

## **CURRICULUM VITAE**

Name Perugi GIULIO

Mother language:

ITALIAN

Other Languages:

ENGLISH, FRENCH

## **TRAINING AND WORK**

Degree in Medicine in 1981, 110 /110 cum laude , from the University of Pisa with a thesis on " Life Events and Depression "

Specialization in Psychiatry 1985 vote 70/70 , at the School of Specialization in Psychiatry, University of Pisa, discussing the thesis " Social Phobia : Review of the Literature and Clinical Contribution "

Since 1990 Research Assistant at the Second Chair of the Psychiatric Clinic of the Faculty of Medicine and Surgery of the University of Pisa.

Since 2005 Researcher and aggregate professor of Psychiatry for the scientific sector MED/25 at the Faculty of Medicine and Surgery of the University of Pisa.

Since 2016 Associate Professor of Psychiatry at the Department of Clinical and Experimental Medicine, University of Pisa

## **CLINICAL ACTIVITY**

Certificate of license to practice medicine in November 1981 at the Faculty of Medicine, University of Pisa.

From 1979 he began to attend the Institute of Psychiatry at the University of Pisa , and has been involved in the clinical care at the psychiatric wards, and at the outpatient clinics of the Centre for Prevention and Treatment of Depression.

During the course of specialization care activities at the ward, outpatient clinics and the Day Hospital of the Psychiatric Clinic of the University of Pisa. In the wards of the same Department he worked in the Psychiatric Emergency Service from 19 July 1988 to 31 May 1989.

From October 1989 to December 1990 he served at the First Unit of Psychiatry, USL 12, Pisa area, with the role of Assistant Psychiatrist.

Since January 1991, he worked at the Psychiatric DEpartment of the University of Pisa as co- responsible for the day-hospital and out patient services.

Since November 2016 is Director of UO Psichiatria 2, Azienda Ospedaliera Universitaria Pisana (AOUP)

Since 1990, initially in collaboration with Prof Giovanni B Cassano, and later independently , organizes and coordinates various programs for long-term treatment of Mood and Anxiety Disorder. At the same time he began collaborating with Prof Icro Maremmani to the development and implementation of diagnostic and therapeutic programs for short and long- term management of patients with Dual Diagnosis, particularly devoted to patients with comorbidity between Mood disorders and Substance use.

In these areas has developed and coordinated programs for the long-term psychopharmacological treatment and specific psychoeducational models. Regarding the psychopharmacotherapy has also developed programs aimed to the management of the complex and resistant patient with mood and psychotic disorders, considered a point of reference at National level. Finally, in the last 10 years has developed several psychoeducational programs for bipolar I and II and cyclothymic patients in collaboration, respectively, with Prof Andreas Erfurth of the University of Vienna and with Prof Elie Hantouche of Paris.

## **TEACHING**

Within the Institute of Psychiatry, University of Pisa Prof. Perugi has been actively engaged in the training of students and residents doing lectures, seminars and practical exercises and collaborating with the drafting of numerous theses of specialization and graduation.

In the period from 1 May to 15 June 1987, Prof. Perugi was a guest for the purposes of research and study at the Department of Psychiatry of Cornell University in White Plains (New York, USA), where he collaborated with teaching carried out in favour of the graduates of this school.

In the years 1995-96 Academic, 1996-97 and 1997-98 was in charge of the teachings of Clinical Psychopharmacology and Neuropsychiatry at the graduate school of the University of Siena.

Since 2006 he teaches Principles of Pharmacotherapy and Clinical Psychiatry at the Postgraduate School of the University of Pisa.

From 2006 to 2009, he has taught Psychopathology in the Graduate Course of Occupational Therapy of the University of Pisa. Subsequently, he has taught interview techniques in psychopathology at the Graduate Course of Science and Techniques of Health Psychology at the University of Pisa, in 2009 and 2010.

Since 2001, in collaboration with dr. Gabriele Masi, a researcher at the IRCCS Stella Maris for Childhood and Adolescence Neuropsychiatry , organized and coordinated an annual refresher course for child psychiatrists and psychiatrists on " psychopharmacotherapy Development ", in which the cure ' teaching of pharmacotherapy of mood disorders and anxiety disorders . The course has reached its twelfth edition and represents a landmark event in the national scene, with 100 students per year ( maximum accepted).

Since 2011 he serves on the board of directors of the PhD in "Metabolic and Functional Exploration of the Nervous System and Sense Organs " at the University of Pisa.

In 2011-2012 he contributed to the organization as a board member and has participated as a lecturer in the Master 's Degree in Clinical and Treatment of Mood Disorders at the University of Pisa. The master is now in its second edition, and Dr Perugi is responsible for the practical training in the psychiatric patient in the ward, outpatient service and day hospital.

