



Research Colloquium

PD Dr. Philipp Ritter

Department of Psychiatry and Psychotherapy
University Hospital Carl Gustav Carus
Technical University Dresden

Investigating the chronobiology of affective disorders

Thursday, 24.10.24, 13:00

SR 1 (Pavillon) Department of Psychiatry and
Psychotherapy, Philosophenweg 3, 07743 Jena

Additional zoom access

<https://uni-jena-de.zoom.us/j/69357966003>

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PD Dr. Philipp Ritter

Dr. Philipp Ritter is a Consultant Psychiatrist at the University Hospital Carl Gustav Carus, Technical University Dresden. His research focuses on affective disorders, chronobiology, sleep, and immunology. He completed his MBBS at University College London in 2001 and received his PhD in 2012.

Dr. Ritter has worked in various roles across surgery, emergency medicine, neurology, and psychiatry in the UK, Australia, and Germany. Since 2016, he has been a Consultant Psychiatrist and head of the affective disorders unit at the University Hospital Dresden and became a Managerial Consultant in 2020. His habilitation in 2020 focused on the chronobiology of bipolar disorder.



Investigating the chronobiology of affective disorders

Episodes of depression and mania are accompanied by substantial alterations in the timing and quality of sleep and shifts in circadian rhythms. Some of these alterations persist in euthymia and may provide clues to the underlying neurobiological mechanisms in affective disorders. The talk will cover a basic introduction to psychiatric sleep research, investigations into sleep architecture and circadian phase in affective disorders and an outlook focussing on dysfunctional neuroplasticity as a potential link between the two domains.