

Lars Vedel Kessing, MD, DMSc, professor in psychiatry

Born April 13, 1959

1986: Medical Doctor, Copenhagen University, 1999: specialist in psychiatry, 2001: doctoral thesis (DMSc, dr. med.)

Recent position

2002 – 2007 Professor in psychiatry, Psychiatric Center Copenhagen (Dpt. O, Rigshospitalet),

Current position

2002 – Professor in psychiatry (life time appointment)

Psychiatric Center Copenhagen (Dpt. O, Rigshospitalet), Copenhagen University hospital.

Head of the Copenhagen Affective Disorder research Center (CADIC)

Head of the Copenhagen Affective Disorder Clinic

Scientific focus

Dr. Kessing's scientific contributions are within clinical, epidemiological and neurobiological research in bipolar and unipolar affective disorders.

His major achievements has been to show that the longitudinal course of illness in depressive disorder and in bipolar disorder on average is progressive in nature with increasing severity of depressive episodes, increasing risk of recurrence of depressive and manic episodes and with increasing prevalence of cognitive dysfunction with the number of affective episodes. Further, he has shown that the risk of developing dementia is increased compared to the general population, and that the risk seems to increase with progression of the disorders and that continued treatment with lithium seems to decrease this risk to the level of the general population. He has in a large number of studies proven effects and side effects of lithium including recent findings of a protective effect of lithium in drinking water in relation to developing dementia.

Further Dr. Kessing has investigated the neurobiological basis of bipolar disorders as well as new treatment possibilities in a large number of studies. During recent years he and his group have identified a number of potential biomarkers for bipolar disorder using innovative new clinical longitudinal study designs. Similarly, the use of Smartphones to generate objective behavioral markers of bipolar disorder has been investigated. He has, as the first, shown that early intervention in bipolar disorder improves long-term outcome with decreased risk of psychiatric hospitalization and improved adherence to medication and satisfaction with care.

Scientific activity

Main supervisor for 12 and co-supervisor for 3 PhD titles and mentor for 4 Doctoral dissertations (Disputats). Currently, supervisor of 7 PhD students, 4 post doc researchers and 3 senior researchers (associate professors).

Principal Investigator (PI) in three EU projects. PI and project manager for a number of projects running in Psychiatric Center Copenhagen. Fundraising for > 120 MDKK.

Management experience

Founder and Head of the Copenhagen Clinic for Affective disorders, 2004-

Founder and Head of the Copenhagen Affective Disorder research Center (CADIC), 2002

Founder and President of the Danish Society for Affective Disorders, 2009-2014.

Member of Danish Medical Research Council, 2011-2016.

Scientific prizes

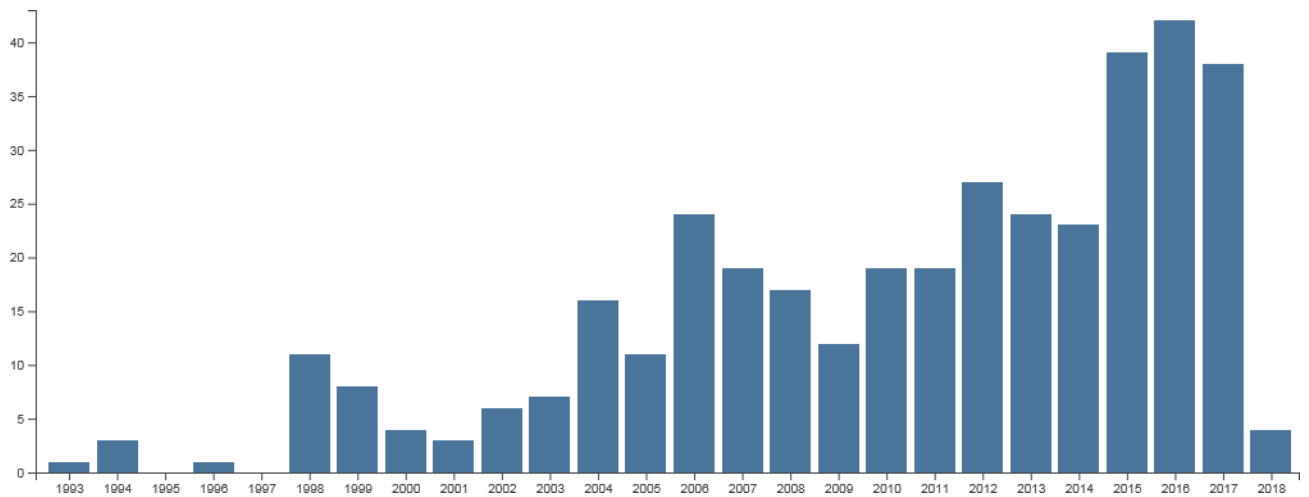
Dr. Kessing has received a number of scientific prizes including the NARSAD Bipolar Mood Disorder Prize (National Alliance for Research in Schizophrenia and Affective Disorders, October 2010) for “Outstanding Achievement in Bipolar Mood Disorder Research” and the Travelling Professor Award for the Royal Australian and New Zealand College of Psychiatrists (2016).

