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Harvard Medical School

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Place of Birth: Vetralla (Viterbo), Italy

Education

1974	M.D. summa cum laude	Psychiatry and Clinical Psychology (Prof. Paolo Pancheri)	Rome University "La Sapienza"
2003	M.S.	Epidemiology	Harvard School of Public Health

Postdoctoral Training

1974–1978	Psychiatrist	Psychiatry	Rome University "La Sapienza"
10/1980– 12/1980	Visiting Scientist	Psychoendocrinology	Psychohormonal Research Unit, Johns Hopkins Hospital and University
01/1983– 18/1983	Visiting Scientist	Psychoneurobiology	University of Pennsylvania, Philadelphia
03/1986– 12/1986	Assistant Researcher	Psychobiology	UCLA, Harbor Medical Center

Faculty Academic Appointments

1975–1996	Assistant Professor	Psychiatry	University of Cagliari
1997–2009	Associate Professor	Psychology	University of Cagliari
1995–	Lecturer	Psychiatry	McLean Hospital-Harvard Medical School
2011.03	Visiting Professor	Psychiatry (course on Suicide)	University of Cagliari

Appointments at Hospitals/Affiliated Institutions

1974–1976	Attending Psychiatrist	Psychiatry	Belvedere Montello
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1977–1979 Attending Psychiatrist Psychiatry

Psychiatric Hospital, Rome
State Psychiatric Hospital,
Cagliari, Sardinia

Other Professional Positions

1977– Director Mood Disorder Research Center Lucio Bini,
Cagliari
1997– Vice-President Aretaeus non profit organization for the
study of mood and anxiety disorders.

Major Administrative Leadership Positions

Local

Regional

National and International

1977– Director Mood Disorder Research Center Lucio Bini, Cagliari

Committee Service

Local

Regional

National and International

Professional Societies

1982– Società Italiana di Psichiatria Member
1988– European College of Neuropsychopharmacology Member
1992– Collegium Internationale Neuro-Psychopharmacologicum Member
1992– American Psychiatric Association Member
1999– American Foundation Suicide Prevention Member

Grant Review Activities

Editorial Activities

Acta Psychiatrica Scandinavica
American Journal of Epidemiology
American Journal of Psychiatry
Archives of General Psychiatry
Bipolar Disorder
CNS Drugs
European Psychiatry
International Journal of Neuropsychopharmacology
Journal American Medical Association

Journal of Affective Disorders
 Journal of Clinical Psychiatry
 Psychiatric Research

Other Editorial Roles

1992–	Editorial Board	<i>Reviews in Contemporary Pharmacopsychiatry, Carnforth, UK</i>
1996–	Editor in Chief	<i>Italian Journal of Addictions, Cagliari, Italy</i>
2004–	Editor in Chief	<i>Aretaeus Newsletter, Rome, Italy</i>
2005–	Editorial Board	<i>Bipolar Disorder Journal, Pittsburgh, USA</i>
2006–	Editorial Board	<i>Trastornos del Animo, Santiago, Chile</i>

Honors and Prizes

2003	Nola-Maddox Falcone Prize	NARSAD	<i>Outstanding Achievement in the Research of Affective Disorder</i>
2004	Suicide Prevention Award	American Foundation for Suicide Prevention	<i>Research on lithium treatment and prevention of suicide risk</i>

Report of Funded and Unfunded Projects

Funding Information

Past

1985	Interaction between depressive syndromes and immune system; Italian Ministry of Education, PI (no indirect costs)
1986	Discontinuation of lithium treatment; Italian Ministry of Education, PI (no indirect costs)
1988	Lymphocyte subsets in anxiety disorder; Italian Ministry of Education, PI (no indirect costs)
1989	Psychodiagnostic assessment of psychopathological risk in unemployment; Italian Ministry of Education, PI (no indirect costs)
1990	Psychophysiological modification of sleep patterns in depressive disorders; Italian Ministry of Education, PI (no indirect costs)
1991	Psychosocial assessment of female employment in Sardinia; Italian Ministry of Education, PI (no indirect costs)
1992	Psychodiagnostic profiles in unemployment; Italian Ministry of Education, PI (no indirect costs)
1993	Psychodiagnostic assessment in tertiary work; Italian Ministry of Education, PI (no indirect costs)
1994	Suicide prevention and lithium; Italian Ministry of Education, PI (no indirect costs)
1995	Risks of lithium discontinuation; Italian Ministry of Education, PI (no indirect costs)
1995	Travel Award; Consiglio Nazionale delle Ricerche, Italy (no indirect costs)
1995	Suicide prevention during lithium treatment and the risks of its discontinuation; NARSAD Young Investigator Award, PI (10% indirect costs)
1996	Reintroduction of lithium after its discontinuation; Italian Ministry of Education, PI (no indirect costs)
1996	Prediction and management of morbid risk associated with treatment discontinuation in manic-depressive illness; NARSAD Young Investigator Award, PI (10% indirect costs)

