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About R-Link

R-Link is a multinational study funded by the European Union's Horizon 2020 Research and Innovation programme. R-Link involves eight European countries including France, United Kingdom, Denmark, Spain, Norway, Sweden, Germany and Italy. The participating centres are specialized in the treatment of bipolar disorders in university hospitals, altogether there are 16 Departments of Psychiatry in eight countries. The main objective of R-Link is to identify the eligibility criteria for treatment with Lithium in bipolar I disorder. The focus is on response, safety and tolerability. Research on the treatment of bipolar disorder is an important issue because BD is a highly prevalent mental disorder and a leading cause of suicide.

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What is Bipolar Disorder?

Bipolar disorder is a recurring condition characterized by cycling episodes of manic or hypomanic and depressive mood

various factors can trigger bipolar disorder:

- Family history
- radical life events at a young age
- lack of support from the social environment (e.g. family and friends)

In many cases it takes a long time (5–10 years) between onset and diagnosis to get a correct diagnosis for Bipolar Disorder (Kessing et al. 2017) for more information visit <https://www.bipolaruk.org>.

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Participants & Recruitment

Sixteen recruiting centres all over Europe aiming to include a mean of 20 participants. 320 patients is the goal. Patients should be adults with bipolar I disorders who initiate lithium treatment based on the decision of themselves and their clinician. Recruitment will start during the fourth quarter of 2019.



European Commission

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Procedure

Patients are enrolled over a period of one year followed by an intensive one year follow-up period.

- a number of questionnaires must be answered
- Blood collection 30 ml
- neuroimaging scans
- electronic self-monitoring tests.

R-Link is divided into six blocks. The figure shows the content of each block.

