
BIOGRAPHICAL SKETCH

NAME Berk, Michael	POSITION TITLE Alfred Deakin Professor of Psychiatry and National Health and Medical Research Council Senior Principal Research Fellow
eRA COMMONS USER NAME (credential, e.g., agency login) MIKEBE	

EDUCATION/TRAINING

INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	MM/YY	FIELD OF STUDY
University of the Witwatersrand	MBBCh	1977-82	Medicine
University of the Witwatersrand	MMed (Psych) Cum Laude	1986-1989	Psychiatry
College of Medicine of South Africa	FF(Psych)SA	1990	Psychiatry
Pretoria University	PhD	1992-94	
Royal Australia & New Zealand College of Psychiatry	FRANZCP	2001	Psychiatry
Australian Academy of Health and Medical Sciences	Fellowship	2017	Medicine

A. Personal Statement

Professor Michael Berk is currently a NHMRC Senior Principal research Fellow and is Alfred Deakin Chair of Psychiatry at Deakin University and Barwon Health, where he heads the Institute for Innovation in Physical and Mental Health and Clinical Translation (IMPACT). He also is an Honorary Professorial Research fellow in the Department of Psychiatry, the Florey Institute for Neuroscience and Mental Health and Orygen Youth Health at Melbourne University, as well as in the School of Public Health and Preventive Medicine at Monash University. He has published over 1050 papers and is the second highest cited bipolar disorder researcher in the world (Scopus), and is listed by Thompson Reuters as amongst the world's most influential scientific minds. Data from SciVal shows he is Australia's most highly cited researcher in the categories of neurosciences, and psychology and cognitive sciences over the five years between 2012 and 2017. He is past president of the International Society for Bipolar disorders and the Australasian Society of Bipolar and Depressive Disorders. His major interests are in the discovery and implementation of novel therapies, and risk factors and prevention of psychiatric disorders. He is the recipient of a number of national and international awards including the Brain & Behaviour (NARSAD) Colvin Award for Mood Disorders in 2015 and the Victoria Prize in 2019. He has been awarded over \$83M in grant funding and holds grants from the National Institutes of Health (US), Medical Research Futures Fund (MRFF), NHMRC CRE and project grants, Beyondblue and Stanley Medical Research Institute and is lead investigator in a Centre For Research Excellence grant.

B. Positions and Honors

Positions and Employment

2001 - 2010	Professor of Psychiatry, Barwon Health & The Geelong Clinic, University of Melbourne
2001 - current	Consultant Psychiatrist, limited private practice – The Geelong Clinic

2004 - current	Professorial research fellow, Orygen Research Centre
2005 - current	Professorial research fellow, The Florey Institute of Neuroscience and Mental Health.
2011 - current	Alfred Deakin Professor of Psychiatry, Deakin University.
2012 - current	Director, Institute for Innovation in Mental and Physical Health and Clinical Translation (IMPACT), Deakin University.

Honors

1989	Louis Franklin Freed Medal for Psychological Medicine
2008	Pathcare Smart Geelong Research and Learning Expo: Health and Lifestyle award
2008	G Force Recruitment Smart Geelong Research and Learning Expo: Researcher of the year
2008	Orygen Oscar Academic Award
2008	Australasian Society of Psychiatric Research, Eli Lilly Oration
2012	RANZCP MSD Senior research award.
2012	Deakin University Award for Research Excellence
2012	RANZCP MSD Senior Research Award
2015	Brain and Behaviour Foundation (NARSAD) Colvin Award for Mood Disorders
2015	Society for Mental health Research Founders Medal.
2015-2019	Clarivate Analytics Highly Cited Researcher
2019	Veski Victoria Prize for Life Sciences
2020	ISBD Robert Post Award for Mentorship