1997–1998	Interruption of lithium treatment: Relapse rate, suicidal risk, efficacy of successive long-term treatments after abrupt vs. gradual discontinuation in bipolar disorder patients; Stanley Foundation Award, PI (10% indirect costs)
1998–1999	Effect of lithium treatment on illness time, episodes, and free intervals: Rapid cyclers vs. other course sequences; NARSAD Young Investigator Award, PI (10% indirect costs)
1998–2004	Stanley Foundation grant to Lucio Bini Center as International Research Center
2000–2001	Effectiveness of mood stabilizers in bipolar and unipolar disorders, typical and atypical; NARSAD Independent Investigator Award, PI (10% indirect costs)
2003–2004	Morbidity, course, episode sequence, and seasonality in bipolar disorder patients given long-term maintenance treatment vs. time-limited treatment for acute illness episode; NARSAD Independent Investigator Award, PI (10% indirect costs)
2006	Suicidality: Association with Antidepressant Treatment; Eli Lilly Company, Co-PI
2007	Predicting Suicidal Risk in Mood Disorder Patients; Janssen Laboratories, Co-PI
2006–2007	Antidepressant Discontinuation: Effects of Discontinuation Rate on Morbidity in Major Affective Disorder Patients; NIMH-RO-3, Co-PI

Current

None

Current Unfunded Projects

2009	PI: Mania or hypomania during antidepressant treatment in a prospective study. To study the incidence of mania or hypomania in bipolar and unipolar depressive patients during antidepressant treatment.
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Report of Teaching and Training (Italy)

Teaching of Students in Courses

1981–1996	Psychiatry; Section leader and lecturer; 20 medical students (sections); 50 medical students (lectures);	Medical School, University of Cagliari; 6 hrs/yr (as Section Leader); 3 hrs/yr (as Lecturer)
1990–1995	General Psychology; 120 medical students	Medical School, University of Cagliari; 7 hrs/yr
1990–1993	Psychology and Psychopathology; 30 social service students	Medical School, University of Cagliari; 20 hrs/yr
1991–1996	Psychological Testing; Section leader and lecturer; 80 students;	Department of Psychology, University of Cagliari; 70 hrs/yr
1993–1995	Medical Psychology; 50 medical students	Medical School, University of Cagliari; 14 hrs/yr
1996–2004	General Psychology; 350 psychology students;	Department of Psychology, University of Cagliari; 70 hrs/yr
1997–1999	Psychotherapy Attending; 50 medical students;	Medical School, University of Cagliari; 15 hrs/yr
2004–2008	Clinical Psychology; 120 students	Department of Psychology, University of Cagliari; 30 hrs/yr
2004–2008	Psychiatry; 80 students	Department of Psychology, University of

Cagliari; 30 hrs/yr

Formal Teaching of Residents, Clinical Fellows and Research Fellows (post-docs)

1981–1991	General psychology; 10 residents in Psychiatry	Medical School, University of Cagliari; 12 hrs/yr
1984–1987	Semiotics in Psychiatry; 10 residents in Psychiatry	Medical School, University of Cagliari; 12 hrs/yr
1987–1989	Psychopharmacology; 10 residents in Psychiatry	Medical School, University of Cagliari; 12 hrs/yr
1987–1990	Psychology; 6 residents in Geriatrics	Medical School, University of Cagliari; 12 hrs/yr
1989–1990	Psychiatric therapeutics; 10 residents in Psychiatry	Medical School, University of Cagliari; 12 hrs/yr
1990–1998	Psychophysiology; 10 residents in Psychiatry	Medical School, University of Cagliari; 12 hrs/yr
1990–1998	Geriatric neuropsychiatry; 10 residents in Psychiatry	Medical School, University of Cagliari; 12 hrs/yr

