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FOREWORD

The European Psychiatric Association's Annual Report gives us the opportunity to look at all of the activities organised in 2013 and to see how each of these have contributed to the fulfilment of EPA's mission: to improve psychiatry and mental health care in Europe.

2013 was a special year, as it was EPA's 30th Anniversary, and many special activities took place. Most notable was the Symposium “Are People with Mental Illness Truly Citizens of Europe?” which took place on 15 November in Strasbourg. This symposium, with involvement from the Council of Europe, DG SANCO, the World Health Organization (WHO) and EUFAMI, demonstrates the importance of active and efficient collaboration with both the main international organisations and the different European bodies in charge of mental health and care - a principle that was already well-founded in the EPA thanks to the involvement of the WHO at EPA's first symposium in 1984.

For several years now, EPA has been working on becoming a true European association. In 2012 we added a Council of National Psychiatric Associations (NPAs) composed of 33 national society/association members, representing more than 77,000 psychiatrists. In 2013, we have made good progress in integrating the NPAs within the EPA structure, mainly by ensuring an NPA representative in all EPA Committees. This integration must go even further, to reinforce the links and reciprocal cooperation between all committees; I am pleased to report that each committee has one representative in the other committees, guaranteed by an internal index.

Additionally, three new committees were formed this year. The Guidance Committee has been actively working on the next series of EPA Guidance Papers, to be published in early 2014. The Ambassador Committee has been developing criteria for giving EPA patronage at other events and ensuring that EPA is well-represented as partners with key European and international organisations. The Section Committee will strive for better cooperation in the field of Education, in the writing of Guidance Papers, in the field of Ethics and with NPA Sections.

In membership news, we were very pleased to launch our EPA Extranet in 2013. This new tool was developed and is reserved exclusively for EPA Members to help you manage your membership in EPA in an easy, convenient and user-friendly environment. A special module for Sections has been launched and the Extranet has also been used in 2013 for applications for EPA's 2014 Scholarship Programme and Research Prizes and the 2014 Academia Summer School.

2013 marks the end of the first year of my mandate as EPA President. Throughout the year I have applied the presidential motto of Creativity - Involvement - Openness - Inclusion while working to translate scientific evidence into the best clinical practice, to incorporate measures improving somatic health and lifestyles in all mental health clinical and preventive activities and to improve working conditions for European psychiatrists. With your support, the EPA Board and I are looking forward to carrying on these important initiatives in 2014 and beyond.

Danuta Wasserman
On 5 July 2013, the EPA Board elected the following candidates:
- Wolfgang Gaebel, Germany - President Elect
- Julian Beezhold, UK - Secretary General
- Philip Gorwood, France - Treasurer
- Danuta Wasserman is a member of the Executive Committee as EPA President and Patrice Boyer as Past President

On 5 July 2013, the EPA Board also elected two additional Office Bearers:
- Michael Musalek, Austria - Secretary for Sections
- Cécile Hanon, France - Secretary for Education

The full composition of the Board is:
- Danuta Wasserman, Sweden - Chair
- Sue Bailey, UK
- Julian Beezhold, UK
- István Bitter, Hungary
- Patrice Boyer, France
- Geert Dorn, Belgium
- Peter Falkai, Germany
- Wolfgang Gaebel, Germany
- Silvana Galderisi, Italy
- Philip Gorwood, France
- Cécile Hanon, France
- Andreas Heinz, Germany
- Cyril Höschl, Czech Republic
- Marianne Kastrup, Denmark
- Tamas Kunitnay, Hungary
- Michael Musalek, Austria
- Wulf Rössler, Switzerland
- Rutger Jan van der Gaag, Netherlands
- Zvi Zemishlany, Israel

Following elections on 7 April 2013, the EPA General Assembly elected 9 members to join the EPA Board.

