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Research Shows Lithium as an Effective Treatment for Pediatric Bipolar Disorder

Three Emmes Staff Members were Study Statisticians and Article Contributors

Rockville, MD – October 27, 2015 – The Emmes Corporation today announced that three of its statisticians, Dr. Ravinder Anand, Dr. Traci Clemons and Karen Martz, co-authored a pivotal study that examined lithium as a treatment for pediatric bipolar I disorder. The study was published in the October issue of *Pediatrics*.

The study was funded by the National Institutes of Health under its Best Pharmaceuticals for Children Act (BPCA) program, which sponsors pediatric clinical trials, prioritizes therapeutic areas in critical need for pediatric labeling, and submits these data to the Food and Drug Administration for consideration for labeling changes. Emmes serves as the Statistical and Data Coordinating Center for the clinical trials associated with the BPCA program.

The [paper](#) discussed findings of a three-year study that evaluated whether lithium, long used in treating bipolar disorder in adults, could be a safe and effective short-term treatment option for children. The study concluded that lithium was better than placebo in reducing manic symptoms in children. In addition, lithium was generally well tolerated and was not associated with weight gain, a common side effect of other drugs used to treat children suffering from the disorder.

Dr. Anne Lindblad, president and chief executive officer of Emmes, said, “We have conducted more than a thousand Phase I to Phase IV clinical trials and research studies across a range of diseases. The studies that benefit the care and treatment of children, like this one mandated by Congress, are especially gratifying.”

Pediatrics is the most-cited scientific journal in the field of pediatrics and among the top 2 percent most-cited scientific and medical journals.

About Emmes

We collaborate with our clients to produce valued, trusted scientific research. Our team members at Emmes are passionate about making a difference in the quality of human health, and we have supported more than a thousand studies across a diverse range of diseases since our formation in 1977. Our research is contributing to a healthier world. For more information, visit www.emmes.com.