



EUROPEAN PSYCHIATRIC ASSOCIATION

ANNUAL REPORT
2016



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At the end of my mandate as EPA President after two rewarding years, I reflect on what has been achieved.

I am especially encouraged to see the results of my proposed Strategic Action Plan, implemented at the beginning of my mandate in 2015, which has greatly advanced the association in its leadership, its objectives and its outreach.

This year EPA continued the progress of the Operational Committees and Task Forces put into place in 2015 to strengthen EPA's influence in important developments in the field of psychiatry and to make improvements in the internal management of the association. Essential steps have been taken to change internal operations, congress organization and to make the association more independent.

In 2016 three more Task Forces were formed to address current world issues: a Task Force on the Needs of Refugee and Asylum-seeking Patients in Europe to consolidate lobbying resources at the European level for better mental health services for migrants; a Task Force on Mass Violence and Psychiatry to discuss and propose initiatives on how to prevent actors and protect victims of terrorist acts; and a Task Force on e-Mental Health to advance EPA's activities in this field and develop a strategy on e-mental health together with all related EPA bodies.

Given the political developments in 2016, EPA has outlined a position paper on the Brexit in order to stress that the association welcomes, represents and supports all of its members, including those working and living in Britain. EPA has also developed a position paper on the Image of Psychiatry and Psychiatrists to present a positive image of the field and to engage *all relevant actors*, including patients, their carers and families, the media, (mental) health professionals and medical students, as well as policy makers. These position statements are going to be published in the association's official journal *European Psychiatry*.

In 2016 a new Guidance series with five new Guidance papers was published in *European Archives of Psychiatry and Clinical Neuroscience and European Psychiatry*. After more than 4 years of successful work, the Guidance Committee was replaced by the new EPA Publication Committee under my chairmanship together with Philip Gorwood. This step was taken to further systematise and advance the EPA publication policy for improved inward and outward visibility and communication in the future.

Initiated and increasingly strengthened activities of the Brussels Office among the European Institutions have resulted in strong relationships with policy makers and stake holders in the fields of health care and economics, and have allowed EPA to further develop partnerships with non-governmental associations such as the European Federation

of Associations of Families of People with Mental Illness (EUFAMI), the Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN) and the European Brain Council (EBC). EPA's international collaboration has been formalized in memoranda of understanding with the African Association of Psychiatrists and Allied Professions (AAPAP), the Asian Federation of Psychiatric Associations (AFPA), the Royal Australian and New Zealand College of Psychiatrists (RANZCP) and the Senior International Health Association (SIHA). Contacts were strengthened with the American Psychiatric Association (APA) and the Asociación Psiquiátrica de América Latina (APAL). In addition myself and other leaders spoke and represented the association at many international conferences throughout the year as outlined in the list of activities at the end of this report.

Furthermore, in December of 2016 EPA hosted an inter-sectoral European Policy Event, **"From policies to practice - from practice to policies: Creating synergies for better health in Europe"**, to efficiently address the challenges of health care and chronic disease costs -both economic and social -by promoting an integrated, horizontal approach to creating policies for quality health care across Europe. Coupled with the 2nd Annual EPA Forum on the topic of **"A Common Language in European Psychiatry -Can it be achieved"**, which took place at the 24th European Congress of Psychiatry in Madrid in March 2016, EPA remains at the forefront of developments at the EU level for the improvement of psychiatry and the support of psychiatrists.

The year 2016 also saw record-breaking abstract submissions for the 24th European Congress of Psychiatry in Madrid, as well as an ever-increasing readership and Impact Factor for EPA's journal, *European Psychiatry*. Along with a continued cooperation between EPA and its National Psychiatric Society and Association Members, of which EPA now boasts 40 with the addition of the Society of Georgian Psychiatrists in 2016, these successes only serve to advance EPA and its members.

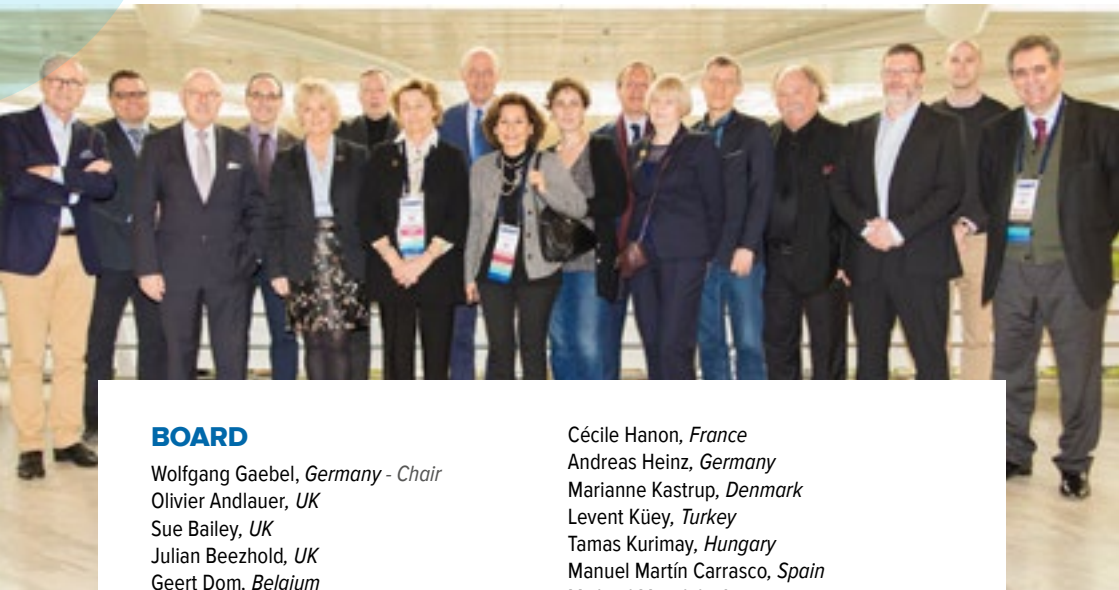
The contents of the following Annual Report will make it clear that the European Psychiatric Association truly is the leading association representing psychiatry in Europe. It is also clear that the success of EPA is due to the expertise of its leaders, the diversity of its members, the high quality of its scientific and policy contributions, and the dedication of all involved within EPA to accomplish its goals. These advances would not be possible without the support and efforts of the EPA Board, Executive Committee, Council of NPAs, administrative staff and all others who were called upon for action.

Finally, I would like to thank all those who have supported me during my mandate and who have contributed to the advancement of the association during the past two years: the EPA Executive Committee and EPA Board members, the members of the Council of NPAs, members of the EPA Task Forces and Operational Committees, EPA staff members in Strasbourg, Brussels and Düsseldorf as well as all external partners, international psychiatric associations and patient and family representatives.

In addition to wishing Professor Silvana Galderisi a successful mandate as EPA President for 2017-2018, let us continue to move forward with great commitment to our patients, our education and research embraced by our mission for **Improving Psychiatry and Mental Health Care in Europe**.

