

ALTERING THE COURSE OF SCHIZOPHRENIA: CHALLENGES AND OPPORTUNITIES

Mark J. Millan

**Neuropsychiatry Department
Institut de Recherches Servier
Croissy-sur-Seine (Paris), France**

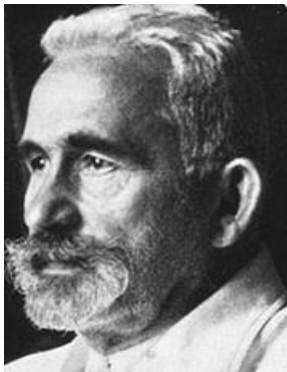
SCHIZOPHRENIA AND ITS IMPACT: CORE ELEMENTS AND OVERVIEW OF TALK

- Severe, chronic and debilitating disorder with early onset (18-30), reduced life-expectancy and a high incidence of suicide (~10 %).
- Prevalence about 1% of the population with little geographical/cultural variation.
- Huge economic burden - inability to work, social support and hospitalisation. Cost is nearly 100 billion Euros per year for the EU (Wittchen et al, 2011).
- Clinically heterogeneous with a complex pattern of emotional, social and cognitive symptoms: incompletely understood causes and pathophysiology, but much recent progress.
- Symptomatic treatment of limited efficacy: neuroleptics (haloperidol...), clozapine, second-generation antipsychotics (risperidone...) and aripiprazole.

This presentation discusses:

- The new concept of course- alteration, preventing and stopping the progress of schizophrenia: key questions - whom to treat, when to treat, how to treat.
- Clinical and experimental data supporting course-alteration, and broader implications of the concept.

Emil Kraepelin (1890's)*

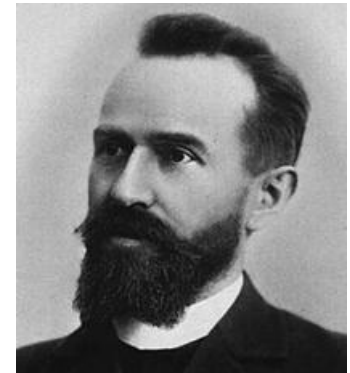


* « *Dementia Praecox* »

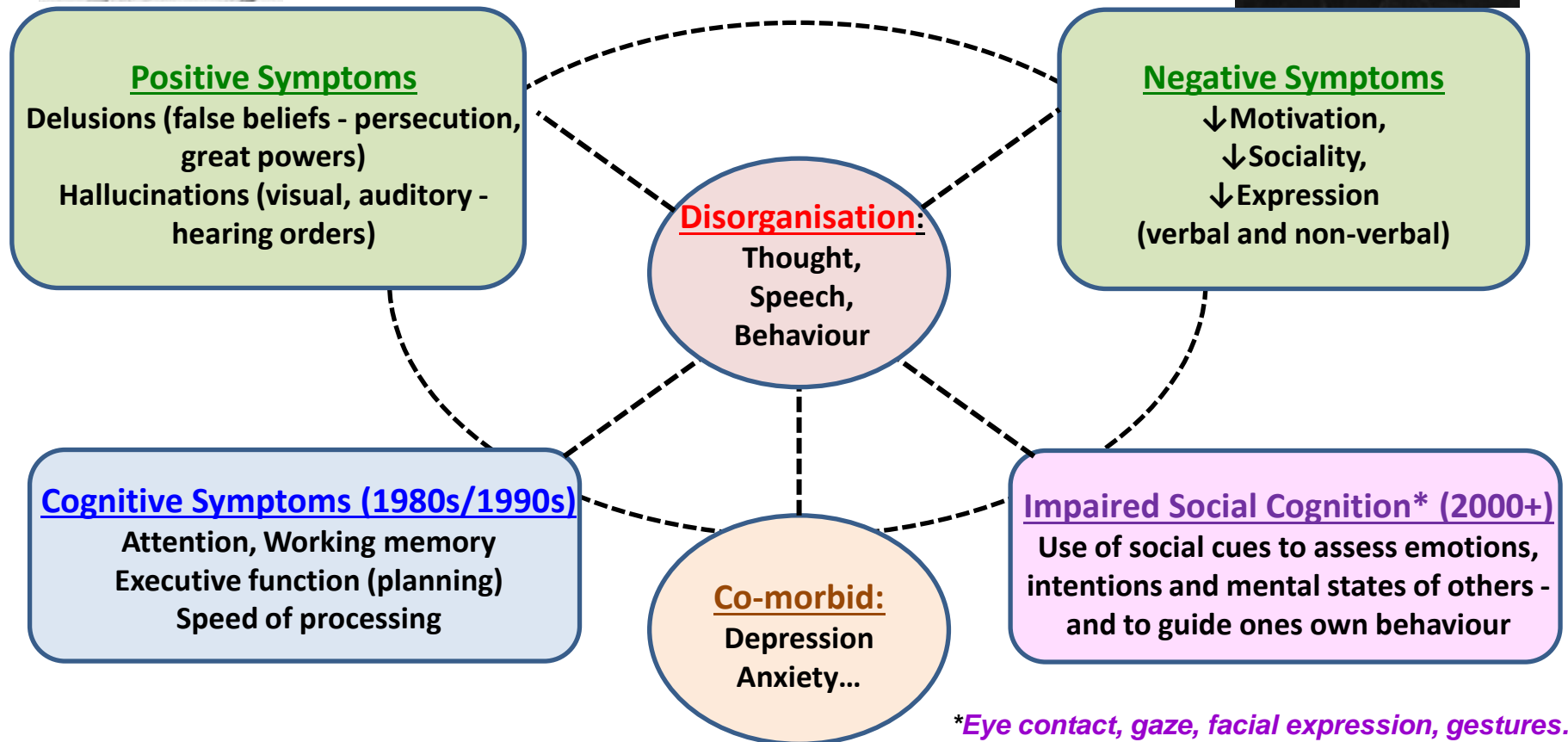
« Organic
disorder »

SCHIZOPHRENIA: “BORN” IN GERMANY

Eugen Bleuler (1910's)



« Psychological
dimension »



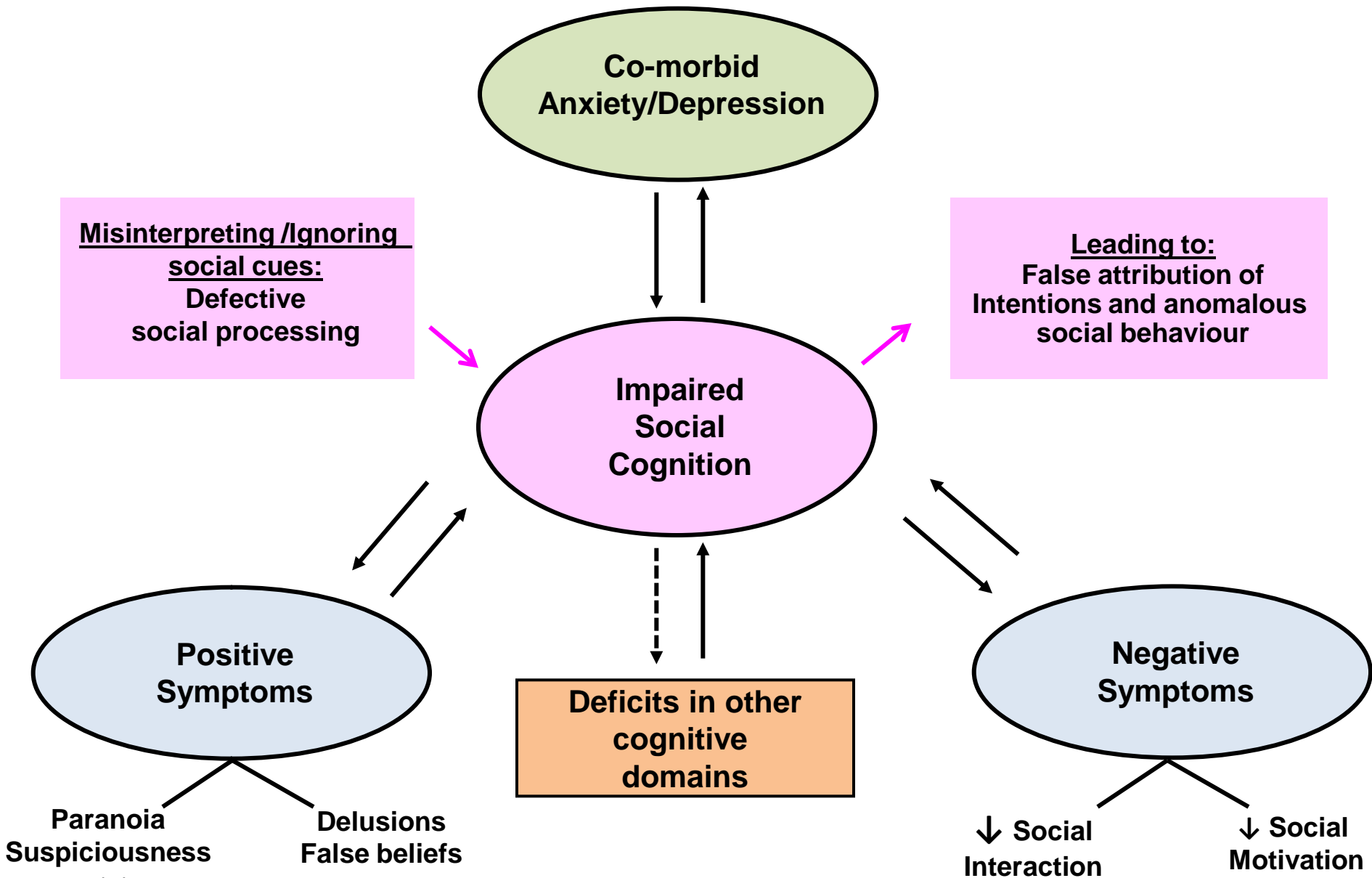
*Eye contact, gaze, facial expression, gestures...

MOUNTAIN GORILLAS: SOCIAL COGNITION IN ACTION

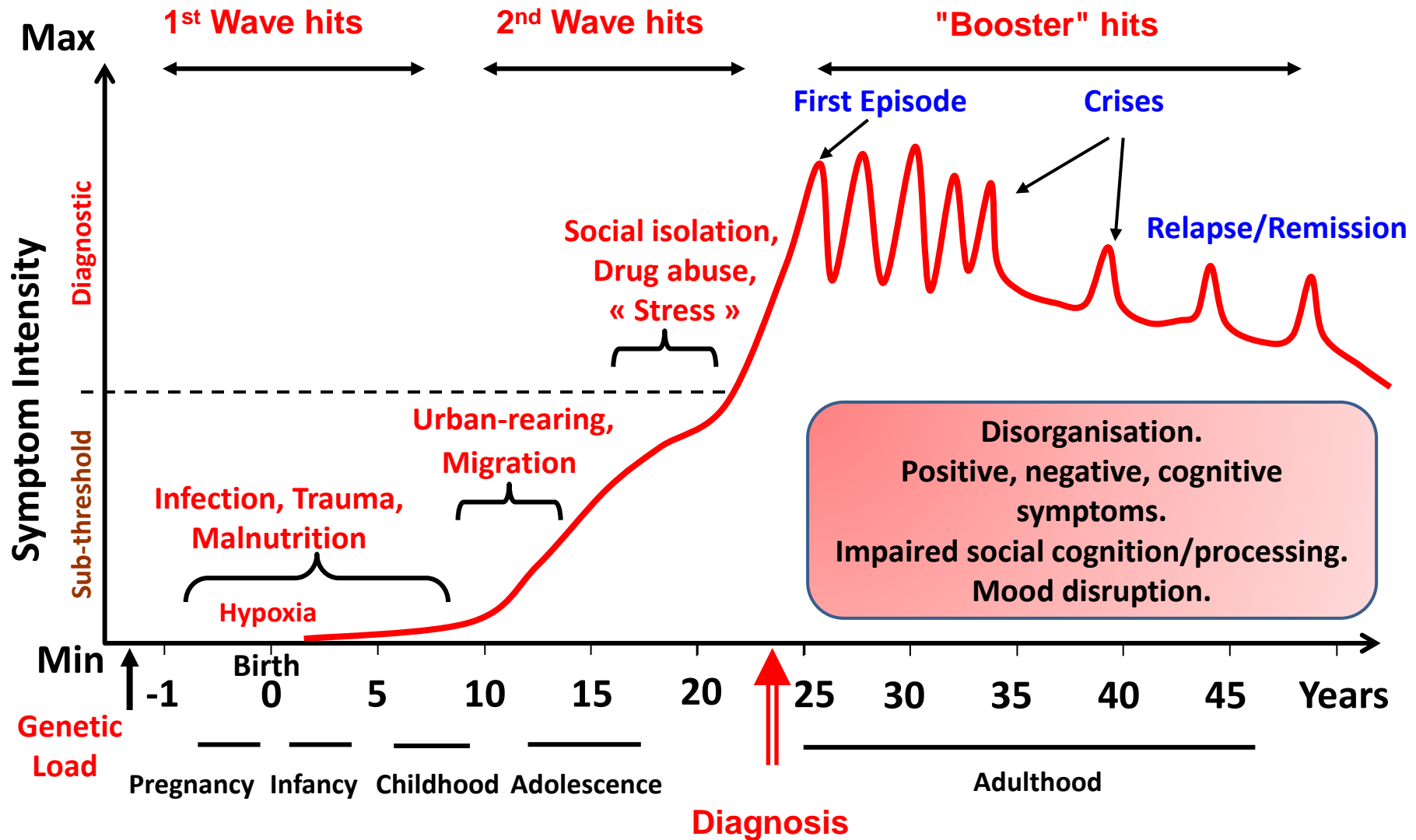


**Subordinate male and female “interacting” and looking nervous :
WHAT’S GOING ON ? AND WHAT HAPPENED NEXT ?**

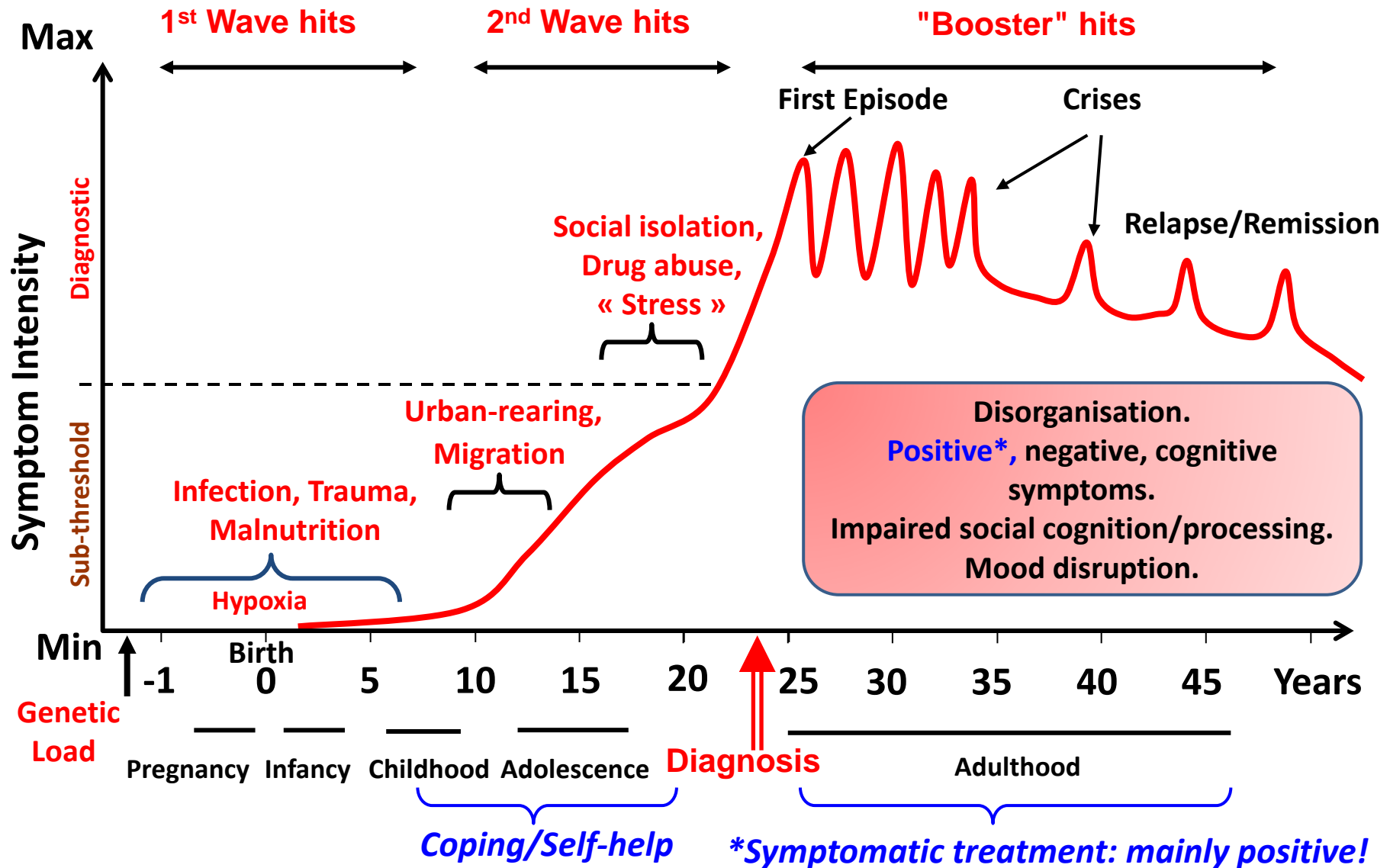
IMPAIRED SOCIAL COGNITION MAY DRIVE OTHER SYMPTOMS OF SCHIZOPHRENIA



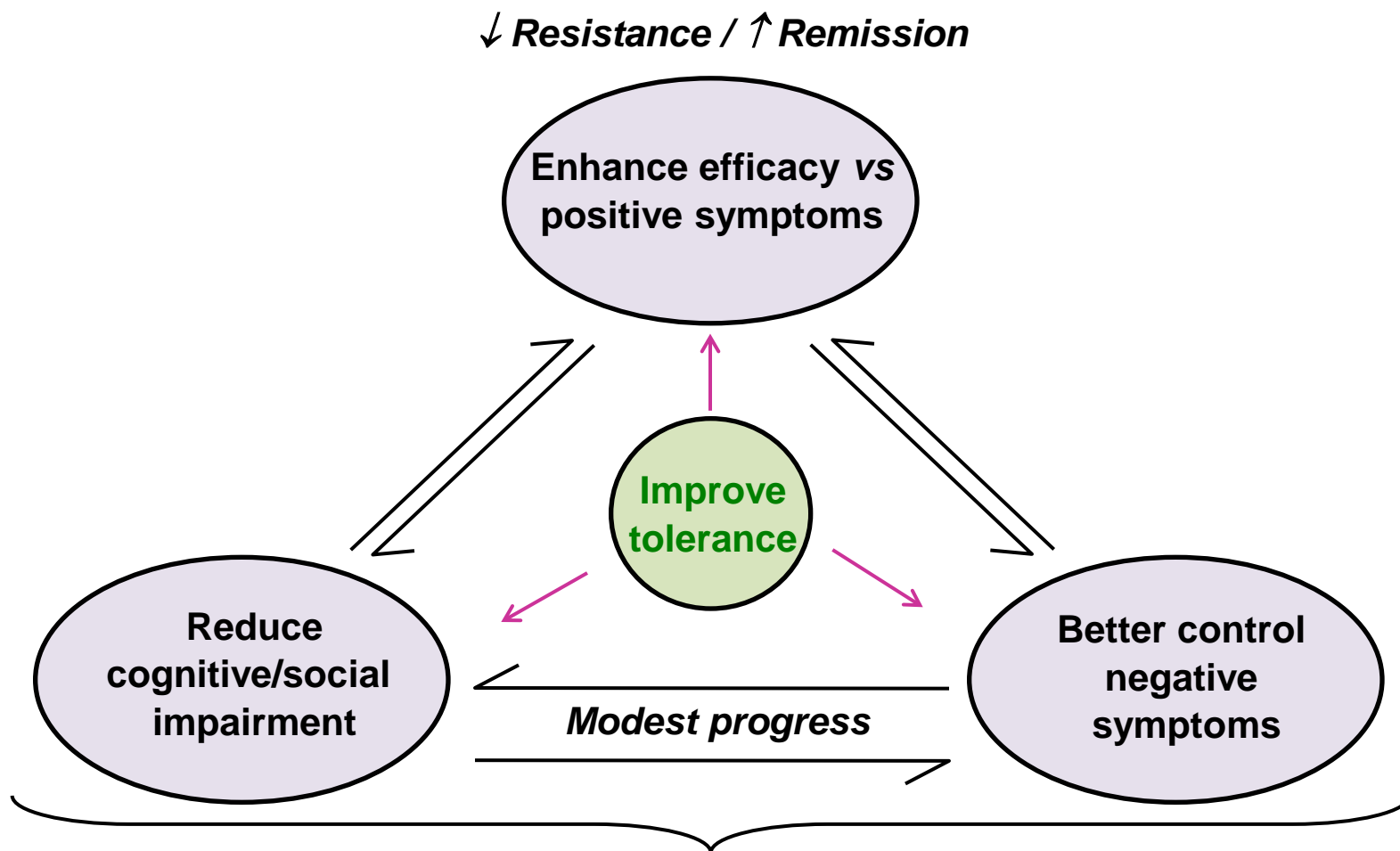
CORE CHARACTERISTICS, CUMULATIVE CAUSES AND CHRONIC COURSE OF SCHIZOPHRENIA



CHARACTERISTICS, CAUSES, COURSE AND CONTROL OF SCHIZOPHRENIA TODAY



IMPROVING EFFICACY OF SYMPTOMATIC TREATMENT OF SCHIZOPHRENIA LITTLE SUCCESS DURING 60 YEARS !



Chlorpromazine, haloperidol - neuroleptics (1952 on): Only positive symptoms, motor side-effects

Clozapine (1989): still Gold Standard for efficacy !! - but safety issues and *not* cog/social nor negative.

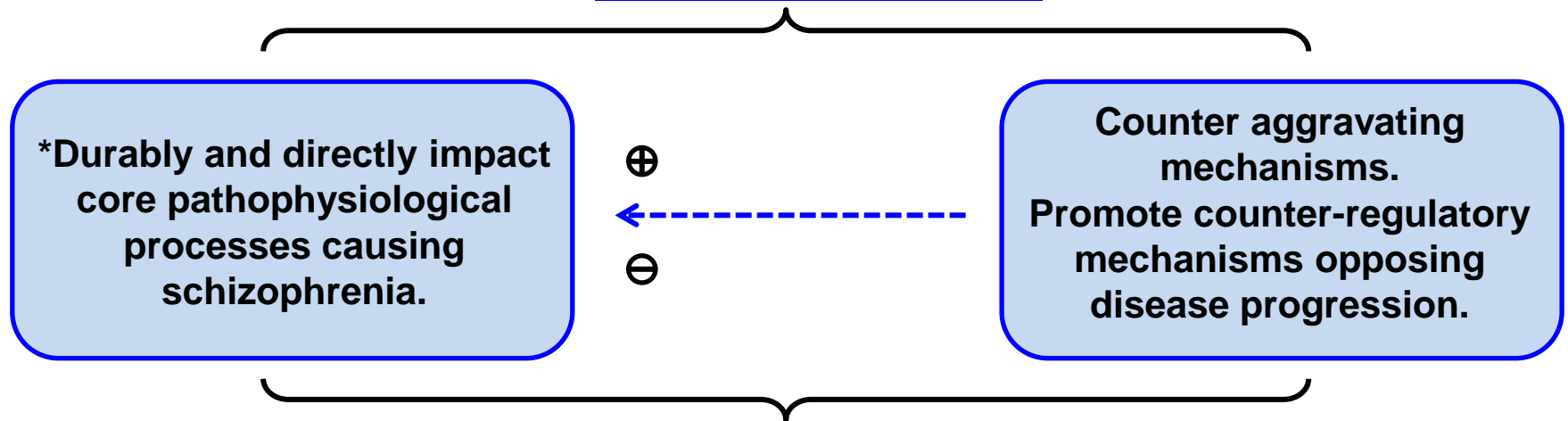
Second-generation agents (1994 on), **risperidone, aripiprazole...** *not* more efficacious.