Over the past 15 years, Dr Perugi has contributed to the development of numerous national and international CME courses and long-term training projects in collaboration with the pharmaceutical industry:

European Bipolar Forum , in collaboration with Eli Lilly Italy

Bipolar Disorders: Improving Diagnosis , Guidance and Education ( BRIDGE) International in collaboration with Sanofi -Aventis

Bipolar Disorders: Improving Diagnosis, Guidance and Education ( BRIDGE) Italy in collaboration with Sanofi -Aventis Italy

Question Time (on Bipolar Disorder) in collaboration with Astra- Zeneca

Come To Me (the physical symptoms of depression) In collaboration with Boheringher - Inghleim

Dedalus : the streets of the depression, in collaboration with Eli Lilly Italy

DESYRE - Depression: the complexity of the symptoms and therapeutic challenge , in collaboration with Eli Lilly Italy

Webinar (web-learning on clinical cases of bipolar disorder) in collaboration with Astra Zeneca

Bipolar@Hot\_Topics.com , in collaboration with Lundbeck

Inside -Onsite Bipolar Bipolar, in collaboration with Lundbeck

Finally , Dr. Perugi is the author of chapters, particularly on anxiety and mood disorders, in the Italian Textbook of Psychiatry, one of the reference texts for contemporary Italian specialist psychiatrists. He has also collaborated as a scientific coordinator and author of several chapters to he Handbook of Medical Psychiatry (UTET, Turin, 1994).

## **RESEARCH**

Since 1980, Dr. Giulio Perugi conducts research on mood and anxiety disorders, showing particular interest in the use and development of standardized methodologies for collecting and processing data. In the field of clinical pharmacology has organized and participated in numerous studies of phase II, III and IV, working in several national and international scientific board for the study and development of various antidepressants, antipsychotics and antiepileptics.

### **Mood Disorders**

Initially, it is dedicated to the evaluation of ambulatory patients with mood disorders, referred to the Center for Prevention and Treatment of Depression of the Psychiatric Clinic of Pisa collaborating with the following research areas:

- 1) monitoring of drug treatment and rehabilitation of the depressed patient , with particular reference to the reintegration into society and work.
- 2) the relationship between depressive symptoms , treatment response, and social adjustment, with particular attention to the problems of work and the use of leisure time.

3) post-depression residual symptoms and its influence on the possibilities of rehabilitation, focusing on a specific cognitive style (Locus of Control) .

Since 1987, Dr. Perugi has engaged in the coordination and implementation of a research protocol organized and conducted jointly by the Second Chair of Psychiatry at the University of Pisa (Director Prof. Giovanni B. Cassano ) and dall'Affective Disorders Program the University of Tennessee in Memphis ( Director Prof. Hagop S. Akiskal ). The research (Pisa - Memphis Study) has proposed the study of the clinical characteristics, evolution and response to pharmacological treatment of patients with major depression and was conducted using screening tools and diagnostic symptom assessment specifically designed for patients with primary Mood disorders. The results of these studies have been published in national and international journals.

Since 1992, the collaboration with Prof Akiskal (who has since become the first Senior Science Advisor on Mood, Anxiety an Personality Disorders at the National Institute of Mental Health, Rockville, MD, and then since 1995 director of the international research program on Mood Disorders University of South California at San Diego) has become closer and stronger and they have been developing several research projects on various aspects of depressive disorder, mixed state, mania, atypical depression, and their relations with personality disorders (Pisa -San Diego Study). Some of these researches are still under development, although many results have been already presented to the scientific community in numerous international conferences and meetings and in some publications. As part of this collaboration, Dr. Perugi has spent various periods since 1996, as a Visiting Scientist and Visiting Professor at the University of South California at San Diego, in order to plan and coordinate the collaboration between the two groups research .

Since June 2003, as part of the activities of the Institute of Behavioral Science (ISC) "G. De Lisio" , "Dr. Perugi coordinates a multicenter research on the whole Italian national territory on the clinical features and course of bipolar disorder .

Since 2006 he has been involved in an educational project of international research : The Bipolar Disorders: Improving Diagnosis, Guidance and Education (BRIDGE -study) . Within this project has designed and coordinated together with Jules Angst, University of Zurich , Jean -Michel Azorin , University of Marseille, Charles Bowden, University of San Antonio , Eduard Vieta, University of Barcelona and Allan Young, Imperial College London, two large multicenter and multinational studies, the BRIDGE and BRIDGE -II-MIX, in which a bottom-up approach has been applied to assess the validity of the criteria used for the identification of hypo/mania in depressed patients and the prevalence of manic symptoms in patients with major depressive episode.

