

## In Celebration of Hanns Hippus (1925-2021)

### **Hanfried Helmchen: The Leopoldina - letter in Honor of Hanns Hippus on his 80<sup>th</sup> Birthday, April 18, 2005 <sup>1</sup>**

Dear Mr. Hippus,

When you joined the Leopoldina in 1977 it was fortunate to gain you as a member, one of the outstanding personalities of German postwar psychiatry. You belong among those psychiatrists who, in the 1950s, were quickly able to establish and develop international contacts. With your activities in international working groups, later on as President of the German Society of Psychiatry and Neurology (DGNP 1973-74) as well as President of the Collegium Internationale Neuropsychopharmacologicum (CINP 1972-74) you were significantly responsible for enabling the return of German psychiatry back into the international world after the crimes of German psychiatrists during the National Socialist period. At the same time, through your strong and continuing engagement in structural questions of psychiatry and psychiatry politics you contributed to the development of psychiatric care in Germany. For example, you were the consultant of choice on the federal and regional level, especially by your work in a leading position with the Federal Parliamentary Committee (Bundestags-Enquete [8]) discussing the state of psychiatry (1971-1975), when its political resonance led to a significant improvement in the care of mentally ill persons. But especially during your service as university professor with the founding of the Psychiatric Clinic II at the Free University in Berlin from 1968 – 1970 and, after your refusal to accept the call to follow Bürger-Prinz in Hamburg, during your service as the successor on Kraepelin's chair at the Ludwig Maximilian University in Munich after 1971, you expanded strong psychiatric university hospitals on the basis of research and teaching into therapeutically intensive care stations for patients and developed them into internationally known clinical research centers. You expanded the Munich hospital according to the principle of an integrated departmental structure under a single leadership and gained a number of associates with much potential promise [19]. The old building itself was renovated carefully and integrated into a new extension in such a way that the therapeutic and scientific demands of the time could be resolved completely. Between 1971 and 1994 27 associates became professors under your mentorship, and the majority were called as directors of psychiatric hospitals, nine of whom then occupied university chairs. In addition, the creative and open atmosphere as well as the scientific possibilities of your hospital drew many younger colleagues from Germany and other countries to study stays. These colleagues often returned to leading positions in their native countries.

Of course these strategic, organizational, and educational goals could not have been possible without the general recognition of your own extensive scientific and clinical competence. You had achieved this through two years of work in the Emil von Behring Institute for Experimental Therapy in Marburg and then after 1952 as the assistant and after 1960 as the senior physician

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with Helmut Selbach at the Psychiatric and Neurological Clinic of the Free University in Berlin. Here, with your knowledge from the Behring Institute, you developed a serological laboratory, specialized on the serodiagnostic study of neurosyphilis, and, for your postdoctoral qualification (Habilitation) in 1963, wrote about the results of ten years of investigation of serological diagnostic procedures of neurosyphilis. But especially due to your double studies of medicine and chemistry in Marburg, Freiburg, and Berlin, you had the best premises, with the beginning recognition of the antipsychotic effect of Chlorpromazin in 1952, to work on developing modern psychiatric pharmacotherapy from the very beginning. In connection with this your ability to create enthusiasm among colleagues and to win them over for cooperation through discussion was of great importance.

Together with Dieter Bente, Walter Pödlinger, and K. Stach you collected thinking about the question whether and to what extent the antidepressive effect of antidepressive drugs depends on the sterical configuration, especially the angle between both of the side rings of the tricyclic basic structure and the turn of the side chain to the ring system [4] [14]. With Karl Kanig and Helmut Selbach you explained side effects in the extensive spectrum of the clinically significant effects of psychopharmacological drugs in a clarifying manner, and you recognized them as a way “to determine conclusions about partial factors of the effectiveness of psychopharmacological drugs” [13]. The analysis of humoral side effects of antidepressive and neuroleptical drugs showed no differences in principle between the two groups of substances. Comparative investigations of clinical effectiveness profiles of tricyclic psychopharmacological drugs showed “that antidepressive and neuroleptical drugs were basically not to be separated” [2]. Together with Hildegard Enss, Klaus Hartmann, and Horst-Eberhard Richter you described for the first time the clinical effectiveness profile of Perazin. Due to stronger antipsychotic effectiveness and fewer side effects than Megaphen, this developed into the standard antipsychotic drug in the Berlin hospital [9]. Along with Enss and Richter, on this basis you established the first catamnesis in Germany as a research instrument discussing whether the scientific analysis of longterm treatment of schizophrenic episodes with Perazin stabilized remissions after schizophrenic episodes and weakened the tendency toward relapses [10]. Both questions were answered positively after several years of catamneses with schizophrenic patients. And very soon you pointed out the social-psychiatric significance of antipsychotic pharmacotherapy of schizophrenic patients [11].