FROM SYMPTOMATIC TREATMENT TO COURSE-ALTERATION FOR SCHIZOPHRENIA: A NEW WAY OF THINKING

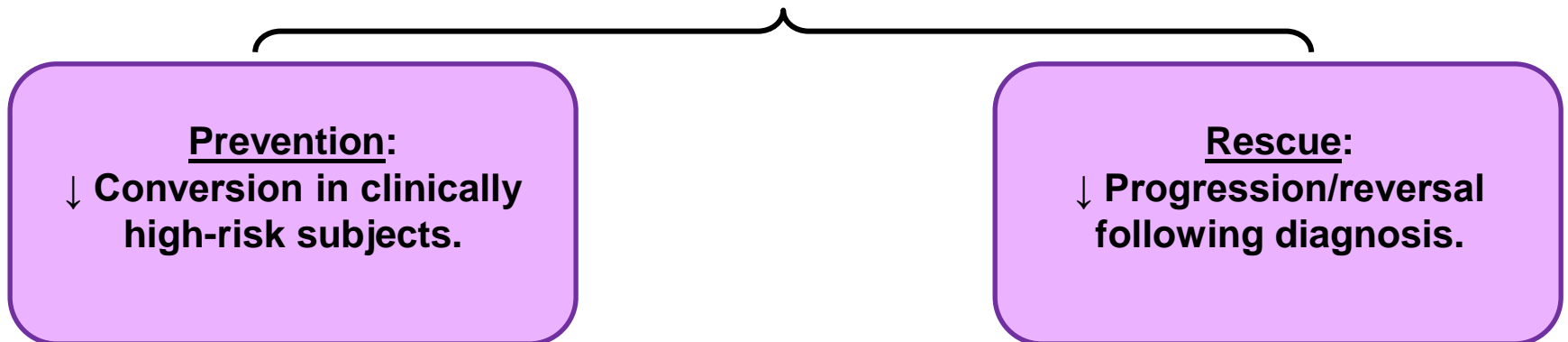
- **Precedents from other domains - “Disease-modification”**
 - Statins for reducing excess cholesterol and risk of cardiovascular disorders.
 - Attempts to block beta-amyloid and progression of Alzheimer’s disease.
 - Rescuing functional (GABA) deficits in autism-related disorders like Down Syndrome.
- **Recent emergence for schizophrenia - “Course-alteration”**
 - Rethinking schizophrenia
Tom Insel (Director of National Inst. Mental Health, US), Nature 2010
 - A new beginning for a broken mind: reversing synaptic dysfunction
Marin and Rico, Neuron, 2013
 - Prediction and prevention of psychosis in youth at clinical high-risk
Stafford MR et al (National Health Service, UK), Br Medical Journal, 2013

DISEASE-MODIFICATION AND COURSE-ALTERATION: GENERAL CONSIDERATIONS

*Disease-modification



Course-alteration



Biomarkers: Readouts of pathophysiological processes

COURSE-ALTERATION AS A POTENTIAL PARADIGM SHIFT FOR SCHIZOPHRENIA:

THREE CRUCIAL AND INTERRELATED ISSUES

WHEN TO TREAT ?

WHOM TO TREAT ?

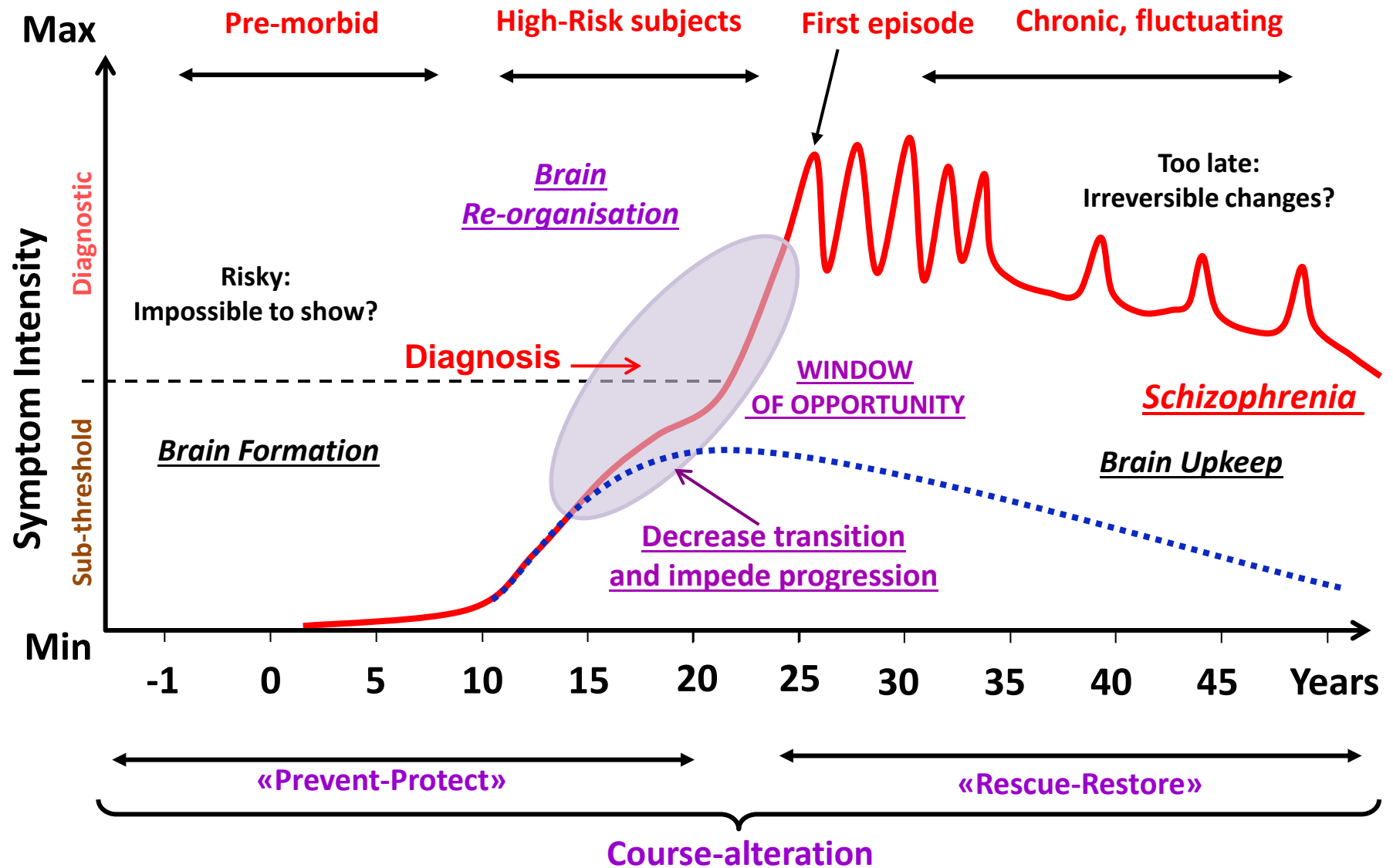
HOW TO TREAT ?

COURSE-ALTERATION AS A POTENTIAL PARADIGM SHIFT FOR SCHIZOPHRENIA :

WHEN TO TREAT ?

AT WHAT PHASE OF THE DISORDER RELATIVE TO DIAGNOSIS ?

COURSE-ALTERATION FOR SCHIZOPHRENIA: WHEN TO TREAT ?

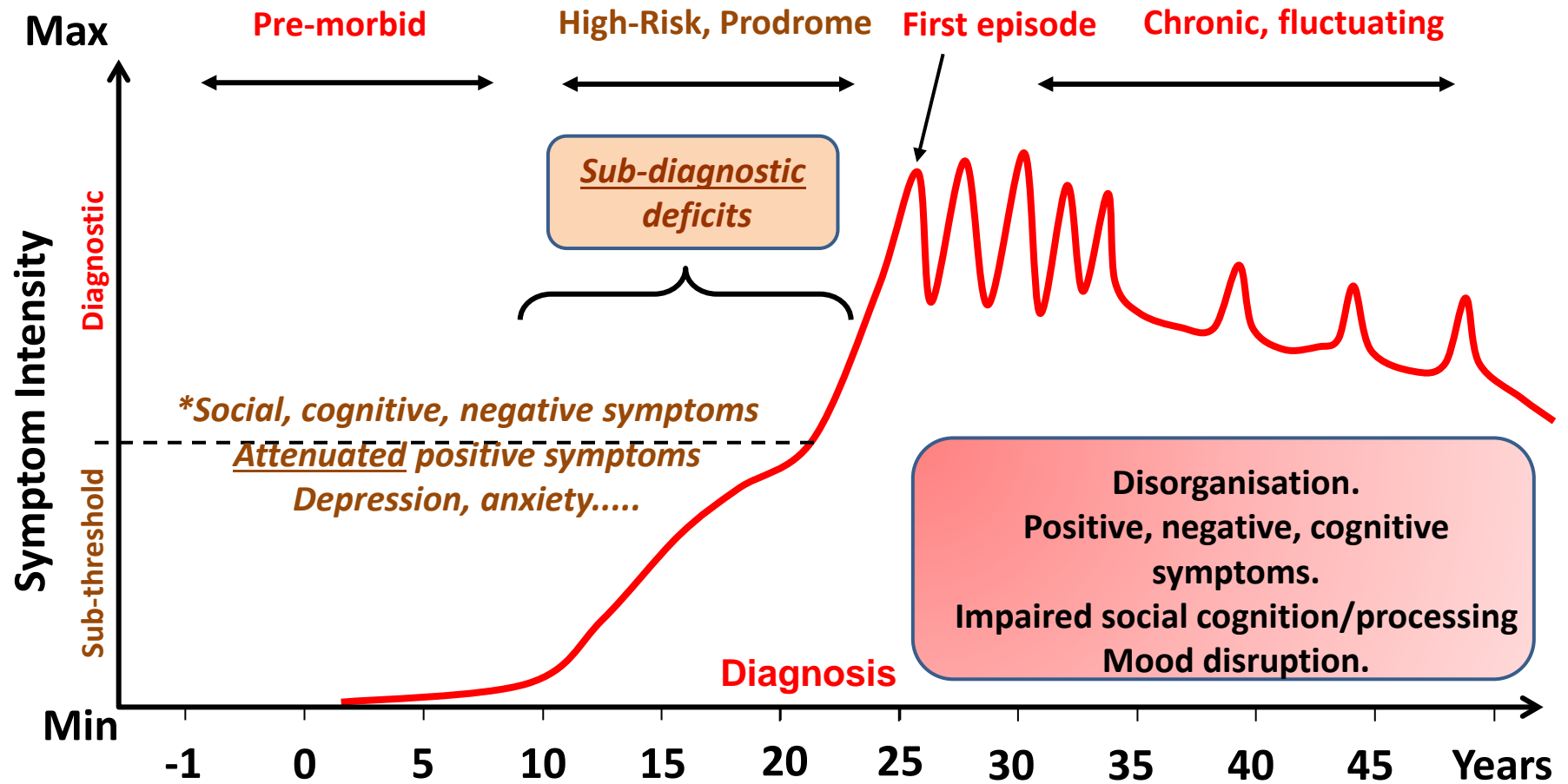


COURSE-ALTERATION AS A POTENTIAL PARADIGM SHIFT FOR SCHIZOPHRENIA :

WHOM TO TREAT ? !

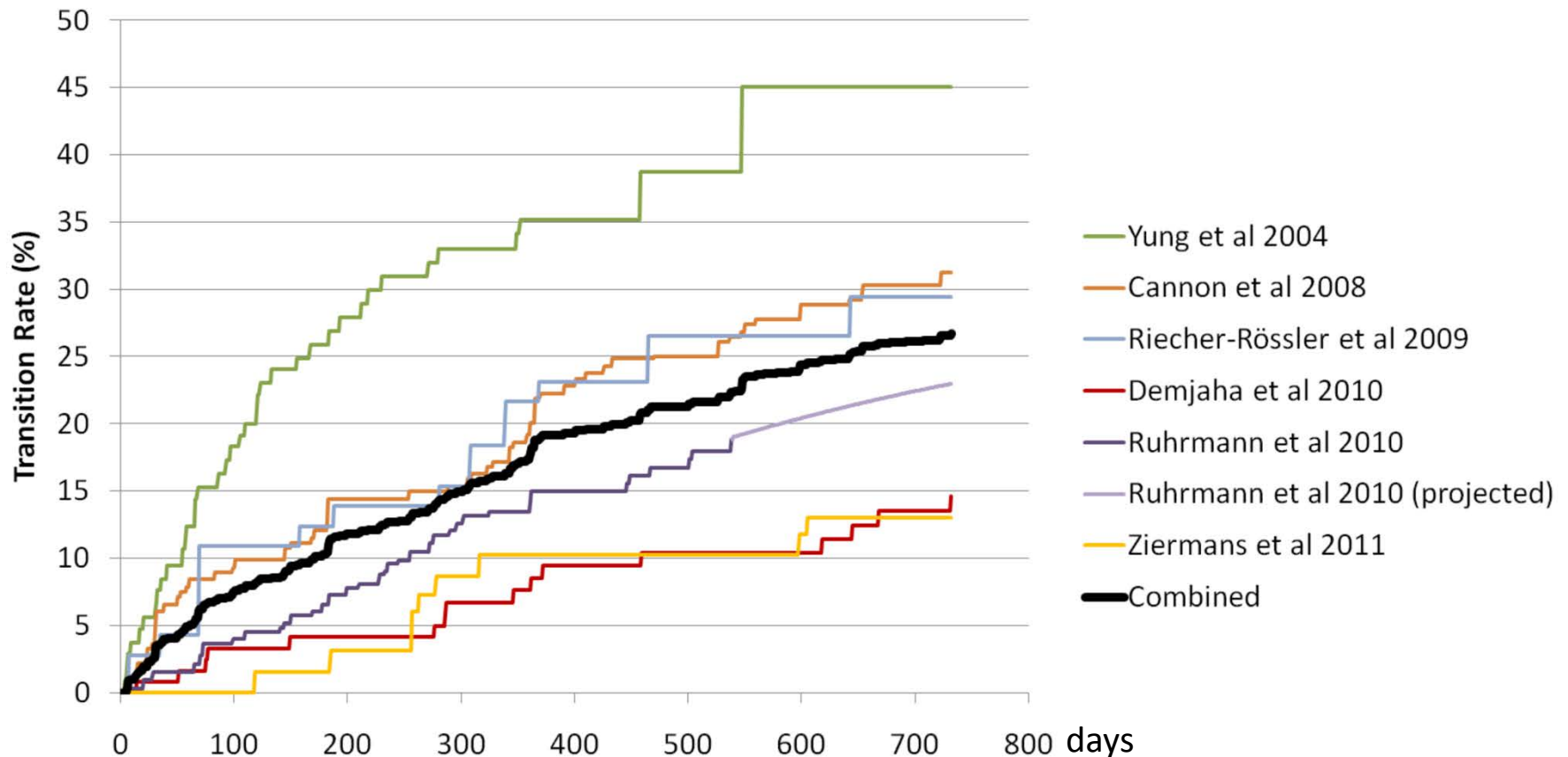
HOW TO IDENTIFY PEOPLE AT HIGH RISK ?

COURSE-ALTERATION FOR SCHIZOPHRENIA: PEOPLE AT HIGH RISK SHOW MODEST SYMPTOMS *PRIOR* TO DIAGNOSIS



TRANSITION OVER TIME IN HIGH-RISK PEOPLE: ONLY A THIRD CONVERT TO SCHIZOPHRENIA WITHIN 2-5 YEARS

Meta-analysis of Kaplan-Meier estimates of transition from High-Risk state (n = 984).



Another third transit to depression, bipolar depression, anxiety....

Fusar-Poli P. et al, Arch Gen Psy, 2012

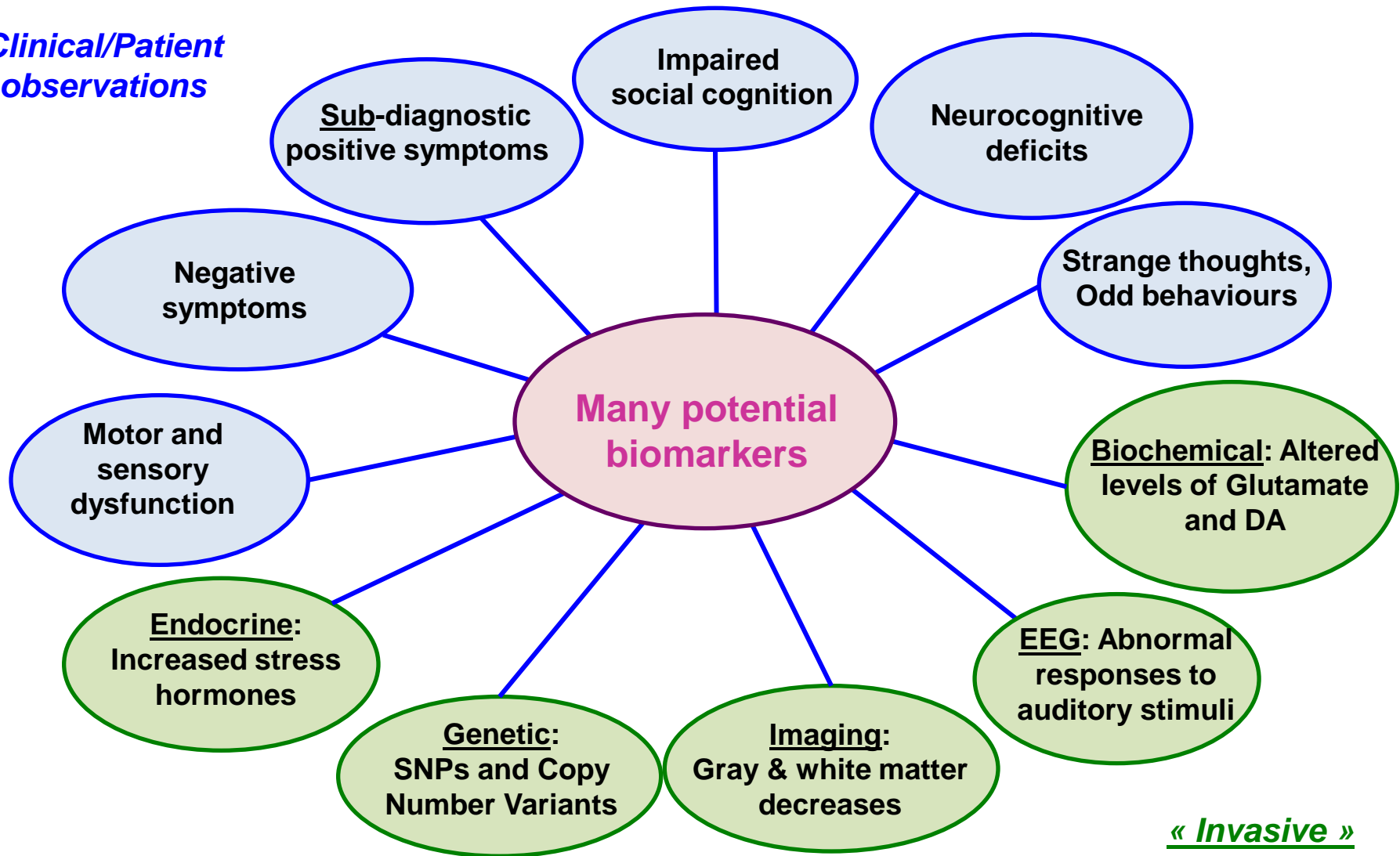
“COURSE-ALTERATION” AS A POTENTIAL PARADIGM SHIFT FOR SCHIZOPHRENIA :

