

Clariane & ALCEDIAG present real-world data confirming the high acceptability of the myEDIT-B test in routine care at the European Congress of Neuropsychopharmacology (ECNP)

The world's first blood test designed to help clinicians distinguish unipolar depression from bipolar disorder, myEDIT-B has demonstrated a high level of acceptability and clinical utility to psychiatrists and their patients in a European real-world study.

Based on RNA editing and artificial intelligence, the myEDIT-B test reflects an emerging focus on precision psychiatry, providing a biological tool that complements clinical diagnosis.

Conclusive results in the field

As part of Clariane's approach to evaluating health innovations, an acceptability study accompanied the rollout of the myEDIT-B test, which was prescribed as part of routine care for 63 adult patients under monitoring for a moderate or severe major depressive episode. The study was carried out in real care settings, in Clariane's mental health clinic networks in France (Inicea) and Spain (Ita Salud Mental), as well as at Hospital Clínic de Barcelona, with the assistance of SYNLAB laboratories for biological analyses.

The psychiatrists who took part in the study highlight the test's concrete impact on their practice:

- **83%** report that myEDIT-B helped them guide or redirect patients' treatment;
- **100%** believe that it has strengthened the therapeutic alliance with their patients;
- **67%** believe that it has helped reduce the time to diagnosis;
- **92%** indicate that it made communicating the diagnosis easier;
- **92%** say it confirmed or disproved the initial diagnosis.

These data reaffirm the value of integrating diagnostic tests into psychiatric care pathways to incorporate precision medicine.

A major public health issue

Bipolar disorder remains underdiagnosed or diagnosed late, with an average of eight years between the first symptoms and the implementation of appropriate treatment (McIntyre et al., 2020). This delay leads to significant clinical and social consequences, including worsened symptoms, relapses, excess mortality and impaired quality of life.

In this context, a tool like myEDIT-B represents a major step forward. Available on prescription, it is intended for adult patients receiving treatment for a moderate or

severe major depressive episode to help psychiatrists manage their treatment more effectively.

Professor Antoine Piau, Medical, Ethics and Health Innovation Director for the Clariane Group, said, "Our partnership with Alcediag is fully in line with Clariane's approach to innovation and research as part of its status as a purpose-driven company. We are pleased with the results of the real-world experiment conducted with our medical teams: our trial of myEDIT-B® shows that diagnostic tools provide support for clinicians and benefit patients by enabling them to access the most appropriate treatment for their condition more quickly. The project also illustrates our desire to improve the care we provide to our patients and to help drive forward innovations for comprehensive and personalised care."

Alexandra Prieux, CEO of Alcediag, added, "After more than ten years of continuous efforts to improve diagnostic pathways and bring concrete benefits to patients and psychiatrists, we're proud to be working in partnership with Clariane, an organisation that shares our values of innovation and our commitment to the quality of care offered to patients."

The study, titled "*Preliminary results from a real-world acceptability study of a first-in-class RNA-editing-based blood test: a precision psychiatry enabler*", was presented at the ECNP 2025 congress in Amsterdam. The poster presented was selected by the event's scientific committee and was awarded a poster prize at the Clariane Scientific Day at Paris Cité University.

About myEDIT-B®

myEDIT-B® is the first clinically approved CE-marked blood test with high sensitivity and specificity (greater than 80%), assisting clinicians in the differential diagnosis of bipolar disorder and depression.

The test complements existing clinical data and scales, positioning itself as a key decision support tool for prescribing mental health professionals.

myEDIT-B® integrates perfectly into the clinical pathway. Its main objective is to allow clinicians to quickly select the most appropriate therapeutic treatment and to help patients improve their quality of life, reducing typical diagnosis times from an average of eight years to just a few weeks.

About ALCEDIAG

ALCEDIAG is a pioneering diagnostic company, dedicated to transforming mental health through precision psychiatry. The company develops and markets innovative in vitro diagnostic tests based on cutting-edge molecular biology and artificial intelligence. Its proprietary platform leverages biomarkers based on RNA editing to develop objective tools suitable for clinical practice in psychiatry.

About Clariane

Clariane is the leading European community of care in times of vulnerability. It has operations in six countries: Belgium, France, Germany, Italy, the Netherlands and Spain

Relying on their diverse expertise, each year, the Group's 63,000 professionals provide services to nearly 900,000 patients and residents in three main areas of activity: care homes (Korian, Seniors Residencias, etc.), healthcare facilities and services (Inicea, Ita, Grupo 5, Lebenswert, etc.), and alternative living solutions (Âges & Vie, etc.).

In June 2023, Clariane became a purpose-driven company and added to its bylaws a new corporate purpose, common to all its activities: "To take care of each person's humanity in times of vulnerability".

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