Prof. Dr. Wolfgang Gaebel

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Peter Falkai, *Germany - Secretary*

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Tamas Kurimay, *Hungary*
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Andreas Heinz, *Germany*
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Reinhard Heun, *UK*
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Danuta Wasserman, *Sweden*

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Andrea Fiorillo, *Italy*
Paz García-Portilla, *Spain*
Philip Gorwood, *France*
Cécile Hanon, *France*
Andreas Heinz, *Germany*
Marianne Kastrup, *Denmark*
Levent Küey, *Turkey*
Tamas Kurimay, *Hungary*
Manuel Martín Carrasco, *Spain*
Michael Musalek, *Austria*
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Jerzy Samochowiec, *Poland*
Rutger Jan van der Gaag, *Netherlands*
Danuta Wasserman, *Sweden*

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Patrice Boyer, *France*
Rodrigo Córdoba Rojas, *Colombia*
Antônio Geraldo da Silva, *Brazil*
Peter Falkai, *Germany*
Maria Luisa Figueira, *Portugal*
Sophia Frangou, *USA*
Wagner Farid Gattaz, *Brazil*
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Jerónimo Sáiz Ruiz, *Madrid*
Marta Torrens Melich, *Barcelona*
Mikel Urretavizcaya Sarachaga, *Barcelona*

TASK FORCE ON EDUCATION IN EUROPEAN PSYCHIATRY

EPA

- Wolfgang Gaebel
- Cécile Hanon
- Silvana Galderisi
- Manuel Martín Carrasco
- Olivier Andlauer

UEMS

- Marc Hermans
- Andy Brittlebank
- Dan Georgescu

EFPT

- Livia De Picker
- Ekin Sönmez

WHO EUROPE

- Matt Muijen

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Levent Küey
Meryam Schouler-Ocak
Iris Graef-Calliess
Olivier Andlauer

CONSULTANTS

Marisa Casanova Dias
Simavi Vahip
Davor Mucic
Danuta Wasserman
Gisèle Apter

TASK FORCE ON MASS VIOLENCE

composition is under review

TASK FORCE ON E-MENTAL HEALTH

composition is under review



THE 24th EUROPEAN CONGRESS OF PSYCHIATRY EPA 2016 MADRID

EPA members, leaders, partners, delegates and staff came together under the Spanish sun for the 24th European Congress of Psychiatry in Madrid on 12-15 March 2016. Over 3,100 participants from 93 countries followed a rich and varied scientific programme inspired by the 2016 motto *“Towards a Common Language in European Psychiatry.”*

SCIENTIFIC PROGRAMME

EPA's high-quality, multidisciplinary scientific programme included updates on scientific aspects of current clinical treatments, theoretical and research-based lectures, lively discussion on controversial issues, and a special track of sessions throughout the Congress for early career psychiatrists.

In addition to Plenary and State-of-the-Art lectures, Debate sessions and Symposia spanning a wide range of relevant topics, 16 EPA Courses were offered during the Congress. With a more intimate and informal setting and a classroom atmosphere, EPA Courses focus on promoting interaction among participants and faculty.



In 2016, EPA added a new session type, “Ask the Experts,” which allowed 61 participants to meet in small groups with prominent researchers and clinicians to facilitate informal discussions and professional exchange. In light of very positive feedback from session participants and experts, EPA is bringing this session back to Florence in 2017.

2nd ANNUAL EPA FORUM

The Congress also hosted the second annual EPA Forum, a format for discussion and exchange introduced for the first time in 2015. At the EPA Forum 2016, 186 participants centred their discussion on the theme:

A Common Language in European Psychiatry – Can it be achieved? Speakers from the European Commission, WHO and UN, as well as European psychiatric organisations and networks such as EUFAMI, GAMIAN and ROAMER, joined EPA leaders for topical lectures and discussions concerning matters of European importance in the field of Mental Health and Mental Health Care.

ASSOCIATION ACTIVITIES

EPA's Extraordinary and Ordinary General Assemblies met on 13 March, with 164 EPA members and 29 National Society/Association members in attendance. The following changes of statutes were approved during the Extraordinary General Assembly:

- Modification of the composition of the Executive Committee to include the Chairperson of the Council of National Psychiatric Societies/Associations for the length of his or her term;
- Modifications and clarifications concerning the Editors of European Psychiatry concerning the length of term and precision of responsibilities;
- New article concerning the definition and reciprocity of invited participants to EPA meetings;
- New article concerning tie-breaking procedures in votes other than in EPA elections.

“The European Psychiatry Congress featured a very attractive program, which covered the most recent achievements in basic, clinical and translational research, and also its application to evidence-based practice, diagnosis, treatment and education, which attracted the most eminent psychiatrists and which promoted the extensive exchange of ideas, reflection and collaboration in all fields of psychiatry.”

Miguel Gutiérrez Fraile,
Chair of the 2016 Local Organising Committee

During the Ordinary General Assembly, EPA Board elections were held, and 7 candidates out of 12 were either elected or re-elected for a term beginning on 1 January 2017 and ending on 31 December 2020:

Julian Beezhold (*re-election*)

Geert Dom (*re-election*)

Peter Falkai (*election*)

Tamás Kurimay (*re-election*)

Andrea Raballo (*election*)

Martina Rojnic Kuzman (*election*)

Danuta Wasserman (*re-election*)

The following EPA Committees also held meetings during the Congress: Executive Committee, Board, Committee on Ethical Issues, Guidance Committee, Early Career Psychiatrists Committee, Section Coordination, Committee on Education and the Council of NPAs.

EPA COUNCIL OF NATIONAL PSYCHIATRIC SOCIETIES/ASSOCIATIONS (NPAs)



MEMBERS

The EPA Council of NPAs, with its 40 members from 37 European countries, constitutes the most important discussion platform representing 78,000 psychiatrists across Europe. It is governed by a 3-member Steering Committee with the EPA President as Co-Chair. In 2016, the Council welcomed the Society of Georgian Psychiatrists as a full member. *(A full listing of the 40 NPA members is available on the EPA website.)*

MISSION

The Council of NPAs brings together representatives of psychiatrists from all European countries aiming to improve psychiatry and mental health care throughout the continent. Additionally, through a collaboration with the EPA Brussels office, the Council brings forward important questions to the European Commission concerning psychiatry in Europe. Its goal is to participate in future implementation proposals of the EU concerning recommendations on mental health, essentially in collaboration with their respective governments.

The Council of NPAs has become a forum for its members to meet, discuss and work on issues concerning European psychiatry... Through the increasing presence of EPA in Brussels, it's also an opportunity to influence European Policy on Mental Health.