Guidance Committee:
- Wolfgang Gaebel, Germany - Chair
- Hans-Jürgen Möller, Germany - Co-chair
- Dinesh Bhugra, UK
- Peter Falkai, Germany
- Andrea Fiorillo, Italy
- Reinhard Heun, UK
- Michael Musalek, Austria
- Danuta Wasserman, Sweden
- Reinhard Heun, UK

Scientific Programme Committee EPA 2013 Nice:
- Danuta Wasserman, Sweden - Chair
- Patrice Boyer, France - Co-Chair
- Philippe Courtet, France - EPA 2013 Nice LOC Chair
- Mariano Bassi, Italy
- István Bitter, Hungary
- Andrea Fiorillo, Italy
- Sophia Frangou, USA
- Silvana Galderisi, Italy
- Philippe Courtet, Montpellier - Chair
- Frank Bellivier, Paris
- Michel Benoist, Nice
- Aminn Benyamina, Villejuif
- Gilles Bertschy, Strasbourg
- Jean-Philippe Boulangé, Montpellier
- Eric Falco, Marseille
- Sébastien Guillaume, Montpellier
- Emmanuel Haffen, Bethesda
- Denis Leguy, Les Ponts de Cé
- Pierre-Michel Llorca, Clermont Ferrand
- Luc Mallet, Paris
- Emilie Oke, Montpellier
- Antoine Peltissol, Paris
- Dominique Pingeot, Nice
- Philippe Robert, Nice
- Florence Thibaut, Rouen
- Guillaume Vaiva, Lille
- Cécile Hanon, France
- Andreas Heinz, Germany
- Cyril Höschl, Czech Republic
- Marianne Kastrup, Denmark
- Tamas Kunitnay, Hungary
- Michael Musalek, Austria
- Wulf Rössler, Switzerland
- Rutger Jan van der Gaag, Netherlands
- Zvi Zemishlany, Israel
30 TRAVEL GRANTS

EPA awarded 30 Travel Grants to deserving abstract applicants to assist them in attending EPA 2013 Nice. Priority was given to those applicants belonging to a national psychiatric association that is a member of EPA’s Council of NPs.

EUROPEAN PSYCHIATRIC ASSOCIATION CELEBRATING 30 YEARS OF EXCELLENCE IN EUROPEAN PSYCHIATRY

In April 2013, EPA released a special brochure dedicated to EPA’s 30th Anniversary. Written by EPA leaders and staff and illustrated with images highlighting EPA’s 30 years, this brochure looks at the history of EPA, its past, present and future priorities and its main activities.

30TH ANNIVERSARY ROUND TABLE FOR EPA MEMBERS

Following EPA’s Extraordinary and Ordinary General Assemblies on 7 April, EPA members came together to toast EPA’s 30th Anniversary and the next 30 years to come. While sharing memories of EPA’s past, members were able to catch up, network and meet new members.

A special anniversary cake was presented to EPA President Professor Danuta Wasserman, and after blowing out the 30 candles with EPA Past President Professor Patrice Boyer, they both said a few words about the history and future of the EPA.

ARE PEOPLE WITH MENTAL ILLNESS TRULY CITIZENS OF EUROPE?

The EPA 30th Anniversary Symposium “Are People with Mental Illness Truly Citizens of Europe?” led by EPA’s Committee on Ethical Issues took place on 15 November at the Council of Europe in Strasbourg. It was held under the auspices of the Secretary General of the Council of Europe, Mr Thorbjørn Jagland and in the framework of the European Year of Citizens.

Sixty participants from 17 countries came together to discuss how people with mental illness are integrated in today’s society. Following presentations from Thorsten Afflerbach, Merete Nordenfjot, Andreas Heinz and Norman Sartorius, there was a round table discussion. The round table focused on demographic changes, services, the role of the WHO and EU and the role of the EPA. The following organisations were represented in the round table: Danuta Wasserman (EPA); Michael Hubel (DG SANCO); Matt Muijen (WHO); Bert Johnson (EUFAMI); Diane Goslar (Patient); Evelyn Bitcon (Carer).