Even with the first clinical investigation of Clozapin [5, 17], 20 years before it was once again celebrated as a rediscovery in the USA, its individual effectiveness profile was recognized, confirmed in a multicentric study of the German-Swiss research working group that you co-founded [1], and was understood as a challenge to the concept of a neuroleptic drug, which had just been established. Up to then the antipsychotic potency of this so-called neuroleptic drug seemed bound to its extrapyramidal motoric side effect, with the consequence that the total experimental animal screening of new substances for antipsychotic effectiveness was oriented toward their cataleptic effectiveness. In an important paper with the pharmacologist Günter Stille you criticized that a side effect had entered into the definition and naming of antipsychotic drugs and laid the basis for today’s current naming of atypical neuroleptic drugs, although the goal of the research, the development of the most selective antipsychotic drugs possible, still does not have an adequate name [21].

Together with Dieter Bente, Max-Peter Engelmeier, Kurt Heinrich, and Walter Schmitt, in 1960 each a leading doctor in the psychiatric University Departments of Erlangen, Münster, Mainz, and Homburg/Saar, you tried at an early date to determine quantitatively the clinical effectiveness of psychopharmacological drugs. The efforts of this “five man group” met with similar interests of a group of leading doctors in Swiss psychiatric hospitals. During many joint meetings a psychiatric findings documentation and finally the AMDP system was

developed [7]. In the 1980's you initiated a "drug surveillance system" (AMÜP) [12], which, in the 1990's was expanded by Eckart Rütger and Renate Grohmann at your hospital to a system for "drug safety in psychiatry" (AMSP [6, 20]) for the documentation of unwanted effects of psychopharmacotherapy with the participation of a number of psychiatric hospitals in Germany and Switzerland.

In 1968 with an international symposium in Berlin you achieved the successful and often quoted goal of representing a complete picture of activated, clinically nosological and psychopathological as well as biochemical and pharmacotherapeutic depression research [16]. In 1974, after a basic sketch of psychiatric pharmacotherapy in 1966, the first edition of your standard work "Psychiatric Pharmacotherapy" was published, written together with Otto Benkert and till 2014 has appeared in 10 editions [3]. In the same year your contributions in this field were recognized by your election as the first German President of the Collegium of International Neuropsychopharmacology (CINP) and as President of the CINP Convention in Paris. At the same time the intensification of psychopharmacological research with the department of neurochemistry, founded by you and successfully led by Norbert Matussek, led to international recognition, as your hospital was named a "National Collaborating Center for Biological Psychiatry" and an "International Reference Center for Psychotropic Drugs" from the WHO. Together with Manfred Ackenheil and Peter Propping you were able to intensify your scientific and strategic main idea of a close cooperation between basic research and hospitals with the realization of a DFG center for "Psychiatric Genetics"

Although your own personal scientific interests were directed toward the biological dimension of psychiatry, the so-called biological psychiatry, nonetheless in your hospital you were able to institutionalize to a great extent your interest in the breadth of psychiatry and to have your associates work successfully on scientific projects, for example forensic psychiatry, experimental psychological research based on Kraepelin, as well as psychiatric care research and epidemiology. Especially for the latter you had senior physicians such as Horst Dilling, Manfred Fichter, and Michael von Cranach and, with their help, you were able to establish broad outpatient institutions, such as a day clinic or fear-treatment clinic, and thus were able to put into practice important recommendations of the Federal Parliamentary Committee (Bundestagsenquete) for central Munich. Your particular interest was always for the social aspects of the treatment of patients, [15] and this is still true today in your efforts toward a dialogue among patients, family members, and therapists. With your psychiatric and historical interest you were able, during the past five years, to convince almost all German university psychiatric hospitals to discuss in schizophrenia panels not only the current status of schizophrenic treatment, but also the history of each hospital, as well as the history of your own hospital in a separate volume on the occasion of its 100<sup>th</sup> anniversary [18, 19]. With these publications it is possible to gain a singular overview of the current status of German university psychiatry.

You were the center and driving force of a living hospital, and there were also many celebrations, excursions with students, impressively large conferences, and annual one-week seminars at excellent ski resorts, during which science mixed with the joy of life in a synthesis that gave your clinic a very special charm. You came from Thüringen, were formed by science and the wild 60's in Berlin and brought your life's work in your hospital in your chosen home of Bavaria to its height. It was indeed right to be happy about receiving the Bavarian Service Order. Along with many colleagues I wish you the ability to continue to follow your many interests and that your joy of life, your health, and the togetherness with your wife will go on for many years.

Addendum 2021

After his 80th birthday he continued tirelessly to be present at both national and international conferences and accompanied particularly the further development of his department. Only during the very last years he gradually withdrew from external activities. He peacefully passed away at his home on August 21, 2021. Hanns Hippus was appreciated for his lifework in 1994 by the Ernst-Jung-Stiftung with its Ernst-Jung-Medal in Gold and in 2014 by the Deutsche Gesellschaft für Psychiatrie, Psychotherapie, Psychosomatik und Nervenheilkunde (DGPPN) with its Wilhelm Griesinger Medal.

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