WHOM TO TREAT ? II

***ARE THERE RELIABLE BIOMARKERS
PREDICTING CONVERSION TO SCHIZOPHRENIA?***

DIVERSE READOUTS FOR PREDICTING RISK OF TRANSITION TO SCHIZOPHRENIA

Clinical/Patient observations

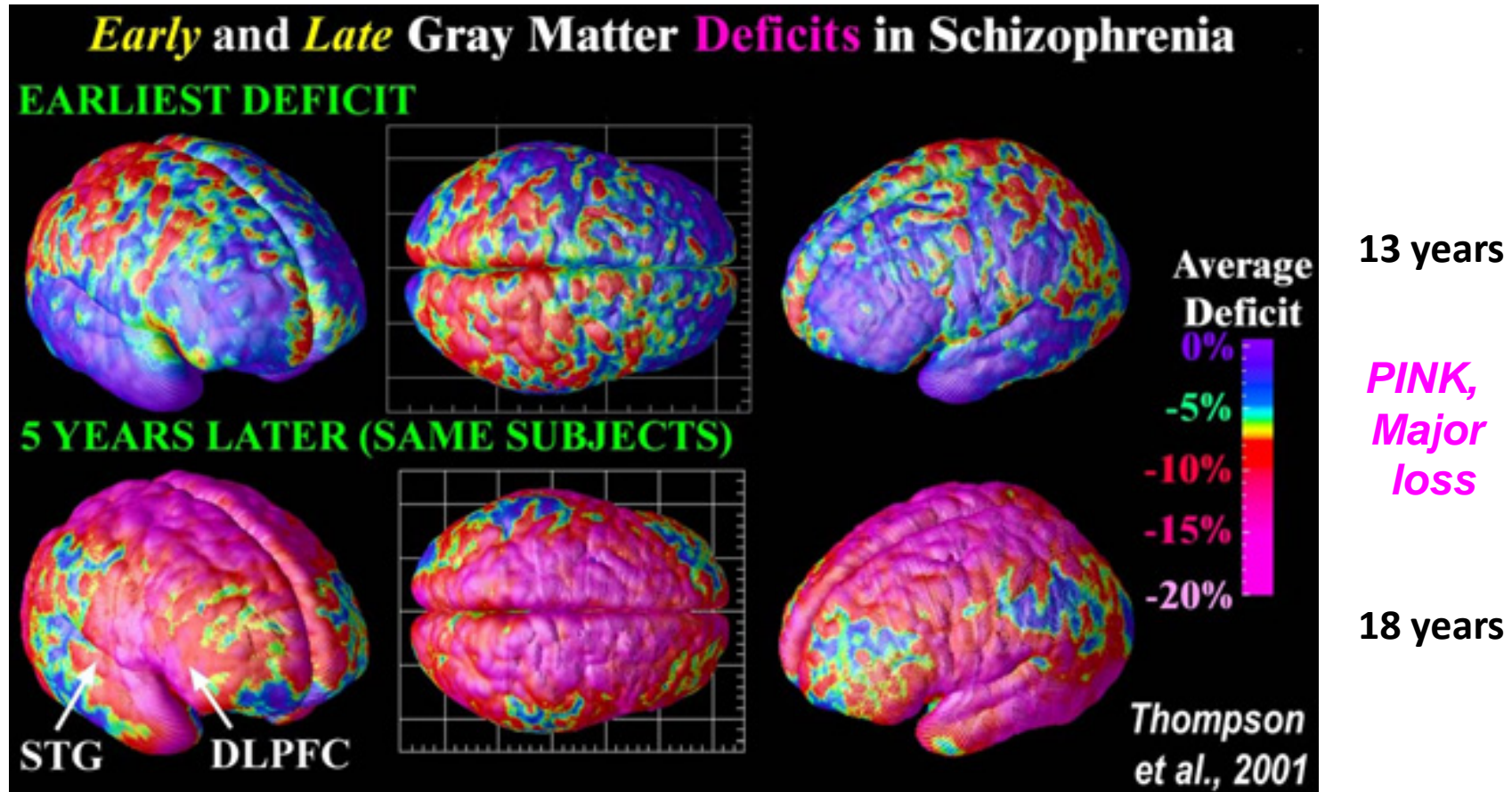


*« Invasive »
measures*

PROGRESSIVE LOSS OF GRAY MATTER IN SCHIZOPHRENIA: THE EXAMPLE OF EARLY-ONSET CASES

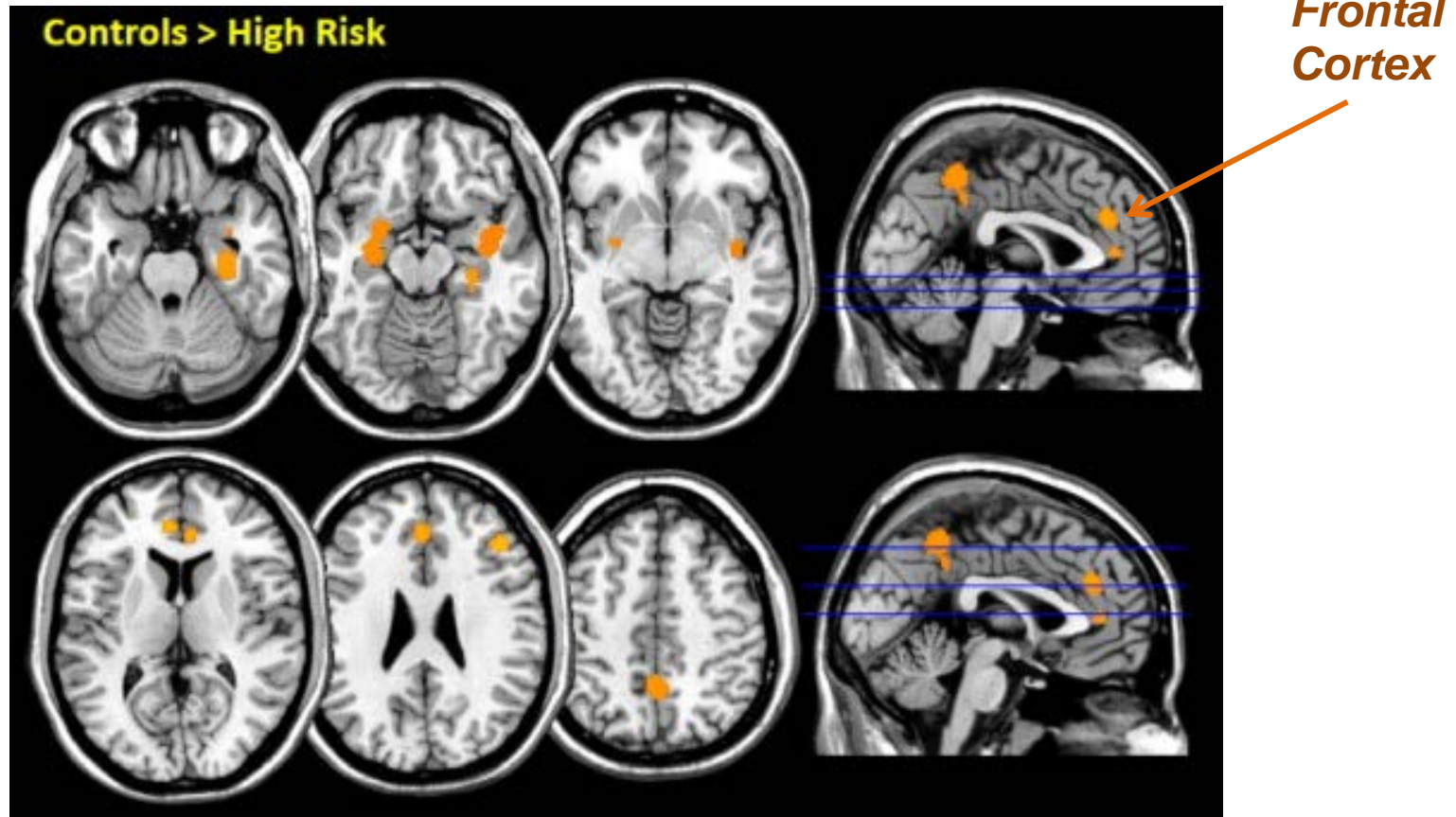
Magnetic Resonance Imaging

Differences to normal, young subjects



STG, Superior temporal gyrus; DLPFC, Dorsolateral prefrontal cortex

DECREASES IN CEREBRAL GRAY MATTER VOLUME IN HIGH-RISK VERSUS CONTROL SUBJECTS



Differences in volume in temporal, frontal and parietal cortex, also hippocampus.

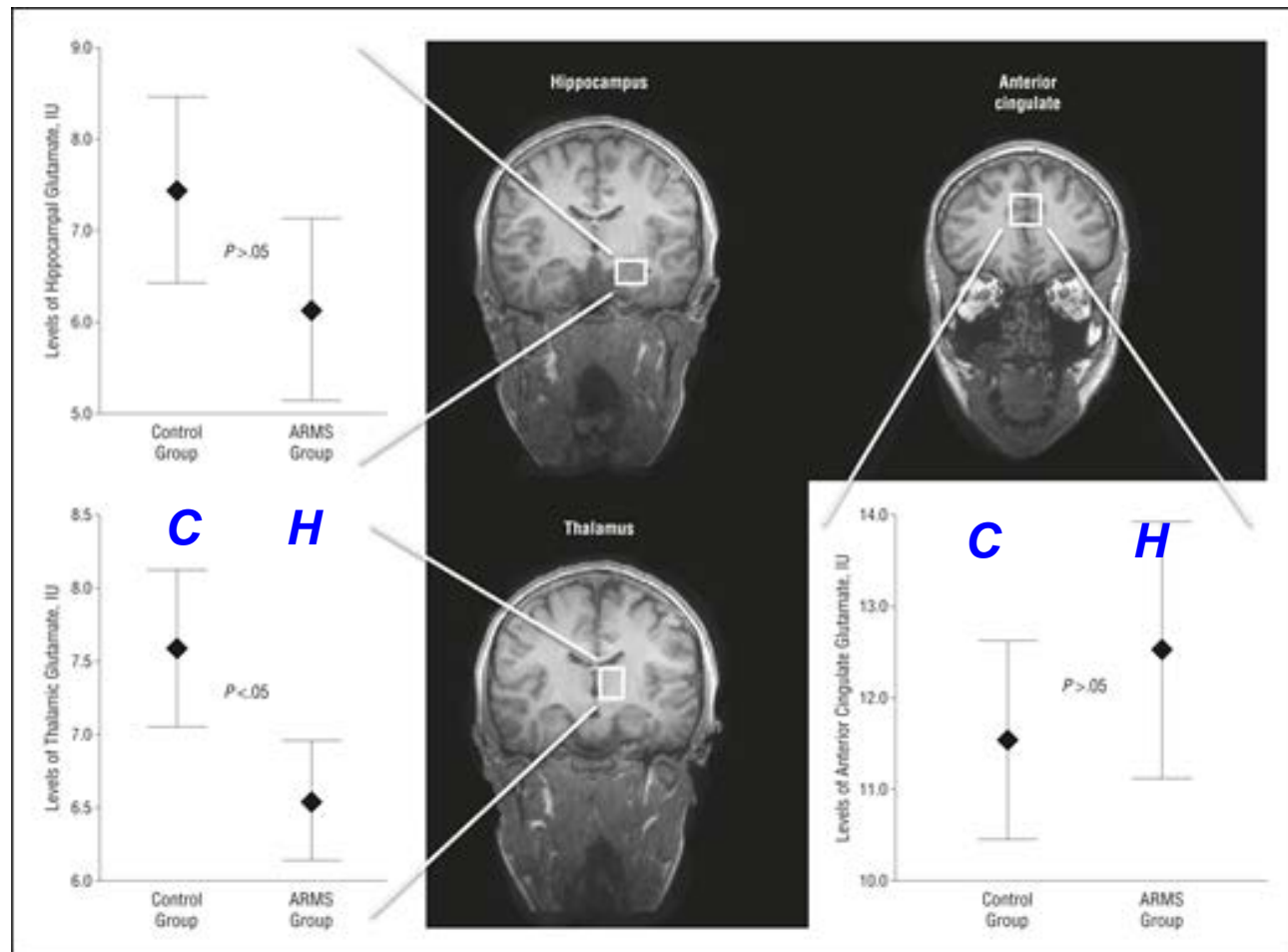
Magnetic Resonance Imaging, Meta-Analysis

ALTERATIONS IN CEREBRAL LEVELS OF GLUTAMATE IN HIGH-RISK (H) *VERSUS* CONTROL (C) SUBJECTS

Hippocampus

Cingulate
cortex

Robust
decrease in
Thalamus

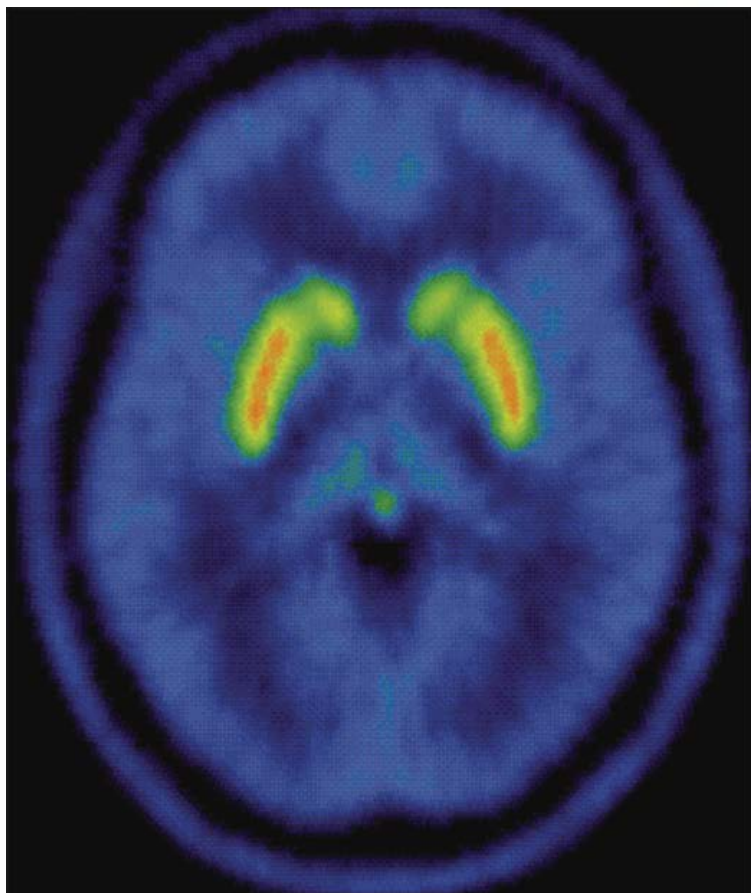


Left - Control
Right - High-Risk

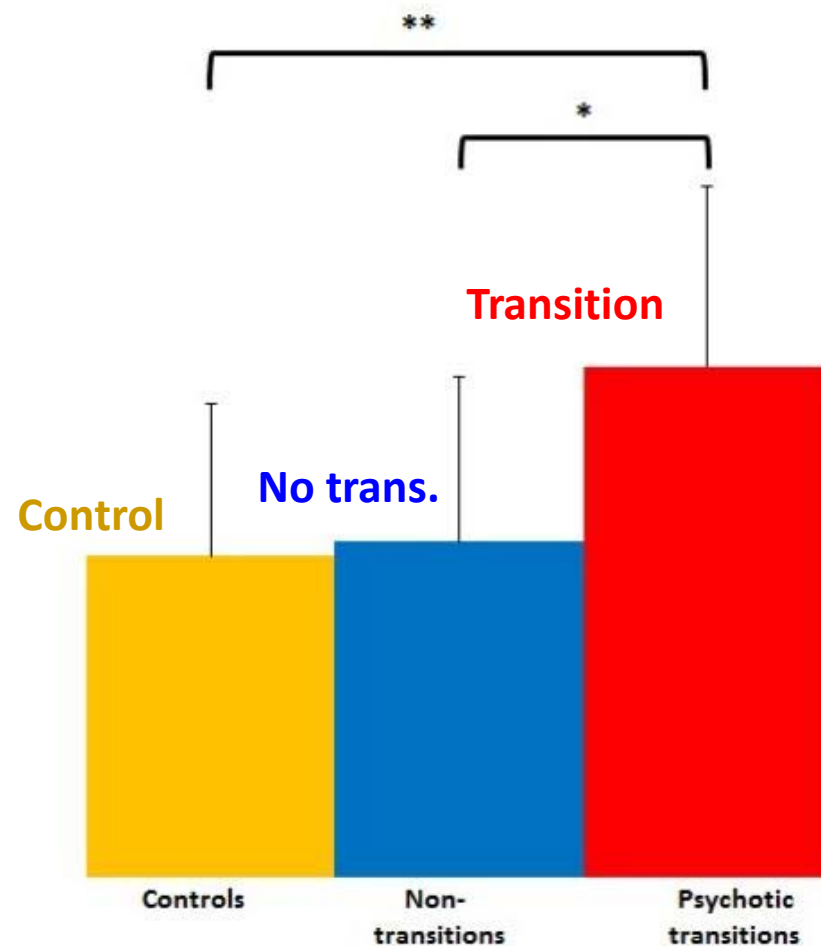
MAGNETIC RESONANCE SPECTROSCOPY

INCREASED STRIATAL DOPAMINE SYNTHESIS IN HIGH-RISK *VERSUS* CONTROL SUBJECTS

Visualisation of DA synthesis
(^{18}F -DOPA, PET imaging)

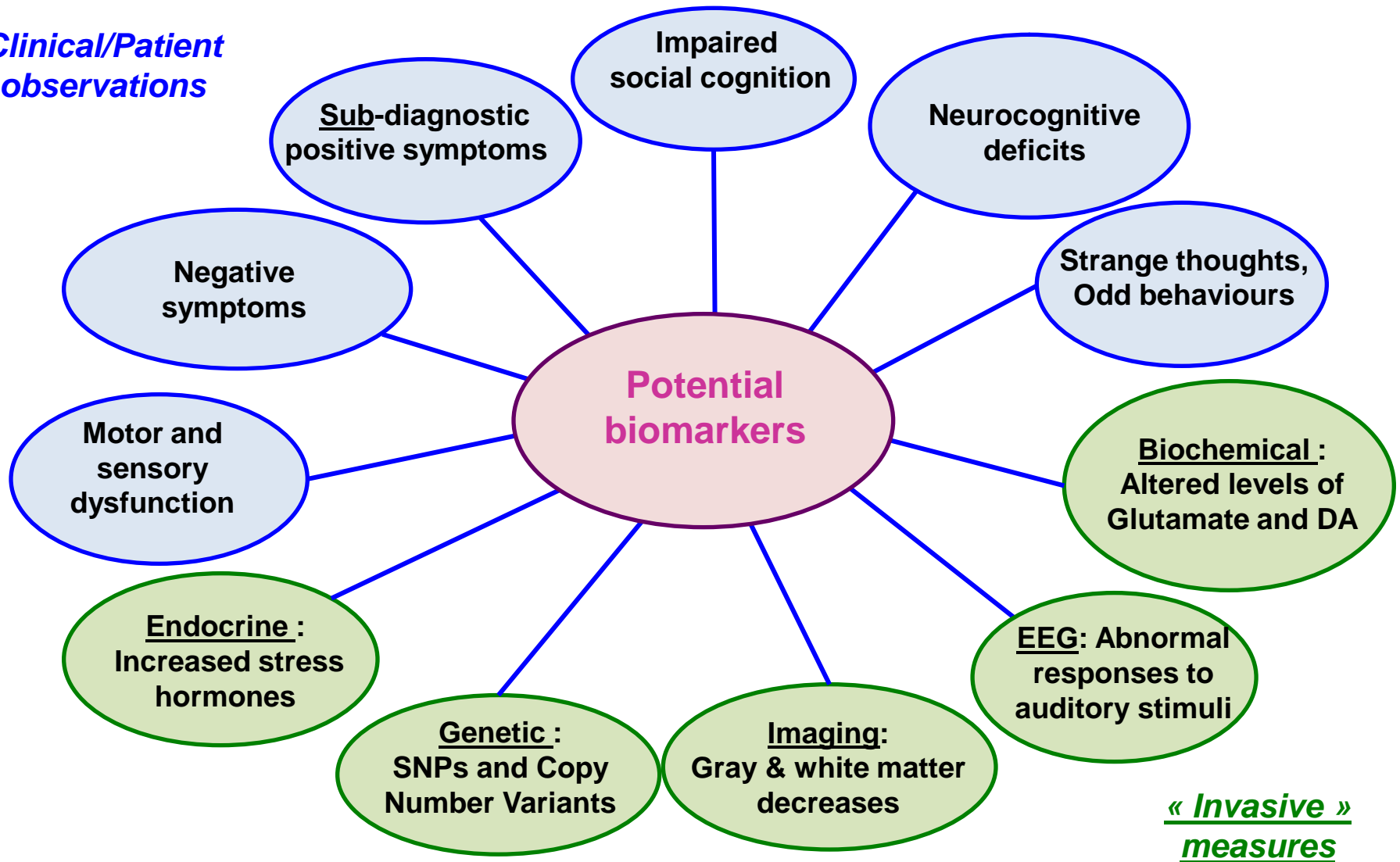


Increased DA turnover correlates
with transition to Schizophrenia



DIVERSE READOUTS FOR PREDICTING RISK OF TRANSITION TO SCHIZOPHRENIA

Clinical/Patient observations



Multi-modal strategies increase accuracy and specificity

5/1/2015 6:11 AM + Life-Style (Cannabis, stress, isolation)

Up to 70%
accuracy

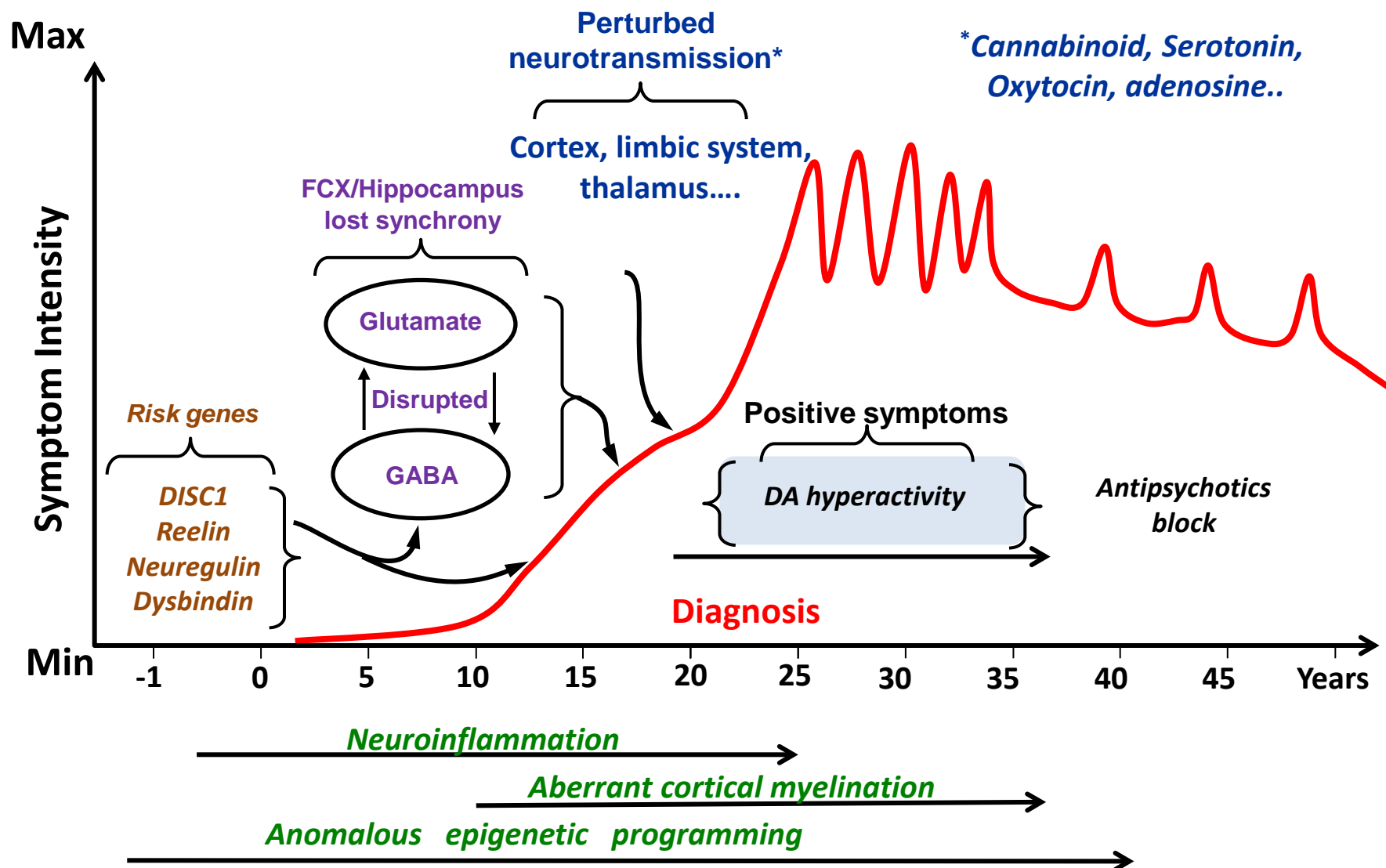
23
Suzuki, 21 April, 2015

“COURSE-ALTERATION” AS A POTENTIAL PARADIGM SHIFT FOR SCHIZOPHRENIA :

