

Using real-world big data from eHealth, biobanks and national registries, integrated with clinical trial data to improve outcome of severe mental disorders

Foreword

In the field of mental health research, current treatment approaches encounter limitations, resulting in many patients undergoing a trial-and-error process to find effective therapies. REALMENT stands at the forefront of a transformative shift in mental health care. With funding from the European Union, our project integrates real-world big data and clinical trial insights to revolutionise treatment for severe mental disorders.

Our mission is clear: to optimise treatment outcomes through precision medicine strategies, bridging the gap between research institutions and the pharmaceutical industry to drive transformative advancements in psychiatric care.

In this edition of our newsletter, we invite you to explore the latest developments within the REALMENT project.

From spotlighting the impact of real-world data on precision medicine in psychiatry to unveiling our efforts in harmonising treatment response definitions, each section underscores our commitment to innovation and collaboration.

As we prepare to convene at the 37th ECNP Congress in Milan, Italy, I extend a warm invitation to join us for an insightful session where we will delve into the utilisation of real-world big data to better understand the development and outcomes of mental illness. Your participation and feedback are instrumental as we collectively shape the future of psychiatric treatment.

Furthermore, I encourage you to immerse yourself in the exciting initiatives highlighted in this newsletter, from advancing pharmacokinetics studies to unlocking the mysteries of mental health through metabolomics. Together, we are poised to unravel new frontiers in psychiatric research and transform the lives of individuals affected by mental disorders.

Thank you for your unwavering support and dedication to the REALMENT project. Together, we embark on a journey towards a brighter, more personalised future for mental health care.

*Dr. Ole Andreassen,
Project coordinator*





In the spotlight



REALMENT at the 32nd European Congress of Psychiatry

From April 6th to April 9th, REALMENT was showcased at the 32nd European Congress of Psychiatry in Budapest, Hungary. This significant event, organised by the European Psychiatric

Association, brought together leading experts and stakeholders in the field of psychiatry from across the globe.

At the Congress, informative flyers were distributed at the ECNP booth and the GAMIAN-Europe stand, providing attendees with an overview of the REALMENT project.

[Read more →](#)



News

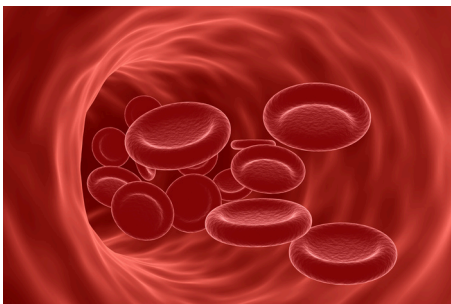


Advancing Pharmacokinetics in Mental Health

In the field of **pharmacokinetics**, REALMENT's researchers convened in a series of meetings aimed at advancing the understanding of how **drugs are metabolised within the body**.

The primary objective of these meetings is to **share critical data and seek collaborative partners** for replication and validation analyses.

[Read more →](#)



Unlocking Mental Health through Metabolomics

The REALMENT research team is embracing the latest advancements in **metabolomics data** to shed light on how metabolism influences mental health.

A dedicated group of researchers from Norway and Estonia is initially focusing on identifying the **genetic factors** behind these **blood markers** through comprehensive genome-wide association studies.

[Read more →](#)

Get the REALMENT newsletter right in your email! Click [here](#) to be part of our network



Harmonising Psychiatric Treatment Response Definitions

Led by REALMENT experts, a **dedicated Taskforce** has been formed within the project. Its aim is to **synchronise efforts** with other relevant initiatives to establish **standardised benchmarks** and criteria for **assessing treatment response**, functional outcomes and adverse effects based on large-scale **real-world data** (Electronic Health Records (EHR), registries, biobanks).

[Read more](#) →



REALMENT at the 37th ECNP Congress Milan, Italy

Join us for an insightful REALMENT session with REALMENT researchers on '*Using real-world big data to understand mental illness*' at the **ECNP Congress**.

Don't miss this opportunity to contribute to shaping the future of psychiatric treatment!

[Read more](#) →



Read our latest publications

- Mediation and longitudinal analysis to interpret the association between clozapine pharmacokinetics, pharmacogenomics, and absolute neutrophil count
- How real-world data can facilitate the development of precision medicine treatment in psychiatry
- Polygenic liability for antipsychotic dosage and polypharmacy - a real-world registry and biobank study

[Discover more](#) →



Upcoming events



RSPSYCH International Congress 2024, Edinburgh

The **Royal College of Psychiatrists** is preparing to host its 2024 Annual International Congress, promising a dynamic and enriching agenda that showcases the latest insights and research in mental health.

[Learn more](#) →



FENS Forum 2024, Vienna

The FENS Forum is **Europe's largest neuroscience congress**, covering all areas of neuroscience from basic to translational research. FENS Forum 2024 will feature an exciting programme of plenary and special lectures, scientific symposia, technical workshops, special interest events, career development and networking opportunities.



[Learn more →](#)



ean congress 2024

The EAN Congress, organised by the European Academy of Neurology, will convene in Helsinki, Finland, to explore the latest advancements in neurology.

[Learn more →](#)

[Discover more events →](#)

If you have any questions or want to learn more about the project, visit our **website** or contact us by clicking on the button:

Contact us

Our Consortium



UNIVERSITY OF OSLO



Karolinska Institutet



Region Hovedstaden

deCODE



genetics



UNIVERSITY OF HELSINKI



Vrije Universiteit Amsterdam



Centre for Neuropsychiatric Genetics and Genomics
Canolfan Geneteg a Genomeg Niwroscieciatrig



cortechs.ai

janssen

PHARMACEUTICAL COMPANIES
of Johnson & Johnson

ecnp
neuroscience alliance



SMERUD MEDICAL RESEARCH

DNV

UNIVERSITÀ DEGLI STUDI DI BARI ALDO MORO



The REALMENT project has received funding from the European Union's Horizon Europe research and innovation programme under grant agreement No 964874.



Copyright © 2024, REALMENT all rights reserved.

If you no longer wish to receive this newsletter, please write to
realment.euproject@gmail.com