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Preliminary results from a real-world acceptability study of a first-in-class RNA-editing-based blood test: a precision psychiatry enabler

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INTRODUCTION

Accurately differentiating unipolar and bipolar depression is one of the most significant challenges in psychiatry [1], with an average diagnostic delay of 8 years.

The consequences of misdiagnosis are significant

Delays in appropriate mood-stabilizing treatment, higher relapse rates, increased healthcare utilization, and poorer functional outcomes.

Therefore, reducing diagnostic delay is critical to improve long-term outcomes and enabling timely care.

The Solution - myEDIT-B Test

A first-in-class RNA-editing-based biomarker blood test**, designed to aid clinicians in differentiating unipolar from bipolar depression [2]**

STUDY AIM

To evaluate the real-world acceptability and clinical utility of myEDIT-B test [2]

- Assessing its acceptability among psychiatrists & patients in clinical routine
- Understanding how the test integrates into clinical workflows
- Understanding how it may support earlier and more accurate diagnosis

METHOD

The myEDIT-B Real-World Acceptability Study employed **a mixed-methods design.**

63 adult patients presenting with **current depressive episodes** enrolled across Clariane clinic networks in France and Spain.

12 participating psychiatrists prescribed myEDIT B test as part of routine clinical care

Quantitative Part	**Qualitative Part**
Analysis of prescriber feedback via anonymized questionnaire Analysis of patient feedback via anonymized questionnaire	Peer-Led Focus group discussions with participating clinician

Results Integration

Data comparison: Comparison of quantitative and qualitative results

Synthesis: Identifying trends and recommendations for clinical implementation

RESULTS

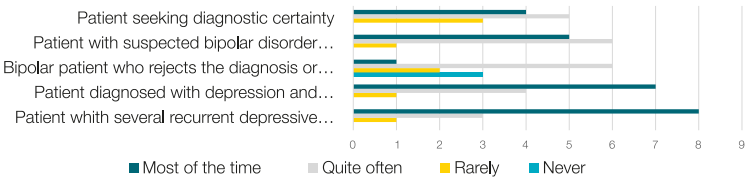
Analysis of Psychiatrist's Questionnaire

Psychiatrist Response Rate: 100%

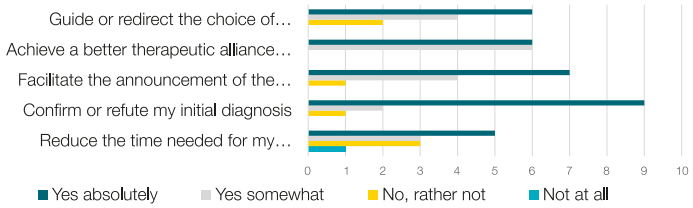
Test's Satisfaction | Prescriber Satisfaction: **8.9/10** | Patient Acceptation (psychiatrist point of view): **8,8/10** | Recommendation of myEDIT-B to colleagues: **9/10**

Prescriber perceived usefulness

For which clinical cases have you most often prescribed myEDIT-B?



The myEDIT-B test has enabled you to…



Process and Usage | Easy test Usage | Prescription process Satisfaction: **8/10** | Turn-around time Satisfaction: **7.8/10**

Analysis of Patient's Questionnaire

Patient Response Rate: 17.5%

Test's Satisfaction | Patient Satisfaction: **9/10**

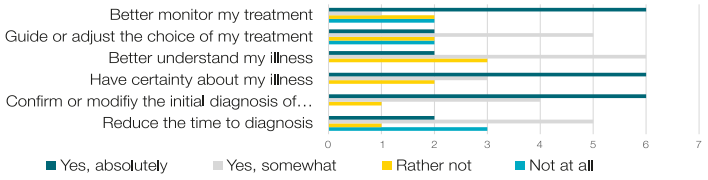
Process and Usage

Satisfaction about the time between blood sampling & clinician diagnosis: **91%** [Yes]

Information provided about the test: **Clear & Sufficient**

Patient perceived usefulness

Would you say that myEDIT-B has helped?



CONCLUSION

This study demonstrates high acceptability and promising clinical utility for myEDIT-B test in psychiatric practice. By providing objective biomarkers to supplement clinical assessment, the test supports earlier and more accurate differential diagnosis between unipolar and bipolar depression.

This test's implementation could help reduce delays in the appropriate treatment initiation while improving diagnostic confidence and patient communication.

These results support broader integration of the myEDIT-B test into psychiatric care pathways and represent a meaningful advance toward precision psychiatry in mood disorder diagnosis and management.

Bibliography

[1] Singh T, Rajput M. Misdiagnosis of bipolar disorder. Psychiatry (Edgmont). 2006;3(10):57.

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