Manuel Martín Carrasco,
Chair of the Council of NPAs

MEETINGS AND ACTIVITIES



During 2016 the Council of NPAs organised several meetings and activities in different member countries:

MEETINGS/SYMPOSIA:

- **March 2016** - Meeting during the 24th European Congress of Psychiatry (Madrid, Spain)
- **May 2016** - Thematic meeting "Implementing EPA Guidance papers at national level" during the Hungarian National Congress (Budapest, Hungary)
- **May 2016** - EPA Council of NPAs Symposium (Budapest, Hungary)
- **June 2016** - EPA Council of NPAs Symposium (Kosice, Slovakia)
- **November 2016** - Meeting during the congress of the German Association for Psychiatry, Psychotherapy and Psychosomatics (Berlin, Germany)
- **December 2016** - Joint meeting with the EPA Board concerning EU policies and lobbying (Brussels, Belgium)

OTHER ACTIVITIES:

- Annual work and publication of guidance papers by the Council's working groups:

Mental Health and Economic Crisis

Image of Psychiatry

Clinical Management of Aggressive Behaviours

- Monthly teleconferences for the Steering Committee and bi-monthly for the Council of NPAs

- Consultation of NPAs for surveys and reports:

Deep Brain Stimulation (DBS) survey

Survey on Early Detection and Intervention (ED/EI) for Psychosis

Annual Mental Health Stakeholder survey in the context of EU-Compass for Action on Mental Health & Well-being

Consultation for the report of the task force on Needs of Refugee and Asylum-Seeking Patients in Europe

EU POLICY AND LOBBYING ACTIVITIES

To change the image of psychiatry and psychiatrists, there is a strong need to move forward, by engaging all relevant actors, including patients, their carers and families, the media, (mental) health professionals and medical students, as well as policy makers.

EPA Position Paper, “Improving the Image of Psychiatry and Psychiatrists”



Throughout 2016, EPA made major efforts to consolidate the role of EPA as a visible network at the European level and to develop the work undertaken since the official opening of the Brussels Office in 2015.

Main activities included a closer involvement in relevant European Institutions' policy initiatives, lobbying and raising awareness on mental health issues, as well as building strategic alliances with key stakeholders at European level. The EPA President met with DG Santé representatives in order to discuss topics of mutual interest and strengthen the cooperation with the European Commission.

The scientific partnership with the European Brain Council (EBC) was further developed in the frame of the “Value of Treatment” research project, where valuable progress was made by the EPA working group on schizophrenia.

Examples of effective policy and communication work are the EPA position papers on priority matters which are being published in the journal European Psychiatry (position paper on the image of psychiatry and psychiatrists; position paper on the Brexit), and the successful organisation of the 1st EPA Policy Event on 9 December 2016.

EPA POLICY EVENT

“From policies to practice - from practice to policies: Creating synergies for better health in Europe”
9 December 2016, Brussels

On 9 December 2016 EPA hosted its 1st Policy Event “From policies to practice - from practice to policies: Creating synergies for better health in Europe” at the University Foundation in Brussels, where the EPA's EU liaison office is located.

The event was well attended and focused on two main topics that are high on the EU agenda, namely the issues of **integrated health care and mental health in the workplace**.

In addition to EPA leaders, high-level representatives from European Institutions, (mental) health professionals, academics, patients and civil society gathered together and constructively discussed on possible solutions for better health and health care in Europe.

EPA hopes that these efforts, along with the inter-sectoral collaboration promoted through events like this, will lead to the creation and implementation of comprehensive health policies throughout the EU.



EDUCATION

COMMITTEE ON EDUCATION

The EPA Committee on Education met twice in 2016, in Madrid during the EPA Congress and in Paris in November, to discuss current activities and future projects. Chaired by Dr. Cécile Hanon, EPA Secretary for Education, the Committee works on developing a wide range of educational activities for psychiatrists across Europe.

EPA COURSES

The Committee supervises the organisation of EPA Courses delivered both during the EPA Congress and throughout the year in various countries as Itinerant Courses. In total, no less than 23 courses were organised in 2016 on various topics (see the calendar of activities for more details concerning the Itinerant Courses).

EPA SUMMER SCHOOL

With the participation of 27 selected students from 19 different countries, the 6th EPA Summer School was once again a great success, and an amazing opportunity for young psychiatrists to improve their knowledge on the topic of “*ABCs of Psychotherapy*”.

Organised around plenary discussions, workshops in smaller groups and role-play sessions, under the supervision of our esteemed faculty: Dr. Marc Hermans, Prof. Yves Sarfati and Prof. Norman Sartorius, the Summer School also gave the participants a unique opportunity to take part in a simulation session organised by the Maudsley Simulation Center, UK's first simulation training centre focusing on mental health.

Feedback on the programme was extremely positive, and participants especially appreciated the international networking opportunities, as well as the expertise of the EPA Summer School faculty.

It was an incredible experience. Besides gaining new friends from all over Europe I've changed my vision of psychotherapy.

Roya Aliyeva,
6th EPA Summer School Scholar

TASK FORCE ON EDUCATION IN EUROPEAN PSYCHIATRY (TFEEP)

The TFEEP was established in 2016 based on an agreement between representatives from EPA, UEMS, EFPT and WHO Europe. The aim of the TFEEP is to support the implementation of the highest standards of psychiatry education and training at all levels. The first objective of the TFEEP is to establish the desirability and feasibility

of producing harmonized European curricula for undergraduate study, postgraduate training and continuous professional development in psychiatry. In 2016 the group held its first teleconference and meeting and started its work towards a training and education consensus in Europe.

EARLY CAREER PSYCHIATRISTS

EARLY CAREER PSYCHIATRISTS COMMITTEE

Chaired by Dr. Olivier Andlauer, the Early Career Psychiatrists Committee (ECPC) and its 4 Task Forces are eager to provide valuable training opportunities for young psychiatrists across Europe.

Highlights from this year's activities include:

- ECP Committee meetings in March and September 2016
- Development of improved communication about EPA for and between ECPs thanks to the participation of the ECPC in several congresses (EFPT Forum in Antwerp, World Congress of ECPs in Athens, etc.) and the dissemination of information on the Committee's activities in various countries
- Organisation of the 2nd edition of the Gaining Experience Programme, thanks to which 5 motivated young psychiatrists were selected to participate in short observerships in various psychiatric institutions across Europe
- Publication of 4 papers in peer-reviewed journals, including European Psychiatry. A book for ECPs was also published on "Psychiatry in Practice: Education, Experience, and Expertise"
- Focus on psychotherapy through the EPA Summer School and the Congress Programme dedicated to ECPs

"The fact that one third of participants at the EPA Congress in Madrid were Early Career Psychiatrists shows that EPA is definitely the right place for them!"
Olivier Andlauer, ECP Committee Chair

GAINING EXPERIENCE PROGRAMME: 3RD EDITION

After a successful 2nd edition in 2015-2016, the Gaining Experience Programme was renewed for the 3rd time. In charge of supervising the programme, the ECPC members selected the five enthusiastic early career psychiatrists who will participate in the next programme with placements in 2017:

- Alla CHISTOL (Rep. of Moldova), placed in Hungary
- Gulay MAMMADZADA (Azerbaijan), placed in UK
- Yuriy OSADSHIY (Russia), placed in Spain
- Massimo TUSCONI (Italy), placed in Italy
- Maria Magdalena DUMITRU (Romania), placed in Sweden

PRIZES AND AWARDS

RESEARCH PRIZES 2016



EPA awarded four Research Prizes of €2,500 each to Early Career Psychiatrists working in Europe, who published the best scientific papers in 2015. Out of 77 eligible applications, the Research Prizes for 2016 were awarded to:

Category 1: Clinical psychopathology and refinement of psychiatric diagnostic categories

Rashmi Patel, United Kingdom

"Negative symptoms in schizophrenia: a study in a large clinical sample using a novel automated method"

Category 2: Biological correlates and treatments of mental disorders

Adrian Georg Fischer, Germany

"Dual serotonergic signals: a key to understanding paradoxical effects?"

