

## Symposium 04

### HPA axis interventions in psychiatry

Chair:  
Otte C, University Hospital Hamburg-Eppendorf, Hamburg, Germany

Alterations of the Hypothalamic-Pituitary-Adrenal (HPA) axis leading to cortisol dysregulation are involved in depression and have also been associated with cardiovascular risk. Cortisol exerts its effects via two different receptors, the glucocorticoid receptor (GR) and the mineralocorticoid receptor (MR). This symposium will provide an initial overview of mineralo- and glucocorticoid receptor function in depression (Schatzberg). The symposium will continue with data from a randomized controlled trial examining pharmacological modulation of the mineralocorticoid receptor as add-on therapy to antidepressant treatment with SSRI (Otte). We will then present new data on the effects of mifepristone, a GR antagonist, in bipolar depression (Young). Finally, the effects of mifepristone on metabolic alterations in patients taking atypical antipsychotics will be presented (Belanoff). Our symposium might contribute to a better understanding of the HPA axis from a new perspective by focusing on both mineralo- and glucocorticoid receptors and their role in depression and cardiovascular risk.