Clinical Supervisory and Training Responsibilities

Laboratory and Other Research Supervisory and Training Responsibilities

Formally Supervised Trainees

1976–1981	Gianfranco Floris, M.D., Psychiatric Inpatient Unit Director (2000–2007), Clinica Lay Hospital, Cagliari, Italy
1976	Gavino Faà, M.D., Pathologist, Dean of the Medical School (2000–2007), University of Cagliari, Italy
1977–1982	Gino Serra, M.D., Full Professor of Psychopharmacology, University of Sassari, Italy
1977–1982	Paolo Laddomada, M.D., Psychiatric Inpatient Unit Director, Cagliari, Italy
1980–1985	Gian Paolo Minnai, M.D., Psychiatric Inpatient Unit, Director S.Martino Hospital, Oristano, Italy
1985	Luca Pani, M.D., Psychiatrist, Director Neurogenetic and Neuropharmacology Unit, CNR, Cagliari, Italy
1985–1990	Gianni Faedda, M.D., Psychiatrist, New York City
1991–1996	Mercedes Masia, M.D., Psychiatric Inpatient Unit, Attending psychiatrist, Clinica Lay Hospital, Cagliari, Italy
1993–1998	Francesco Silveti, M.D., Psychiatrist and Psychotherapist, Cagliari, Italy
1993–1998	Maria Efisia Meloni, M.D., Psychiatrist and Psychotherapist, Cagliari, Italy
1995–2000	Carmen Ghiani, M.D., Psychiatrist and Psychotherapist, Cagliari, Italy
1995–2000	Piero Mannu, M.D., Psychiatrist and Psychotherapist, Cagliari, Italy
1998–2004	Simona Mercenaro, Psy.D., Psychologist and Psychotherapist, Cagliari, Italy
1998–2007	Beatrice Lepri, Psy.D., Psychologist and Psychotherapist, Cagliari, Italy
2007–	Caterina Visioli, Psy.D., Psychologist, Cagliari Italy

Formal Teaching of Peers (e.g., CME and other continuing education courses)

1990	<i>Problemi del trattamento cronico con sali di litio</i> Convegno: La depressione. Aspetti clinici e forensi	(1). Alghero, Italy
1991	<i>Aspetti terapeutici del disturbo di panico</i> Convegno: Aspetti terapeutici del disturbo di panico	(1). Cagliari, Italy
1993	<i>I disturbi depressivi dell'adolescenza, Società Italiana dell'adolescenza</i>	(1). Cagliari, Italy
2001	<i>La malpractice, il consenso informato, la comunicazione della cattiva diagnosi, Incontro di Urologia</i>	(1). Cagliari, Italy
2003	<i>Disturbi di Personalità, Disturbi dell'Umore e Suicidio</i> Società Italiana Tossicodipendenze SITD-Sezione Sardegna. Seminario sulle Tossicodipendenze	(1). Cagliari, Italy
2003	<i>Comorbilità psichiatrica nei disturbi bipolari</i> Convegno Ospedale S.Andrea	(1). Rome, Italy
2003	<i>Rischio di suicidio nei disturbi dell'umore</i> I Corso di aggiornamento per Medici Specialisti in Psichiatria e Psicologia Clinica e Psicologi	(1). Rome, Italy
2003	<i>1. Disturbi dell'Umore e Suicidio. 2. Disturbi Bipolari e Abuso di sostanze</i> Corso di aggiornamento per Medici Specialisti in Psichiatria e Psicologia Clinica	(2). Oristano, Italy
2003	<i>Disturbi di Personalità, Disturbi dell'Umore e Suicidio</i> Società Italiana Tossicodipendenze SITD-Sezione Sardegna. Seminario sulle Tossicodipendenze	(1). Cagliari, Italy
2003	<i>L'estrema fuga in psicopatologia: il suicidio</i> Corso di aggiornamento: "Le frontiere della ricerca in psichiatria"	(1). Pisa, Italy
2003	<i>Il suicidio: dalla prospettiva sociologica a quella medica</i> Incontro: Sintomi psicotici nella malattia maniaco-depressiva	(1). Oristano, Italy
2004	<i>Efficacia e limiti terapeutici degli stabilizzanti dell'umore</i> Corso di Aggiornamento Dal temperamento affettivo alla malattia maniaco-depressiva. Aspetti clinici e terapeutici	(1). Taranto, Italy
2005	<i>Successi e limiti del trattamento con litio nel disturbo bipolare,</i> Simposio: Approcci attuali alla diagnosi e al trattamento delle psicosi	(1). Lugano, Switzerland
2006	<i>Maintenance therapy with lithium</i> Meeting: Long term therapies and the research of a stable wellbeing in bipolar patients	(1). Rome, Italy
2006	<i>1. Efficacia e limiti terapeutici degli stabilizzanti dell'umore. 2. Tassi suicidio internazionali e uso di antidepressivi: 1950-2003</i> Seminario: Depressione Bipolare: Uso dei farmaci, disturbi metabolici e condotte suicidarie	(2). Pisa, Italy
2006	<i>Trattamenti di mantenimento nei disturbi dell'umore</i> Convegno: Nuovi confini nella diagnosi e trattamento dei disturbi dell'umore	(1). Carbonia, Italy
2007	<i>1. Suicidio: una prospettiva epidemiologica. 2. Prevenzione medica del suicidio.</i>	(2). Olbia, Italy