Category 3: Psychiatric epidemiology, social psychiatry and psychotherapeutic interventions in mental disorders

Nicolas Hoertel, France

"Mental disorders and risk of suicide attempt: a national prospective study"

Category 4: Child and Adolescent Psychiatry

Agnieszka Butwicka, Sweden/Poland

"Risks of psychiatric disorders and suicide attempts in children and adolescents with type 1 diabetes : A Population-Based Cohort Study"

"EPA is a great forum to support trainee psychiatrists who are embarking on careers in clinical practice and research. It is a real privilege to have had the opportunity to present my work at the EPA Congress in Madrid."

**Rashmi Patel,
2016 Research Prize winner**



“EPA is a great supporter of collaboration between psychiatrists at all levels across Europe, and provides a mechanism for us to work across boundaries to achieve our collective goals.”

Howard Ryland,
2016 Scholarship Programme winner

SCHOLARSHIP PROGRAMME 2016

EPA's Scholarship Programme is open to early career psychiatrists who are either trainees or within 5 years of completion of specialist training in psychiatry and who are working in countries that form part of the World Health Organization European region. The Scholarship Programme includes free registration to the European Congress of Psychiatry, travel expenses, hotel accommodation, complimentary registration for one EPA Course, and 1 year of EPA membership.

Out of 72 eligible applications, the 2016 scholarships were awarded to the following Early Career Psychiatrists and Trainees:

- Livia de Picker, *Belgium*
- Iria Grande, *Spain*
- Ozge Kilic, *Turkey*
- Miloš Milutinović, *Republic of Macedonia*
- Howard Ryland, *UK*

The prizes were awarded at the opening ceremony of the 24th European Congress of Psychiatry in Madrid, Spain on 12 March 2016.

SECTION SYMPOSIA AWARDS 2016

The Scientific Programme Committee recognised the 5 best accepted Sections Symposia from those selected for the 2016 Scientific Programme during the Opening Ceremony of EPA 2016 Madrid:

Racism and discrimination in mental health care of immigrants

Section: Cultural Psychiatry

Hallucinations and delusions in schizophrenia: from phenomenology to neurobiology

Sections: Schizophrenia; Psychopathology

Affective and psychotic psychopathology during adolescence and early adulthood: the dynamic developmental interplay between genes, structures and functions

Sections: Neuroimaging; Child and Adolescent Psychiatry

Phenomenology of anxiety

Sections: Philosophy and Psychiatry; Psychopathology

Treatment of people with dual diagnosis

Section: Psychopharmacology



SECTIONS

SECTIONS' ACTIVITIES

The 21 EPA Sections are very involved in the scientific programme of the annual European Congress of Psychiatry. During the 24th EPA Congress in Madrid, 16 Section symposia, 4 Section workshops and 10 Section EPA Courses took place. Additionally, 16 out of 21 EPA Sections held business meetings during the 2016 congress in Madrid. Many symposia and educational activities are also held by the Sections outside the framework of the EPA congress (see the Calendar of Activities).

SECTION COMMITTEE

In March 2016, the Section Committee held a joint meeting with 18 out of 21 the Section Chairs during the 24th European Congress of Psychiatry in Madrid. The discussions of the meeting focused on current activities of the sections, sections symposia awards, and how to foster collaboration with sections of NPAs and other EPA or international bodies. During the meeting it was announced that the Section Committee had completed its working procedures and as a result was subsequently closed. Its main duties were to coordinate the activities of sections and bring them closer to NPAs' sections.

ETHICS

COMMITTEE ON ETHICAL ISSUES

The EPA Committee on Ethical issues is composed of Dr. Marianne Kastrup, Committee Chair, and 9 active members who are dedicated to promoting ethical standards in psychiatric research and care. The Committee met in November 2016 to discuss their priorities and future activities for the years to come.

ACTIVITIES

- EPA 2016 Madrid: Symposium on Market Economy and its consequences for Mental Health and participation in a Training Workshop on the use of Ethics in daily psychiatry (EECPP)
- Publications: RUTZ W, KASTRUP M., Ethical dilemmas, needs and unmet needs in European Psychiatry: A survey made by the European Psychiatric Association. *Mental Health in Family Medicine* 2016; 12: 196-99
- Collaborations and partnerships: WPA, EPA NPAs



VILNIUS CONSULTATION

On 13-14 October, Dr. Kastrup participated in the International Consultation on the Right of everyone to mental health, held in Vilnius, Lithuania, whose goal was to establish commitments to strengthen mental health and reduce the socio-economic burden of mental disorders. About 25 participants from different professional backgrounds were present, including NGOs, governmental agencies and researchers, and Dr. Kastrup presented the role and image of psychiatrists and EPA's support for the promotion of the highest standards of physical and mental health for all.

I find it important that EPA participates [in these events] as we have to interact with other professions and user organisations to discuss issues of general concern ... we have to show that psychiatrists have a much wider approach to mental health than traditionally is expressed by some.

