

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

Foreword

Welcome to the third edition of the REALMENT newsletter! We are delighted to share updates on our progress in advancing personalised medicine in psychiatry, alongside key takeaways from our October EU review.

We extend our gratitude to the external experts chosen by the EU for their positive feedback and insightful recommendations. The review recognised REALMENT's accomplishments, including the deployment of machine learning models for outcome prediction, harmonisation of real-world datasets across multiple countries, and the release of innovative tools like GSA-MiXeR and Finemap-MiXeR for gene analysis.

Notable progress includes the beta release of the 4MENT Platform, now undergoing initial testing as we move toward validation and deployment. Our next steps will focus on refining the user experience, integrating the platform with national health systems and electronic health records, and addressing ethical considerations for predictive AI.

The review also praised the collaboration between REALMENT and CoMorMent, highlighting the importance of enhanced data integration and interoperability, with UiO Growth playing a key role.

Looking ahead, we're excited to announce two major events as part of the ECNP Precision Psychiatry Roadmap initiative: the Roadmap Meeting on Precision Psychiatry in Frankfurt, Germany (January 2025), and the New Frontiers Meeting in Nice, France (March 2025).

The project will be showcased at the latter event through a presentation entitled *'Imaging-Genetics Approaches: Revealing Brain-Behavior Relationships with Predictive Potential'*

Don't forget to check out the recent REALMENT publications—accessible [\[here\]](#)—and stay informed about other upcoming events that may interest you.

Thank you for your ongoing support.



Dr. Ole Andreassen,
Project coordinator



Featured news



REALMENT Consortium Gathered in Stockholm for the Annual Meeting 2024

The REALMENT project held its annual meeting on June 4th in Stockholm, bringing together partners from academia, industry, and the non-profit sector. The objective of the meeting was to update the consortium on work packages, review progress, and achievements as the project enters its fourth year.

[Read more →](#)



REALMENT at Science Impact 2024: Showcasing Innovation in Psychiatry and ResResearch Applications

On September 24th, Sara Stinsson Postdoctoral Research Fellow from the University of Oslo, a partner in the REALMENT project, and Anna Czerwenska General Manager from Precision Health AS (PHA) presented at Science Impact 2024, part of Oslo Innovation Week. This event brought together academia, industry, and the public sector to discuss "Artificial Intelligence in life sciences and energy & digitalisation".

[Read more →](#)



Advances in Psychiatric Genetics Highlighted at ECNP Congress

REALMENT was showcased at the ECNP Congress by Professor Ole A. Andreassen, highlighting its use of big data and machine learning to predict treatment outcomes for mental disorders. The project bridges psychiatric genetics research and clinical practice, aiming to bring precision medicine into real-world mental health care.

[Read more →](#)



Leveraging Real-World Data to improve pharmacological treatment outcomes in mental health

Real-world data (RWD) from health registries, hospital records, and patient self-reports presents an invaluable opportunity to address the need for large-scale data in mental health research.

This data can offer meaningful insights into treatment outcomes, helping researchers and clinicians refine pharmacotherapy for mental disorders.

[Read more →](#)

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Read our latest publications

- [Adolescent Psychedelic Use and Psychotic or Manic Symptoms](#)
- [Shared genetic loci between clozapine metabolism and granulocyte counts](#)
- [AI for Analyzing Mental Health Disorders Among Social Media Users: Quarter-Century Narrative Review of Progress and Challenges](#)

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Upcoming events



ECNP Roadmap Meeting on Precision Psychiatry 2025

The meeting will address how precision diagnostics and biology-informed frameworks can transform mental healthcare. Discussions will highlight critical challenges and opportunities in biomarker development, patient stratification, and targeted interventions—areas central to REALMENT's mission to improve treatment outcomes for severe mental disorders.

[Learn more](#)



ECNP Roadmap Meeting on Precision Psychiatry 2025

20-21 January 2025, Frankfurt, Germany



Brain Awareness Week 2025 - Online Event

Hosted by the Dana Foundation, Brain Awareness Week (BAW) serves as a platform to inform the public about **advancements in brain research**, including developments in diagnosing, treating, and preventing brain-related disorders like Alzheimer's, Parkinson's, stroke, schizophrenia, and depression.

[Learn more →](#)



2025 Annual Congress of the Schizophrenia International Research Society

The Schizophrenia International Research Society (SIRS) organises its annual meeting to bring together researchers, clinicians, and experts in the field of schizophrenia and related disorders.

This year's theme is **Innovative Integration: Uniting Research and Practice in Schizophrenia**



[Learn more](#) →



33rd European Congress of Psychiatry

Alongside groundbreaking research, EPA prioritises translating findings into practice and sharing good approaches. Clinicians need the latest science, but also creative ideas to improve daily care for real-world patients.

[Learn more](#) →

[Find all events here](#) →

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

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