



Universitatea *Transilvania* din Braşov

HABILITATION THESIS

SUMMARY

**THERAPEUTIC APPROACH IN SCHIZOPHRENIA-
FROM DIAGNOSIS TO RECOVERY**

Domain: MEDICINE

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Summary

I graduated from the Faculty of Medicine of the University „ Gr. T. Popa’’ 'of Iasi in 1999 and I began my specialization in psychiatry in 2002 after residency contest. I worked uninterrupted in Hospital of Psychiatry and Neurology in Brasov initially as a resident from 2002 until 2007, then continuing as a specialist from 2007 to 2012. I became MD psychiatrist in 2012. In recognition of professionalism and organizational capacity I was named Chief of clinical department in 2015. I am the Chairman of Ethics Committee and Board Member of Hospital Medical Council.

In 2002 I became a junior lecturer in psychiatry discipline competition at the Medical Faculty of the Transilvania University of Brasov. My academic career development was done by following the steps promoted competition: teaching assistant in 2009, lecturer in 2012 and associate professor in 2015.

In parallel with the clinical work I have carried out an intense research activity. I started and finished the doctoral thesis entitled „Correlations of somatosensory psychiatric and therapeutic clinical assessment and treatment of depressive disorders’’. The aim, a real novelty at the time approached metabolic syndrome and it’s implications in affective disorders.

After my Phd I pulished more than 40 papers about the most important aspects in psychiatric field, 15 in ISI Thomson Reuters and in 14 articles I was the leading author. I have 86 citations in Google Scholar and and H index of 5 in ISI Thomson Reuters.

I started my research activity in 2002, as a member of the clinical trial team coordinated by Mrs. Prof. Univ. Dr. Victoria Burtea. I participated in the most important European study dedicated to the first episode of schizophrenia (EUFEST) led by the European Research Group of schizophrenia. The study primarily aimed to compare the efficacy and safety of treatment with atypical antipsychotics (amisulpride, quetiapine, olanzapine, zypasidone) compared to haloperidol. The results of this study remain a landmark even after more than 10 years.

I participated as an investigator in more than 20 clinical trials that led to important molecules (SeroquelXR, Zypadhera, Asenapine, etc.) but also to calibrate for Romanian language of valuable assessment scales as PETIT, RDQ, NSI -16, RISA, etc.

I participated as principal investigator in MIN-103 clinical trial to specify efficacy and safety of new molecules for the treatment of schizophrenia.

In the first part of the thesis are presented scientific achievements after obtaining PhD. The clinical activity in a psychiatric emergency department led to the development and publication of two major studies on rapid titration of clozapine in schizophrenia and bipolar disorder. Rapid titration of clozapine has aroused the attention of big names in the world like John M Kane, Christoph U Correll, Peter Manu who agreed to participate as authors in publishing articles in **Acta Psychiatrica Scandinavica** and **Journal of Affective Disorders**. Studies showed for the first time worldwide the efficiency and safety of clozapine titration rapid in patients with refractory bipolar I disorder.

Lives and problems of patients with schizophrenia was one of the priorities of my research activity. Starting with the ethical aspects of depot antipsychotic treatment in the first episodes of psychosis and to the treatment of women with schizophrenia who become or want to become pregnant. So we published articles on antipsychotic treatment during pregnancy in patients with schizophrenia and aspects of involuntary hospitalization of these patients in **Therapeutics and Clinical Risk Management** and the **American Journal of Therapeutics**.

Institutionalization of patients with schizophrenia was and still is a theme always present for family and society through the multitude of issues that are involved: ethical, moral, material, human. This traumatic event for the family and patient generate huge cost especially when institutionalized patients are still young. We performed a study and published results in **Revista de Cercetare si Interventie Sociala**.

Sudden death of hospitalized patients with schizophrenia, was another concern in research. We wanted to check if antipsychotic treatment may have an impact in these cases. The study we conducted showed that cardiovascular disease is the major cause of sudden death in patients with schizophrenia. The article was published in **Schizophrenia Research** and is one of the few of its kind presented pathological findings as a source of support.

In collaboration with colleagues from the Faculty of Medicine have managed to publish a comprehensive 15-year study on sudden death in the general population. The study results was published in **American Journal of Forensic Medicine and Pathology**.

In the second part of the thesis are presented the future directions for research which include efficacy and safety of depot antipsychotics Generation II (second generation long-acting

antipsychotics). The first step was taken by highlighting the efficacy of olanzapine long-acting in preventing relapse in schizophrenia with catatonic episodes and publishing the results in the *American Journal of Therapeutics*.

Another topic for future research is to evaluate the efficacy and safety of clozapine administered to patients with mental retardation for aggressive behaviors

PhD coordination and achieving full professorship are my projects for academic development in the following years.

I will continue to support the students and residents to perform high quality researches and to publish their results.