Marianne Kastrup, Chair of the Committee on Ethical Issues

GUIDANCE

GUIDANCE COMMITTEE

The aim of the EPA Guidance Committee is to disseminate evidence-based information and best practices to improve the quality of mental healthcare in Europe. In 2016, five new Guidance Papers were published in two different journals. These include:

European Archives of Psychiatry and Clinical Neuroscience, Vol. 266, N° 2, March 2016:

EPA Guidance on improving the image of psychiatry

Authors: A. M. Möller-Leimkühler, H.-J. Möller, W. Maier, W. Gaebel and P. Falkai

EPA Guidance on mental health and economic crises in Europe

Authors: M. Martin-Carrasco, S. Evans-Lacko, G. Dom, N. G. Christodoulou, J. Samochowiec, E. González-Fraile,

P. Bienkowski, M. Gómez-Beneyto, M. J. H. Dos Santos and D. Wasserman

EPA Guidance on the quality of eMental health interventions in the treatment of psychotic disorders

Authors: W. Gaebel, I. Großimlinghaus, A. Kerst, Y. Cohen, A. Hinsche-Böckenholt, B. Johnson, D. Mucic, I. Petrea, W. Rössler, G. Thornicroft and J. Zielasek

EPA Guidance on training in psychiatry throughout Europe

Authors: A. Brittlebank, M. Hermans, D. Bhugra, M. Pinto da Costa, M. Rojnic-Kuzman, A. Fiorillo, T. Kurimay, C. Hanon, D. Wasserman and R.J. van der Gaag

European Psychiatry, Vol. 33, March 2016:

EPA Guidance on psychotherapy in chronic depression across Europe

Authors: A. Jobst, E.-L. Brakemeier, A. Buchheim, F. Caspar, P. Cuijpers, K.P. Ebmeier, P. Falkai, R. Jan van der Gaag, W. Gaebel, S. Herpertz, T. Kurimay, L. Sabaß, K. Schnell, E. Schramm, C. Torrent, D. Wasserman, J. Wiersma and F. Padberg

After more than 4 years of successful work, the EPA President and Chair of the Guidance Committee together with the Committee Members decided to close the Guidance Committee. The closing was approved by the EPA Board during EPA 2016 Madrid. At the same time, the creation of a new Publication Committee was initiated. The Publication Committee will take over the tasks of the Guidance Committee and broaden the spectrum of EPA publications through position papers, editorials and books.



EUROPEAN PSYCHIATRY JOURNAL

BACKGROUND

European Psychiatry, the official journal of EPA, has been encouraging research exchange and high-level scientific

communication within Europe since its debut in 1986. Published by Elsevier, the journal has been led by Editors Sophia Frangou, Philip Gorwood and Reinhard Heun since 2004.

Within its 8 yearly issues, readers can find a diversity of psychiatric research, including articles on psychiatric disorders and mental problems in all stages of life, functional and structural imaging, psychiatric epidemiology, psychometrics, neurocognition, cognitive impairment, social life, carer burden, psychopharmacology, psychotherapy, service delivery and improvement and many more. *European Psychiatry* also publishes EPA Guidance Papers, editorials, letters to the editor, EPA news and event information.

In 2016, the journal enjoyed marked increases in its 2-year and 5-year Impact Factor, overall ranking in the psychiatry category and total yearly article downloads.

Current and past issues of *European Psychiatry*, including abstracts, full texts and PDFs, are available on www.europsy-journal.com. Users may also consult author information and permissions and submit manuscripts. The mobile version of www.europsy-journal.com is available to EPA Members; please go to www.europsy-journal.com on your mobile device and install the EurPsych application on your mobile device.

KEY INFORMATION

- Dynamic presence in the field of psychiatry
- 2015 TR-ISI Impact Factor (2-Year): 3.912
- 2015 TR-ISI Impact Factor (5-Year): 3.638
- 2015 Journal Immediacy Index: 0.806
- Ranked 32nd of 142 journals, in the JCR category: psychiatry
- Volumes 31-38 Published; 73 articles, excluding Supplements
- ScienceDirect customers worldwide: 7,464 active accounts
- Total Usage (Readership) : 504,733 Full text Articles downloads during January-October 2016



COLLABORATION WITH OTHER SOCIETIES

EPA has a long and active collaboration with several organisations related to psychiatry and mental health in Europe and worldwide. In the context of its partnerships EPA offers patronage of events in the field of psychiatry in Europe and on other continents. In 2016, seven events took place under EPA Patronage. To further reinforce this collaboration, EPA organised its 2nd EPA Forum during the EPA congress in Madrid with the topic “A Common Language in European Psychiatry: Can it be achieved?”.

Furthermore, during 2016, several Memoranda of Understanding (MoU) have been signed or are currently under preparation with the following associations:

- Asian Federation of Psychiatric Associations (AFPA)
- European Union of Medical Specialists (UEMS)
- African Association of Psychiatrists and Allied Professions (AAPAP)
- American Psychiatric Association (APA)
- The Royal Australian and New Zealand College of Psychiatrists (RANZCP)
- Senior International Health Association (SIHA)
- Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe)
- European Federation of Associations of Families of People with Mental Illness (EUFAMI)
- Asociación Psiquiátrica de América Latina (APAL)

Ongoing collaboration continued with other relevant organisations, including:

- Council of Europe
- World Health Organization (WHO)
- European Commission (EC)
- European Union of Medical Specialists (UEMS)
- European College of Neuropsychopharmacology (ECNP)
- World Psychiatric Association (WPA)
- European Brain Council (EBC)
- European Federation of Psychiatric Trainees (EFPT)
- European Conference on Schizophrenia Research (ECSR)
- Mental Health Europe (MHE)



MEMBERSHIP

EPA is made up of National Society/ Association Members; and of qualified individuals in the forms of Individual Members, Fellows, Emeritus Members, Honorary Members, International Individual Members and Affiliate Members; and of Donor Members; and of Associate Organisations.

KEY FIGURES

The association hosts a community of 2,590 individual psychiatrists and professionals in mental health care and 40 National Society/Association Members representing over 78,000 European psychiatrists from 88 countries, covering the interests of psychiatrists in academia, research and practice. EPA deals with psychiatry and its related disciplines and focuses on the improvement of care for the mentally ill as well as on the development of professional excellence.

72% REGULAR
23% ECP
3% EMERITUS
2% HONORARY

“The European Psychiatric Association’s ongoing membership growth continues to strengthen our role and influence as the only organisation representing all European psychiatrists.”

Julian Beezhold, EPA Secretary General

RECRUITMENT

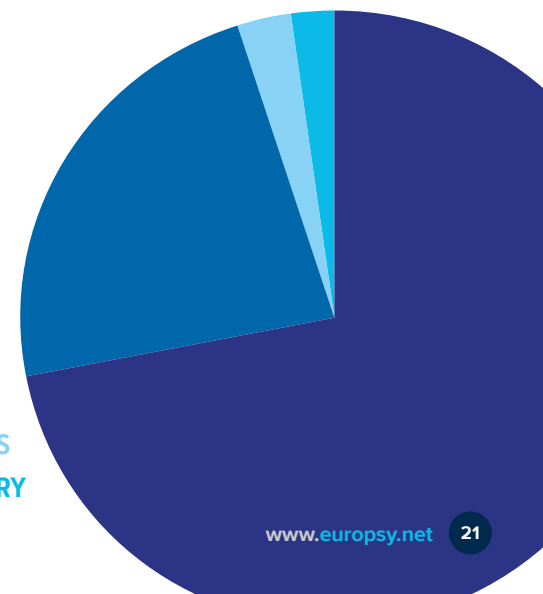
123 new members were recruited in 2016: of these, 86 % are Individual members and 14 % are International Individual members (outside of the WHO Europe region).

Of the new members, 59 % are early career psychiatrists, representing a slight increase from last year (54% in 2015).

