

# ECNP Research Internship 2019-2020

17.02.2020-28.02.2020

Host:

Intern:

**Prof Dr Andreas Meyer-Lindenberg**

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My name is Egor Chumakov, I am a postdoc and I combine clinical work in a psychiatric hospital with teaching and research work in St. Petersburg University. My main scientific interest at present is studying biomarkers of cognitive impairment in patients with schizophrenia and ultra-high risk of psychosis. I was very honored to be selected for the ECNP Research Internship at Zentralinstitut für Seelische Gesundheit (Zi) under the supervision of Prof Dr Andreas Meyer-Lindenberg and his outstanding team.

First of all, I want to note how friendly I was greeted by the working team of the Zi. Although I do not speak German, it did not affect the productivity of my internship. During the internship, an individual program was developed for me so that I could get acquainted with all areas of the Institute's research work. At my request, the internship program also included getting acquainted with the clinical departments of the Zi.

During this ECNP research internship I was introduced to the most advanced research methods, including not only instrumental methods (MRI, PET-MRI, EEG, MEG and others), but also Virtual Reality in psychiatry, research using special smartphones apps and patient geolocation, mouse research, as well as the most advanced mobile technology for determining drug concentration in the blood. I was pleased with the extent to which young specialists are involved in scientific work. Building on my previous experience in the field it was a great opportunity to learn about the current strategies for dealing with patients at ultra-high risk of psychosis used at the Institute. I also visited a special unit called Soteria for adolescents and young people with psychotic symptoms.

I'm sure that the learning experience I gain from the ECNP research internship will give me the greatest opportunity to apply the acquired knowledge and professional skills in the research and process of teaching students. I would like to thank all the Zentralinstitut für Seelische Gesundheit professionals for the warm and friendly welcome they gave me and for what I have learned with special thanks to Prof Dr Andreas Meyer-Lindenberg, Prof Dr Dusan Hirjak and his ward staff.

Egor Chumakov

