Greetings from the research team at St. Patrick’s University Hospital and Trinity College Dublin. This is the first newsletter in a series that will update you on progress with the KINDRED Study.

We now have 18 participants in our study. 17 participants in the trial have completed every single scheduled follow-up. That is some dedication! We cannot thank you enough for your time and effort.

The KINDRED study will continue to run over the course of the next year and a half. Once we have successfully followed-up everyone, we will be ready to begin analysing the wealth of data you have all contributed and present our findings to the scientific and wider community. The results of this study will help us to prevent relapse in depression.

Some recent research on ketamine has showed that out of 25 reviewed studies, ketamine was the most effective at reducing depressive symptoms compared to ten other drugs and placebo. More information on this can be found at the following link –

http://www.cochrane.org/CD011612/DEPRESSN_ketamine-and-other-glutamate-receptor-modulators-depression-adults

For more information about this and our other studies, please visit:
https://medicine.tcd.ie/psychiatry/research/projects/depression-neurobiology.php

Email:
thekindredstudy@gmail.com

Search online: e.g. KINDRED depression research Trinity
Tel: (01) 249 3385

Some recent research on Ketamine has expanded on how it works and its beneficial effect.

Our research scientists Dr. Karen Ryan and Claire McGrory have been processing blood samples in the Institute of Neuroscience, Trinity College. They are looking at proteins in blood that may highlight potential biomarkers for depression.