Scientific publications

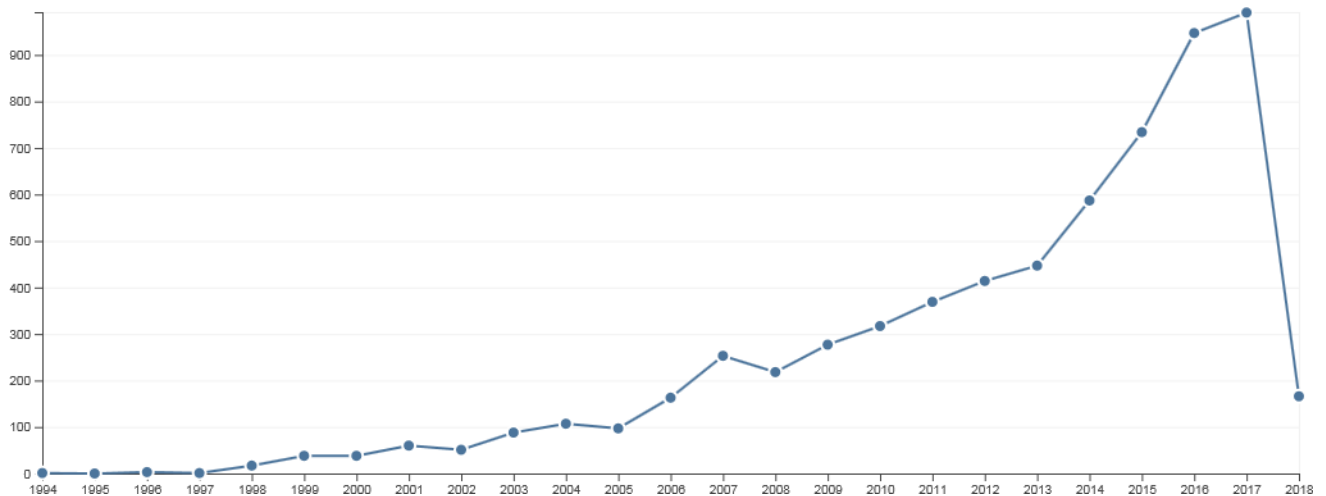
Doctoral thesis (Disputats) including 12 original scientific papers, University of Copenhagen, 2001: “Course and cognitive outcome in major affective disorder.”

Author of 320 peer reviewed scientific papers, 107 papers as first author and 126 as last author (15 in the British Journal of Psychiatry, 3 in Journal of Clinical Psychiatry, 7 in Archives of General Psychiatry/JAMA Psychiatry, 2 in Biological Psychiatry, 2 in Journal of Clinical Oncology, 1 in American Journal of Psychiatry and 2 in Molecular Psychiatry).

Web of Science: H-index: 42, citation frequency: 6384, average citations per item: 16.9.



Published items each year



Citations each year