

**Course Title**

Designing high-risk studies of the offspring of bipolar parents: A Workshop addressing recruitment to measurement of outcomes to analysis

**Organizers**

Anne Duffy MD, FRCPC and Martin Preisig, MD

9:00-9:15

Welcome and Introduction

Chairs Anne Duffy & Martin Preisig

9:15-9:45

Study design aspects, confounds and implications for analysis

Martin Preisig

9:45-10:45

Discussion re: study design aspects and confounds

Faculty and participants

10:45-11:00

Discussion

11:00-11:30

Recruitment methods of parents and implications for findings

Anne Duffy

11:30-12:15

Discussion re: Recruitment methods

Faculty and participants

12:15-1:00 Lunch

1:00-2:00

Selecting assessment measures and outcomes

Katherine Burdick

2:00-3:00

Discussion Assessment measures and outcomes

Faculty and participants

3:00-3:30

Clinical issues and approaches

Manon Hillegers

3:30-4:15

Discussion Clinical issues and approaches

**Presenters and Affiliations (in order of presentation)**

Martin Preisig, Professor and Head of the Psychiatric Epidemiology and Psychopathology Center,

Psychiatric University Hospital, Lausanne, Switzerland

Anne Duffy, Professor, Department of Psychiatry, Queen's University, Kingston, Ontario, Canada

Katherine Burdick, Associate Professor, Icahn School of Medicine at Mount Sinai, USA

Manon Hillegers, Child and adolescent psychiatrist, Head of the Bipolar and Schizophrenia

Offspring Program, Brain Center Rudolf Magnus, University Medical Center Utrecht, The Netherlands

## **Course Description**

### **Background**

Longitudinal studies of high-risk children and youth are important to understand the origins and early course of psychiatric disorders including Bipolar Disorder. These studies can improve early identification of vulnerable individuals, and facilitate the development of targeted preventive and early interventions. Life-course studies are also important to determine whether the developmental trajectories for different psychiatric illnesses differentiate early on, or in later stages of life. Given the high estimated heritability of Bipolar Disorder, the offspring of affected parents are an informative high-risk group to study as children and over the peak risk period for illness onset across adolescence and young adulthood.

### **Aim**

We aim to provide an interactive workshop, led by experts in the field, for those interested in designing and conducting high-risk studies. Participants are encouraged to write to the organizing faculty ahead of time with questions and/or topics they wish to cover in the program.

### **Format**

In this one-day workshop, participants and faculty will actively engage in discussions around designing and conducting high-risk studies of the offspring of Bipolar Disorder parents. The program will include a combination of brief presentations on key topics followed by interactive discussion between participants and faculty. Topics will include, but not be limited to, study designs and implications for analyses, selection of appropriate comparison groups, consideration of approaches to longitudinal repeated measures analyses, and managing confounds. In addition, methodological issues that affect outcomes will be discussed, focusing on the approach to recruitment and confirmation of the diagnosis in the bipolar parent, heterogeneity, and inclusion of comorbidity and cross-disorder effects in the co-parent. With regard to the offspring, considerations regarding age range, comorbidity, and cross-national differences in reported psychopathology will be discussed in light of methodological and diagnostic practices. Relating to the families, the psychosocial context of high-risk offspring of a BD parent and the elements of developing a family psycho-educational intervention will be presented.

### **Intended Audience**

Clinicians, investigators, research trainees interested in designing and conducting high-risk studies.