2007	Corso sulla Prevenzione dei Comportamenti Suicidari <i>Depressione Bipolare</i>	(1). Rome, Italy
2008	I molti aspetti della Depressione Bipolare <i>Il fenomeno del suicidio e la sua prevenzione</i>	(1). Rome, Italy
2009	Convegno di neuroscienze e psicologia del lavoro: “Emozioni, personalità e psicopatologia” <i>Gli antidepressivi nel disturbo bipolare</i>	(1). Catania, Italy
2009	I confini e le comorbidità del disturbo bipolare <i>Lithium for affective disorders and effects on suicide risk & Antidepressant-induced mania</i>	(2). Buenos Aires, Argentina
2009	CME Course 2009 Harvard Medical School & McLean Hospital (Boston) University of Palermo (Buenos Aires) <i>Depressione bipolare: pro e contro nell’uso di antidepressivi</i>	(1). Naples, Italy
	Open Space–Advisory Opinions on Bipolar Depression	

Local Invited Presentations

Report of Regional, National and International Invited Teaching and Presentations

Invited Presentations and Courses

Regional

National

1984	The course of manic-depressive illness and treatment-induced changes, Department of Psychiatry, Health Science Center at Dallas, Texas
1984	<i>The course of manic-depressive illness and treatment-induced changes</i> , Department of Psychiatry, University of California Los Angeles, Harbor-UCLA Medical Center, Torrance
1984	<i>The course of manic-depressive illness and treatment-induced changes</i> , Laboratory of Clinical Science, NIMH, NIH Clinical Center, Bethesda, Maryland,
1984	<i>The course of manic-depressive illness and treatment-induced changes</i> , Department of Psychiatry, Albert Einstein College of Medicine, Montefiore Medical Center, New York
1984	<i>The course of manic-depressive illness and treatment-induced changes</i> , Department of Psychiatry, Payne Whitney Psychiatric Clinic, Cornell Medical Center New York, New York
1984	<i>The course of manic-depressive illness and treatment-induced changes</i> , Department of Psychiatry, Neuropsychopharmacology Unit, University of Pennsylvania, Philadelphia, Pennsylvania
1985	<i>Grand round and discussion on bipolar illness</i> , Department of Psychiatry, College of Medicine, Center for the Health Sciences, University of Tennessee, Memphis
1998	<i>Suicide risk in patients with substance abuse</i> , Meeting: Effect of Medical Interventions on Suicidal Behavior , Miami, Florida
2003	Efficacy of Lithium Treatment for Depression and Lowering of Suicidal Risk, American Collegium Neuro-Psychopharmacologicum, Puerto Rico
2004	<i>Mechanisms by which lithium confers its efficacy in lowering suicidal risk in bipolar disorders</i> , NCDEU-NIMH meeting , Phoenix, Arizona