C. Selected peer-reviewed publications. (selected from >1050 peer-reviewed publications)

1. Berk M, Woods RL, Nelson MR, Shah RC, Reid CM, Storey E, Fitzgerald S, Lockery JE, Wolfe R, Mohebbi M, Dodd S, Murray AM, Stocks N, Fitzgerald PB, Mazza C, Agustini B, McNeil JJ. Effect of Aspirin vs Placebo on the Prevention of Depression in Older People: A Randomized Clinical Trial. *JAMA Psychiatry*. 2020 Oct 1;77(10):1012-1020.
2. Berk M, Vieta E, Dean OM. Anti-inflammatory treatment of bipolar depression: promise and disappointment. *Lancet Psychiatry*. 2020 Jun;7(6):467-468.
3. Agustini B, Berk M. The embryology of psychosis. *Lancet Psychiatry*. 2020 Mar;7(3):219-220.
4. Berk M, Jacka FN. Diet and Depression-From Confirmation to Implementation. *JAMA*. 2019 Mar 5;321(9):842-843.
5. Berk M, Mohebbi M, Dean OM, Cotton SM, Chanen AM, Dodd S, Ratheesh A, Amminger GP, Phelan M, Weller A, Mackinnon A, Giorlando F, Baird S, Incerti L, Brodie RE, Ferguson NO, Rice S, Schäfer MR, Mullen E, Hetrick S, Kerr M, Harrigan SM, Quinn AL, Mazza C, McGorry P, Davey CG. Youth Depression Alleviation with Anti-inflammatory Agents (YoDA-A): a randomised clinical trial of rosuvastatin and aspirin. *BMC Med*. 2020 Jan 17;18(1):16
6. Davey CG, Chanen AM, Hetrick SE, Cotton SM, Ratheesh A, Amminger GP, Koutsogiannis J, Phelan M, Mullen E, Harrison BJ, Rice S, Parker AG, Dean OM, Weller A, Kerr M, Quinn AL, Catania L, Kazantzis N, McGorry PD, Berk M. The addition of fluoxetine to cognitive behavioural therapy for youth depression (YoDA-C): a randomised, double-blind, placebo-controlled, multicentre clinical trial. *Lancet Psychiatry*. 2019 Sep;6(9):735-744
7. Agustini B, Berk M. Medications with Depression as an Adverse Effect. *JAMA*. 2018 Nov 6;320(17):1815.
8. Grande I, Berk M, Birmaher B, Vieta E. Bipolar disorder. *Lancet*. 2016 Apr 9;387(10027):1561-72. M Berk M, GS Malhi. "Should antipsychotics take pole position in mania treatment?." *The Lancet* 378.9799 (2011): 1279-1281.
9. GS Malhi, M Berk. "Is the safety of lithium no longer in the balance?." *The Lancet* 379.9817 (2012): 690-692.
10. McGrath JJ, Berk M. Could Lithium in Drinking Water Reduce the Incidence of Dementia? *JAMA Psychiatry*. 2017 Oct 1;74(10):983-984.
11. LN Yatham, SH Kennedy, SV Parikh, A Schaffer, S Beaulieu, M Alda, C O'Donovan, G MacQueen, RS McIntyre, V Sharma, A Ravindran, LT Young, R Milev, DJ Bond, BN Frey, BI Goldstein, B Lafer, B Birmaher, K Ha, WA Nolen, M Berk. Canadian Network for Mood and Anxiety Treatments (CANMAT) and International Society for Bipolar Disorders (ISBD) collaborative update of CANMAT guidelines for the management of patients with bipolar disorder: update 2013. *Bipolar disorders* 15 (1), 1-44 518.