## Anxiety Disorders

Since July 1983, Dr. Perugi held various research in the field of Anxiety Disorders Disorder (PanicDisorder, Agoraphobia , Social Phobia , Obsessive Compulsive Disorder ) in close collaboration with Dr. Joseph Deltito of Cornell University in New York . These studies have focused primarily cognitive-behavioral and pharmacological treatment of anxiety disorders, the biological basis of these morbid conditions and their relationship with childhood separation anxiety . In this year he also began working as a "clinical investigator" to " World Wide Collaborative Panic Disorder Study" , multicenter international research sponsored by Upjohn Company (Chief Consultant: J. Klerman ),

during which it has acquired particular expertise in the use of specific tools and techniques of symptom detection and statistical processing of data in clinical psychopharmacology .

In 1986 Dr. Perugi participated in the " field trials" on the diagnostic criteria of Anxiety Disorders of the third revised edition of the Diagnostic and Statistical Manual of Mental Disorders of "American Psychiatric Association " (DSM III -R, 1987).

Since 1988, Dr. Perugi coordinated the research activities of the Study Group on Panic Disorder , formed at the Institute of Psychiatry , University of Pisa, in close collaboration numerous international experts such as Sir Martin Roth , Douglas M. MacNair , Joseph Deltito . In this context , he devoted himself to the study of the clinical features and course of the disease , monitoring of standard drug treatments on large patient case studies .

In the same period he collaborated in the organization of a multicenter family study conducted in various Italian universities (Milan , Rome, Florence ) as part of the activities of GIDA (Italian Group for Anxiety Disorders).

From 1990 to 1997 Dr. Perugi coordinated the research on long-term follow-up of anxiety and mood disorders at the Psychiatric Department of the University of Pisa, devoting himself to the study of clinical and temperamental characteristics of patients with Panic Disorder, Social Phobia, Obsessive Compulsive Disorder, Body Dysmorphic Disorder (Dysmorphophobia).

From 2000 onwards, Dr. Perugi has independently developed the research on anxiety disorder, addressing himself to the study of comorbidity with mood disorders and personality characteristics .

In recent years, research has been devoted to the study of the relationship between anxiety disorders and impulsivity, in collaboration with Prof. Allan Swann University of Texas Health Science Center , Houston, TX, USA.

### Substance Use Disorders

Since 2000, Dr. Perugi began a collaboration with Prof. Icro Maremmani to study the epidemiological characteristics and clinical course of patients with substance use, with particular reference to the problem of dual diagnosis and comorbidity with mood disorders. Since 2001, as part of the Institute of Behavioral Science (ISC) "G. De Lisio, " Dr. Perugi coordinates, together with Prof Icro Maremmani, a national multicenter epidemiological and clinical research on the use of partial opioid agonists in heroin addicts.

From the same period he worked on numerous projects for the study of the epidemiological, and clinical characteristics of patients with dual diagnosis.

### Affective disorders in children and adolescents

Since January 1997, Dr. Perugi began a collaboration with dr. Gabriele Masi at the Institute of Child Neuropsychiatry "Stella Maris " in Pisa to develop various research protocols aimed at long-term longitudinal study of psychopathology and temperamental characteristics of children and adolescents with anxiety and mood disorders.

## **SCIENTIFIC COMMUNICATIONS AND PUBLICATIONS**

He has participated in numerous conferences and courses of national and international training in psychiatry and mental health as a speaker and moderator .

The dr. Perugi is part of the Editorial Board of 6 international journals :

Journal of Affective Disorder

Heroin Addiction and Related Clinical Problems

Annals of General Psychiatry

Case Reports in Psychiatry

Clinical Neuropsychiatry

Neuroimmunology and Neuroinflammation

He is referee for numerous scientific international journals: American Journal of Psychiatry, Archives of General Psychiatry, Molecular Psychiatry, Biological Psychiatry , Journal of Clinical Psychopharmacology, Journal of Clinical Psychiatry, Acta Psychiatrica Scandinavica , Psychiatry Research, European Psychiatry and many other .

Since 2003, Dr. Perugi is Scientific Secretary of the European Bipolar Forum ( EBF ). The EBF is an association of international experts that aims to: 1 ) Expand the knowledge of clinicians on Bipolar Disorder in Europe, 2) Raise awareness by the public and politicians about the importance of Bipolar Disorder in Europe, 3) Improving the validity, availability and consistency of treatments for Bipolar Disorder in Europe, 4) Create and maintain a continuing medical education in the field of Bipolar Disorder. Since then participate in the annual International Conference "International Research on Bipolar Disorder" of which he was chairman in 2005 and 2011.

The EBF has already defined criteria for continuing medical education and for the co - sponsorship of meetings. This may later be expanded to cover all CME activities, and the EBF to participate on AIMS with other psychiatric Organisations in creating a common accreditation for CME in psychiatric conditions.

He is the author of 3 books and more than 500 national and international scientific publications (256 peer-reviewed , indexed journals PubMed, Scopus, PsychInfo; Google scholar H-index=62, citations=13158, i10-index=191) on topics of psychopathology, clinical psychiatry, biological psychiatry and clinical psychopharmacology.

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Giulio Perugi, MD