International

- 1975 *Analysis of personality variables in subjects with eating disorders*, **III Congresso International College of Psychosomatic Medicine**, Rome, Italy
- 1980 *Rapid Cyclers and Antidepressants*, **XII Collegium Internationale Neuro-Psychopharmacologicum**, Goteborg, Sweden
- 1987 *Job Deprivation and psychological risk*, **II Congresso Nazionale della Società Italiana di Psichiatria Sociale**, Rome, Italy
- 1988 *Lymphocyte sub-populations in depressed patients*, **Incontri Internazionali di Psicofarmacologia: I modi della depressione: tra biologia e psicodinamica**, Torino, Italy
- 1988 *1. Therapeutic strategy in the treatment of rapid cyclers. 2. Withdrawal syndrome after lithium discontinuation. 3. Antidepressant efficacy of low doses of tricyclics. 4. Lymphocyte sub-populations in major affective disorders. 5. Efficacy of low doses of intravenous antidepressants*, **XVI Collegium Internationale Neuro-Psychopharmacologicum**, Munich, Germany
- 1988 *Efficacy of low doses of intravenous antidepressants*, **International Meeting British Association of Psychopharmacology: Antidepressants - Thirty Years On**, Galway, Ireland
- 1989 *1. T-linfociti nei disturbi depressivi. 2. Efficacia di basse dosi dei triciclici endovenosi. 3. Esiti dell'interruzione della terapia con litio*. **Simposio Internazionale: Il dibattito attuale sulla depressione**, Capri, Italy
- 1991 *T-lymphocytes subsets in lithium-treated bipolar patients*, **3rd International Lithium Workshop**, Wolverhampton (UK)
- 1991 *1. Carbamazepine in long-term treatment of affective and schizoaffective disorders. 2. Seasonal Mood disorders: Patterns of recurrence in major affective disorders. 3. Psychopathological risk in HIV-positive drug abusers. 4. Lithium discontinuation in spontaneous and induced rapid-cyclers. 5. Does lithium affect lymphocyte subsets distribution? 6. Lymphocyte subsets in panic disorder: A controlled study*. **5th World Congress of Biological Psychiatry**, Firenze, Italy
- 1993 *1. Fluoxetine in depressive episodes during prophylactic lithium treatment. 2. Suicidal 1993behavior in bipolar disorder during lithium treatment*, **6th European Congress of the European College of Neuropsychopharmacology**, Budapest, Hungary
- 1994 *SSRI augmentation in lithium treated bipolar patients*, **7th Congress of European Association of Psychiatrists**, Copenhagen, Denmark
- 1995 *Outcome of lithium discontinuation in bipolar disorders*, **2nd International Conference: New directions in affective disorders**, Jerusalem, Israel
- 1995 *Suicide in a group of Sardinian patients on long-term lithium*, **Malta Lithium Symposium**, Malta.
- 1998 *Clinical effectiveness of lithium in bipolar patients*, **Stanley Foundation Bipolar Disorder Symposium**, London
- 1999 *Lithium treatment and suicide risk*, **Meeting Lithium-Lexington**, Lexington, Kentucky
- 2000 *Lithium treatment in bipolar disorder and its effect on suicide risk*, **Psychiatric Research Society Annual Meeting Program**, Park City, Utah
- 2000 *Suicide risk in schizophrenia and antipsychotic treatments*, **First Stockholm-Cagliari Conference on Neuroscience**, Stockholm Sweden
- 2000 *Reduced suicidality during lithium treatment*, **II European Stanley Foundation Conference on Bipolar Disorder**, Amsterdam, Netherlands
- 2001 *Riduzione del rischio suicidario durante la terapia con litio*, **VI Sopsi (Società Italiana di**

