

Dear All! My name is Iryna Frankova. I'm an assistant of Psychosomatic Medicine and Psychotherapy department in Bogomolets National Medical University, Kyiv, Ukraine. I'm PhD student and work as clinical psychologist. Sphere of my scientific interests is closely connected to my daily practice: anxiety disorders, trauma and stressor related disorders (especially ASD and PTSD). After ECNP Congress attendance in 2015 I found out that treatment of anxiety disorders should be based on current endophenotypical approach, and in opposite side, in Ukraine Benzodiazepines are still widely prescribed. That was a powerful impulse to become a participant of ECNP Research Internship in Laboratory of Prof. Joseph Zohar, who is Co-Chair ECNP Network on Stress and PTSD. And I was lucky.

ECNP Research Internship took place in Anxiety and Obsessive Compulsive Clinic at the Sheba Medical Center, Tel Aviv, Israel. Prof. Zohar Research team: Lior Carmi and Tal Weissman, gave me a detail presentation of current studies in PTSD and OCD, that are based on up-to-date fundamental researches. (High doses of hydrocortisone injections right after trauma exposure as a predictor of PTSD; dTMS studies for patients with OCD, PTSD; mobile application for depressive episode relapse prevention). I had an opportunity to assist dTMS procedure for patients with OCD, which is quite unique experience for young researcher in Ukraine. In collaboration with Prof. Zohar, Study Protocol: "Prevention of PTSD after exposure to a traumatic event" was created, I got all necessary information how to start trial in Ukraine. Also I was trained in PDS, CAPS, YBOCS performance.

The second part of Internship I spent with Avital Avi - Assistant Professor in The Behavioral Neuroscience Lab in Technion, Haifa, Israel. He uses translational neuroscience approach including behavioral, biochemical and electrophysiological methods to examine changes in neural plasticity and investigate PTSD, Major depression, Schizophrenia in animal model. In the Lab I learned how to use Rotarod, T-maze, Open Field, Object Recognition, Pre-Pulse Inhibition, Social Cooperation maze, Sucrose preference test, stress procedures. I got acquainted with Software (Ethovision, Observer), that analyze the pictures with animal movements to study anxiety, stress activity level, for example at dog-handler interaction. It's better to see once than to hear hundred times!

First of all: my first attempt for ECNP Internship failed, the second - was successful, it taught me not to give up. Second: in Ukraine nowadays we need qualitative knowledge how to manage PTSD, and ECNP gave that opportunity, Prof. Zohar by his experience taught me how to perform study on highest quality level.

