

ECNP Research Internship 2016/2017

Period of the internship: 6-17 February 2017



Home Institution	Host Institution
Departamento de Psiquiatria e Saúde Mental Centro Hospitalar de Setúbal, E.P.E. Setúbal, Portugal	Dr. Hamish McAllister-Williams Northern Centre for Mood Disorders Newcastle Upon Tyne, United Kingdom

During the period of the Internship I had the opportunity to contact with both research and clinical activities. Concerning research, I've learned some methods used by the Northern Centre for Mood Disorders' team in the field of Affective Neuroscience. By way of example, I gained some experience in using the *rapid serial visual presentation* paradigm to examine temporal characteristics of attention, specially involving the processing of emotions (e.g. emotional attentional blink). This method will be very useful for my master's project and possibly also for other projects that may follow. We are currently working together in a study and we hope to extend this collaboration to future projects.



Fig 1. Me (left) and Dr Hamish McAllister Williams (right) in the lobby of the Northern Centre for Mood Disorders

From the clinical point of view, it was possible to observe the implementation or evaluation of some treatments in cases of treatment-resistant depression (e.g. *electroconvulsive therapy*, *vagal nerve stimulation*) and to participate in meetings where clinical cases were discussed, to name just a few of the opportunities I've had. The clinical discussions were quite stimulating as they required not only a knowledge of guidelines but also of the mechanisms of action and the latest evidence on the various drugs available to patients with mood disorders. With fruitful discussions, we've always sought to predict the best treatment for each patient ■ [Bernardo C. Barata](#)



Fig 2. Members of the Northern Centre for Mood Disorders playing bowling after work. My team won this match! :)