

出國報告（出國類別：研究）

赴匈牙利布達佩斯參加
第十屆世界躁鬱症研究回顧
及歐洲躁鬱症論壇

服務機關：精神部

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摘要

筆者於民國 99 年 5 月 11 日至民國 99 年 5 月 15 日，赴匈牙利布達佩斯參加第十屆世界躁鬱症研究回顧及歐洲躁鬱症論壇大會，於會議中發表本研究小組對於研究腦中血清素轉運器造影與躁鬱症患者之認知功能相關性的研究，此會議共計三日。此次大會的主題乃針對躁鬱症的人格特質、其治療之預後，以及自殺等重要的議題，有非常詳盡的報告及討論，本人的海報亦於本次會議中獲得眾多國際學者之肯定及討論，特別是未來國際間合作之可能性。

關鍵字

躁鬱症、認知功能、血清素轉運器、單光子造影。

目的

筆者於民國 99 年 5 月 11 日至民國 99 年 5 月 15 日赴匈牙利布達佩斯參加第十屆世界躁鬱症研究回顧及歐洲躁鬱症論壇大會，並且於大會發表報告筆者過去一年中對於躁鬱症認知功能及腦中血清素轉運器相關性之研究成果。

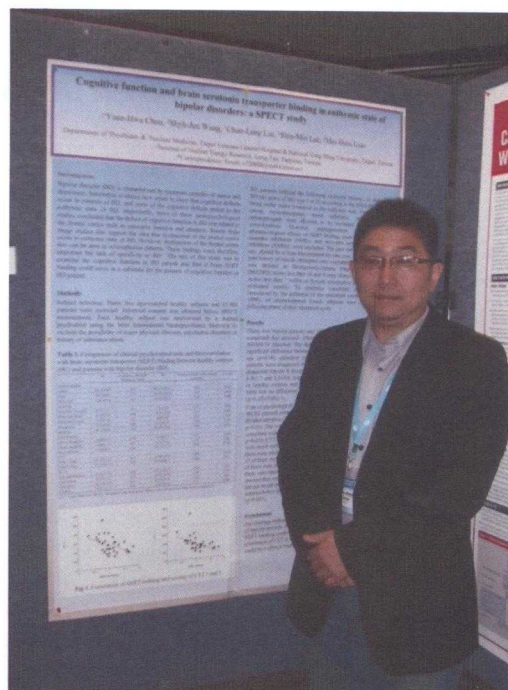
過程

筆者於民國 99 年 5 月 10 日抵達布達佩斯，這是一個由兩個古城合而為一的大城（相片 1），城中充滿了中古時代的建築，在東歐國家中有“小巴黎”之稱。在一天休息後，開始了大會的序幕，在大會開始的第一件事，當然是將海報貼上（相片 2），由於旅館與大會之距離仍有 20 分鐘的車程，因此每次必須很早就搭車前往。大會第一天之內容乃針對躁鬱症病因學研究的最新發展，第二天之主題為躁鬱症治療的最新發展，包括了藥物與電氣療法，第三天之主題則為躁鬱症與自殺之間的關係。在三天的會議中讓我學習到了關於躁鬱症研究的最新發展，同時也讓世界各國代表充分的了

解到目前我們的研究結果已達國際水準，甚至居於領導地位。與會人員對於我們的研究工作均留下深刻的印象，並多次發問。在經過三天的與會討論，更加了解歐洲研究同好之研究成果，而於 5 月 14 日啓程返國。



相片 1



相片 2

心得

此次參加會議，最重要的成果及心得為：

1. 本次參加第十屆世界躁鬱症研究回顧及歐洲躁鬱症論壇大會成果豐碩，其主要可分為二部分，第一部分為此次所發表之文章為世界第一個將認知功能與人腦中血清素轉運器的含量做一相關性之研究，且這項研究獲得了與會者極大的迴響，也為台灣對於躁鬱症的研究提升了國際的能見度；第二部分則為此次大會的討論內容多圍繞在性格與躁鬱症之間的關係，同時大會中也特別強調躁鬱症與當前社會重大的事件—自殺之間的相關性。這項議題也同時提醒了我們，自殺預防的工作中，躁鬱症的治療亦甚為重要。

