



Dr Yanni Malliaris (aka Dr Yanni) graduated from Stirling University and UCLA with a first class honours degree in Psychology in 1999. During his undergraduate years he developed an interest in the psychosocial factors of affective disorders by studying with Professor Constance Hammen, and trained in behaviour modification with Professor Ivar Lovaas. He then went on to complete his military service in the Hellenic Airforce (2000-2002) and then worked as a research psychologist at the Institute of psychiatry, King's College London (2002-2010), where he also completed his Doctoral PhD thesis under the supervision of Professor Dinesh Bhugra and Professor Tom Craig. At the Institute, he began his work with Professor Dominic Lam in the Psychology department and the Affective Disorders Unit. Following funding from the Medical Research Council he commenced his PhD thesis (2005-2010) where he explored the impact of sub-syndromal symptoms in the course of Bipolar disorder, and particularly the role of symptom variability in predicting relapse. His doctoral thesis became the basis of the novel diagnostic and symptom monitoring services now offered through BipolarLab.com. It was Dr Yanni's participants who appreciated the utility of having such services and making them available to all patients.

Upon successful completion of his work at the Institute, Dr Yanni decided to continue with his research and clinical work on a private basis through BipolarLab.com, a pioneer private clinical practice delivering specialist diagnostic, treatment and research services for Bipolar disorder and recurrent depression over the internet or locally in Athens, Greece or London, UK. In addition, in 2008, Yanni founded in his father's memory (George Malliaris) EDO the Hellenic Bipolar Organisation, Greece's first and now premier NGO organisation for people with bipolar disorder and depression.

Dr Yanni's broad research interests are in the phenomenology and integrative treatment of Bipolar disorder, and particularly the factors that predict the course of the disorder. He is also interested in mental health informatics and conducts research on the role of new technologies for tracking the variable course of Bipolar disorder. Along with a group of friends and colleagues, Yanni has developed iMonitor, a novel electronic mobile diary for assisting patients and researchers/clinicians to track the daily course of Bipolar Disorder. Finally, he practices

Behavior therapy (and when needed cognitive therapy) for mood disorders and remains thankful to his late Professor (Dr Ivar Lovaas) for the training he received by one of the world's greatest and last radical behaviorists. He is proud for helping his patients to break their depressions as quickly as possible and helping them to maintain their stability for as long as possible.

As the Founder and CEO of BipolarLab, Dr Yanni is responsible for all the services offered through the clinical practice. He continues to conduct many of the assessments and therapy required for the delivery of BipolarLab's services but he is also lucky to have the help of many talented colleagues who share the work. He loves supervising and training new bipolarlab members, and also developing new clinical services in order to meet the never-ending clinical needs of his bipolar patients.