**HOW TO TREAT ?
THE TOUGHEST CHALLENGE OF ALL !**

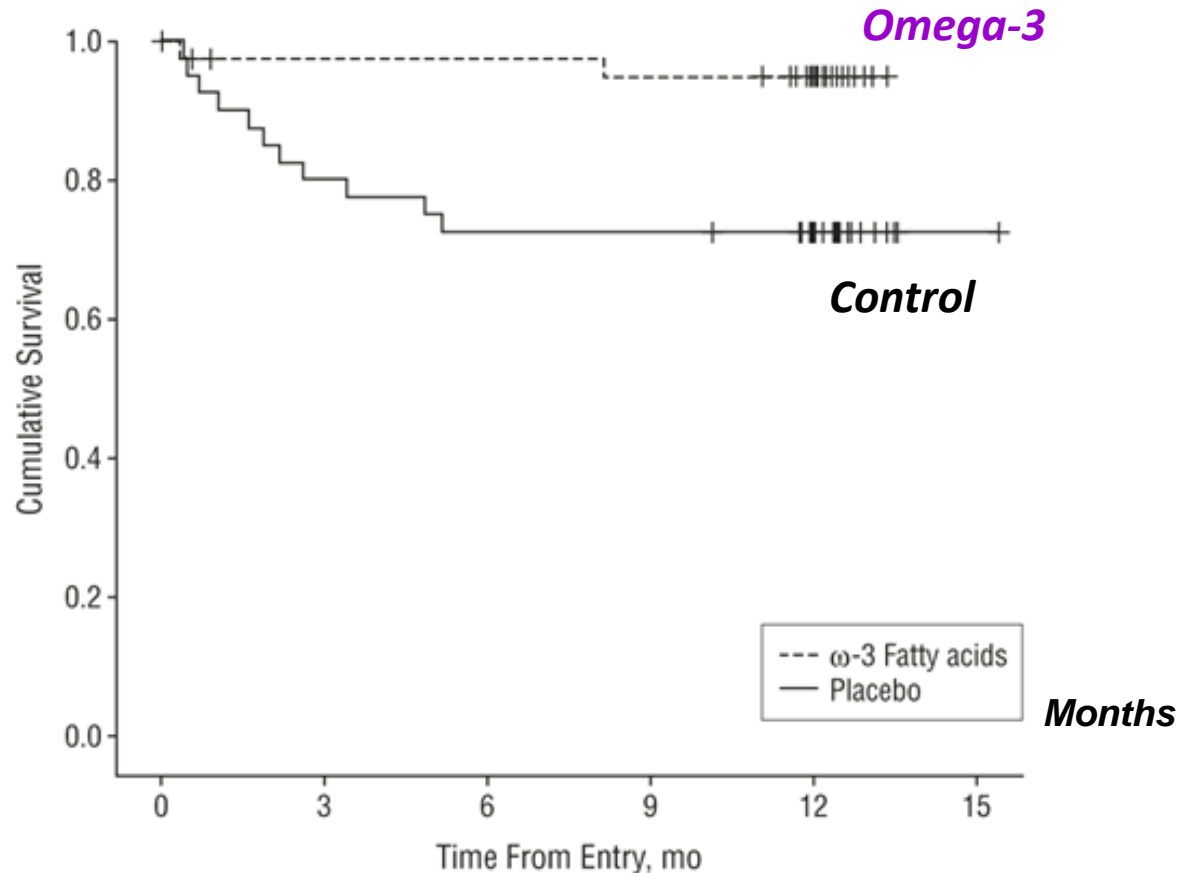
Clinical and pre-clinical studies

ANOMALIES IMPLICATED IN SCHIZOPHRENIA: MANY POTENTIAL TARGETS FOR COURSE-ALTERATION



LONG-CHAIN OMEGA-3 (ω -3) FATTY ACIDS REDUCE TRANSITION TO PSYCHOSIS UPON ADMINISTRATION TO HIGH-RISK SUBJECTS

Multi-target influence on myelination, glutamatergic transmission, inflammation....

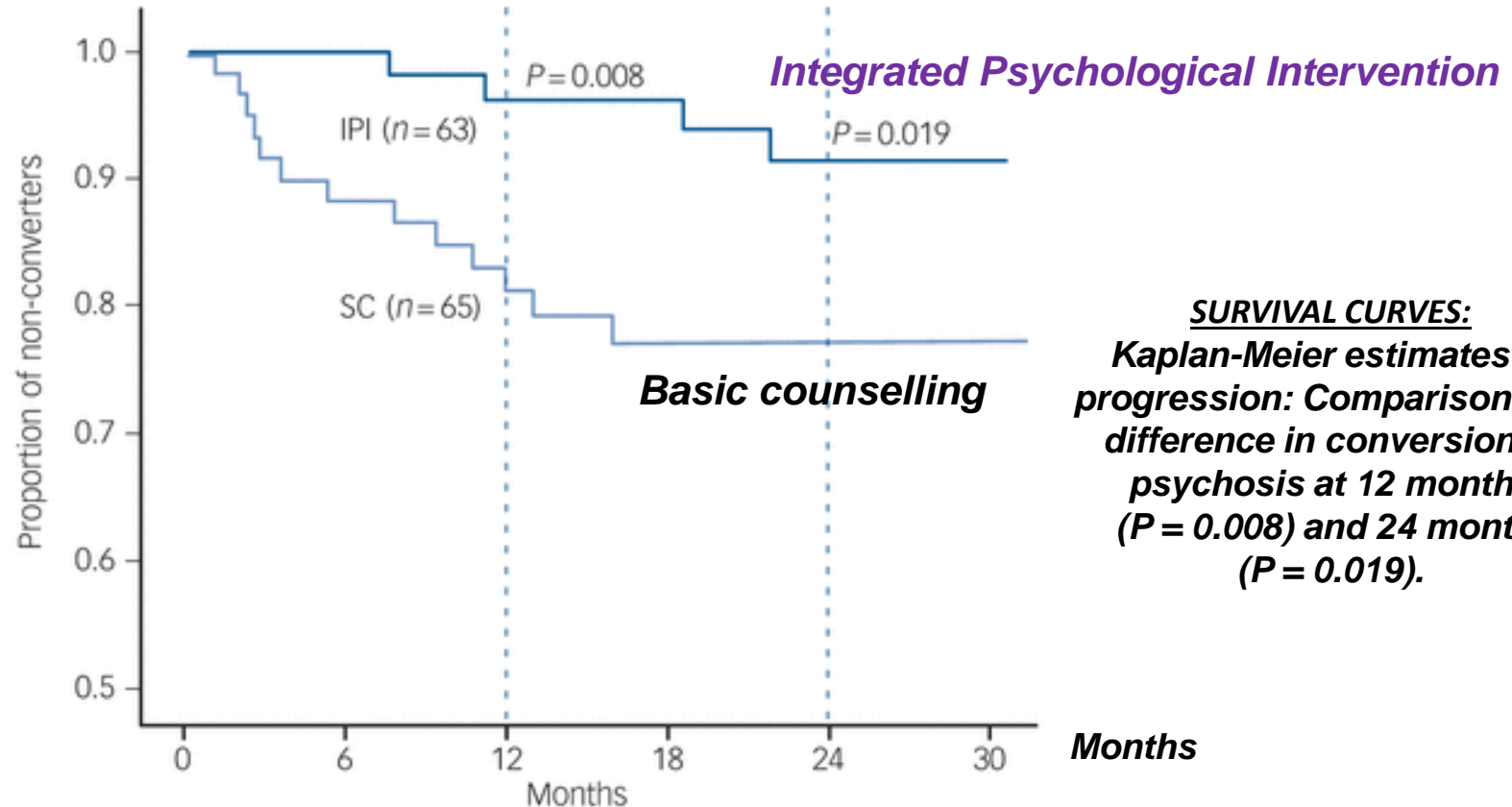


SURVIVAL CURVES:

Kaplan-Meier estimates of risk of transition from the at-risk state to psychosis in patients on ω -3 fatty acids vs placebo (P = .007 by log-rank test).

3 months: 1.2 g Omega-3 polyunsaturated fatty acids/day

INTEGRATED PSYCHOLOGICAL INTERVENTION REDUCES PROGRESSION TO PSYCHOSIS IN HIGH-RISK SUBJECTS VS “BASIC COUNSELLING”.



SURVIVAL CURVES:
Kaplan-Meier estimates of progression: Comparisons for difference in conversion to psychosis at 12 months ($P = 0.008$) and 24 months ($P = 0.019$).

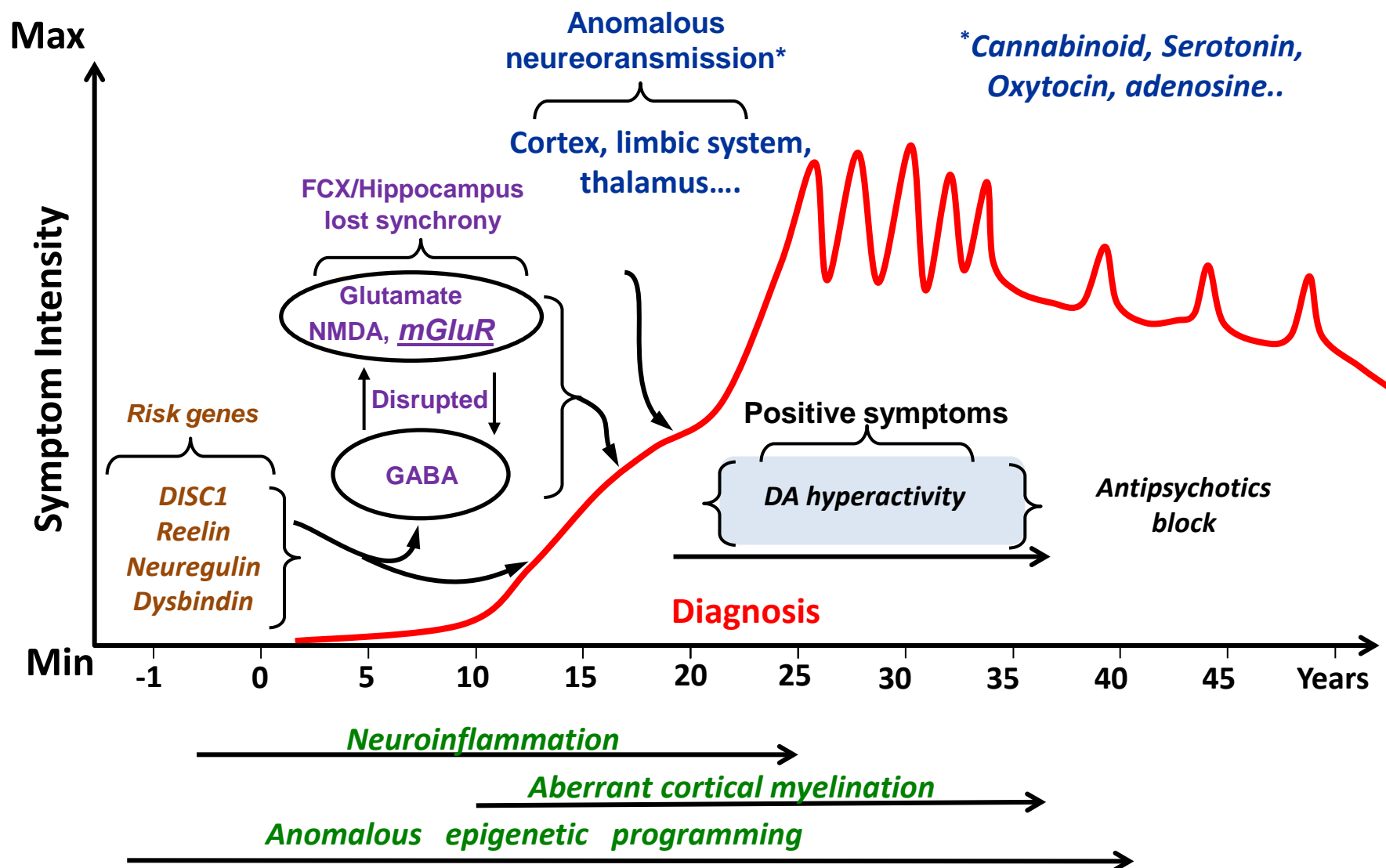
Individual and family-based therapy for improving social skills, mental state, and cognitive status etc

Bechdolf, A et al., Br J Psy 2012

CLINICAL STUDIES OF COURSE-ALTERING THERAPY FOR REDUCING TRANSITION TO SCHIZOPHRENIA: OVERVIEW

- **Meta-analysis of nine studies for delaying conversion in high-risk subjects: significant overall effectiveness (Fusar-Poli P. et al, Am J Psychiatry, 2013).**
- **For individual drugs:**
 - Risperidone and olanzapine - data not significant and risk of side-effects.
 - **Omega-3 data - delayed transition exceeded treatment period.**
 - **Cognitive-behavioural/psychological interventions - effective in several studies.**
- **Collectively: Preventative “course-altering” treatments for schizophrenia:**
 - Can be clinically-evaluated.
 - Can delay onset.
 - Can reduce pre-transition, sub-diagnostic symptoms.
- **Need for further studies!! Both clinical and experimental.**

ANOMALIES IMPLICATED IN SCHIZOPHRENIA: MANY POTENTIAL TARGETS FOR COURSE-ALTERATION



RODENT MODELS FOR STUDYING COURSE-ALTERATION IN SCHIZOPHRENIA: PRE-SYMPTOMATIC INTERVENTIONS

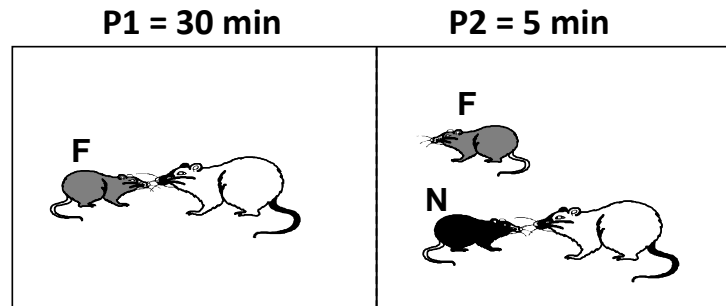
- Many models *for* schizophrenia - genetic and developmental, conception to adolescence.
- Many possible readouts (behavioural, structural, biochemical.....).

Focus today on:

- One model: neonatal exposure to Phencyclidine (“Angel-dust”) - disrupts brain development
- One readout: disrupted social discrimination, a measure of social cognition.
- One treatment mechanism - activation of mGluR5 receptors*.

****mGluR5 receptors promote synaptic plasticity and are impacted by events leading to schizophrenia.***

A MEASURE OF SOCIAL COGNITION IN RODENTS: SOCIAL NOVELTY DISCRIMINATION TEST



Novelty discrimination index
(NDI) = N/F

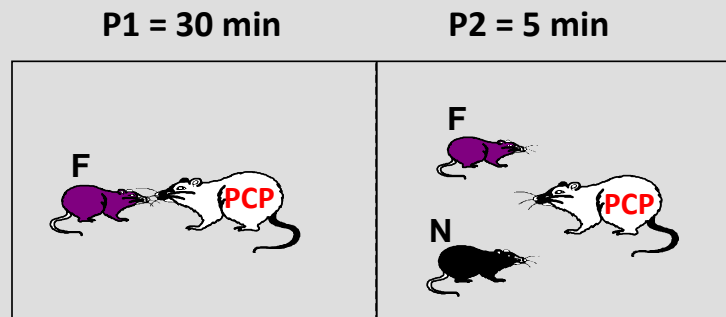
Interaction duration (sec)

P2N > P2F

F: Familiar
N: Novel } Juvenile

*Neonatal exposure to Phencyclidine (PCP)
(10 mg/kg, s.c., days 7, 9 and 11)*

TEST

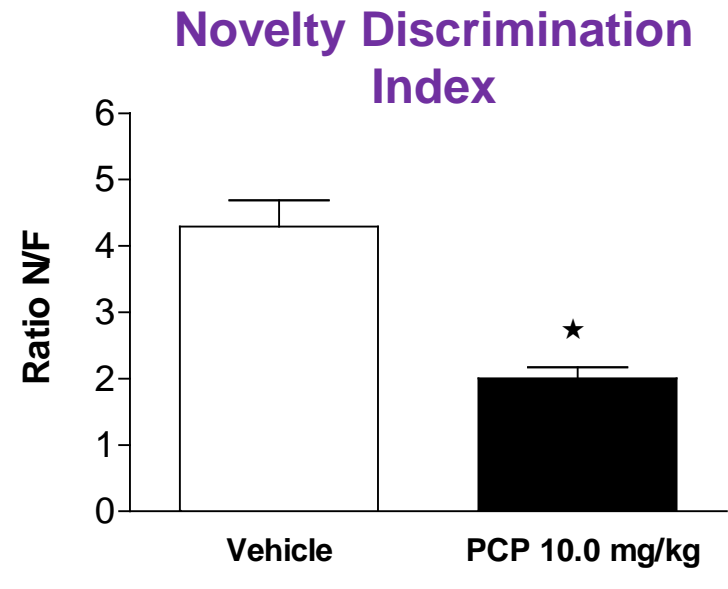
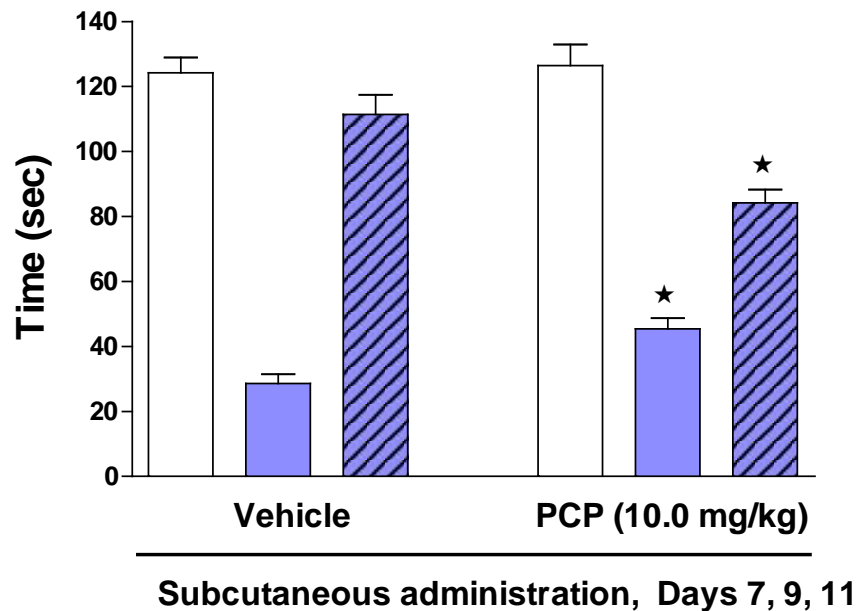


DIMINISHED DISCRIMINATION

**P2N \geq P2F
NDI (N/F) DECREASED**

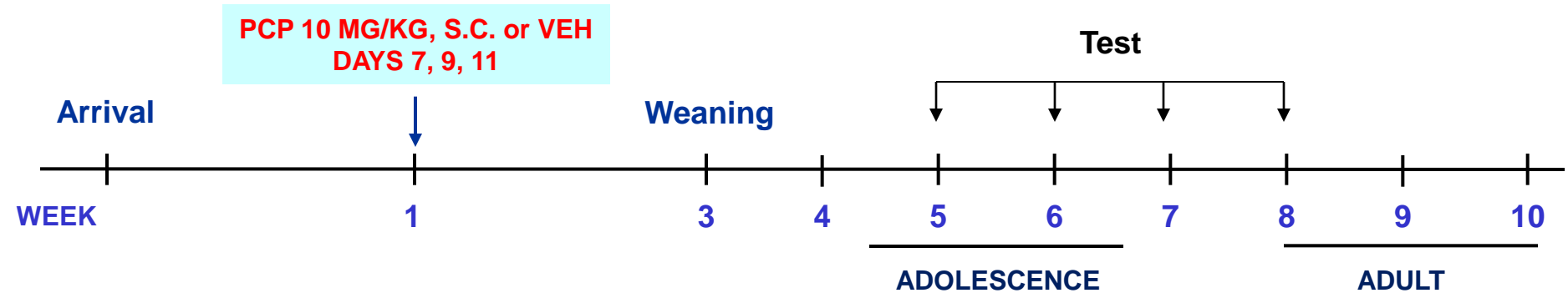
NEONATAL PCP MODEL OF SCHIZOPHRENIA: DISRUPTION BY SOCIAL NOVELTY DISCRIMINATION IN ADULTS

□ P1 One juvenile
■ P2 Familiar juvenile
▨ P2 Novel juvenile

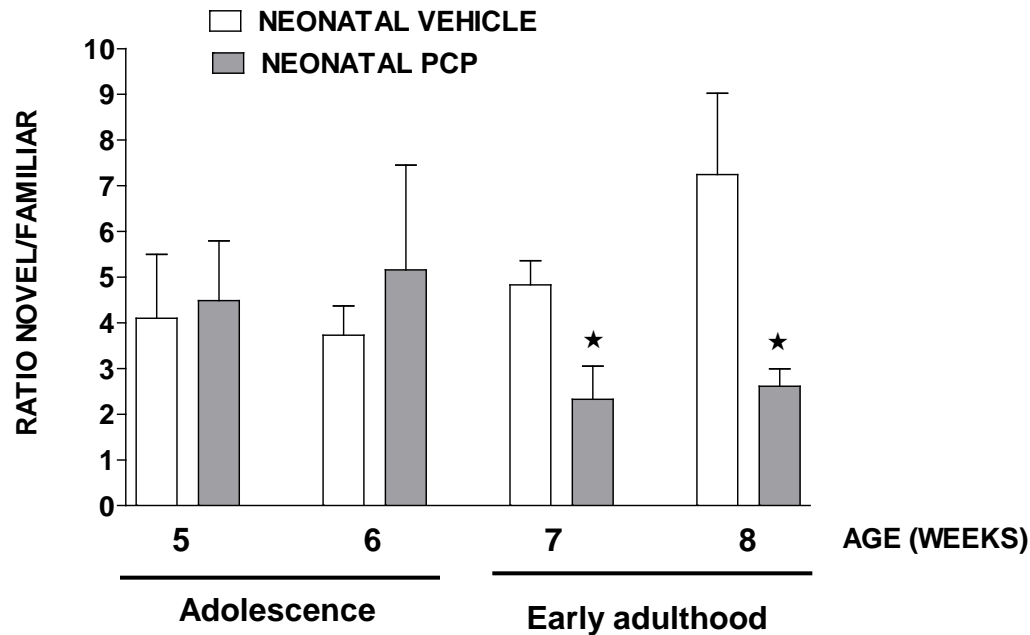


Neonatal PCP induces a deficit in «Social Cognition» in adult rats.

