



## Benicio N. Frey, MD, MSc, PhD



**HEALTH SCIENCES**  
Psychiatry & Behavioural  
Neurosciences

### Research Work

Dr. Frey is Associate Professor in the Department of Psychiatry and Behavioural Neurosciences at McMaster University; Medical Director of the Women's Health Concerns Clinic; and Academic Head of the Mood Disorders Program at St. Josephs Healthcare Hamilton. His research is primarily focused on understanding the neurobiology of mood disorders, with an emphasis on women's mental health. He is the site-PI of the largest study of biomarkers of treatment response in depression ([www.canbind.ca](http://www.canbind.ca)), and board member of the Canadian Network for Mood and Anxiety Treatments (CANMAT). He has more than 150 publications accepted in peer-reviewed journals and has presented his work in numerous national and international conferences. In addition, he currently supervises clinical clerks, residents and graduate and undergraduate students in various research projects.

### Current Research Projects Include:

- Investigation of intracortical myelin in depression and bipolar disorder using brain imaging
- A longitudinal study of clinical trajectory of mental health in pregnant and postpartum women
- A placebo-controlled trial of cannabinoids for insomnia in individuals with major depression
- Blood-brain barrier dysfunction in bipolar disorder using brain imaging
- Disruption in sleep and circadian rhythms in mood and women's mental health using actigraphy
- Clinical and biological predictors of treatment response in major depression

### Engagement Opportunities

#### Introductory Level

- Literature search and systematic reviews
- Learn how to develop a research project

#### Intermediate Level

- Training in clinical assessments in clinical research
- Assessment of research participants
- Data analysis for poster and/or oral presentations in conferences/symposia

#### Advanced Level

- Brain imaging analyses
- Data analysis and write up of articles for publication

*If you are interested in learning more, please leave your contact information with the Research Office and/or contact Dr. Benicio Frey at [freybn@mcmaster.ca](mailto:freybn@mcmaster.ca)*