

# COLVIN PRIZE

## FOR OUTSTANDING ACHIEVEMENT IN MOOD DISORDERS RESEARCH



Lakshmi N. Yatham, M.B.B.S.,  
F.R.C.P.C., M.R.C.Psych (UK), MBA (Exec)

Professor of Psychiatry and Director,  
Institute of Mental Health  
University of British Columbia

Regional Head, Department of Psychiatry  
Regional Program Medical Director,  
Mental Health and Addictions  
Vancouver Coastal Health

- 1996 Young Investigator
- 1999, 2003 Independent Investigator

*"The Young Investigator Award I received from BBRF in 1996 was instrumental in launching my research career. I am incredibly honored that the same organization has recognized my research contributions as worthy of the Colvin Prize, which I believe is the most prestigious award in mood disorders in the world. This will continue to fuel my passion for research in advancing neurobiology and the treatment of bipolar disorder."*

Lakshmi N. Yatham is a professor in the Department of Psychiatry and Director of the Institute of Mental Health at the University of British Columbia in Vancouver. He is also Regional Head of Psychiatry and Regional Program Medical Director for Mental Health and Addictions at Vancouver Coastal Health and Providence Healthcare. He co-led the development of Canadian guidelines for treatment of bipolar disorder in 1997, which have been continuously revised and republished. He has chaired the bipolar group of the Canadian Network for Mood and Anxiety Treatments (CANMAT) and has held leadership positions in several national and international professional organizations.

Dr. Yatham's major areas of research interest include neurobiology and treatment of bipolar disorder (BD). His research has contributed to the identification of novel targets for treatment development. He has been a major contributor to international clinical trials that have led to the approval of several new treatments for BD over the last two decades. His

study demonstrating that continuation of atypical antipsychotic adjunctive therapy is beneficial in reducing relapse rates for 6 months after remission of mania, but not beyond, has helped reduce the adverse event burden for patients and saved health-care dollars.

Dr. Yatham has been a leader in neurocognition research in BD, spearheading the development of an International Society for Bipolar Disorders Neurocognitive Battery for assessing cognitive function in BD and developing innovative clinical trial methodology to test the efficacy of treatments for improving cognition. In a proof-of-concept trial, he has provided evidence for the efficacy of the psychotropic agent lurasidone in improving cognition in euthymic bipolar patients with pre-existing cognitive deficits. His program of research targeting first-episode mania has demonstrated the benefits of early intervention in improving clinical and cognitive outcomes and halting the progression of brain changes in BD.

*"Through Dr. Yatham's research and diverse leadership roles, he has made many tremendous contributions to the field of bipolar disorder, including advancing understanding of the neurobiology, course, and outcome of the disease, improving treatments, promoting guideline-based clinical care, and creating research mentoring opportunities for younger researchers from around the world to facilitate their growth as future leaders."*

—Robert M. Post, M.D., Chair of the Colvin Prize Selection Committee