DEFICIT IN SOCIAL NOVELTY DISCRIMINATION INDUCED BY NEONATAL PCP: YOUNG ADULT ONSET



Time-course of deficit



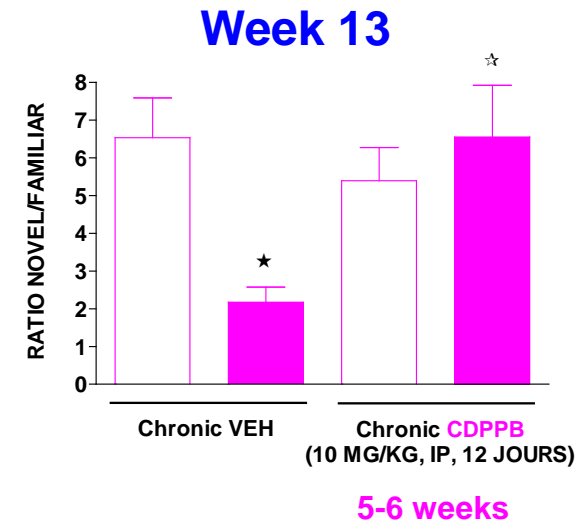
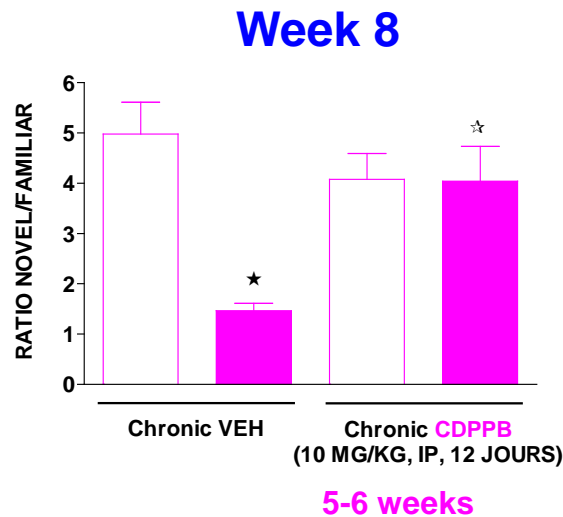
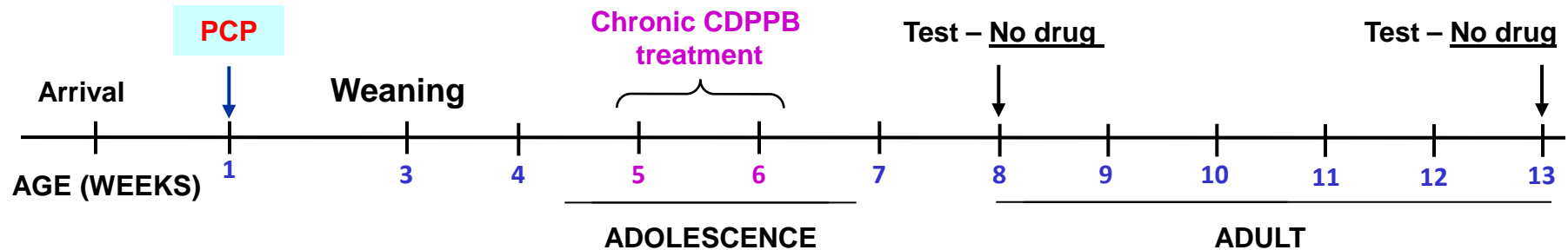
Emergence of social cognitive deficits in young adults (resembling patients)

Can disruption be prevented?

mGluR5
receptor activation

PREVENTION BY mGluR5 RECEPTOR ACTIVATOR OF SOCIAL COGNITION DEFICIT INDUCED BY NEONATAL PCP

Chronic administration during adolescence
Measurement in adults *after* stopping drug



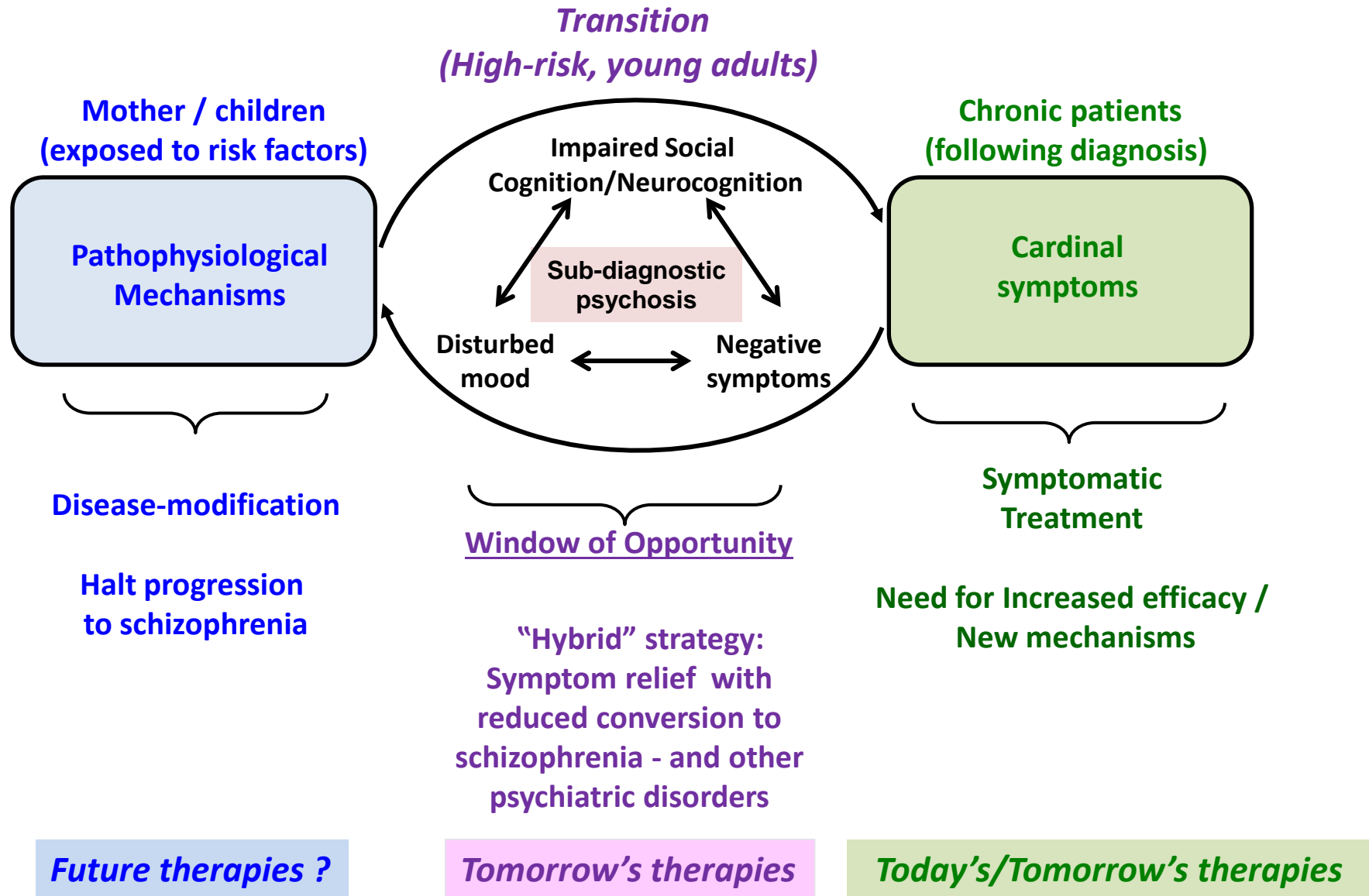
Sustained preventative action of adolescent mGluR5 stimulation -
blocks emergence of social cognition deficit.

EXPERIMENTAL STUDIES IN RODENTS OF COURSE-ALTERING THERAPY FOR SCHIZOPHRENIA: SUMMARY

- Sustained mGluR5 receptor activation during adolescence before symptoms prevents onset of impaired social cognition in a developmental model for schizophrenia.
- Treatment *not* effective if given to adults *after* appearance of symptoms.
- More than 20 studies of diverse agents (epigenetic modulators, anti-inflammatory agents, antidepressants..): prevention of adult onset of symptoms.

These experimental data support clinical work suggesting early “course-altering” treatment can delay or prevent transition to schizophrenia.

COURSE-ALTERATION FOR PREVENTION OF SCHIZOPHRENIA: STRATEGIC OVERVIEW AND COMPARISON TO SYMPTOMATIC CONTROL



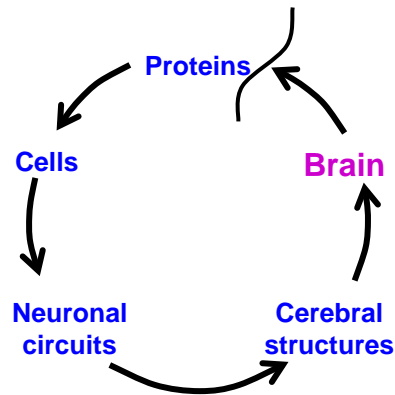
ALTERING THE COURSE OF SCHIZOPHRENIA: PARALLELS TO OTHER DOMAINS:

ECOSYSTEM DEGRADATION IS A THREAT TO HUMAN MENTAL HEALTH

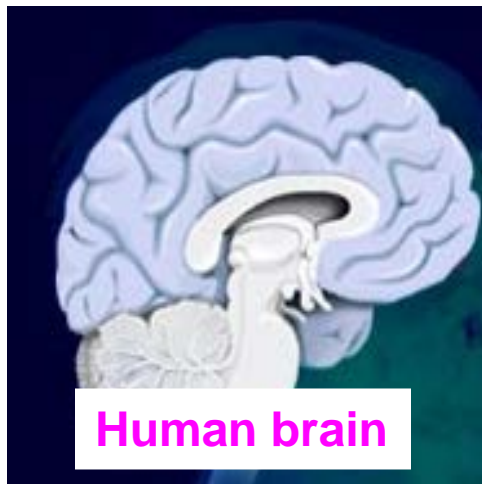
*Early course-altering strategies to protect
threatened ecosystems.*



HUMAN BRAIN AND (BRAIN) CORALS: PARALLELS ON MULTIPLE SPATIAL (AND TEMPORAL) SCALES



Social communities



Human brain

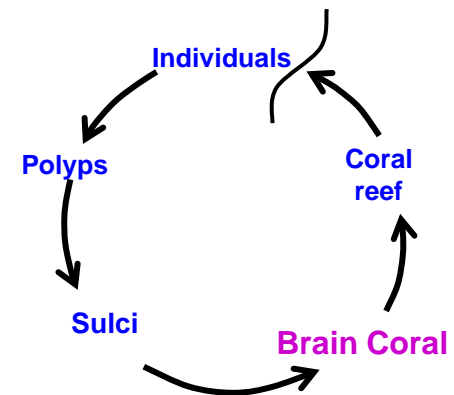
Common principles of
organisation and
operation

Common threats:

Multiple impacts provoke
irreversible
disease/network-shifts

Common course-altering
strategies:

Prevention/early intervention



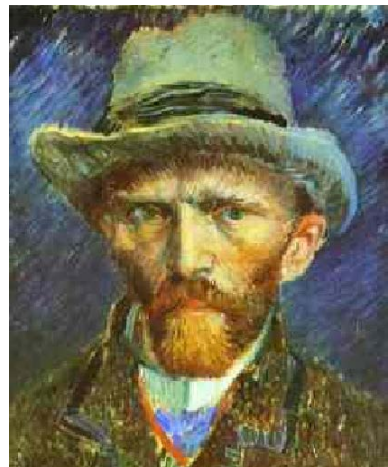
Marine ecosystems



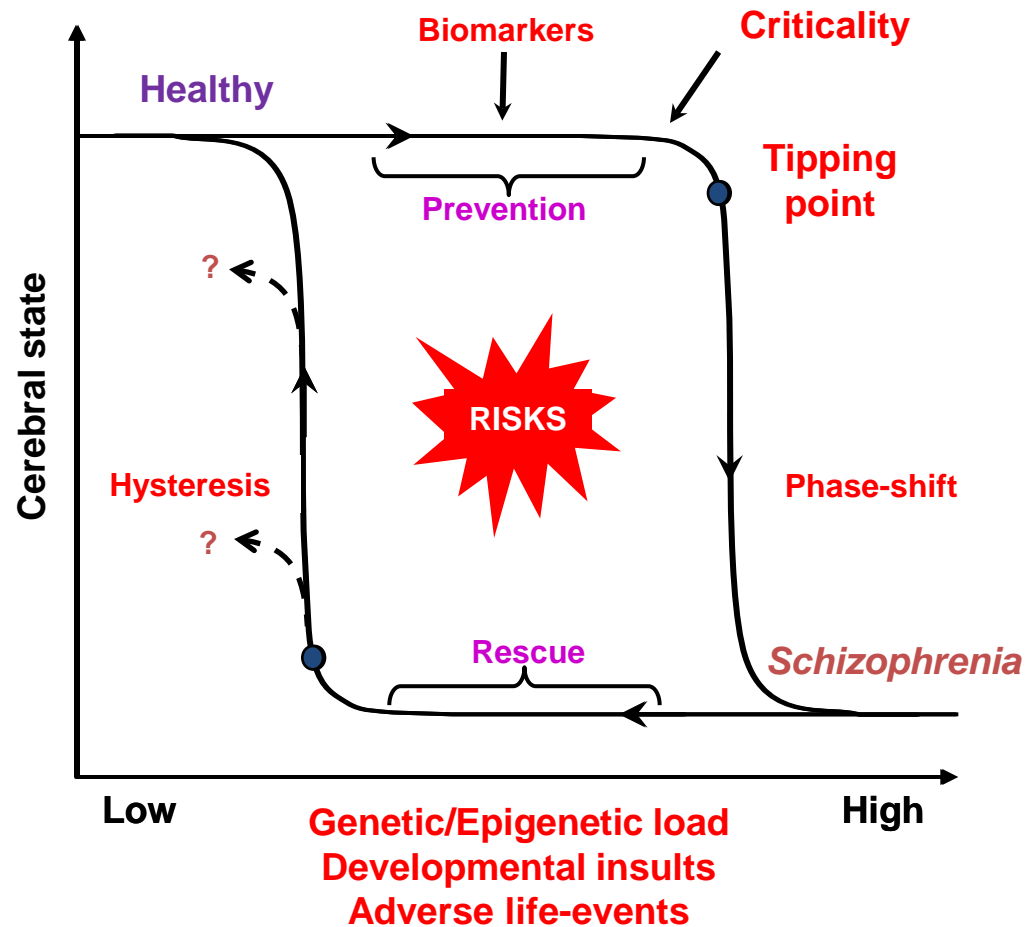
Brain coral

MULTIPLE RISK FACTORS PROVOKE TRANSITION TO SCHIZOPHRENIA: NEED FOR COURSE-ALTERING STRATEGIES

Healthy



Sick

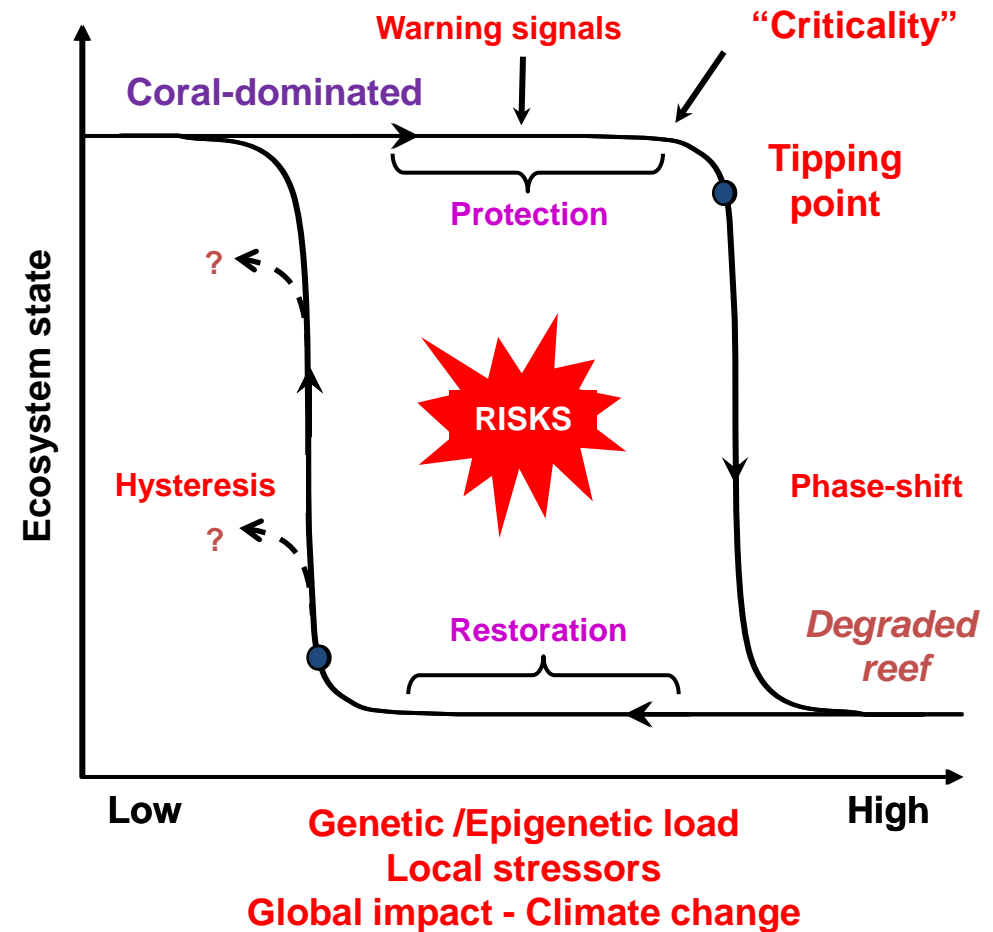
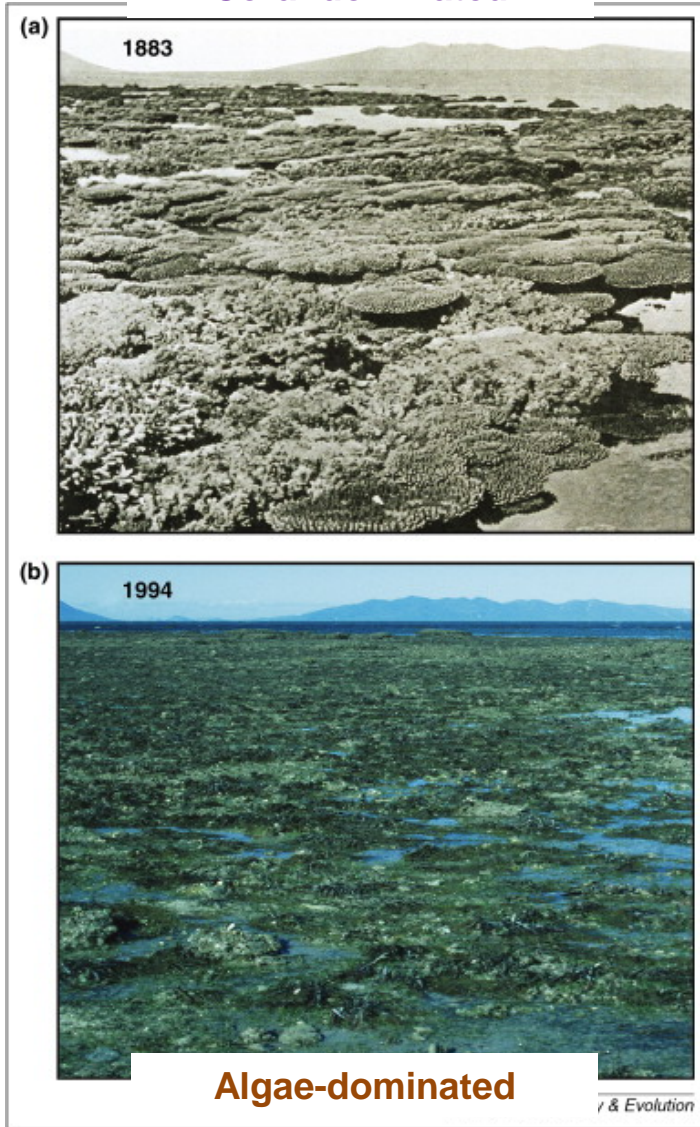


Multiple Risk Factors: Inherited, conception, childhood, adolescence.....

Millan, M.J., in press

MULTIPLE (NATURAL AND ANTHROPOLOGICAL) FACTORS DEGRADE ECOSYSTEMS: NEED FOR COURSE-ALTERING STRATEGIES

Coral-dominated



Multiple stressors: Hurricanes, nutrient outflow, sea-surface warming, over-fishing....

MANY THANKS TO:

- You for this kind invitation !!!!!!!
- Cambridge University - Gonville & Caius College, Dept of Zoology
- Max-Plank Institute for Psychiatry, Munich*.
- Institute de Recherches Servier, Paris*.

****Many gifted, dedicated and highly-skilled internal and external co-workers too numerous to mention !!***

ALTERING THE COURSE OF SCHIZOPHRENIA: CHALLENGES AND OPPORTUNITIES

CORE MESSAGES OF PRESENTATION

Course-alteration for Schizophrenia:

- Chronic, debilitating, costly: need for better symptomatic medication.
- New concept of course-alteration : prevention and interruption of progression.
- Window of Opportunity: stopping conversion in young people at high-risk.

Clinical data:

- Improved procedures for identifying subjects at risk of developing schizophrenia.
- Transition can be delayed in high-risk young - Omega-3 and psychotherapies.
- Control of sub-diagnostic symptoms may itself reduce conversion (“hybrid” strategy).

Experimental data:

- Treatment of adolescent rodents *blocks* adult appearance of schizophrenia-like symptoms.
- Diverse interventions effective - pharmacological and behavioural.

Perspectives and Conclusions

- Course-alteration for schizophrenia: major challenge but rapid progress and long-term optimism !
- We live in service-providing *ecosystems*: protection critical to reduce risk of mental health disorders.

What is the ECNP?

- Independent, non-governmental, scientific association
- For the science and treatment of disorders of the brain
- Brings together European scientists and facilitates information-sharing
- Spurs new discoveries in basic, applied and translational neuroscience

Our mission:

To advance the science of the brain, to promote brain health, and to improve the treatment of brain disorders

Output at a glance

- **More than 20 scientific meetings held every year**
 - All aspects of brain function and dysfunction.
 - Brings together 5,000 researchers and psychiatrists for exchange
- **A major journal, European Neuropsychopharmacology**
- **More than 300 Young Researchers trained every year**
 - Paid for by ECNP

Largest non-institutional supporter of applied and translational neuroscience research and education in Europe



Advancing young researchers and psychiatrists



- **Three Schools**

- 5 Week-long programmes of training for 5x50 (250) young psychiatrists (Oxford, Venice)
- General (2); Child and Adolescent (2); Old Age

- **Two Workshops**

- Annual 3-day interactive Neuropsychopharmacology workshop for 100 young scientists/psychiatrists (Nice, France, Spring). *MJ Millan, Chair.*
- Three-day interactive workshop on Clinical Research Methods for 25 junior psychiatrists.

All participants supported by ECNP for travel, registration and accommodation

28th ECNP Congress

29 August-1 September 2015, Amsterdam

- Europe's largest meeting for applied and translational neuroscience.
- 6 plenary lectures, 80 long talks, 16 Young Scientist short talks, hundreds of posters, 7 educational update sessions.
- **Junior scientists/psychiatrists**
Free registration if abstract accepted for publication, and 50 Travel Awards of € 500 for best Abstracts.

