

ECNP Research Internship 2018-2019

Dates of Internship: 8 – 23 December 2018

Intern	Hosts
<p>Dr Donncha Mullin, Core Trainee 3 Psychiatry</p> <p>Royal Edinburgh Hospital, NHS Lothian, Edinburgh, Scotland, EH10 5HF</p> <p>Department of Psychiatry, University of Edinburgh, Edinburgh, Scotland, EH10 5HF</p>  <p>THE UNIVERSITY <i>of</i> EDINBURGH</p>	<p>Prof Celso Arango & Dr Covadonga M. Díaz-Caneja</p> <p>Hospital General Universitario Gregorio Marañón, Instituto Provincial de Psiquiatría – Dpto. de Psiquiatría, Calle Ibiza, 43, 28009 Madrid, Spain</p>   

Hello and thanks for taking the time to read about my experience on internship with Prof Celso Arango and Dr Cova Diaz-Caneja in Madrid. I am in my third year of Core Psychiatry training in Scotland and I am currently doing an academic post researching the area of exercise in the treatment and prevention of mental illness. I intend on applying for a PhD in the near future, so I was delighted to be given this opportunity and I am very grateful to the ECNP for providing it.

My goals for the internship were to experience an academic environment at another International centre, meet researchers at various stages of their careers, see what running a clinical trial is like, and, last but not least, enjoy the good life in Madrid! I am happy to say; each goal was achieved with ease due to the incredible organisational efforts of Cova, who arranged for me to meet with a wide array of accommodating and helpful academics in this very active department. The city of Madrid also obliged and provided me with plenty of excellent experiences exploring museums, bars and restaurants, often by bike. The evening spent in a teledisko at the Goethe Institute with my new friends from the department will live long in the memory.

I was given a timetable on my first morning and introduced to the group. Within what felt like a matter of minutes, I was sat in a clinic observing a clinician with a participant in a 22q11 deletion study. Following team lunch, I sat-in on a Psyscan conference call, a study I am familiar with from working in Edinburgh, and discussed the study with a local researcher. Each day continued like this,

and by the end of the first week I had met with many research participants and discussed projects with the primary investigators. I discussed ASD assessments in the first two years of life with Dr Laura Pina, explored Biobank questionnaires with Dr Alicia Garcia Alcon, and was wowed by meta-analysis with Dr David Fraguas. Dr Carmen Moreno also answered my questions about her academic career and her training in Columbia University, NY.

I was welcomed into this fun and dynamic research group with open arms and particularly enjoyed the group tortilla breakfasts following early-morning meetings. I benefited from attending journal club and case conferences also. As the focus of the group is on children and adolescents while my clinical interest is mainly adults of older age, we have collaborated on a review of physical activity in the prevention of mental illness across the age spectrum. I look forward to publishing this piece of work jointly and to the possibility of further collaboration in the future.



Figure: Dr Mullin (back row, second from right, green jumper) with team members of the research group at Hospital General Universitario Gregorio Marañón, Madrid, on Christmas Jumper day.