MEMBERSHIP FEE

13.5% of EPA members are up to date with association membership fees, classifying them as “active”.

84% of the 2016 fees were paid online via the payment system on the EPA Extranet.



COMMUNICATION



SOCIAL MEDIA

EPA's social media accounts offer an opportunity to engage with past, present and future members and Congress participants. In addition to the European Psychiatric Network (www.europsychiatric.com) and YouTube, EPA is also present on Facebook and Twitter, with close to 11,000 fans on both networks combined. Followers receive alerts concerning association updates, relevant scientific news, deadline reminders and daily opportunities to connect with other professionals around the world.

EPA MINDS ONLINE NEWSLETTER

In addition to social media activities, EPA produced 10 issues of its monthly e-news, EPA Minds Online in 2016. The newsletter is sent out to over 11,000 subscribers, with numbers growing monthly.



FINANCES

The 24th European Congress of Psychiatry in Madrid was a great success. It brought together a high number of participants (3151) and constituted the main source of income in 2016 (85%). The congress organisation in itself was less costly than in 2015 due to lower rental fees.

The membership fees collected from individual members increased in 2016, notably because the call for fees 2016 started one month earlier than usual, and thanks to additional reminders encouraging members to renew their contribution from one year to another. All of EPA's National Society/Association Members paid their membership fees in 2016.

The revenue generated by the *European Psychiatry Journal*, published by Elsevier, increased, as well as the expenses, in keeping with the higher number of subscriptions for EPA members.

EPA expenses related to the office in Brussels decreased in 2016, since the legal and fiscal investigations for the opening were completed in 2015. On the other hand, the use of third parties increased in order to investigate on the congress organisation model. More meetings of the Executive Committee were therefore organised to follow up on this study.

Considering the anticipated positive result when the final congress surplus was known, the Executive Committee approved the following additional expenses:

- Organisation of the Policy Event, Council of NPAs and Board meeting in Brussels, December 2016
- Increased number of Prizes
- Credit hours for future adjustments to the website and extranet

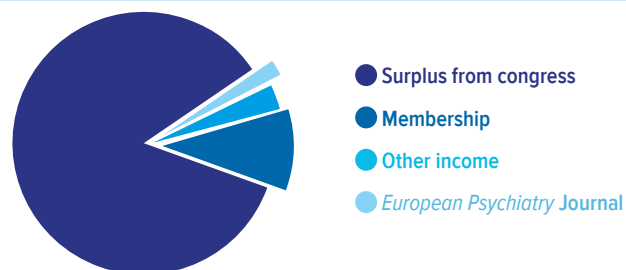
EPA has strengthened its range of activities, especially with the extension to Brussels, and is properly supported by an enlarged staff. Like in previous years, EPA was eligible for the tax credit for encouraging competitiveness and jobs according to the French General Tax Code and this helped reduce staff-related costs.

In addition, the taxes on income were reduced, following the negative 2015 result.

The internal auditors, Karl Mann and Patrice Boyer, had a meeting with the accountant at the EPA office in Strasbourg on 20 February 2017. They presented their report and approved the annual accounts 2016.

FINANCIAL RESULT 2016

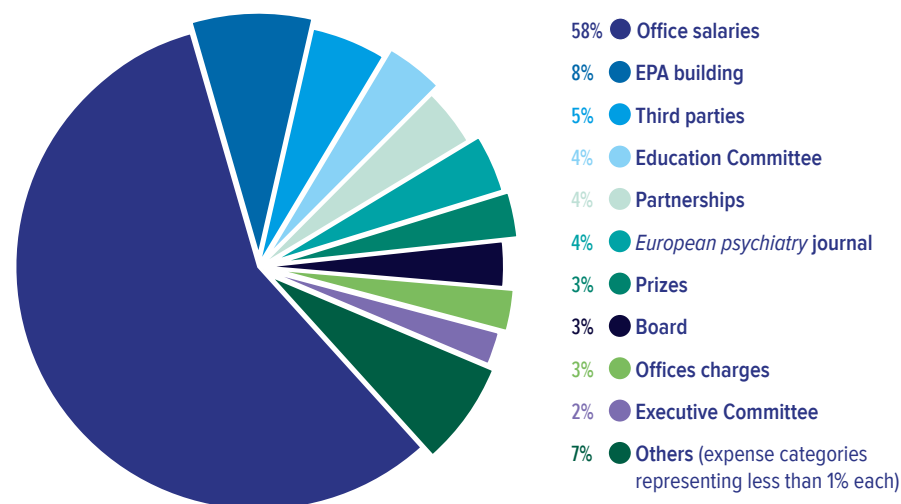
INCOME	Forecast approved at GA	Final result
Surplus from congress	611 938	762 765
Annual membership fees (individual)	50 000	46 899
Corporate membership Servier	2 000	2 000
National Psychiatric Associations fees	40 000	36 390
Total income from membership	92 000	85 289
European Psychiatry Journal	16 000	19 846
Other income	26 140	29 019
INCOME TOTAL	746 078	896 919



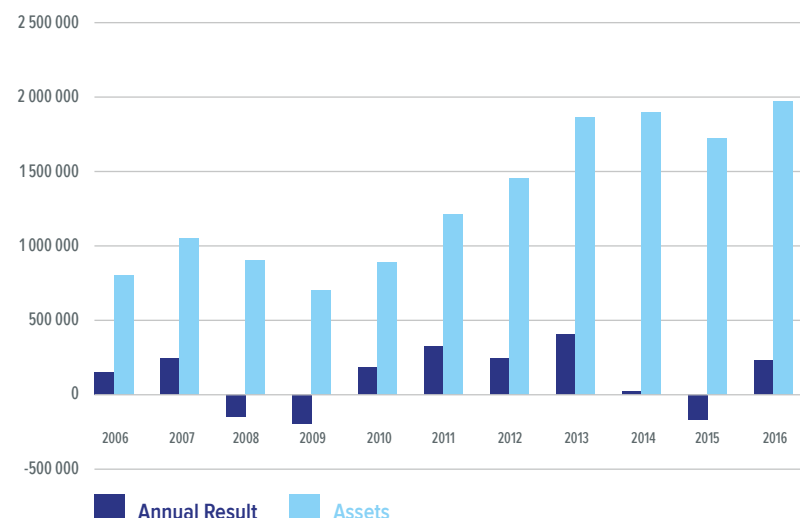
EXPENSES	Forecast approved at GA	Final result
EPA building	51 500	49 475
Third parties	21 000	32 611
Brussels office	16 000	8 340
Board : meetings and activities	10 000	17 551
Executive Committee : meetings and activities	6 000	15 805
Ethics Committee : meetings and activities	3 500	2 560
Education Committee : meetings and activities	22 500	25 210
National Psychiatric Associations : meetings	10 000	8 559
Section Committee: meetings and activities	750	-
Other committees : meetings and activities	7 700	2 209
Early Career Psychiatrists Committee : meetings and activities	7 800	4 631
Partnerships	31 550	24 453
Prizes	10 050	22 500
Corporate communication	6 050	7 945
Membership	6 500	1 022
European Psychiatry Journal	18 000	22 865
Other charges (taxes)	9 700	6 674
Office charges	17 900	17 464
Office salaries	427 703	374 443
Training	1 500	544
EXPENSES TOTAL	685 703	644 859