- Psicopatologia) Meeting, Rome, Italy**
- 2001 *Suicide in bipolar disorders, European Certificate in Anxiety and Mood Disorders*, Maastricht, Netherlands
- 2002 *Il trattamento con sali di litio del disturbo bipolare, VII SOPSI (Società Italiana di Psicopatologia) Meeting, Rome, Italy*
- 2002 *The Effect of Lithium Treatment on Suicide Rates in Bipolar Disorder, Meeting: "Lithium in Major Affective Disorders: An Update", Chicago, Illinois*
- 2003 *Psychiatric comorbidity in bipolar disorder, Fifth International Conference on bipolar disorder, Pittsburgh, Pennsylvania*
- 2003 *1. Special Issues on Bipolar Disorders. 2. Suicide in Bipolar Disorder, The European Certificate in Anxiety and Mood Disorders, Portofino, Italy*
- 2003 *Lithium in Suicide Prevention, XXII World Congress International Association for Suicide Prevention, Stockholm, Sweden*
- 2003 *Suicide Prevention and Bipolar Disorder, IX International Symposium on Bipolar Disorder, Quinta da Marinha, Cascais, Portugal*
- 2004 *Nuove acquisizioni sul trattamento con sali di litio, IX Congresso Nazionale Società Italiana Psicopatologia, Rome, Italy*
- 2004 *Pensée créatrice et folie, Rencontre "L'expression créatrice est-elle thérapeutique? Prémontéré France*
- 2005 *Lithium Failures in Bipolar Disorder Prophylaxis, Meeting: Fallimenti terapeutici nei pazienti bipolari: nuove strategie, Rome, Italy*
- 2005 *I fallimenti del litio nella profilassi dei disturbi bipolari, INNOPSY 05-I incontro internazionale su: Innovazione in psichiatria, Milano, Italy*
- 2005 *Successes and Failures of Lithium Treatment in Bipolar Disorder Prophylaxis, WFSBP 2005-8th World Congress of Biological Psychiatry, Vienna, Austria*
- 2005 *Suicide and its prevention, European Certificate for Mood Disorders, Maastricht, Netherlands*
- 2005 *1. El Trastorno Bipolar. Treatment. 2. Suicide and its prevention Curso de Actualización en Trastorno Bipolar, Buenos Aires, Argentina*
- 2006 *Maintenance therapy with lithium, Meeting: Long term therapies and the research of a stable wellbeing in bipolar patients, Rome, Italy*
- 2006 *1. Rischio di suicidio in pazienti Bipolari I e II. 2. Il litio nella terapia e profilassi della depressione bipolare: Quale ruolo? 3. Trends in suicide rates: an international perspective. 4. VII Sopsi (Società Italiana di Psicopatologia) Meeting, Rome, Italy*
- 2006 *Historical Trends in International Suicide Rates: 1950–2000, XXII Congreso APSA Mar del Plata, Argentina*
- 2006 *1. La sindrome da stress. 2. Tassi di suicidio internazionali e uso di antidepressivi: 1950–2000. Meeting AILAS, Rome, Italy*
- 2006 *1. Latency to maintenance treatment with lithium. 2. Suicide in bipolar disorder: risk and prevention, IV Conferencia internacional trastornos del animo, Santiago, Chile*
- 2006 *Analysis of candidate genes for prospectively assessed response to lithium in a collection of bipolar disorder patients from Sardinia, XIV world Congress on Psychiatric Genetics, Cagliari, Italy*
- 2007 *Risk of suicide and antidepressants, II World Federation of Societies of Biological Psychiatry, Santiago, Chile*
- 2007 *Litio y Trastorno Bipolar, XXIII Congreso APSA, Mar del Plata, Argentina*
- 2007 *Suicide Prevention, The Seventh International Review of Bipolar Disorders, Rome, Italy*
- 2007 *Suicide and its Prevention, Summer Course on Mood Disorders, Maastricht, Netherlands*

- 2007 *Actualización en el Tratamiento del Trastorno Bipolar con litio, WPA regional meeting XXV Jornadas Argentinas de Psiquiatria*, Buenos Aires, Argentina
- 2007 *Suicidio: prevenzione medica, “Il rischio suicidario nel disturbo bipolare*, Oristano, Italy
- 2007 *Antidepressivi e induzione di switch maniacali o ipomaniacali, Scuole d’eccellenza: Il disturbo bipolare*, Rome, Italy
- 2008 *Switch ipo/maniacali indotti da antidepressivi, XII Congresso Società Italiana Psicopatologia*, Rome, Italy
- 2008 *Lo scatenamento della mania con antidepressivi Scuola d’eccellenza Convegno: Il Disturbo Bipolare*, Milano, Italy
- 2008 *Suicide Prevention: Up-dated findings, Association of European Psychiatry 16th European Congress of Psychiatry*, Nice, France
- 2009 *Perché i “media” sono ostili agli psicofarmaci ? (antidepressivi in particolare) XIII Congresso della Società Italiana di Psicopatologia*, Rome. Italy
- 2009 *Il ruolo dei sali di litio nei disturbi dell’umore & Coffee and cigarette use: Association with suicidal acts Simposio satellite Sanofi-Aventis. Prevenzione delle ricadute e delle complicanze nel trattamento a lungo termine del disturbo bipolare. WPA International Congress*, Florence, Italy
- 2009 *Coffee and cigarette use: Association with suicidal acts Master in affective neuroscience*, Florence, Italy
- 2009 *Age at Onset of Major Affective Disorders. Annual Psychiatry Research Symposium, Harvard Medical School*, Boston, MA
- 2009 *Lithium for affective disorders and effects on suicide risk CME Course*, Buenos Aires
- 2009 *Antidepressant-induced mania CME Course*, Buenos Aires
- 2010 *Use of antidepressants and emerging mania: a metanalysis McLean Hospital research Day*
- 2010 *Stabilizzanti dell’umore: aggiornamenti Scuole d’eccellenza: Diagnosi e terapia del disturbo bipolare dalla parte della clinica*. Roma.

