



FLOURISH

Understanding and Preventing Mood Disorders

Dear Research Families



I am sitting on the train while writing this update on my new weekly commute between our research office in Ottawa and my new academic job at Queen's University. I am reflecting not just over the past year, but over the past 2 decades, when we embarked on this incredible journey together. We continue to make advances and our family based research has garnered international attention. We, together, have been able to for the *first time describe the early clinical trajectory of evolving mood disorders in children and adolescents at familial risk*. This provides an important framework to advance studies of risk processes and early interventions. We are currently collaborating with Oxford University using remote capture technology **True Colours** to facilitate the collection of daily and weekly self-report data that may help in the prediction and eventually prevention of mood episodes. We have also launched an exciting study of **genetic risk variants** in collaboration with colleagues at the University of Toronto.

I would like to thank all of you for your commitment to this important and informative research. Our family cohort is a recognized scientific resource that has taken decades of work together to develop. Together we hope to be able to understand the origins of recurrent depressive and bipolar disorder and develop better ways to recognize and treat these disorders. We wish you a very healthy and happy 2017!

-Dr. Anne Duffy

What's New to Share?

Arielle Weir, who has been working diligently with our data behind the scenes is now going to be our Research Coordinator, allowing Tiffany Patterson more time for her clinical counseling practice in the community. Tiffany remains with us to provide support to involved research participants 1 day/week at UOHS. Shannon McCloskey had a healthy baby girl Pearl last year. Shannon has accepted a full-time counseling position at Carleton University and we thank her for her years of service. We are delighted that Aggi Hutton and Dr Paul Grof continue to support our adult family members.

Check out some of our newest publication links below (please ask us if you would like to receive a copy of the full articles)!

- [Do the Trajectories of Bipolar Disorder and Schizophrenia Follow a Universal Staging Model?](#)
- [Repeated salivary daytime cortisol and onset of mood episodes in offspring of bipolar parents](#)
- [Early exposure to parental bipolar disorder and risk of mood disorder: the Flourish Canadian prospective offspring cohort study.](#)



True Colours

-Tiffany Patterson

As many of you know, we added an additional component to the study in the Fall of 2015. *True Colours* is an online self-recording research tool that allows you to record your mood and experiences using email and the internet. By answering the questionnaires (weekly or daily), you create a record of how you have been feeling and you can see how it changes over time. The program graphs the recordings from the questionnaires so you are able to see your own patterns in your feelings and thoughts. The questionnaires can be accessed through your phone and is expected to take approximately 5 minutes to complete each time.

Many of you signed up for a three month period and some extended this time having enjoyed the program and finding it useful. Your participation allowed us to examine the variability against other people of your age and sex, and determine patterns that might predict emotional well-being or emotional distress. This information has led to publications of papers and securing future grants for our research study.

The success of True Colours has resulted in us extending the program, asking participants for a yearly 3 month participation and signing back up at the time of their annual research visit.

We wanted to thank those that have been involved in True Colours this past year; we really appreciate your contribution to this work. For those of you that have not signed up and may be interested in enrolling, please let us know. We can set up a time for you to enroll, with the option of doing this remotely.

**WE WANT
TO KNOW!**

Do you have any comments, questions or suggestions? Is there anything you would like to see in future newsletters? We invite and welcome your feedback ☺ Please direct your responses to Arielle Weir. Thanks for reading!

LINKS AND RESOURCES

Electronically accessible information
you may find helpful:

- Do you want to know more about Teens and Mental Health? Check out this site for some info:
<http://kidshealth.org/en/teens/your-mind/>
- Looking for local services and not sure where to start? Try www.ementalhealth.ca, a national website that offers information, support and resources that are local to your community.



Funding

While we continue to apply for funding from national and provincial organizations such as CIHR, we also continue to accept charitable donations deductible from income tax to help the research program to continue. If you would like more information, please contact us at researchmdco@gmail.com

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Do you have any changes in contact information?

Please let us know if there are any changes to your contact information by emailing us at the information provided so that we can continue to keep in contact with you on this exciting research.