INCOME TOTAL	746 078	896 919
EXPENSES TOTAL	685 703	644 859
Result before tax	60 375	252 060
INCOME TAX		-16 317
NET RESULT	60 375	235 743

EXPENSES 2016



EVOLUTION OF ANNUAL RESULT AND ASSETS 2006-2016



CALENDAR OF EPA ACTIVITIES AND INTERNAL MEETINGS

8 January, Brussels, Belgium

EBC Experts Workshop on the Value of Treatment Project

Prof. Gaebel, Prof. Galderisi and Prof. Boyer represented EPA

11-13 January, Berlin, Germany

ERA-NET NEURON Cofund Meeting

Prof. Gaebel attended as a representative of EPA, giving a presentation on "Priorities for Psychiatry: the point of view of the psychiatrists"

21-22 January, Brussels, Belgium

Final Event of the Joint Action on Mental Health and Well-being

Prof. Gaebel gave a presentation on "Future challenges in Mental Health: the perspective of international and professional organizations: The European Psychiatric Association perspective"

22-24 January, Florence, Italy

EPA Section Course on "Psychopathology and Clinical Practice"

Organised by the EPA Section on Philosophy and Psychiatry

27 January, Brussels, Belgium

EBC Value of Treatment Expert Meeting and Kick-off Event

Prof. Gaebel, Prof. Galderisi and Prof. Boyer represented EPA

9 February, Brussels, Belgium

EPA Executive Committee Meeting

17-18 February, Brussels, Belgium

EBC Board Meeting

Prof. Gaebel and Prof. Boyer represented EPA

24-26 February, Nairobi, Kenya

German-African Research Workshop for Innovation in African Health Care Systems on "Psychological Needs of Refugees and Internally Displaced People"

Prof. Gaebel represented EPA in a roundtable session on International Perspectives on Mental Health Care of Refugees in Africa and in a presidential roundtable on "Further development of African health care systems: What way to go ahead?"

12-15 March, Madrid, Spain

24th European Congress of Psychiatry

Meetings of all EPA Committees

25-26 March, Tokyo, Japan

11th Annual Meeting of the Japanese Society of Schizophrenia Research (JSSR)

Prof. Gaebel attended as a representative of EPA, giving a presentation on "Perspectives of Mental Health and Mental Healthcare: The European Viewpoint"

1 April, Brussels, Belgium

Meeting with Director General of the European Commission Directorate-General for Health and Food Safety (DG Sante), Mr. Xavier Prats Monné

Prof. Gaebel represented EPA

6-7 April, Cape Town, South Africa

WHO Global Clinical Practice Network Workshop on Expanding Collaboration and Capacity in Sub-Saharan Africa

Prof. Gaebel represented EPA

21 April, Brussels, Belgium

High-level EU Conference on Prevention and Diagnosis of Chronic Diseases

Prof. Gaebel represented EPA

22 April, Brussels, Belgium

EBC Value of Treatment Meeting: Case Study on Schizophrenia

Prof. Gaebel represented EPA

22 April, Gmunden, Austria

EPA Itinerant Course on "How to manage and treat patients suffering from mental disorders? From evidence-based to human-based medicine" by Michael Musalek

In collaboration with the Austrian Association for Psychiatry and Psychotherapy

2 May, Brussels, Belgium

1st Florence 2017 Scientific Committee Programme Committee Meeting

4 May, Brussels, Belgium

GAMIAN-Europe Meeting of the EP Interest Group on Mental Health, Well-being and Brain Disorders: "Mental Health and the Migrant Crisis"

Prof. Kuey and Mari Fresu represented EPA

8-12 May, Hong Kong, China

International Royal Australian and New Zealand College of Psychiatrists (RANZCP) Congress of Psychiatry

Prof. Gaebel attended as a representative of EPA, giving a presentation on "Towards European Psychiatry: Activities of the European Psychiatric Association"

12-13 May, Lisbon, Portugal

CHAFEA Migration and Health Conference

Mari Fresu replaced Prof. Gaebel as a representative of EPA

14-18 May, Atlanta, United States

American Psychiatric Association Congress

Dr. Beezhold represented EPA

23-24 May, Brussels, Belgium

The Societal Impact of Pain (SIP) Symposium

Organised under EPA patronage

25-28 May, Budapest, Hungary

20th Itinerant Conference of the Hungarian Psychiatric Association Council of NPAs Symposium and Thematic Meeting

Prof. Gaebel attended as a representative of EPA, giving the opening plenary presentation on "From Psychiatry in Europe to European Psychiatry: Image, Challenges, and Future Developments"

26 May, Brussels, Belgium

EBC Board Meeting and General Assembly

Prof. Gaebel represented EPA

7 June, Copenhagen, Denmark

WHO Joint Meeting on "Working together towards an effective and influential mental health workforce in Europe"

Prof. Gaebel attended as a representative of EPA, giving a presentation on "Psychiatry: Standards of Practice and Codes of Conduct"

15-17 June, Pula, Croatia

5th Pula European Psychopathology Summer School

Organised under EPA patronage

16-18 June, Katowice, Poland

45th Congress of Polish Psychiatrists by the Polish Psychiatric Association

Prof. Gaebel attended as a representative of EPA, giving a presentation on "ICD-11: Concepts, Methodologies, Status"

23-25 June, Kosice, Slovakia

12th Slovak Psychiatric Convention Council of NPAs Symposium

Prof. Gaebel attended as a representative of EPA, giving an opening speech and a presentation on "Psychiatry as a Medical Discipline - European Perspectives"

11-12 July, Brussels, Belgium

2nd Florence 2017 Scientific Committee Programme Committee Meeting Meeting of the EPA Operational Committee on Congress Activities

13 July, Brussels, Belgium

GAMIAN-EBC Meeting of the EP Interest Group on Mental Health, Well-being and Brain Disorders: "Mental Health and Brain Disorders - Ensuring joint EU and national-level action"

Mari Fresu represented EPA

13 July, Milan, Italy

EPA Section Event on "Understanding the Brain Networks Sustaining Personality: From Neurodevelopment to Environment"

Organised by the EPA Section on Neuroimaging

1 September, Luxembourg, Luxembourg

Meeting with the Health Programme and Chronic Diseases Unit (DG Sante)

