

ECNP RESEARCH INTERNSHIP 2018

16th October – 30th October, 2018

Intern: Helena García Mieres, Department of Clinical Psychology and Psychobiology, University of Barcelona, Spain. Research Unit of Parc Sanitari Sant Joan de Déu, Sant Joan de Déu Research Institute, Sant Boi de Llobregat, Spain.

Host Institution: Prof. Stefan Leucht, Dept. of Psychiatry and Psychotherapy, Technical University München, München, Germany.

My name is Helena García Mieres and I am pre-doctoral researcher from Spain. My sphere of interest includes psychological basis and psychological treatments for schizophrenia spectrum and related disorders. I have been honored to having been selected for the ECNP Research Internship at the Department of Psychiatry of Psychotherapy, under the supervision of Prof. Leucht team.

During the internship, I collaborated with the research line of Dr. Irene Bighelli, which is about network and pairwise meta-analysis of psychological treatments for schizophrenia. In the first week, they showed me how to conduct step by step a pairwise meta-analysis, from the phase of elaborating the study protocol to the phase of evaluating the quality of evidence with the GRADE approach. Dr. Bighelli also introduced me to new softwares for each of the phases of a meta-analysis, such as Rayyan QCRI for the screenings, Revman for performing the analysis, or GradePro and CINeMA for evaluating the quality of evidence. I also learned the basis of network meta-analysis. In the second week, I was actively involved in a network meta-analysis project about relapse prevention psychotherapies for schizophrenia, where I performed the screening phase. I also learned how to introduce data in Revman, how to interpret correctly the outputs from the analysis, and how to do a GRADE evaluation.

For me, this research internship was an outstanding chance to understand the importance of the basis for evidence-based treatments for schizophrenia, which comes inherently through understanding and performing systematic reviews and meta-analysis from the available evidence.

Regarding the future, we have open the possible collaboration in two meta-analyses regarding neuropsychological aspects of psychosis and relapse prevention treatments, respectively.

To end, I would like to thank all the members of Prof. Leucht team for their good hostage, as well as the ECNP for providing me this unique opportunity. I am looking forward to keep on the collaboration with Prof. Leucht's team and perform meta-analysis to my future projects in an evidence-based science of schizophrenia.

