) and Education Chair of the Canadian Network of Mood and Anxiety Treatments. His research includes both pharmacotherapy and psychotherapy clinical trials for mood disorders, biomarker studies of ketamine and antidepressants, genetics, workplace interventions, and educational research. Dr. Parikh is the author/editor of three books and nearly 200 peer-reviewed articles and book chapters, and co-author of all 10 editions (1997-2018) of CANMAT treatment guidelines for Depression and for Bipolar Disorder. His teaching has won him three local, three national, and one international awards, most recently the Paul Patterson Education Innovation Award from the CPA in 2018.

# CHAIRS

## PLENARY 1: BIOMARKERS & BITCOIN: TRANSMOGRIFYING HYPE INTO PATIENT CARE

**Dr. Rudolf Uher, MD, PhD, CCT**



Dr. Rudolf Uher is the Canada Research Chair in Early Intervention in Psychiatry at Dalhousie University. Dr. Uher works as a psychiatrist in the Mood Disorders Program at Nova Scotia Health Authority, Halifax NS, with a focus on treatment resistant depression and bipolar disorder. He studied medicine and neurosciences at Charles University and trained in Psychiatry at the Maudsley Hospital. His research focuses on early interventions to prevent severe mental illness and the use of clinical assessment and biomarkers to personalize treatment for depression. Dr. Uher has fulfilled leading roles in large projects on personalized treatment of depression, including the Genome-based Therapeutic Drugs for Depression (GENDEP), the New Therapeutic Drugs for Depression and Schizophrenia (NEWMEDS) and the Canadian Biomarker Integration Network in Depression (CAN-BIND). He is the principal investigator of the Canadian Institutes of Health Research -funded project Families Overcoming Risks and Building Opportunities for Well-being (FORBOW, [www.forbow.org](http://www.forbow.org)) on early identification of risk and prevention of mental illness in youth. Dr. Uher is the recipient of Max Hamilton Memorial Prize and the Royal-Mach-Gaensslen Prize for Mental Health Research. He has authored over 200 articles on mental illness, its causes and treatment. In 2018, Dr. Uher was listed among the Highly Cited Researchers by Clarivate Analytics.

## PLENARY 2: IMAGING-BASED BIOMARKERS IN DEPRESSION

**Dr. Faranak Farzan, PhD**  
**See page 11 for biography**

# CHAIRS

## SYMPOSIUM 1: EMERGING TREATMENTS IN DEPRESSION

**Dr. Sophie Grigoriadis, MDCM, FRCPC, MSc, PhD**

See page 14 for biography

## SYMPOSIUM 2: TECHNOLOGY & HEALTH

**Claudio Soares, MD, PhD, FRCPC, MBA**



Dr. Soares is a Professor and Head of the Department of Psychiatry at Queen's University School of Medicine, and Executive Lead (Strategy, New Partnerships) for the Canadian Biomarker Integration Network in Depression (CAN-BIND). He is a trained psychiatrist from the University of Sao Paulo, Brazil, where he earned his medical degree and completed his Ph.D. work on estrogen effects for the management of depression in midlife women. He further pursued a postdoctoral fellowship in Reproductive Psychiatry at the Massachusetts General Hospital, Harvard Medical School, where he later served as an Assistant Professor of Psychiatry and Director for Research for the Perinatal Psychiatry Program.

Dr. Soares relocated to Canada in 2004, recruited by McMaster University. During his tenure at McMaster he led the Women's Health Program and the Mood and Anxiety Disorders Division. Before joining Queen's School of Medicine in 2016, Dr. Soares earned MBA degrees from Queen's/Smith School of Business and Cornell University through their combined executive program.

Dr. Soares' research interests include effective treatments for mood disorders across the female life cycle, with particular emphasis on midlife women and the menopausal transition. Most recently, his research has focused on the use of mobile health technologies (M-Health) and the concept of digital phenotyping for a better understanding of sustained wellness, resilience and relapse in depression. He is a sought-after educator with more than 170 presentations at national and international meetings. He has written extensively in the areas of mood disorders and women's mental health, with more than 200 publications including articles in the Archives of General Psychiatry (JAMA Psychiatry), Menopause, Obstetrics and Gynecology, Journal of Clinical Psychiatry, American Journal of Psychiatry, to name a few. He is also a recipient of numerous grants and awards, including CIHR, ORF grants and 3 NARSAD Awards from the Brain and Behavior Research Foundation.

## ABOUT US

### CANADIAN NETWORK FOR MOOD AND ANXIETY TREATMENTS (CANMAT)



CANMAT was formed in 1995 by a group of Canadian psychiatrists who are passionate about mental health research and education. Today, the CANMAT leadership team is comprised of members from research, academic and clinical centres across Canada. Together, they bring years of experience and expertise to the organization. Team members consult and convene on a regular basis to keep apprised of activities and developments in the realm of mood and anxiety disorders. The CANMAT leadership team has established a Canadian network that serves as a conduit for the exchange of information and ideas, from research to clinical practice.

**Learn more at:** [www.canmat.org](http://www.canmat.org)

**Follow us at:** @CANMAT\_org

### CANADIAN BIOMARKER INTEGRATION NETWORK FOR DEPRESSION (CAN-BIND)



CAN-BIND is a national program of research and learning. Our community includes persons with lived experience, caregivers, researchers, healthcare providers, government agencies, industry partners, and mental health advocates who are working together to achieve mental wellness for all Canadians. CAN-BIND is discovering ways to identify the right treatment for the right person in order to help individuals with depression get well quickly, and stay well.

CAN-BIND is supported by the Ontario Brain Institute, an independent non-profit corporation, funded partially by the Ontario government.

**Learn more at:** [www.canbind.ca](http://www.canbind.ca)

**Follow us at:** @CANBIND

# NOTES

# NOTES