For the
science and
treatment of
disorders of
the brain

Register at www.ecnp-congress.eu



We welcome you

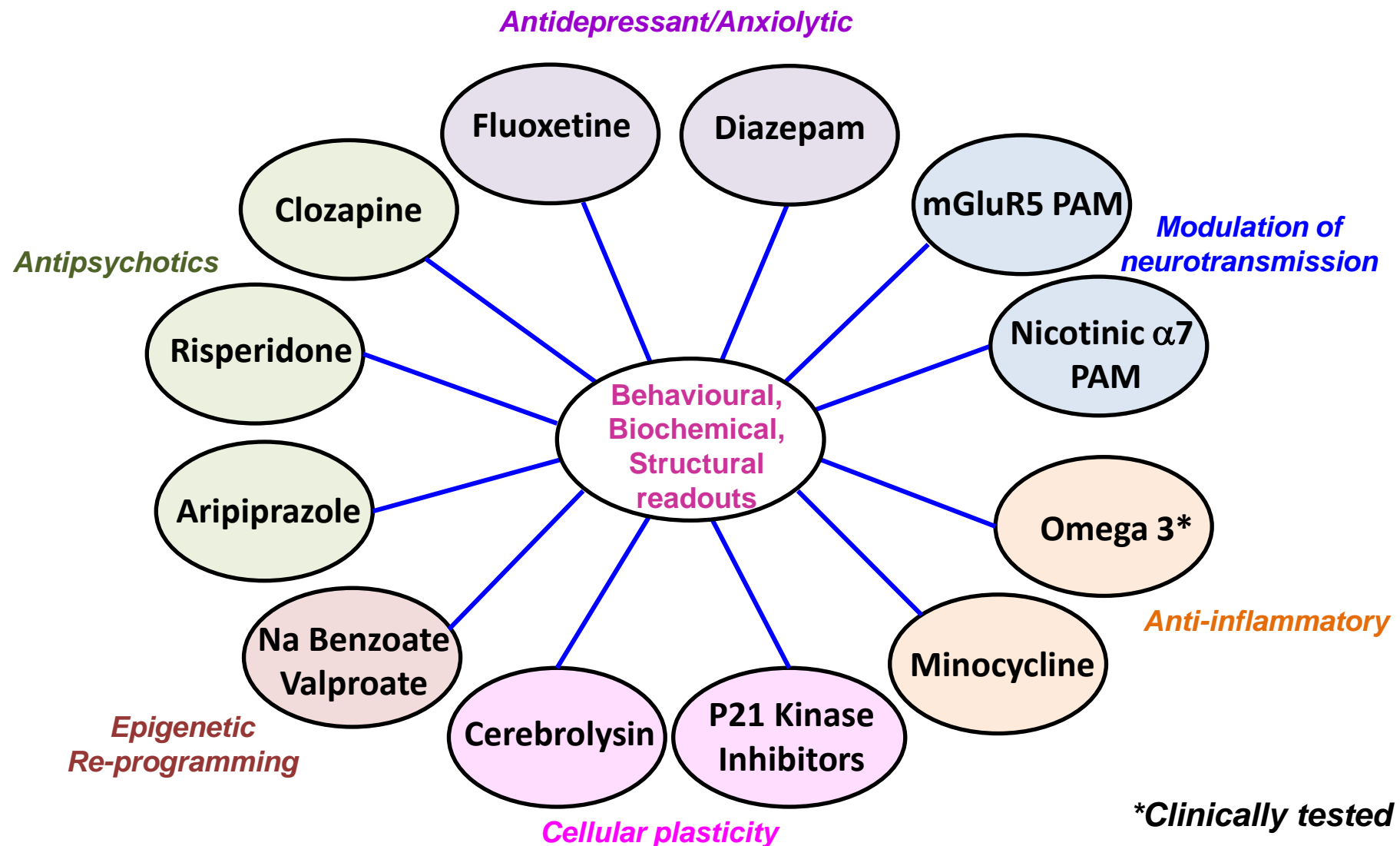
Young Psychiatrists and Scientists to join us !!

Our mission:

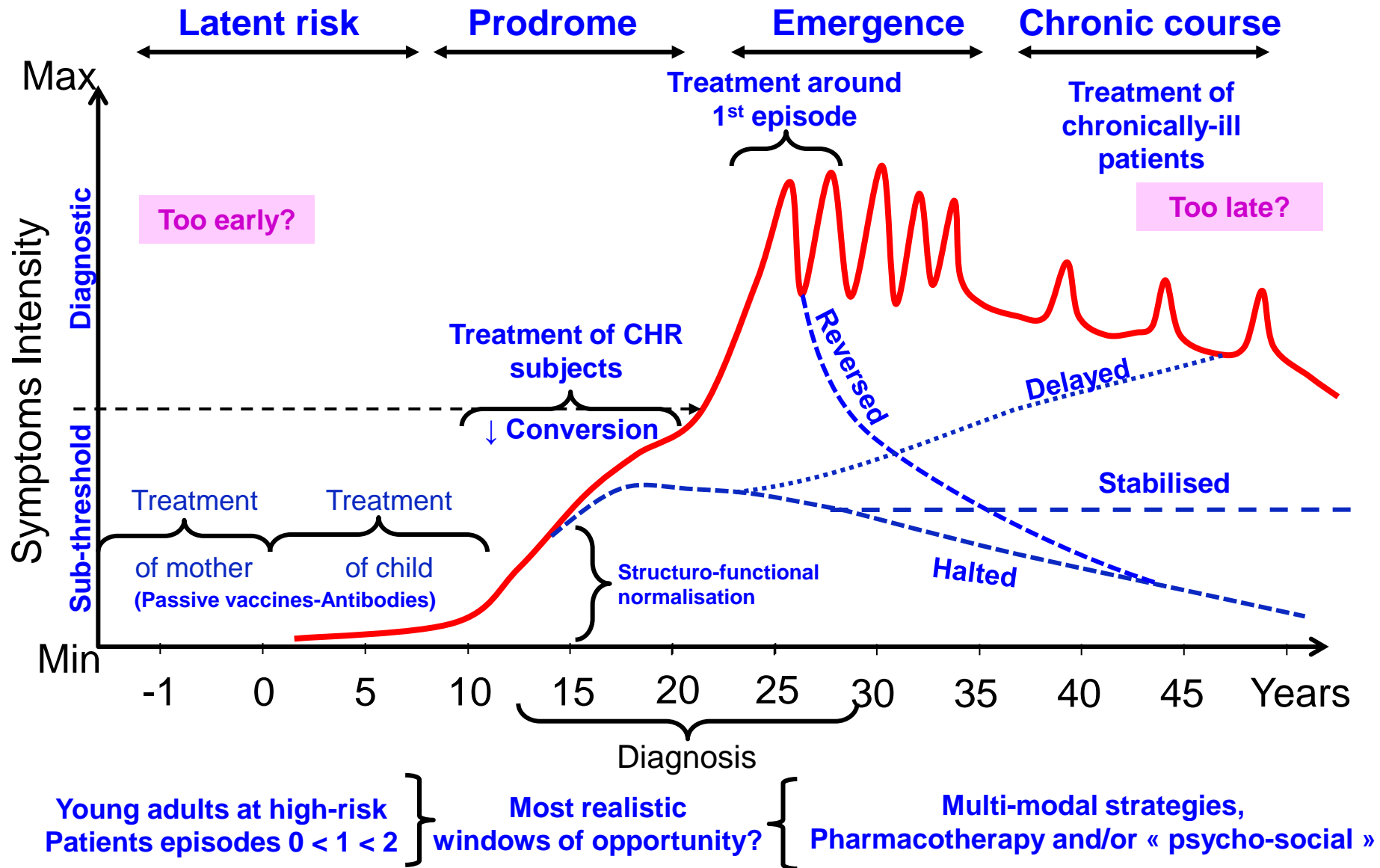
To advance the science of the brain, to promote brain health, and to improve the treatment of brain disorders

RESERVE

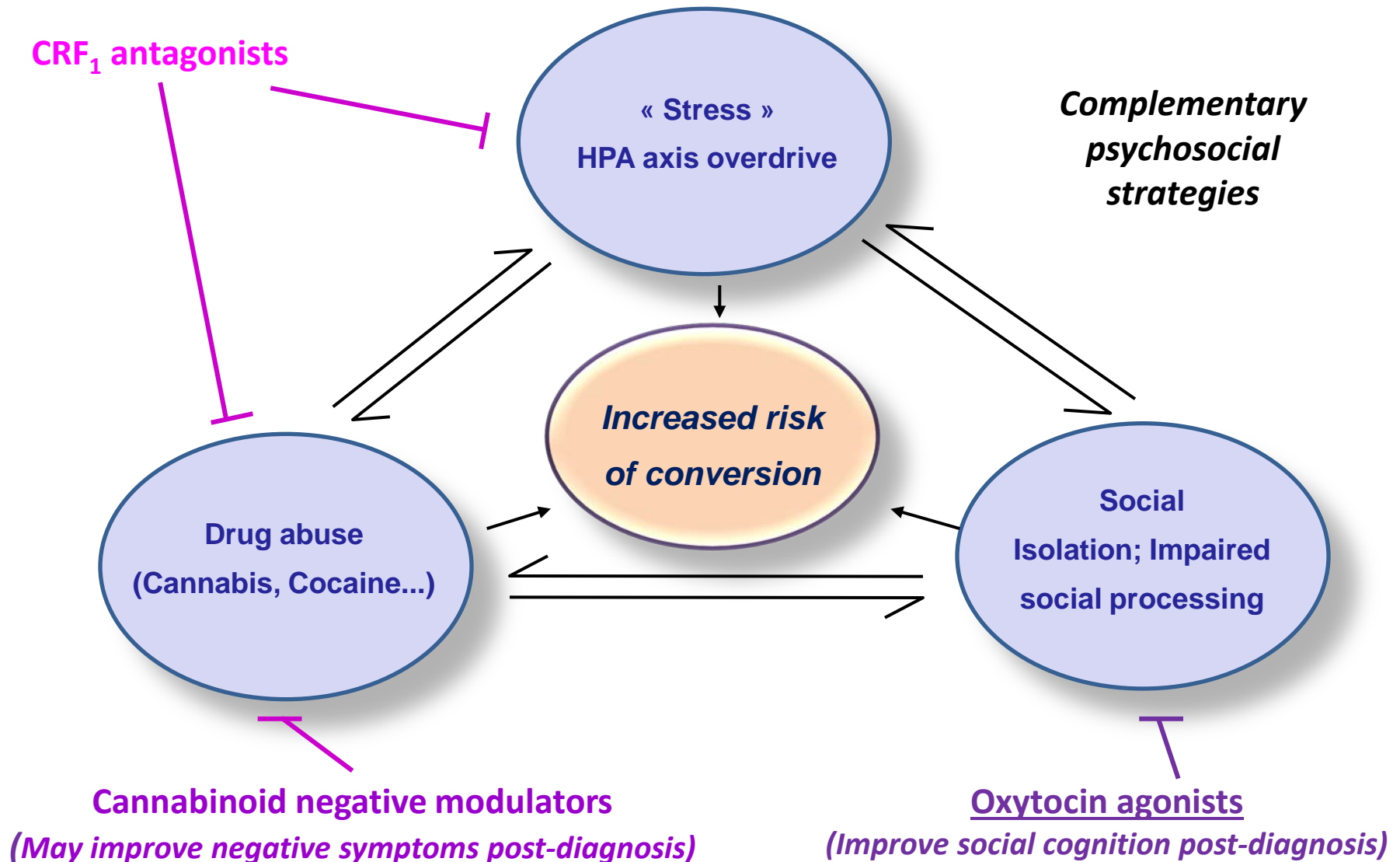
DIVERSE MECHANISMS PREVENT ONSET OF SCHIZOPHRENIA-LIKE SYMPTOMS IN ADULT RODENTS UPON ADOLESCENT ADMINISTRATION



CHRONOLOGY OF SCHIZOPHRENIA: DISEASE MODIFICATION, WHEN TO TREAT AND THEORETICAL CONSEQUENCES

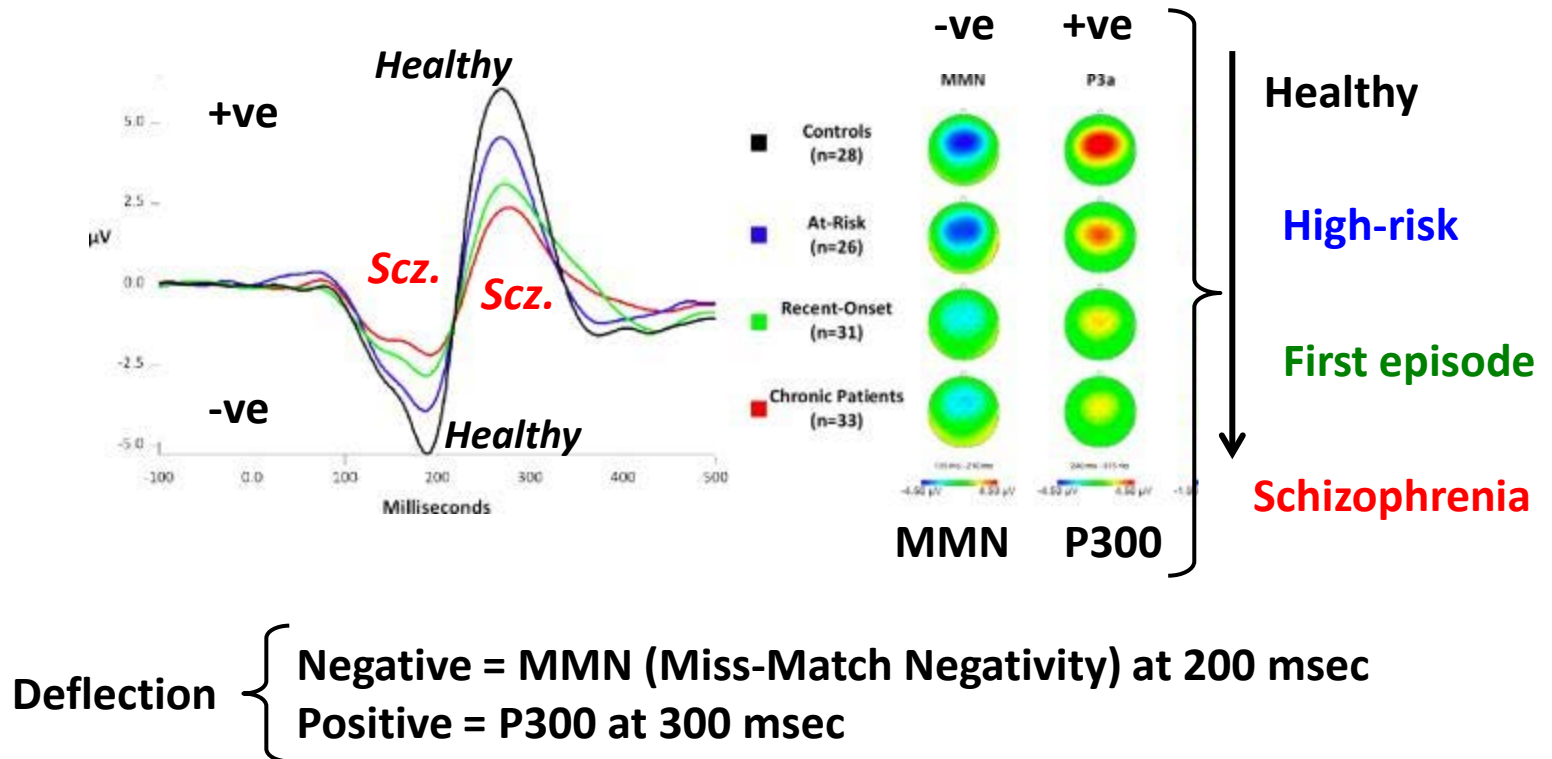


FACTORS IN ADOLESCENTS/YOUNG ADULTS INCREASING RISK FOR SCHIZOPHRENIA: PRIMARY PREVENTION TO THERAPY?



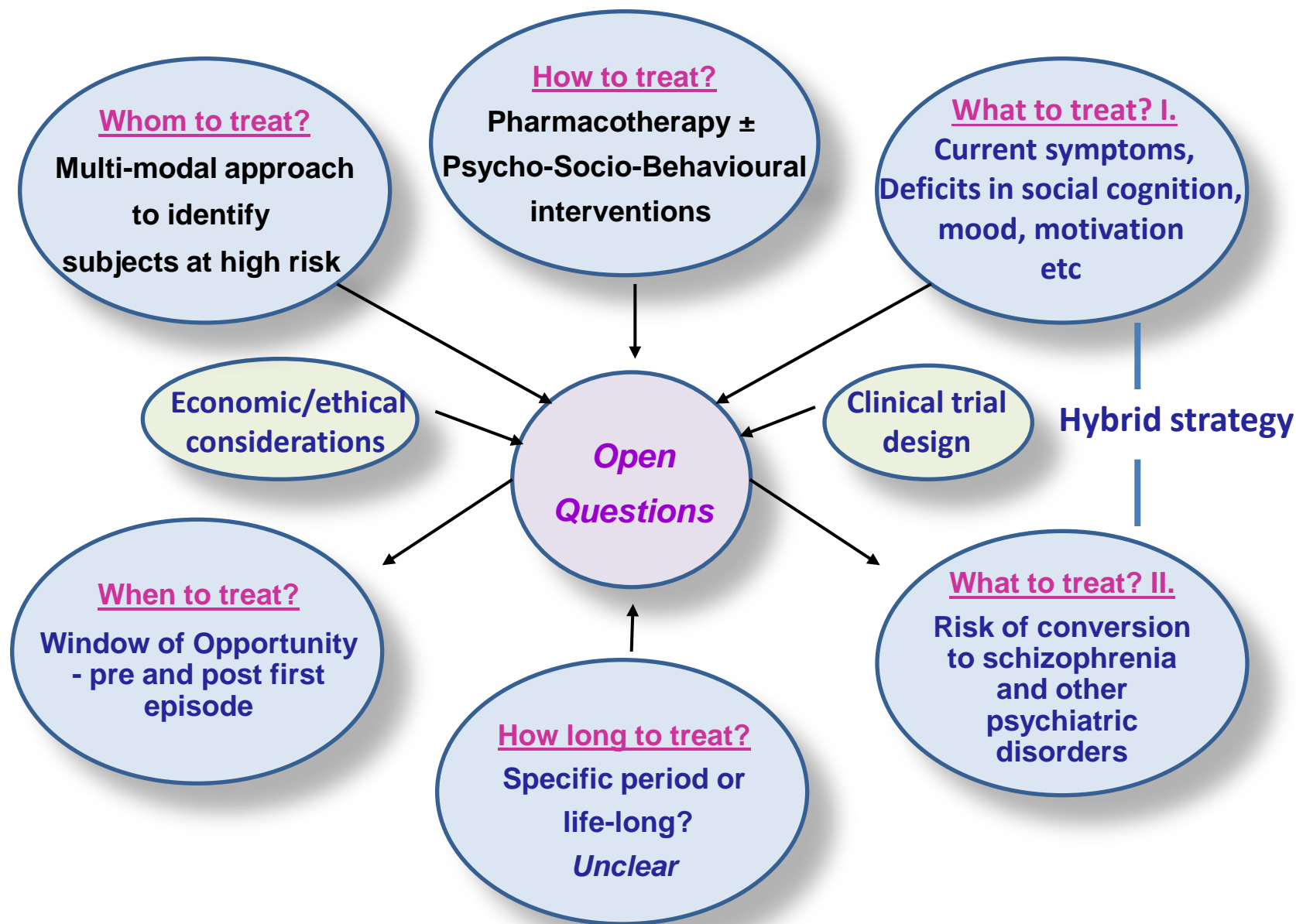
EEG BIOMARKER OF HIGH-RISK: REDUCED RESPONSE TO AN “ABERRANT” INPUT IN A TRAIN OF SIMILAR AUDITORY STIMULI

EEG readout to a «deviant» stimulus



Jahshon C et al., *Psychological Medicine*, 2012

ALTERING THE COURSE OF SCHIZOPHRENIA: MAJOR QUESTIONS AWAITING CLARIFICATION



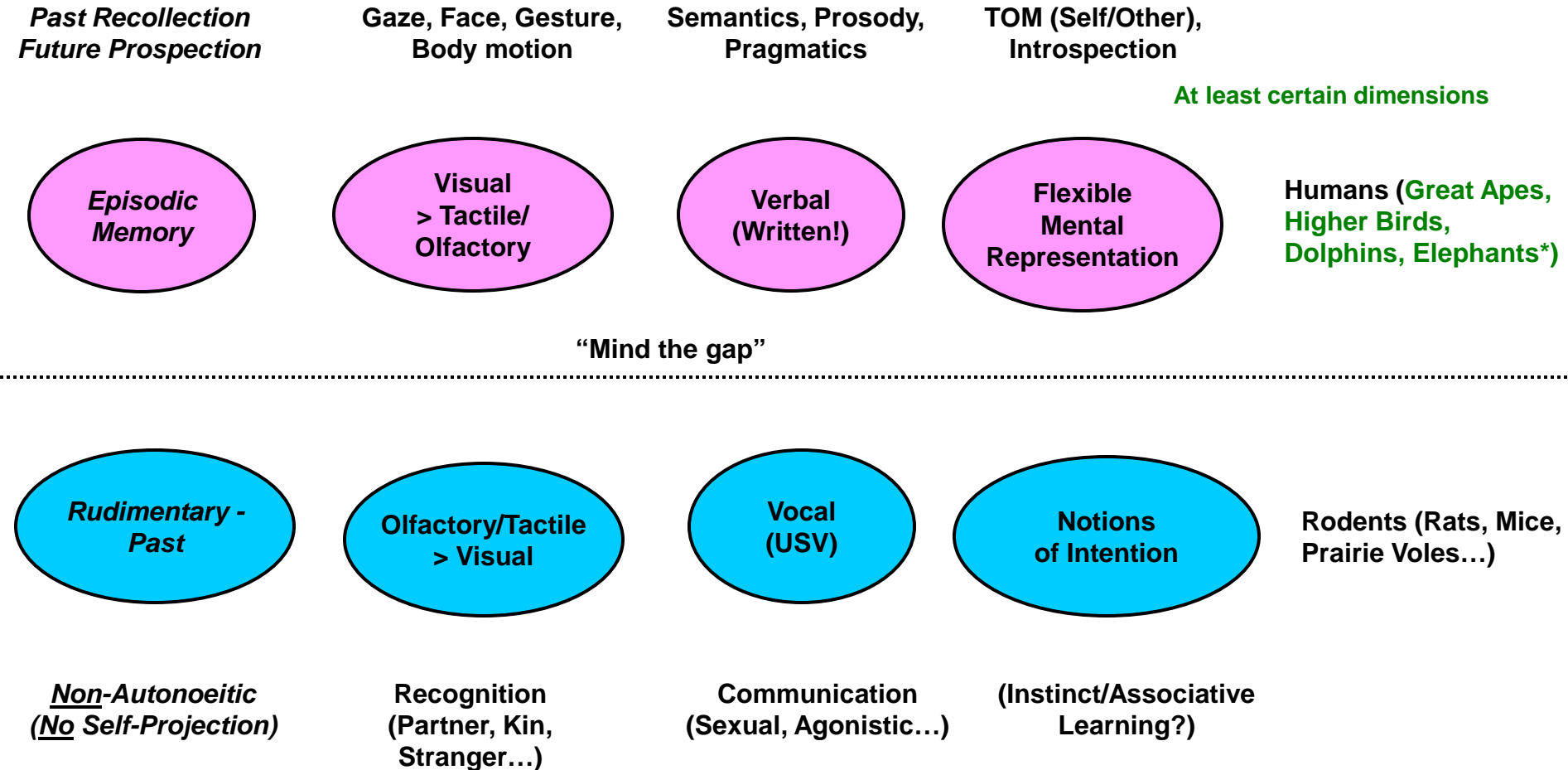
SOCIAL COGNITION*: CORE FEATURES AND RELEVANCE TO SCHIZOPHRENIA

Social cognition is profoundly disrupted in schizophrenia and more closely linked to real-world dysfunction than deficits in classical neurocognition

