



Introduction

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Special Issue Editors

Bipolar disorder (BD) affects millions of people, including well-known and highly gifted artists, writers, musicians, and scientists. This prevalent, complex and hard-to-treat illness leads to extreme and erratic shifts of mood, thinking, and behavior, with a very high risk of suicide as well as increased risks of dying from common medical disorders. There is a myriad of unresolved issues related to management of BD. During the recent Bipolar Expert Meeting in Cappadocia, Turkey—sponsored by the Depression & Bipolar Disorder Foundation—DUVAK—two series of papers on “hot” topics were presented, one in the *Clinical Perspective* session chaired by Dr. Eduard Vieta, and one in the *Treatment Perspective* session chaired by Dr. Gary Sachs. Videos of these presentations are available on DUVAK’s website, www.duygudurumvakfi.com (under Our Activities/Bipolar Disorder/Conferences).

Leading researchers in BD who presented talks were invited to prepare brief scholarly papers for submission to this special issue. The goal was to provide concise updates on BD, its history, pathophysiology, and treatment. That is to say, rather than the proceedings of a conference, what we have gathered together here are short articles that encapsulate the most recent thinking of a group of internationally renowned researchers in the pathophysiology, neurobiology, and treatment of BD.

This special issue begins with an article addressing a matter of overarching importance for BD patients: restoring function in BD. The particular focus of this opening article is on cognitive/functional remediation. The next set of articles addresses various topics in the neurobiology and

neuropsychiatry: the effects of hypothalamic-pituitary axis function on cognition and its implications for BD pathophysiology; glial abnormalities in mood disorders; the role of white matter pathology in BD; and the neurocognitive correlates of BD. The last set of articles examines some of the acute and longer-term treatment issues in BD: the use and efficacy of mood stabilizers, lithium, and stimulants; adverse effects and medication nonadherence; the use of network meta-analyses in evaluating treatment interventions; the role of psychotherapy in treating BD; and a critical assessment of antiepileptic-induced suicidality in BD.

For the participants attending the DUVAK meeting, the presentations provided an insightful summary of the current state of research on bipolar disorder, plus an exciting chance to discuss these matters with fellow researchers and clinicians. We are delighted that this special issue of the *Harvard Review of Psychiatry* has enabled us to communicate the fruits of those presentations and discussions to a wider audience.

We would like to acknowledge Dr. Ross Baldessarini as the original inspiration for this meeting, Çiçek Uçakan Yetiş and Dr. Anil Höbek for their enthusiastic assistance, Dr. Nezi̇h Barut for his support of the Depression & Bipolar Disorder Foundation—DUVAK, and Abdi Ibrahim Drugs as the platinum sponsor of the conference.

We present our gratitude to all the contributors to this special issue and also to the editors of the *Harvard Review of Psychiatry* for providing a venue for this collective scholarly effort.

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