



Depression and Bipolar
Support Alliance

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FOR IMMEDIATE RELEASE

**Depression and Bipolar Support Alliance (DBSA) to Honor Top Researchers
with Klerman Awards at DBSA 2011 National Conference**

(CHICAGO, March 31, 2011) — The Depression and Bipolar Support Alliance (DBSA), the nation's largest patient-run organization focusing on depression and bipolar disorder, will present its prestigious Klerman Awards to Roy H. Perlis, M.D., M.Sc., and Mark S. Bauer, M.D., on Saturday, May 21, in Houston, Texas, at the DBSA 2011 National Conference, "Peer Connections." Named after Gerald L. Klerman, M.D., a pivotal figure in psychiatry, these awards are the highest honors that DBSA extends to members of the scientific community. Presented annually, they recognize researchers whose work contributes to understanding the causes, diagnosis, and treatment of depression and bipolar disorder.

The 2010 Klerman Young Investigator Award recipient is Roy H. Perlis, M.D., M.Sc., Director of Pharmacogenomics Research in the Department of Psychiatry, Associate Director of the Psychiatric Genetics Program in Mood and Anxiety Disorders, and Director of the Bipolar Clinical Program at Massachusetts General Hospital. Over the last decade, Dr. Perlis has played important roles in several of the major research collaborations in the area of mood disorders. He leads ongoing research using data from both the STAR*D and STEP-BD projects to examine genetic predictors of treatment response. He founded and co-leads the International Antidepressant Response Consortium for Pharmacogenetics.

An active teacher and practicing clinician, Dr. Perlis received his M.D. at Harvard Medical School, and was Chief Resident in Psychiatry at Massachusetts General Hospital from 2000 – 2001. He has published (as author or co-author) more than 100 peer-reviewed research papers and over 40 reviews, editorials, or chapters and has received funding as principal investigator from NIMH as well as the Stanley Center for Psychiatric Research, the American Philosophical Society, and NARSAD. In recognition of these accomplishments, he has recently been appointed Associate Professor at Harvard Medical School.

For his career-long contributions to mental health research, the 2010 Klerman Senior Investigator Award recipient is Mark S. Bauer, M.D., professor of psychiatry at Harvard Medical School, Attending Psychiatrist at VA Boston Healthcare System, and Associate Director, Center for Organization, Leadership, and Management Research. Dr. Bauer and his colleagues have published one of the first empirically supported self-care guides for people living with bipolar disorder. This innovative care model has been tested in a wide range of clinical settings and disseminated in the Veterans Affairs system. His most recent work addresses the adaptation and implementation of this care model in public and private sector settings throughout the United States.

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A recipient of numerous awards, including the 1990 Klerman Young Investigator Award and the American Psychiatric Association's Irma Bland Award for Excellence in Teaching Residents, Dr. Bauer is widely known as a generous teacher, serving as an official or unofficial mentor to many outstanding young investigators. In addition, Dr. Bauer's poetry anthology, *A Mind Apart* (Oxford University Press), is a unique window into the lived experience of accomplished poets across seven centuries who have felt deeply about, or they themselves have struggled with, conditions like bipolar disorder and depression. Dr. Bauer received his M.D. and completed his post doctoral training at the University of Pennsylvania.

The Klerman Awards' namesake, Gerald L. Klerman, M.D., was one of DBSA's earliest supporters and professor and associate chairman of research at Cornell University Hospital Medical College. He conducted the first clinical trial showing the efficacy of medication and psychotherapy in preventing recurrent depression. For that trial, he developed interpersonal psychotherapy, an evidence-based treatment widely used today and modified for the adjunctive treatment of patients with bipolar disorder who are undergoing pharmacotherapy. Additionally, Dr. Klerman led the first large-scale, multisite study to understand the diagnosis, course, and genetics of major depression. Still ongoing, the study has provided critical findings on the nature of depressive disorder.

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The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on depression and bipolar disorder. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably.

Assisted by a scientific advisory board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 1,000 peer-run support groups across the country. Nearly five million people request and receive information and assistance each year. DBSA's mission is to improve the lives of people living with mood disorders.

For more information, please visit www.DBSAAlliance.org or call (800) 826-3632.

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