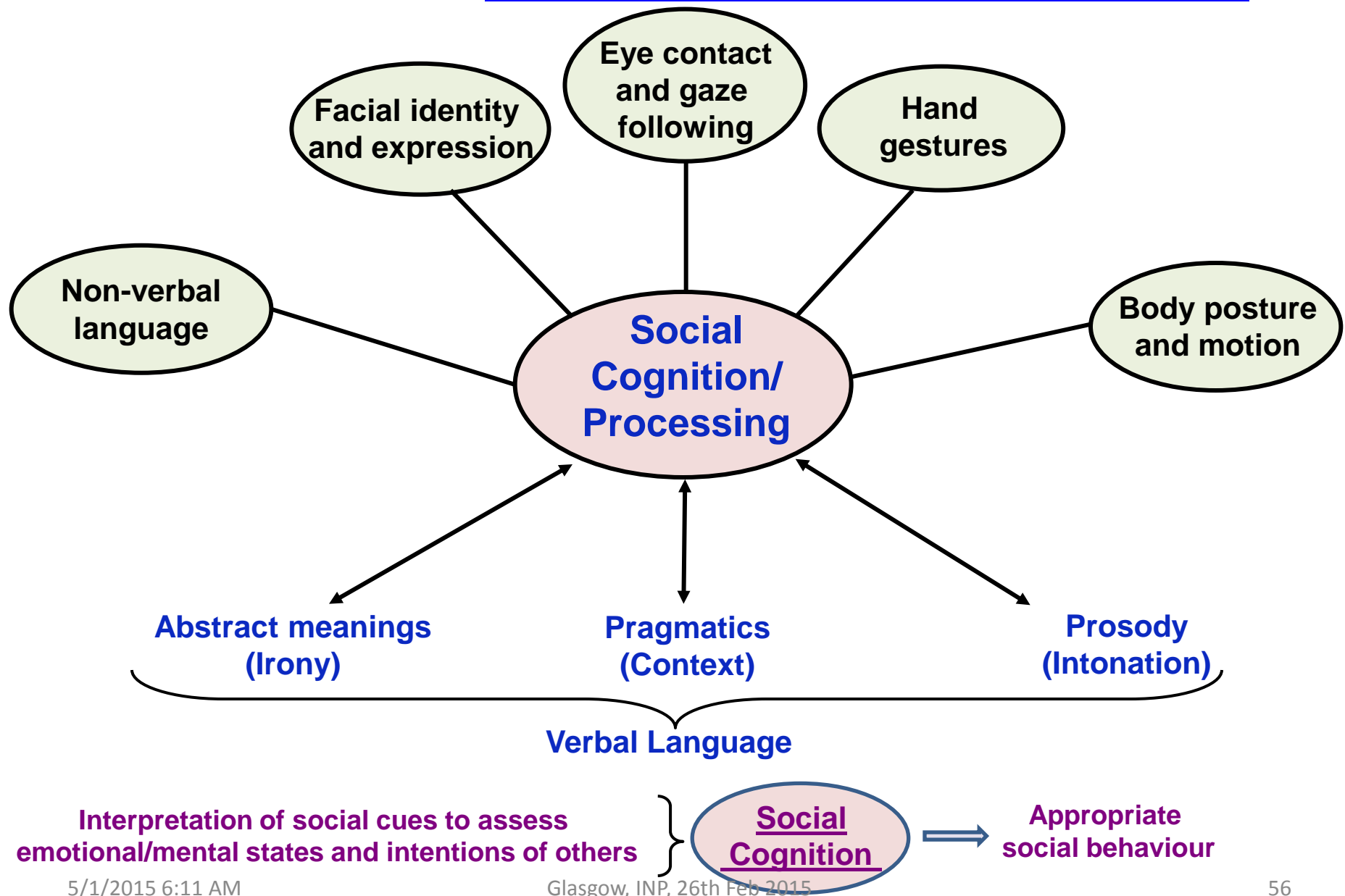
***Processes used to:**

- Monitor and interpret social signals from others
- Decipher their mind-set, emotional state and intentions
- Understand social situations and rules of interaction
 - Adopt appropriate social behaviour.

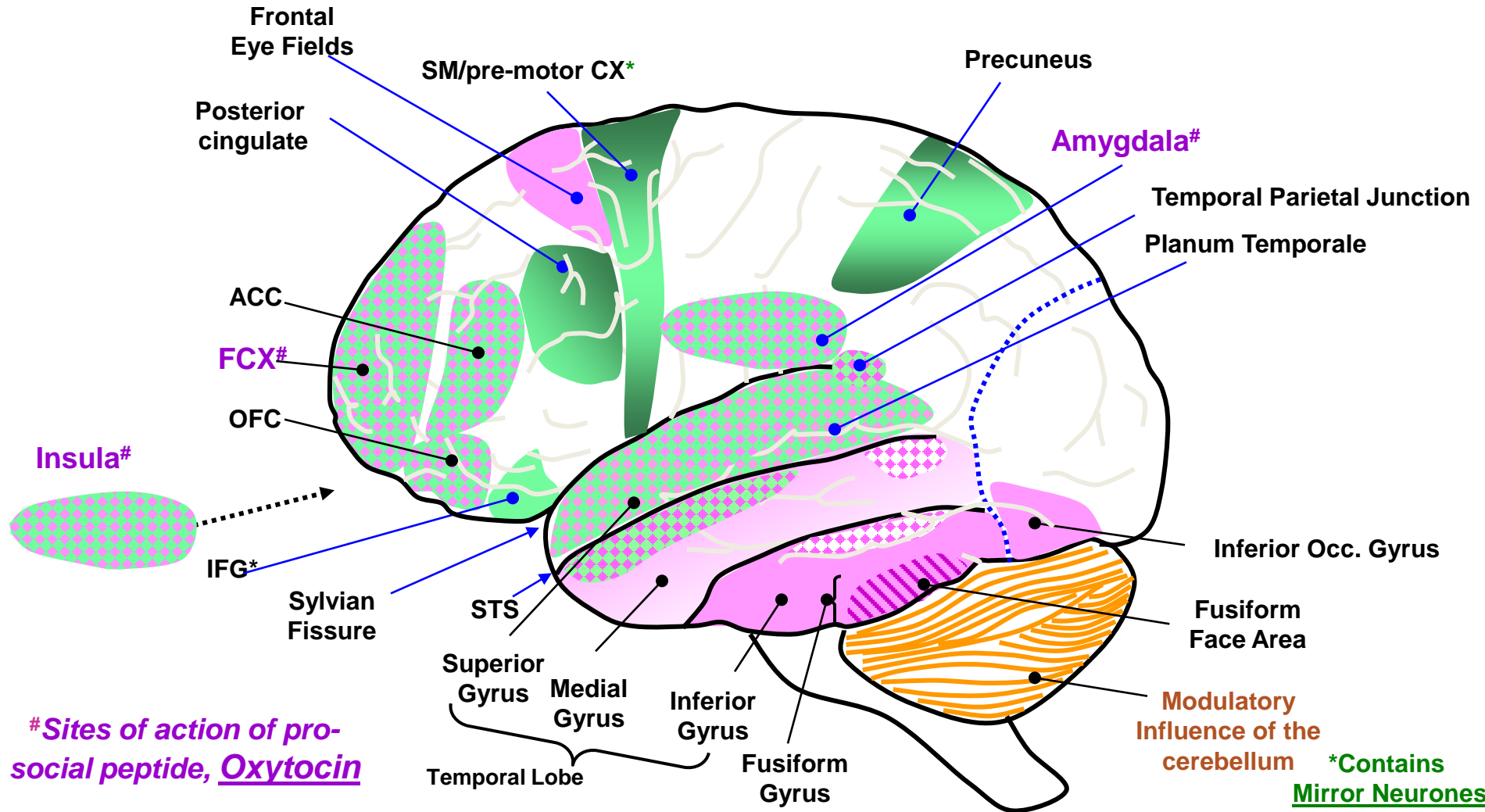
SOCIAL COGNITION: CONTRASTING DIMENSIONS IN HUMANS VS OTHER SPECIES?



SOCIAL COGNITION: MULTIPLE SOURCES OF INFORMATION FOR GUIDING SOCIAL BEHAVIOUR - PROFOUND DISRUPTION IN SCHIZOPHRENIA



SOCIAL COGNITION: DISTRIBUTED CEREBRAL CIRCUITS DISTINCT TO THOSE RECRUITED BY CONVENTIONAL COGNITIVE DOMAINS

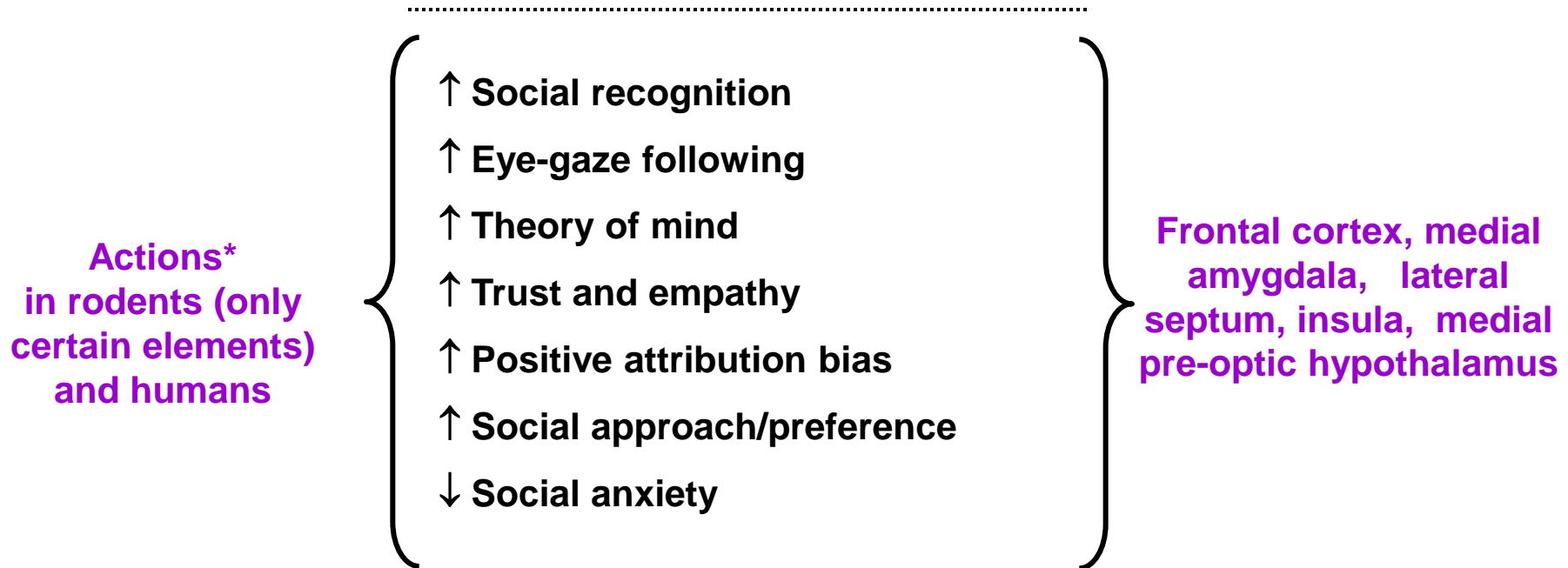


FACIAL RECOGNITION
AND EMOTIONAL PROCESSING

THEORY OF MIND

OXYTOCIN: BROAD-BASED «PRO-SOCIAL» EFFECTS RELEVANT TO SCHIZOPHRENIA

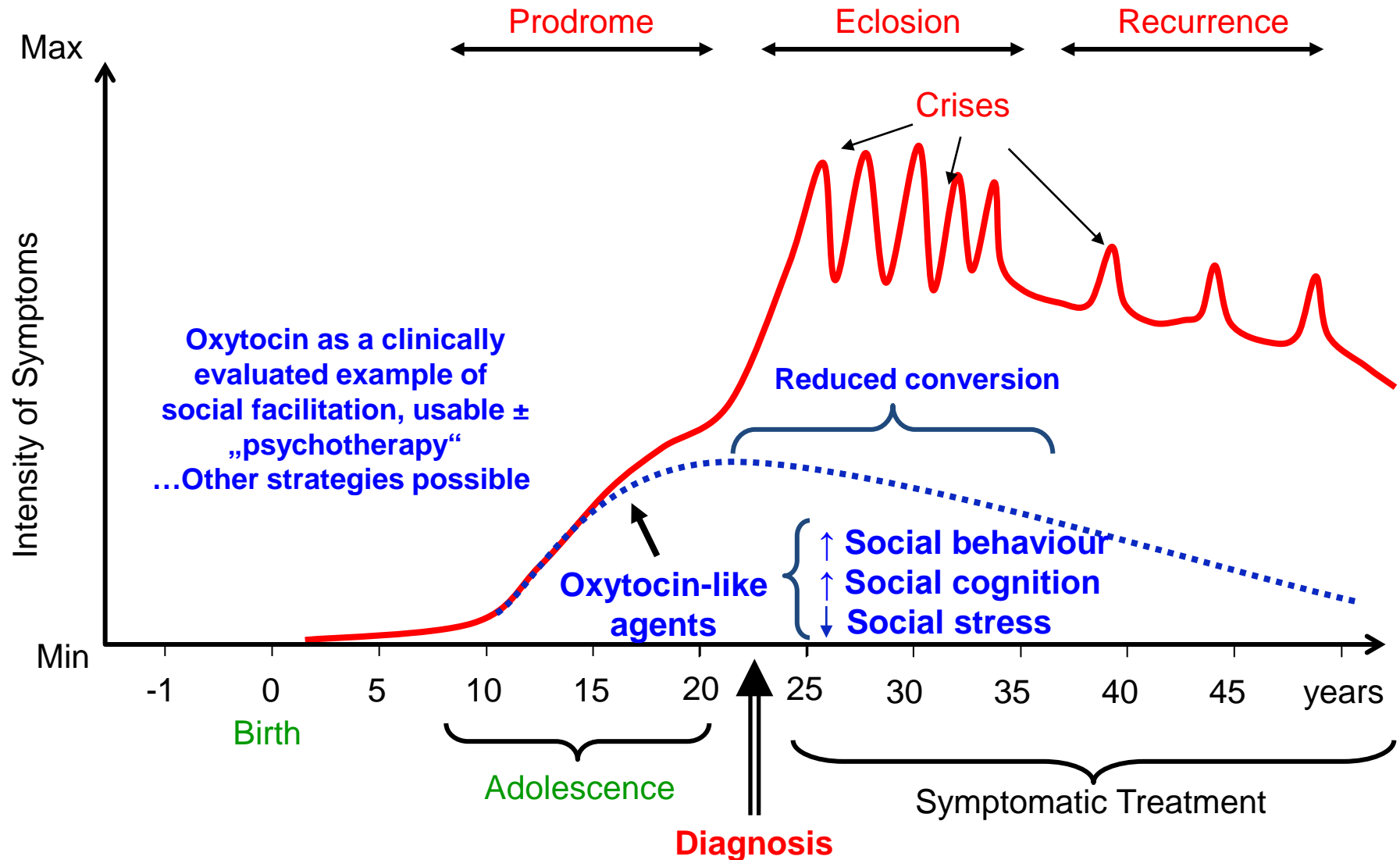
Volunteers, Autistic Subjects and Schizophrenics



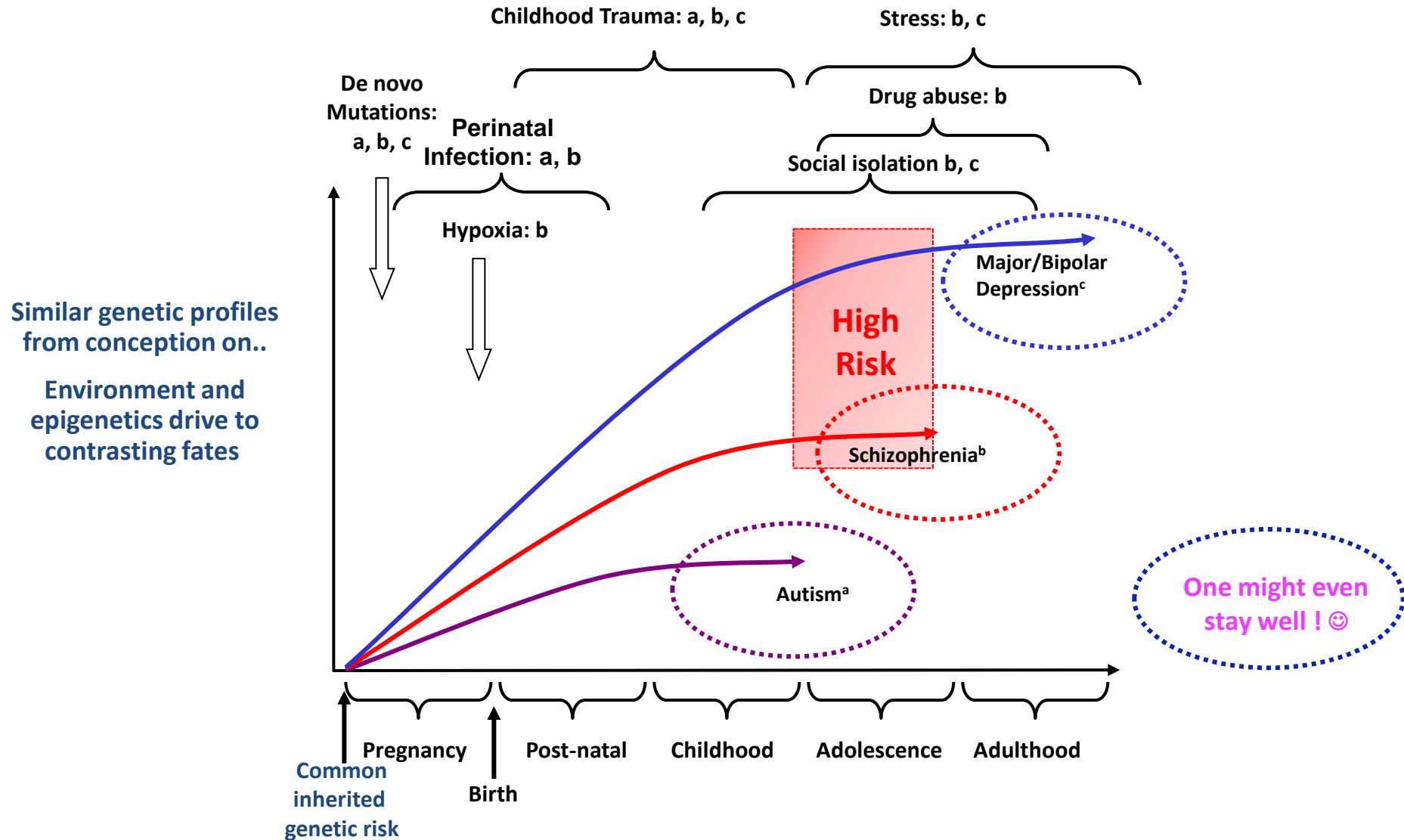
Oxytocin, key and translatable validator for experimental models of social cognition and schizophrenia

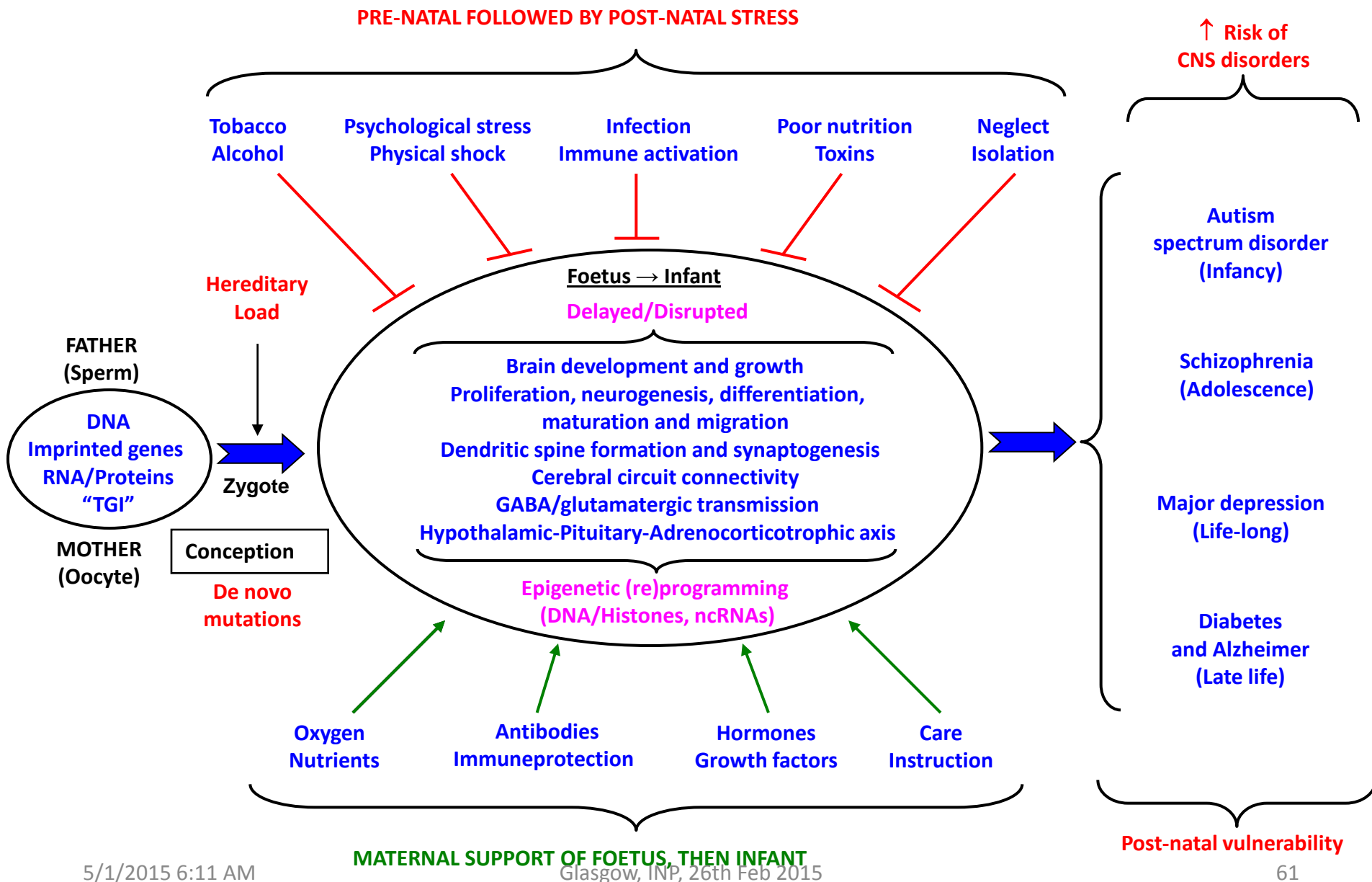
**Note: some data suggest a more complex, non-unitary role, at least long-term*

CORRECTING SOCIAL COGNITION DEFICITS AS A « HYBRID » STRATEGY TO ALTER THE COURSE OF SCHIZOPHRENIA ?

