

# Preventing Mood Disorders Through Fundamental Understanding



Manpreet K. Singh

Assistant Professor, Psychiatry and Behavioral Sciences Director

## CURRENT RESEARCH

Exploring the origins and mechanisms of pediatric mood disorders for improved personalized treatment

Currently, mental health resources and child and adolescent psychiatrists are extremely limited in the U.S. This has resulted in increased cases of suicide, gun violence, substance abuse, and teen pregnancy, among other morbidities that can shorten life expectancy. Dr. Manpreet K. Singh, Assistant Professor of Psychiatry and Behavioral Sciences and Director of the Pediatric Mood Disorders Program and the Pediatric Emotion And Resilience Lab (PEARL) at Stanford University School of Medicine, is exploring novel early prevention and intervention strategies that help children in the earliest stages of mood disorder development. Her goal is to prevent children from developing impairment from major mood and anxiety disorders that could last a lifetime.

Little is known about the developing brain, especially in the context of major mood disorders such as Bipolar Disorder (BD) and Major Depressive Disorder (MDD). Understanding how these disorders shape brain development and how their interventions work is critical for predicting improved and adaptive outcomes in children. Dr. Singh's research focuses on investigating the origins and pathways for developing major mood disorders during childhood, as well as methods to protect and preserve function after mood symptoms begin. She is examining the neural benefits of family-focused psychotherapy and mindfulness meditation in order to reduce mood symptoms and family stress. She is also assessing the potential benefits and risks of antidepressant therapy in youth who may be at high risk for developing side effects. Dr. Singh's research will provide significant leads on detecting the earliest possible risk factors for mood disorders, which are increasingly becoming the...

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## AFFILIATION

 Stanford University

## EDUCATION

- M.D. 2002, Michigan State University College of Human Medicine
- M.S. 2007, University of Michigan

## AWARDS

- NARSAD Independent Investigator Award, 2016
- Outstanding Teaching Award from Stanford Child Psychiatry Fellows, 2015
- Samuel Gershon Award for Junior Investigators, International Society for Bipolar Disorder, 2014
- National Institutes of Health, Pediatric Loan Repayment Program, 2009-2013
- Child Health Research Institute (CHRI) Akiko Yamazaki and Jerry Yang Faculty Scholar Award in Pediatric Translational Medicine, 2013
- and 2 more...

## RESEARCH AREAS

Life Science, Diagnostics, Genomics / Congenital, Immunology / Inflammatory

## FUNDING REQUEST

Your contributions will help fund Dr. Singh's continued research in identifying the fundamental origins of mood disorders that can lead to lifelong mood disorders and suicide. Costs for this advanced multi-modal research can range between \$750K to \$1M/year; this includes using advanced tools such as brain MRI, physiological, behavioral, cognitive, and genetic assessments, as well as to support an interdisciplinary group of research scientists and staff. Play a role in understanding pediatric onset mood disorders, which can lead to improved prevention strategies; fund Dr. Singh.