2. 呈現台灣的研究成果，並且讓歐洲人了解到台灣的研究成果並不比外國差。

建議事項

未來在台灣國內的研究整合極為重要，在國外的會議中發現國外的研究之所以進行順利及快速，其合作無間及團體行動至為重要。因此應加強各研究團隊間之合作。

Day 1, Wednesday 12 May 2010 - Definitions and Diagnostics

10.00	Registration
11.00	<p>Expert Workshops (FREE to attend)</p> <p><i>Prof Cookson/Prof Ferrier - The Severe Patient</i></p> <p><i>Prof E Karam/Dr Moreira/Ms Van Meter- Epidemiology</i></p> <p><i>Prof Swann/Prof Koukopoulos - Best Practice in Research</i></p> <p><i>Dr Hantouche/Dr Perugi - Best Practice in the Clinic</i></p> <p><i>Prof Akiskal/Prof Figueira - Managing Depressive symptoms</i></p> <p><i>Prof Rihmer/Dr K Fountoulakis - Managing Suicide</i></p> <p><i>Prof Michalak - Clinical Support of Self-Management</i></p>
12.00	<p>IRBD 2010 Welcome and Introduction Prof Z Rihmer (H)</p> <p>The History of Psychiatry in Hungary Prof I Bitter (H)</p>
12.15	<p>Plenary 1: Chair: Prof Z Rihmer (H)</p> <p>The VIP as a psychiatric patient - challenges and opportunities Prof H Akiskal (US)</p>
12.45	<p>European Bipolar Forum</p> <p>Session 1: Temperament - Developments and Data. Chair: Prof E Karam (Leb)</p> <div style="text-align: right;">  </div> <p>Cyclothymia, Affective / Basic Temperaments, and Schema-Focused Diagnosis: Exploring Soft Bipolarity Dr E Hantouche (F)</p> <p>Cyclothymia and Hyperthymia in bipolar I patients Dr G Perugi (I)</p> <p>Childhood abuse and adult temperament among nonviolent suicide attempters: new findings Dr A Rihmer (H)</p>
14.15	<p>Science Update 1: Hypomania and its Cross-Cultural Stability as a Diagnosis Chair: Prof A Erfurth (AT)</p> <p>Discriminative Hypomania Check-List-32 (HCL-32) factors in unipolar and bipolar major depressive patients Dr G Perugi (I)</p> <p>Symptoms of hypomania and treatment-resistant depression Prof J Rybakowski (POL)</p>
15.15	Refreshments and Poster Viewing

Day 1 Cont/...



15.45 **European Bipolar Forum**
Session 2: Bipolar Spectrum and Impulsivity. Chair: Prof H Akiskal (US)

Bipolar Spectrum Disorders: Cross National Community Study
Prof E Karam (LEB)

Impulsivity in bipolar disorder: adaptive mechanisms in early responses to stimuli
Prof A Swann (US)

Genetics and impulsivity
Prof M Sarchiapone (I)

17.15 **Interactive 1: Diagnosis and treatment**
Chair: Prof A Erfurth (AT)

Complex Presentations
Dr K Fountoulakis (Gr)/Dr J Cookson (UK)

Interactive 2: Suicide – Clinical 1
Chair: Prof Z Rihmer (H)

Temperament and suicide attempts in adolescents
Prof M L Figueira (Pg)

Do antidepressants treat or threaten? The suicide story
Dr A Joubert (DK)

18.00 **Pleanty 2: Neuronal plasticity and psychiatric disorders**
Chair: Prof Z Rihmer (H)

Prof Michael Spedding, Deputy Director Research, Chairman NC-IUPHAR, Experimental Sciences
Institute of Research Servier, France

18.30 *Refreshments and Poster Viewing*

19.00 **Debate 1: Borderline Personality Disorder - Is it a part of the Bipolar Spectrum?**
Chair: Dr E Hantouche (F)

For: Prof A Erfurth (AT)
Against: Prof J Deltito (US)

20.00 *Open Drinks Reception*

20.30 *Closed committee meeting and dinner*

Day 2, Thursday 13 May 2010 – Controversies

09.00

Science Update 2: Basic Science
Chair: Prof M Alda (CA)

Genetic research of bipolar disorder: ready for clinical applications?
Prof M Alda (CA)

Genetic background and possible endophenotypes of suicide
Dr X Gonda (H)

Animal Models of Bipolar Disorder and Major Depressive Disorder: Are They Predictive?
Prof A Mathé (SE)

Science Update 3: Emotional reactivity, age at onset and childhood trauma in bipolar disorders
Chair: Prof C Henry (F)