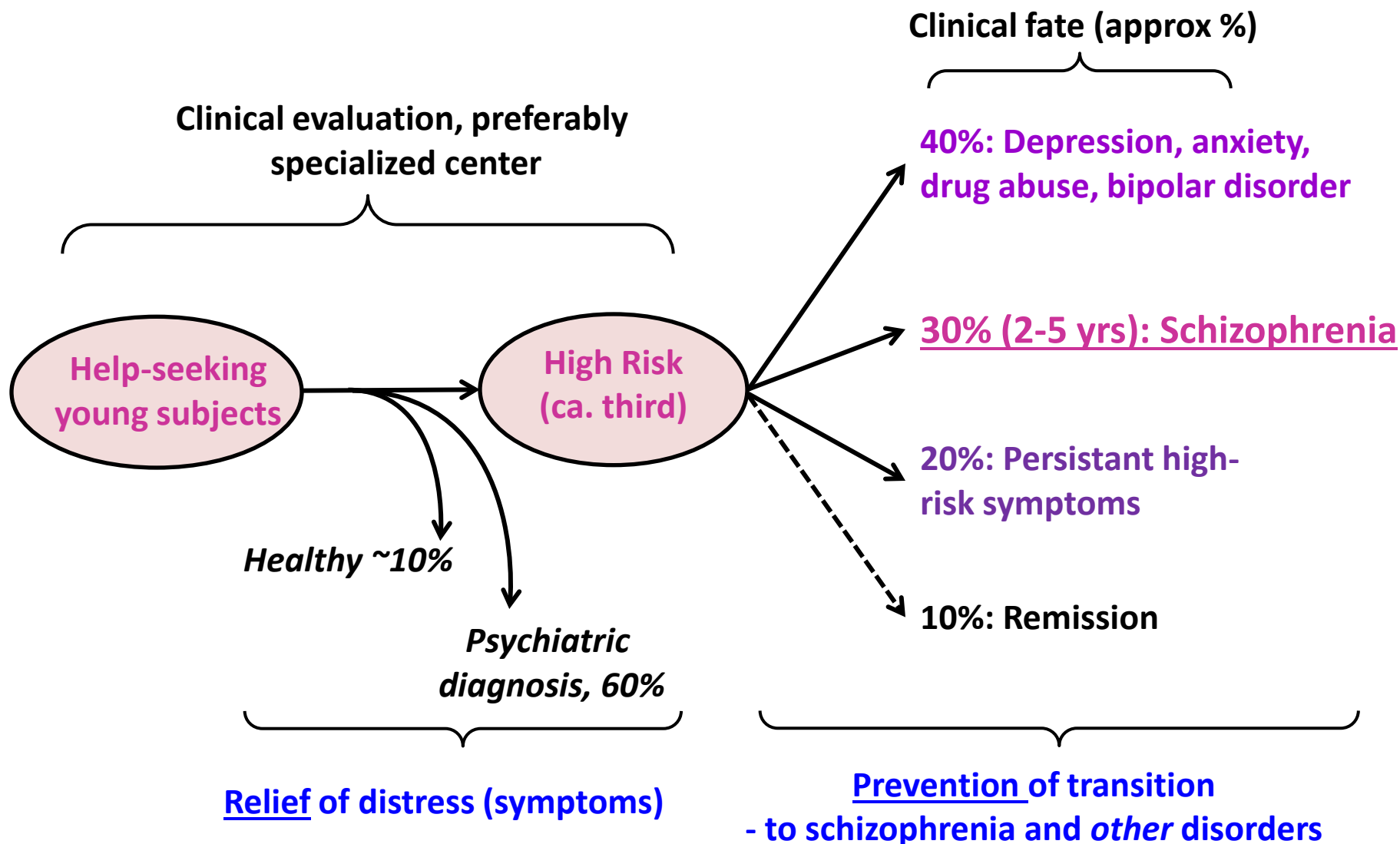


EVEN WITH SAME RISK GENES, ONE MAY DEVELOP CONTRASTING PSYCHIATRIC DISORDERS

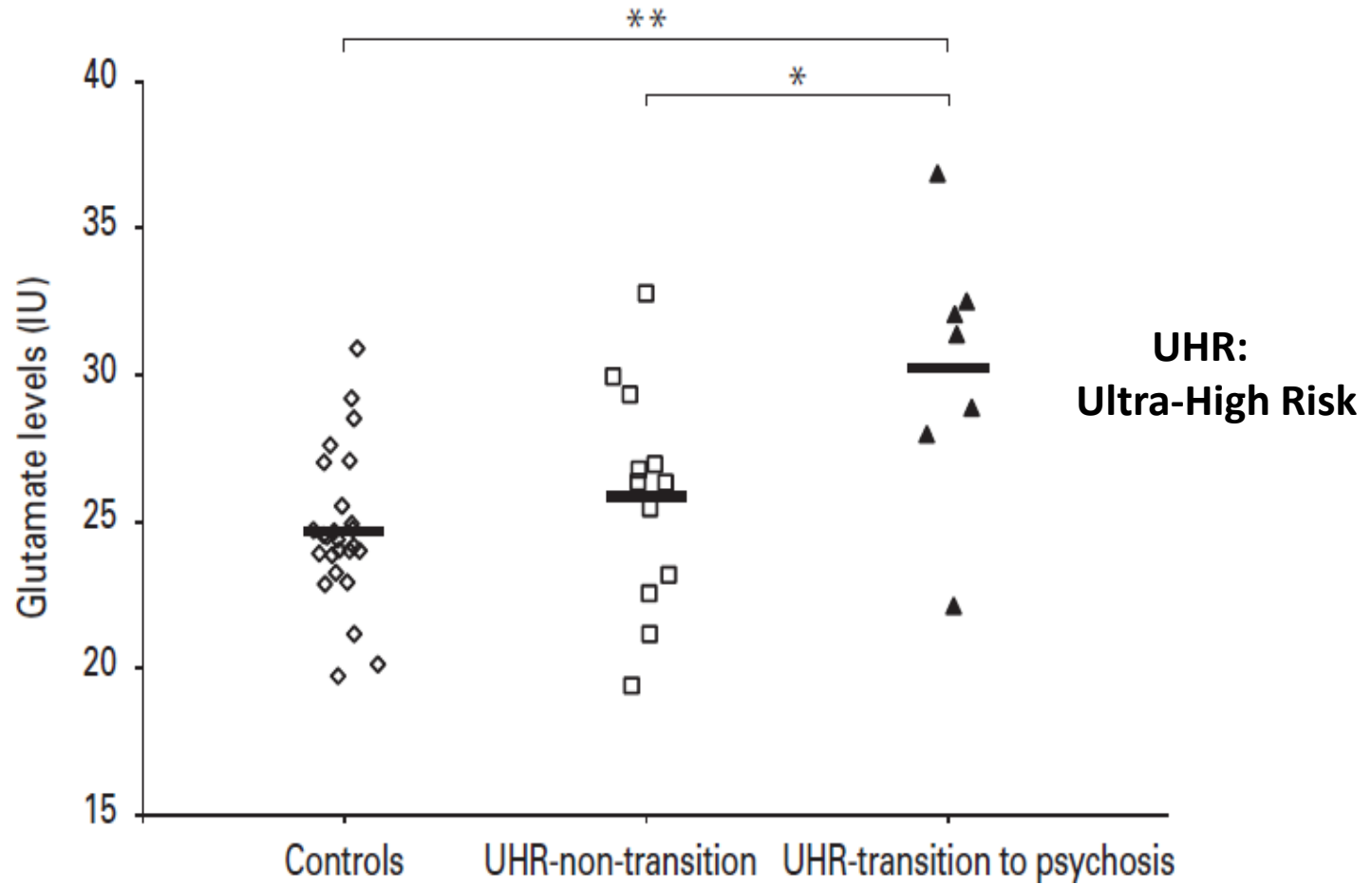




CONTRASTING FATES OF SUB-DIAGNOSTIC « HIGH-RISK » SUBJECTS



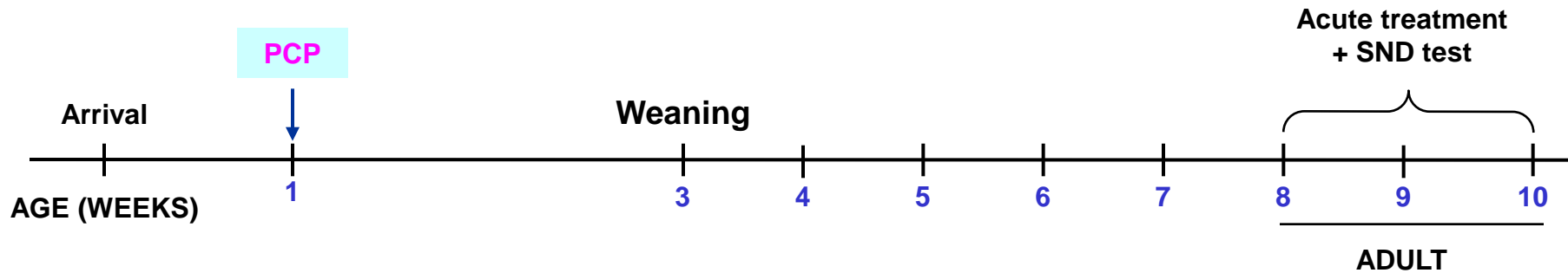
INCREASED GLUTAMATE IN STRIATUM PREDICTS CONVERSION TO PSYCHOSIS: MAGNETIC RESONANCE SPECTROSCOPY



de la Fuente-Sandoval, et al., 2013

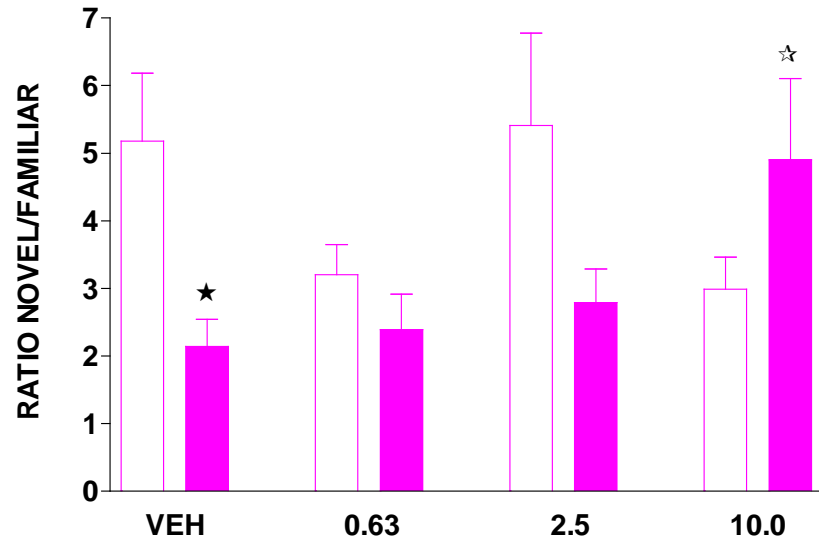
RESCUE BY mGluR5 IN ADULT RATS OF UPON A SOCIAL COGNITION DEFICIT INDUCED BY NEONATAL PCP

Acute administration at *early adult stage*



CDPPB

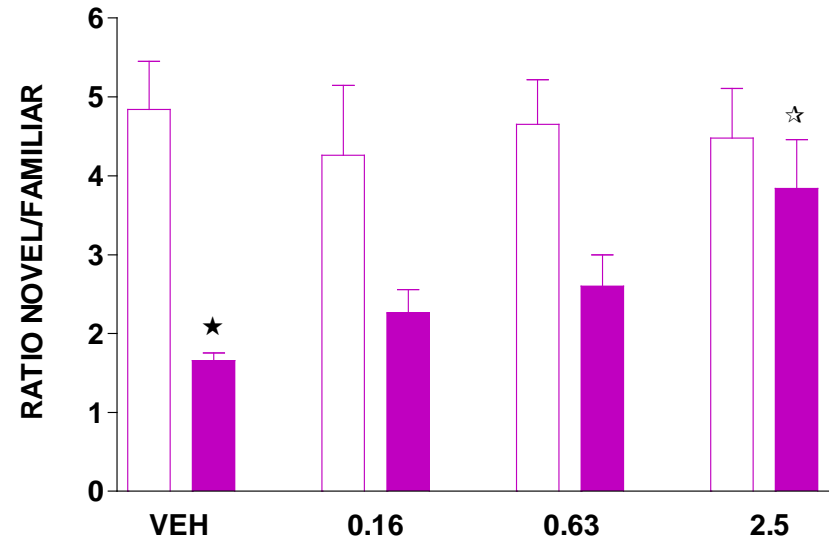
□ NEONATAL SALINE
■ NEONATAL PCP



CDPPB (MG/KG, IP)

ADX47273

□ NEONATAL SALINE
■ NEONATAL PCP

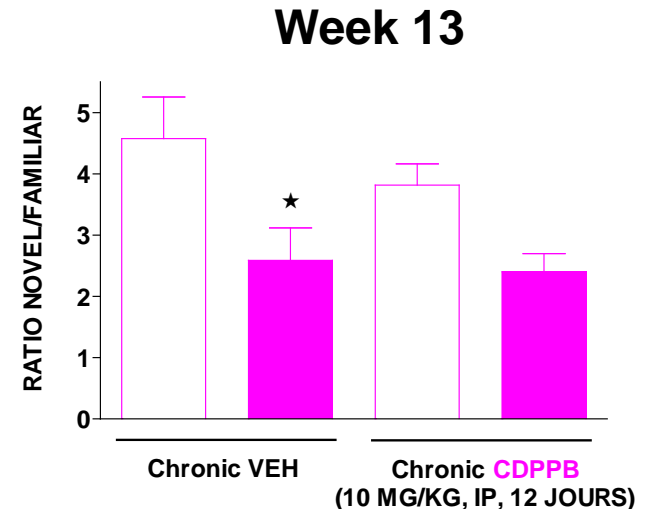
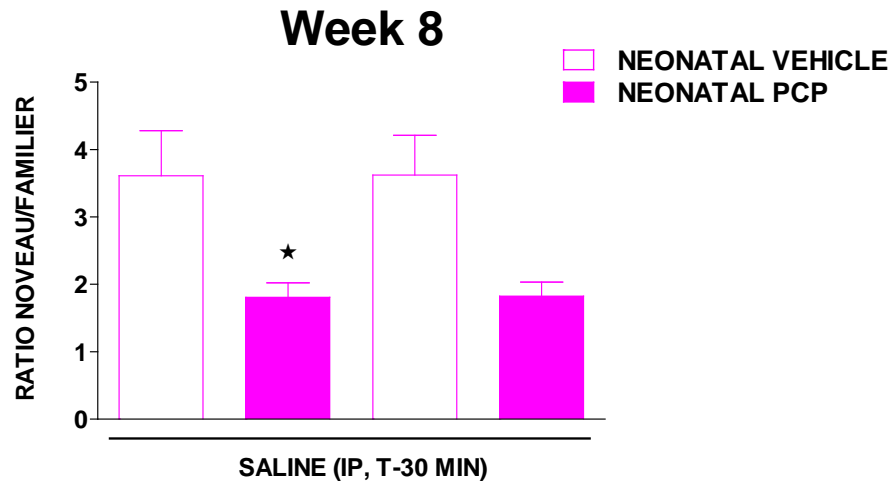
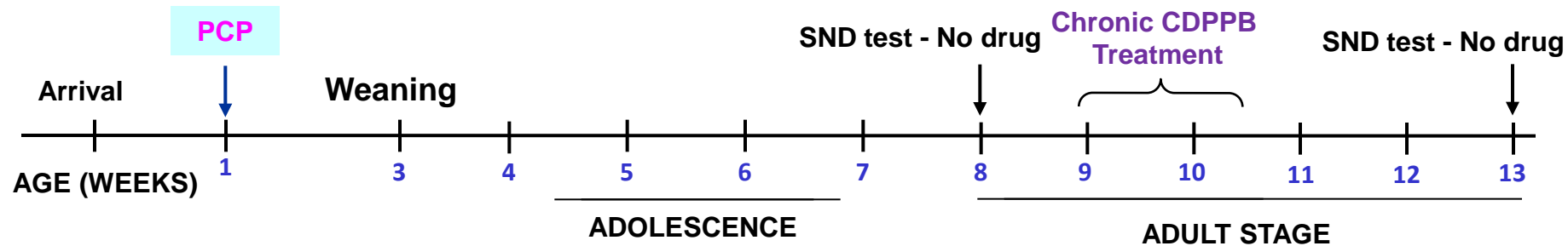


ADX47273 (MG/KG, IP)

mGluR₅ PAMs rescue established deficits in adults.

INFLUENCE OF mGluR5 PAMs UPON DEFICIT OF NOVELTY DISCRIMINATION INDUCED BY NEONATAL ADMINISTRATION OF PCP

Chronic administration to adult rats
Measurement in adult rats



No influence of mGluR5 PAMs when chronically administered at adult stage

NEONATAL ADMINISTRATION OF PCP

CHARACTERISATION IN ADULTS

BEHAVIOUR

- Hyperactivity and hypersensitivity to locomotor effects of amphetamine and NMDA antagonists.
- Social interaction deficit.*
- Cognitive deficits* : social cognition (Soc Disc), sensory-motor gating (PPI), executive function (reversal learning) and working memory (T-maze, radial maze).

MORPHOLOGY AND NEUROCHEMISTRY

- ↓ Volume of hippocampus .*
- ↑ Apoptose – neuronal death.
- ↓ GABA interneurons in frontal cortex and hippocampus .*
- ↓ NMDA, D₂ and GABA_A receptor expression.*
- Changes in DISC1 expression

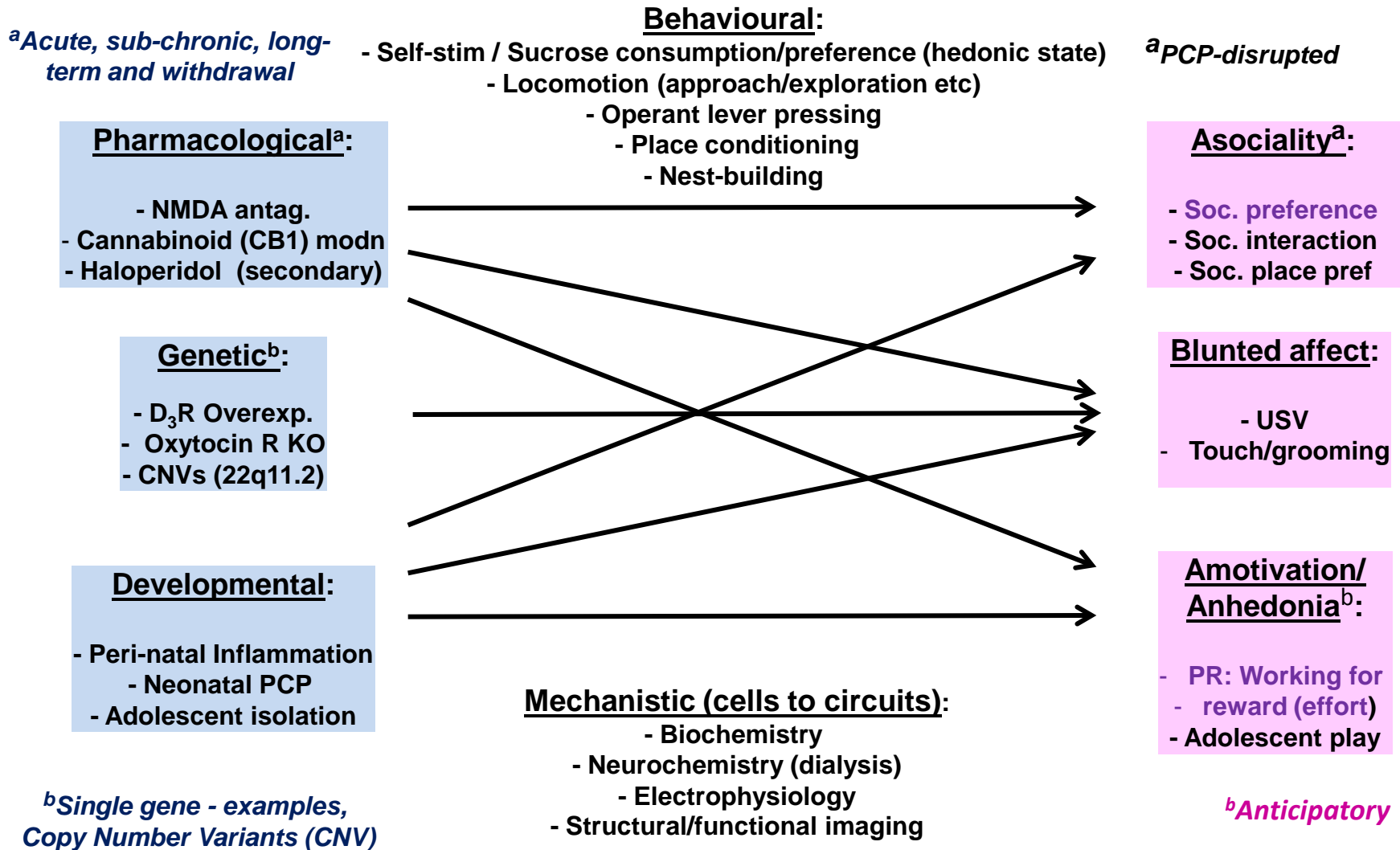
*** Like schizophrenia**

EXPERIMENTAL MODELS FOR STUDYING NEGATIVE SYMPTOMS AND THEIR CONTROL

Models
(can be combined)

General read-outs
(preferably multiple)

NS Sub-domains
(may overlap)



Selected for GPR88 studies.
PR = Progressive Ratio.

MAJOR NEURODEVELOPMENTAL MODELS OF SCHIZOPHRENIA

<u>Time</u>	<u>Protocol</u>	<u>Pathological Impact</u>
G17	Conception Exposure to methylazoxymethanol <i>in utero</i> Maternal viral infection	Disruption of genesis and migration of neurons Maternal immune activation; Fetal brain damage
D0	Birth	
D7	Neonatal lesion of ventral hippocampus	Disruption of hippocampal-cortical circuits.
D9	<u>Neonatal Phencyclidine (s.c.)</u>	Blockade of NMDA receptor control of brain development
D11		
D21	Post-weaning isolation	Social isolation
D28	Adolescence Cannabis, cocaine, PCP (“angel dust”) administration	Drug abuse during adolescence
D60 And over	Adulthood <i>Impairments in social cognition and social interaction;</i> <i>Hypersensitivity to psychotomimetics;</i> <i>Sensory-motor gating and neurocognitive deficits;</i> <i>Morphological and biochemical (GABA-Glu etc) anomalies</i>	

DSM-5 AND NEGATIVE SYMPTOMS: STILL A CARDINAL (« DEFINING ») SYMPTOM !