Report of Clinical Activities and Innovations

Current Licensure and Certification

1974 Italian License as M.D.; 1978, Italian License as Specialist in Psychiatry

Practice Activities

1974–1984	Attending Psychiatrist	Belvedere Montello Hospital, Rome, Italy	Psychiatry staff
1977–	Psychiatrist	Mood Disorder Research Center Lucio Bini, Cagliari, Italy	Private Practice in Psychiatry

Clinical Innovations

Report of Technological and Other Scientific Innovations

Report of Education of Patients and Service to the Community

Activities

Educational Material for Patients and the Lay Community

Books, monographs, articles and presentations in other media

1998	Gli adolescenti e l'amore	Editor
2000	Prima del tempo. Capire e prevenire il suicidio	Author
2001	Compendio di Psicologia	Author

Educational material or curricula developed for non-professional students

Patient educational material

Recognition

Report of Scholarship

Publications

Peer reviewed publications in print or other media

I. Research Investigation

1. Kukopulos A, Reginaldi D, Girardi P, **Tondo L**. Course of manic-depressive recurrences under lithium. *Compr Psychiatry* 1975; 16: 517–24.
2. Mendels J, Frazer A, Baron D, Kukopulos A, Reginaldi D, **Tondo L**, Caliari B. Intra-erythrocyte lithium ion concentration and long-term maintenance treatment. *The Lancet* 1976; i: 966.
3. Kukopulos A, Reginaldi D, **Tondo L**, Bernabei A, Caliari B. Spontaneous length of depression and response to ECT. *Psychol Med* 1977; 7: 625–629.
4. Kukopulos A, Reginaldi D, Laddomada P, Floris G, Serra G, **Tondo L**. Course of the manic-depressive cycle and changes caused by treatments. *Pharmakopsychiat Neuro-pharmakol* 1980; 13: 156–167.
5. Reginaldi D, **Tondo L**, Floris G, Pignatelli A, Kukopulos A. Poor prophylactic lithium response due to the antidepressants. *International Pharmacopsychiatry* 16; 1981: 124–128.
6. **Tondo L**, Laddomada P, Serra G, Minnai G, Kukopulos A. Rapid cyclers and antidepressants. *International Pharmacopsychiatry* 1981; 16: 119–123.
7. Kukopulos A, Caliari B, Tundo A, Minnai G, Floris G, Reginaldi D, **Tondo L**. Rapid cyclers, temperament and antidepressants. *Compr Psychiatry* 1983; 24: 249–258.
8. **Tondo L**, Conway P, Brunswick D. Labelling in vivo of beta-adrenergic receptors in the CNS of the rat after administration of I-125 Iodopindolol. *J Pharmacol Exper Therap* 1985; 235: 1–9.
9. Rudas N, **Tondo L**, Musio A, Schiavo C, Galisai C, Dinelli U, Carta M. Deprivazione del lavoro e rischio psicopatologico. *Minerva Psichiatrica* 1987; 28: 365–370.
10. **Tondo L**, Pani PP, Pellegrini-Bettoli P, Milia G, Manconi PE: T-lymphocytes in depressive disorder.

Med Science Res 1988; 16: 867–868.

11. **Tondo L**, Burrai C, Scamonatti L, Weissenburger J, Rush J. Comparison between clinician-rated and self-reported depressive symptoms in Italian psychiatric patients. *Neuropsychobiology* 1988; 19: 1–5.
12. Poland R, **Tondo L**, Rubin R, Trelease R, Lesser I. Differential effects of scopolamine on nocturnal cortisol secretion, sleep architecture, and REM latency in normal volunteers. *Biol Psychiatry* 1989; 25: 403–412.
13. **Tondo L**, Burrai C, Scamonatti L, Rudas N. Effect of lithium discontinuation on rapid cycling course. *Lithium* 1990; 1: 221–226.
14. **Tondo L**, Cantone M, Carta MG, Laddomada A, Mosticoni R, Rudas N. An MMPI evaluation of male sexual dysfunction. *J Clin Psychology* 1990; 47: 391–396.
15. **Tondo L**, Rudas N. La sospensione del trattamento cronico con sali di litio. *Minerva Psichiatrica* 1991; 32: 245–249.
16. Rudas N, **Tondo L**, Musio A, Spada S. Valenze depressive in cassintegrati. *Minerva Psichiatrica* 1991; 32: 229–2332.
17. Rudas N, **Tondo L**, Musio A, Masia M. Inoccupazione e depressione: risultati di una valutazione psicometrica. *Minerva Psichiatrica* 1991; 32: 205–209.
18. **Tondo L**, Rudas N: The course of a bipolar disorder influenced by caffeine. *J Aff Disorders* 1991; 22: 249–251.
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[Non-peer reviewed scientific or medical publications/materials in print or other media](#)