Emotional hyper-reactivity as a core dimension in bipolar disorders
Prof C Henry (F)

Early onset bipolar disorders: a subgroup of interest for the identification of risk factors
Prof F Bellivier (F)

Beyond genetics: childhood affective trauma in bipolar disorder
Dr B Etain (F)

10.00

Science Update 4: Childhood/Adolescent Bipolar Disorder Chair: Dr A Moreira (Pg)

The Onset of Bipolar Disorder
Dr G Faedda (US)

Implications of Parent Mood issues for the assessment and treatment of their children
Prof E Youngstrom (US)

Science Update 5: Clinical aspects
Chair: Prof G Faludi (H)

Bipolar Disorder and Substance Misuse
Prof I Maremmani (I)

11.00

Refreshments and Poster Viewing

11.30

Interactive 3: Chair: Dr K Ødegaard (No)

HPA Axis - Hormones, Stress and Bipolar Disorder
Prof N Ferrier (UK)

Interactive 4: Basic Science - ECT Developments
Chair: Prof A Swann (US)

The history and present practice of ECT in Hungary
Dr G Gazdag (H)

12.00

Plenary 3: ECT and Bipolar Disorder:
Chair: Dr E Hantouche (F)

- Is ECT in BPD an under-utilized treatment option that could have saved lives and reduced misery?
Dr V Syrstad (No)/Dr K Ødegaard (No)

13.00

Lunch and Poster Viewing

13.45

AstraZeneca Symposium: Bipolar disorder: difficult to diagnose, difficult to treat
Chair: Prof S Montgomery (UK), Co-chair: Prof Z Rhimer (H)

Misdiagnosis: a continuing problem in bipolar disorder
Prof J Scott (UK)

Lithium versus other mood stabilisers in the treatment of bipolar disorder
Prof E. Vieta (E)/Prof H Grunze (UK)

Maintenance treatment: strategies to prevent recurrence
Dr Ana González-Pinto (E)

16.00

Refreshments and Poster Viewing

Day 2, Cont/...

16.30

Interactive 5: Gender Issues

Chair: Dr R H McAllistair-Williams (UK)

Current Women's Issues in Bipolar Disorder

Dr K Macritchie (UK)

Do genetic factors influence vulnerability to puerperal psychosis in bipolar women?

Dr I Jones (UK)

Special Hungarian Symposium:

ADHD and Bipolar Disorder in the Lifespan

Chair: Prof I Bitter (H)

Attention-deficit/ hyperactivity disorder and bipolar disorder among children and adolescents

Dr J Balázs (H)

Challenges in the differential diagnosis of adult ADHD

Dr V Simon (H)

17.15

Interactive 6: Cognition & QoL

Chair: Prof Z Janka (H)

Assessing Quality of Life in clinical practice

Dr E Michalak (CA)

Interactive 7: Suicide - Clinical 2

Chair: Prof C Banki (H)

Management of suicide risk: from assessment to psychoeducation

Prof M Pompili (I)

17.45

Plenary 4: The Role of Bipolarity in Drug-Resistant Depression and Suicide

Chair: Prof H Akiskal (US)

Prof Z Rihmer (H)

18.15

Refreshments and Poster Viewing

18.45

Debate 2: Low dose Typical vs Atypical for Long-Term Therapy

Chair: Prof M L Figueira (PG)

For: Dr J Cookson (UK)

Against: Prof N Ferrier (UK)

19.45

Close of Day 2

20.30

Dinner and Life Time Achievement Awards (Tickets available)

Day 3, Friday 14 May 2010 - Developments & Ethics

10.00

Plenary 5: 10 years of Change - The Learnings during the Life of IRBD

Chair: Prof A Swann (US)

Prof A Koukopoulos (I)

10.45

Plenary 6: The Genetics of the Bipolar Spectrum: Genetics in the Clinic

Chair: Prof Z Rhimer (H)

Prof J Kelsoe (US)

11.15

Refreshments and Poster Viewing

11.45

Plenary 7: New Approaches to Treatment - A Summary of Major Developments in 2009

Chair: Prof E Youngstrom (US)

Prof J Soares (US)

12.30

Plenary 8: The Rise and Fall of the Biopsychosocial Model: Eclectic Psychiatry Examined

Chair: Prof I Bitter (H)

Prof N Ghaemi (US)

Roundtable: Prof A Koukopoulos (I), Dr E Michalak (CAN), Dr E Hantouche (F)

13.30

Conference Close