12. Eyre HA, Vahabzadeh A, Abbott R, Cook IA, Berk M. The Future of Psychiatry Commission. *Lancet Psychiatry*. 2018 Jan;5(1):13.
13. Fernandes BS, Steiner J, Molendijk ML, Dodd S, Nardin P, Gonçalves CA, Jacka F, Köhler CA, Karmakar C, Carvalho AF, Berk M. C-reactive protein concentrations across the mood spectrum in bipolar disorder: a systematic review and meta-analysis. *Lancet Psychiatry*. 2016 Dec;3(12):1147-1156.
14. Berk M, Post R, Ratheesh A, Gliddon E, Singh A, Vieta E, Carvalho AF, Ashton MM, Berk L, Cotton SM, McGorry PD, Fernandes BS, Yatham LN, Dodd S. Staging in bipolar disorder: from theoretical framework to clinical utility. *World Psychiatry*. 2017 Oct;16(3):236-244.
15. M Berk, F Kapczinski, AC Andreatza, OM Dean, F Giorlando, M Maes, Pathways underlying neuroprogression in bipolar disorder: focus on inflammation, oxidative stress and neurotrophic factors. *Neuroscience & biobehavioral reviews* 35 (3), 804-817.
16. M Berk, OM Dean, SM Cotton, S Jeavons, M Tanius, K Kohlmann, K Hewitt, K Moss, C Allwang, I Schapkaitz, J Robbins, H Cobb, F Ng, S Dodd, AI Bush, GS Malhi. The efficacy of adjunctive N-acetylcysteine in major depressive disorder: a double-blind, randomized, placebo-controlled trial. *The Journal of clinical psychiatry* 75 (6), 628-636.
17. FN Jacka, JA Pasco, A Mykletun, LJ Williams, AM Hodge, SL O'Reilly, GC Nicholson, MA Kotowicz, Berk M. Association of Western and traditional diets with depression and anxiety in women. *The American journal of psychiatry* 167 (3), 305-311.
18. M Berk, L Ichim, S Brook. Olanzapine compared to lithium in mania: a double-blind randomized controlled trial. *International clinical psychopharmacology* 14 (6), 339-343.
19. Ng, M Berk, O Dean, AI Bush. Oxidative stress in psychiatric disorders: evidence base and therapeutic implications. *International Journal of Neuropsychopharmacology* 11 (6), 851-876.
20. L Barbosa, M Berk, M Vorster. A double-blind, randomized, placebo-controlled trial of augmentation with lamotrigine or placebo in patients concomitantly treated with fluoxetine for resistant major depressive episodes. *The Journal of clinical psychiatry* 64 (4), 403-407.
21. J Segal, M Berk, S Brook. Risperidone compared with both lithium and haloperidol in mania: a double-blind randomized controlled trial. *Clinical Neuropharmacology* 21 (3), 176-180.
22. M Berk, DL Copolov, O Dean, K Lu, S Jeavons, I Schapkaitz, M Anderson-Hunt, AI Bush. N-acetyl cysteine for depressive symptoms in bipolar disorder—a double-blind randomized placebo-controlled trial. *Biological psychiatry* 64 (6), 468-475.
23. M Berk, D Copolov, O Dean, K Lu, S Jeavons, I Schapkaitz, M Anderson-Hunt, F Judd, F Katz, P Katz, S Ording-Jespersen, J Little, P Conus, M Cuenod, KQ Do, AI Bush. N-acetyl cysteine as a glutathione precursor for schizophrenia – a double-blind, randomized, placebo-controlled trial. *Biological psychiatry* 2008 64 (5), 361-368.
24. M Berk, C Ichim, S Brook. Efficacy of mirtazapine add-on therapy to haloperidol in the treatment of the negative symptoms of schizophrenia: a double-blind randomized placebo-controlled study. *International clinical psychopharmacology* 16 (2), 87-92.
25. L Ichim, M Berk, S Brook. Lamotrigine compared with lithium in mania: a double-blind randomized controlled trial. *Annals of Clinical Psychiatry* 12 (1), 5-10.

D. Research Support.

Ongoing Research Support (selected)

1. Victorian Medical Research Acceleration Fund (VMRAF). ADD/17/25804. MyMAPS bipolar disorder relapse prevention intervention. Berk M, Berk L, Castle D, Hopwood M, Mohebbi M, Murray G, Grundy J, Chatterton ML, Lauder S, Gliddon E. Collaborators: Suppes T, Johnson S, Miklowitz D, Deckersbach T, Ng C, Malhi G. \$99,872.00. In-kind benefits \$161,000.00. 2018.
2. NHMRC Project Grant (APP1129815). A randomised controlled trial of NMDA antagonist, Memantine, for the treatment of borderline personality disorder. Berk M (AI) et al. \$993,067.30. 2017-2019.
3. NHMRC Project Grant (APP1105089). Ketamine therapy among patients with treatment-resistant depression: randomised, double-blind, placebo-controlled trial. Berk M (AI). \$2,069,381.68. 2016-2018.
4. Australian Respiratory Council Harry Windsor grant scheme. Can we reduce tobacco smoking using N-acetylcysteine as a cessation treatment? Berk M, Dodd S, Dean O. \$50,000.00. Awarded December 23, 2016. Extended and current for 2018.
5. Stanley Medical Research Institute (#14T-007). The efficacy of adjunctive *Garcinia mangostana* Linn (*mangosteen*) pericarp for the treatment of Schizophrenia: A double-blind,