I. Non-peer reviewed research publications

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In addition, Dr. **Tondo** is:

1. Columnist for a leading scientific Italian magazine, *Mente e Cervello* (Mind and Brain) where he

publishes monthly letter replies to a general audience on psychiatric or psychological issues (list available).

2. Publicist for local (Sardinian) and national (Italian) newspapers on psychological and psychiatric issues (list available).

Clinical Guidelines and Reports

Thesis

PRALP: Un sistema automatico per l'interpretazione del test di Rorschach (PRALP: automatic interpretation of Rorschach test (M.D. thesis presented on July 30, 1974)

Abstracts, Poster Presentations and Exhibits Presented at Professional Meetings

1. Baldessarini RJ, Davis PG, **Tondo L**. Lithium prevents suicidal acts on bipolar patients. Sixth International conference on bipolar disorder. Pittsburgh June 15-18, 2006.
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Narrative Report (limit to 500 words)

Dr. Tondo has studied the course and treatment of bipolar (manic-depressive) and unipolar major depressive disorders since 1975. He is a leading expert on long-term treatment of mood disorders and on medical approaches to suicide prevention. He currently spends 50% of his time in clinical practice, 40%–45% in research and teaching, and 5%–10% on administrative duties. In 1977, he established a specialized, research-based, mood-disorders clinic, the Lucio Bini Mood Disorder Center (named for the inventor of electroconvulsive treatment), affiliated with the University of Cagliari in Sardinia. The Center has systematically collected clinical research data (now-computerized) involving more than 5,000 patients, 45% of them 1998 diagnosed with affective illnesses. It is the largest private psychiatric institution of its kind in the region and one of the largest in Europe. The staff includes eight psychiatrists and five psychologists who provide a broad range of assessments and treatments. Dr. Tondo has taught university courses in clinical psychiatry, general and clinical psychology, and psychological testing for more than 20 years. He has focused particularly on the course and treatment of bipolar disorders, based on prolonged, systematic experience with 800 such patients. His notable contributions include: [a] abrupt or rapid discontinuation

of mood-stabilizing or antidepressant medicines, including among pregnant women, was strongly associated with markedly increased and earlier risk of illness-recurrence, rehospitalization, or suicidal behavior, whereas gradual dose-reduction decreased, and not merely delayed, adverse outcomes; [b] quantification of beneficial and adverse effects of long-term treatment with the best-established mood-stabilizing agent, lithium carbonate; these include marked reductions of all phases of bipolar disorder, and markedly reduced risk suicides and attempts in bipolar as well as unipolar-depressed patients. More recently he led the most comprehensive review and quantitative analysis of risks of clinical mood-elevation (“switching”) associated with antidepressant treatment among patients with various mood disorders (Publication 108), and submitted research grant applications to continue this research under better-controlled, prospective conditions in his own Center. He recently assessed the role of onset-age as a critical factor in differentiating types I and II bipolar disorders from unipolar depressed patients, including differential assessment of illnesses starting with depression before bipolarity is manifest; this work included both his Center and other patients provided by a growing series of international collaborations. These and other studies have been strongly encouraged by Harvard Medical School collaborators including Professor Ross J. Baldessarini, founding director of the International Consortium for Bipolar Disorder Research at McLean Hospital, leading to many publications in outstanding international research journals. In summary, Dr. Tondo's major contributions include establishment of a specialized mood-disorder clinical research center in Europe, with one of the largest systematically evaluated, treated, and followed cohorts of mood disorder patients ever collected. His studies include clarification of onset, course, and treatment responses in major mood disorders, including long-term prophylaxis with mood-stabilizing treatments in bipolar disorders as well as adverse effects. His contributions have been recognized by international awards for his research on the treatment of bipolar disorder and in the medical prevention of suicide.