Prof. Gaebel represented EPA

8-9 September, Oviedo, Spain

16th European Symposium on Suicide and Suicidal Behaviour

Organised under EPA patronage

9 September, Brussels, Belgium

Meeting of the EPA Task Force on Education in European Psychiatry

9-10 September, Brussels, Belgium

Meeting of the EPA Early Career Psychiatrists Committee

9-11 September, Brussels, Belgium
6th EPA Summer School on “ABCs of Psychotherapy”

14-17 September, Hamburg, Germany
**9th Turkish-German Psychiatry Congress
EPA-WPA-DGPPN Joint session on “People on the Move, Refugees and Asylum Seekers”**
Organised with contributions from the EPA Section on Cultural Psychiatry

17-20 September, Vienna, Austria
**29th ECNP Congress
EPA Educational Update Session on “First episode psychosis - beyond the dopamine paradigm”**
moderated by Prof. Wolfgang Gaebel and Prof. Gil Zalsman

19 September, Vienna, Austria
EPA Executive Committee Meeting

28 September-1 October, Berlin, Germany
EPA Section Event: CME Workshop
Organised by the EPA Section on Consultation-Liaison Psychiatry and Psychosomatics

28-29 September, Brussels, Belgium
EBC Strategic Workshop and Plenary Meeting on the Value of Treatment
Prof. Gaebel represented EPA

3 October, London, United Kingdom
EMA Scientific Advisory Group meeting - Committee for Human Medicinal Products (CHMP)
Prof. Galderisi represented EPA

5-6 October, Luxembourg, Luxembourg
Meeting of the EU Governmental Expert Group on Mental Health
Prof. Kurimay and Mari Fresu represented EPA

6-7 October, Luxembourg, Luxembourg
1st EU Compass Forum
Prof. Kurimay and Mari Fresu represented EPA

7-8 October, Moscow, Russia
1st World Congress on Mental Health: Meeting the Needs of the XXI Century
Organised under EPA patronage, Prof. Gaebel attended as a representative of EPA, giving a plenary lecture on “The Future of Psychiatry: A European Perspective”

12-14 October, Tokyo, Japan
ICD-11 Revision Conference: Health Information in the New Era
Prof. Gaebel attended as a representative of EPA, giving a presentation on “A new Model for Schizophrenia and other Primary Psychotic Disorders in the ICD-11: Proposals and Field Testing”

12-15 October, Belgrade, Serbia
WPA Co-sponsored XV Congress of Serbian Psychiatric Association and Regional Congress of Eastern Europe and the Balkans
Prof. Gaebel attended as a representative of EPA, giving a plenary presentation on “The Future of Psychiatry: A European Perspective”

13-14 October, Vilnius, Lithuania
International Consultation on the Right of Everyone to Mental Health
Dr. Kastrup represented EPA

14 October, Dublin, Ireland
EPA Itinerant Course on “Complexity of post-traumatic reactions” by Tanya Franciskovic
In collaboration with the College of Psychiatrists of Ireland

20-23 October, Athens, Greece
2nd World Congress of Early Career Psychiatrists Workshop on “Management of insomnia”, coordinated by Dr. Andlauer
Organised under EPA patronage

21 October, Ghent, Belgium
EPA Itinerant Course on “Evidence-based perspectives on diagnosis and treatment of migrants and ethnic minorities” by Stella Evangelidou
In collaboration with the Flemish Psychiatric Association (Vlaamse Vereniging voor Psychiatrie)

27-29 October, Palma de Mallorca, Spain
XIX Spanish National Congress of Psychiatry
Prof. Gaebel attended as a representative of EPA, giving a plenary presentation on “European Psychiatry – Future Challenges”

4 November, Milan, Italy
EPA Section Event: Perinatal Psychiatry Day
Organised by the EPA Section on Neuroimaging

9 November, Brussels, Belgium
GAMIAN-Europe Meeting of the EP Interest Group on Mental Health, Well-being and Brain Disorders, “Preventing suicide”
Mari Fresu represented EPA

9 November, Paris, France
Meeting of the EPA Committee on Ethics

10 November, Paris, France
Meeting of the EPA Committee on Education

11-12 November, Sarajevo, Bosnia and Herzegovina
XV Psychiatric Days of Bosnia and Herzegovina
Organised under EPA patronage

12 November, Sarajevo, Bosnia and Herzegovina
EPA Itinerant Course on “How to develop a programme against stigma and discrimination because of schizophrenia” by Norman Sartorius
In collaboration with the Psychiatric Association of Bosnia and Herzegovina

16-20 November, Antalya, Turkey
National Psychiatric Congress of Turkey
Prof. Galderisi represented EPA

18-19 November, Rimini, Italy
1st European Congress on Adherence to Therapy
*Prof. Galderisi represented EPA
Organised under EPA patronage*

18-22 November, Cape Town, South Africa
WPA 2016 International Congress
Prof. Gaebel attended as a representative of EPA in the Africa Mental Health Forum and gave a plenary presentation on “Towards Community-Based Integrative Treatment and Mental Health Care: From Guidance to Implementation”, as well as a presentation on “The EPA Position Paper on Psychiatric Care of Refugees in Europe”

23 November, Berlin, Germany
EPA Council of NPAs Meeting
Hosted by the German Association for Psychiatry, Psychotherapy and Psychosomatics (DGPPN)

24 November, Montpellier, France
EPA Itinerant Course on “From diagnosis to personalised treatment of suicidal disorder” by Marco Sarchiapone
In collaboration with the French National Congress of Psychiatry

30 November, Brussels, Belgium
EBC Board Meeting
Mari Fresu represented EPA

30 November-3 December, Gothenburg, Sweden
18th EPA Section of Epidemiology and Social Psychiatry congress
Organised by the EPA Section of Epidemiology and Social Psychiatry

1 December, Brussels, Belgium
EBC 2nd General Assembly
Mari Fresu represented EPA

8-10 December, Wisla, Poland
10th International Medforum Psychiatric Congress
Prof. Galderisi represented EPA

9 December, Brussels, Belgium
**EPA Board Meeting
Meeting of the EPA Council of NPAs**

9 December, Brussels, Belgium
**EPA Policy Event
Sessions were chaired by Prof. Gaebel and Prof. Galderisi, and co-chaired by Prof. Carrasco**
Prof. Gaebel gave a presentation on “Integrated Care: Towards Better Health for All”

9-10 December, Paris, France
EPA Section Event: Symposium on Psychopathology of lived body and its exposure
Organised by the EPA Section on Psychopathology

10 December, Brussels, Belgium
EPA Executive Committee Meeting

13 December, Tel Aviv, Israel
Israel Psychiatric Association Conference
Prof. Gaebel attended as a representative of EPA, giving a keynote presentation on “Psychiatry in Europe”

19 December, Copenhagen, Denmark
Third meeting of Staff groups active in Mental Health in the European Region, organised by WHO
Prof. Gaebel represented EPA



EUROPEAN PSYCHIATRIC ASSOCIATION

ANNUAL REPORT 2016

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*EPA wishes farewell to a valuable
colleague no longer at EPA:
Raluca Vladarean*

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