

Biological mechanisms of environmental stressors in psychiatry : the role of the immune system

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Propositions belonging to this thesis

**Biological mechanisms of
environmental stressors in psychiatry**

The role of the immune system

Ismail Sinan Guloksuz, December 2, 2015

1- Substantial evidence confirms the existence of pro-inflammation in bipolar disorder, but the question whether this inflammatory state persists through the euthymic period remains to be elucidated. (this thesis)

2- Evidence suggests that immune regulatory effects of lithium have a role in its mechanism of action in the treatment of bipolar disorder. (this thesis)

3- Anti-TNF- α infusion in patients with Crohn's Disease reduces depressive symptoms, in part independently of disease activity, and the effect on depressive symptoms is not associated with immune-induced changes in tryptophan availability to the brain. (this thesis)

4- A single session of ECT induces an acute, transient immune activation, whereas repetitive ECT treatment down-regulates immune activation and possibly influences the TRP-KYN pathway, with a shift in TRP-KYN metabolites balance towards molecules with neuroprotective properties correlating with the antidepressant effects of ECT. (this thesis)

5- Future studies should adapt a multimodal approach that combines different techniques (e.g., genetics and neuroimaging) to connect the dots between peripheral immune alterations and neuroinflammation, and test whether broad immune profiling of patients with mood disorders predicts treatment response and remission, which will help to define patients who can benefit from add-on anti-inflammatory treatment. (this thesis)

6- In a fair world, a "negative" study with a solid and honest methodology should always outplay a novel but tweaked "positive" study. Unfortunately, the world is twisted beyond hope.

7- It is a capital mistake to theorize before one has data. Insensibly, one begins to twist facts to suit theories, instead of theories to suit facts. (Arthur Conan Doyle)

8- I am lucky to have such supervisors: "Coaches who can outline plays on a black board are a dime a dozen. The ones who win get inside their player and motivate." (Vince Lombardi)

9- "Everybody knows that the dice are loaded, everybody rolls with their fingers crossed" (Leonard Cohen)

10- "The Iron never lies to you... The Iron will always kick you the real deal. The Iron is the real deal. The Iron is the great reference point, the all-knowing perspective giver. Always there like a beacon in the pitch black. I have found the Iron to be my greatest friend. It never freaks out on me, never runs. Friends may come and go. But **535 lbs** is always **535 lbs**." (Henry Rollins)