- randomised, placebo-controlled trial. Berk M, McGrath J, Dean O, Dodd S, Cotton S. US\$899,398.00. 3 years. 2015-2017. Extended and still current for 2018.
6. Australian Research Council (ARC). (IH170100013). Research Hub for Digital Enhanced Living. Grundy J, Venkatesh S, Mouzakis K, Hutchinson A, Berk M, Maddison R, Kouzani A, Vasa R, Yearwood J, Phung D. \$2,962,655.10 over 5 years. 2017-2021.
 7. MRFF - Research Grants. MRF1169845. The Candesartan Adjunctive bipolar DEpression Trial – CADET. Berk M, Malhi G, Ng C, Hopwood M, Fernandes B, Gwini S, Amerena J, Chatterton M-L, Suppes T, Williams L. \$2,428,397.10. 2019-2022.
 8. NHMRC (APP1165233). Using social media data to identify markers of depression risk among individuals: A longitudinal cohort study. O’Dea B, Larsen M, Venkatesh S, Phung D, Glozier N, Berk M (AI). \$324,452.40. 2019-2021.
 9. NHMRC (APP1179330). Protecting the mental health of small-medium enterprise owners: evaluating real-world approaches to mental health first aid and client-relationship building training for small business advisers, Noblet A, Tanewski G, Berk M, Walker A, LaMontagne A, Reavley N, Nielsen K. \$559,073.00. 2019-2021.
 10. NHMRC (GNT1180825). The Candesartan Adjunctive Major Depression Trial - CADET: A double-blind, randomised, placebo-controlled trial. Berk M, Malhi G, Ng C, Hopwood M, Fernandes B, Gwini S, Amerena J, Chatterton M-L, Williams L. \$1,532,880.02. 2020-2025.
 11. NHMRC Centres of Research Excellence Grant (APP1153607). CREDIT: The CRE for the development of innovative therapies for psychiatric disorders. Berk M, McGorry P, McNeil J, Malhi G, Jacka F, Cotton S, Walder K, Dean O, Williams L. \$2,497,157.50. 2019-2024.
 12. NHMRC Established Career Fellowship (APP1156072). Novel therapies for psychiatric disorders Berk M. \$888,270.00. 2019-2023.
 13. NHMRC MRFF Clinical Trials and Registries Funding (APP1152317). A randomised placebo-controlled trial of combined mitochondrial agents for the treatment of fatigue and depression in multiple sclerosis with an assessment of the impact on kynurenine pathway metabolomics. Ponsonby A-L, Lucas R, Taylor B, van der Mei I, Jacka F, Fernandes B, Broadley S, Lechner-Scott J, Vukcevic D, Christodoulou J, Mason D, Butzkueven H, Berk M (AI), Macdonnell R. \$1,055,383.40. 2018-2020.
 14. NHMRC Project Grant (APP1098442). N-Acetyl Cysteine In Schizophrenia Resistant to Clozapine: A Double-Blind Randomised Placebo-Controlled Trial Targeting Negative Symptoms. Berk M (AI), Dean O (AI) et al. \$981,788.85. 2016-2019.
 15. NHMRC Project Grant (APP1125778). The efficacy of N-acetyl cysteine as an adjunctive treatment for first episode psychosis. Cotton S, Dodd S, Wood S, Allott K, Bartholomeusz C, Bortolasci C, O’Donoghue B, Ratheesh A, Berk M (AI). Partner led grant. \$2,143,069.40. 2017-2021.
 16. NHMRC Project Grant (APP1128626). Randomised controlled trial of the RECOVER tailored psychological intervention for first episode bipolar disorder. Berk M (AI) et al. \$1,550,290.70. 2017-2022.
 17. NHMRC Project Grant (APP1129815). A randomised controlled trial of NMDA antagonist, Memantine, for the treatment of borderline personality disorder. Berk M (AI) et al. \$993,067.30. 2017-2019.
 18. NHMRC Project Grant (APP1138736). A randomised controlled trial of low-dose ketamine in youth with severe depression and elevated suicide risk. Davey C, Loo C, Cotton S, Glozier N, Baune B, Amminger P, Harrison B, Hermens D, Somogyi A, Martin D, Rodgers A, Lagopoulos J, Schmaal L, Berk M. \$2,232,756.74. 2018-2021.
 19. NHMRC Research Grant (APP1152063). MRFF Research Grant. A randomised controlled trial of N-Acetyl Cysteine for premanifest Huntington gene expansion carriers (NAC-preHD). – Loy C, Berk M, Stout J, Scahill R, Hannan A, Panegyres P, Teixeira-Pinto A, O’Sullivan J, Glikmann-Johnston Y, Kapp R. \$1,868,170.70 over five years. 2018-2023.
 20. NHMRC Project Grant (APP1121510). The efficacy of adjunctive *Garcinia mangostana* Linn. pericarp for bipolar depression: A 24-week double-blind, randomized, placebo-controlled trial. Dean OM, Berk M, Ng C, Dodd S, Hopwood M, Turner A, Jacka FN. \$1,227,271.60 over 4 years. 2017-2020.
 21. Wellcome Trust. 2019 Australian Early Psychosis Collaborative Consortium (AEPCC). Clinical Registry (CR) & Clinical Trial & Translation Network. Thompson A, McGorry P, Wood S, Berk M, Cotton S, Killackey E, Nelson B, Yung A, Amminger P, O’Donoghue B, Ratheesh A, Alvarez-Jimenez M, Rickwood D. \$2.7M. 2020-2025.