Following the symposium, participants were invited to a cocktail reception at the Strasbourg City Hall. Dr. Alexander Feltz, Strasbourg Councillor for Health, and Prof. Danuta Wasserman, EPA President, both gave short welcome speeches. The EPA was very pleased to have the opportunity to visit the City Hall in Strasbourg in the heart of Alsace and to be able to share their activity and experiences.

THE PAST THIRTY YEARS OF EUROPEAN PSYCHIATRY AND ITS FUTURE PERSPECTIVES

Professor Norman Sartorius led the last Plenary Lecture of the 21st European Congress of Psychiatry on 9 April. Following an inspiring look into The Past Thirty Years of European Psychiatry and its Future Perspectives, the following EPA Past Presidents reflected on Professor Sartorius’s lecture and the topic in general: Professors Patrice Boyer, Hans-Jurgen Möller, Cyril Hoschl, Mario Maj, Jules Angst, Per Bech.
EPA ANNIVERSARY AWARDS

Fourteen awards with over 40 award winners were proposed by EPA’s Committee on Ethical Issues for different and specific contributions to EPA. These awards were then validated by the EPA Board. During the 2013 Presidential Dinner, Professor Wasserman distributed the prizes. The list of awards and awardees can be found below:

Authors of the most-cited article in European Psychiatry between 2002-2012
Cardiovascular disease and diabetes in people with severe mental illness: position statement from the European Psychiatric Association (EPA), supported by the European Association for the Study of Diabetes (EASD) and the European Society of Cardiology (ESC)
Awardees: Hans-Jürgen Möller, Marc De Hert, Jacqueline M. Dekker, Richard Holt

EPA Council of NPAs for its role in expanding the EPA
Awardee: Mariano Bassi (on behalf of Council of NPAs)

EPA Guidance Paper Awards
Awardee: Wolfgang Goebel

EPA Administrative Office Staff for dedicated support for 30 years
Awardees: Caroline Martin, Zhanna Zhussupova, Katie Luck, Tania Braulio, Maria Vrijmoed-de Vries (accepting on behalf of current and former staff)

Development of collaborative activities with Central and Eastern Europe
Awardee: Norman Sartorius

European Psychiatry Journal Editors award
Awardees:
- Sophia Frangou (Editor)
- Philipp Garwood (Editor)
- Reinhard Heun (Editor)
- Patrice Boyer (Editorial Board, Founding Editor)
- Henning Sass (Editorial Board)
- J.D. Guelhi (Editorial Board, Founding Editor)
- Mario Maj (Editorial Board)
- Robin Murray (Editorial Board)
- Carlos Ballús Pascual (Editor Emeritus)
- Per Arnb (Editor Emeritus)
- Charles Pull (Editor Emeritus)
- Yves Lecrubier (Founding Editor)

EPA Leaders involved in the Historical change in EPA Statutes
Awardees: Patrice Boyer, Hans-Jürgen Möller, Cyril Höschl, Henning Sass, Marianne Kastrup, Julian Beezhold

Country/npa who has organised the most itinerant CME courses
Awardee: Wolfgang Maier (Founding Editor) for DGPPN/Germany

PCO - efforts in obtaining sponsorship for EPA 2013 Nice
Awardees: Avital Rosen and Dana Izraeli from Kenes International (on behalf of all Kenes team)

EPA ANNIVERSARY AWARDS

EPA COUNCIL OF NATIONAL SOCIETIES/ASSOCIATIONS (NPIAs)

INTRODUCTION
This year was the first full year of functioning of the EPA Council of NPA's since its establishment in EPA statutes. Many initiatives have started and will continue in 2014.

MEMBERS
The Council consists of 33 Society/Association members from 30 European countries, representing 77,000 psychiatrists:
Austria, Azerbaijan, Belarus, Belgium, Bosnia and Herzegovina, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Ireland, Israel, Italy, Latvia, Lithuania, the Netherlands, Norway, Poland, Portugal, Romania, Russia, Serbia, Slovak Republic, Slovenia, Spain, Switzerland, Turkey and United Kingdom.

MISSION
The mission of the Council is to support the general mission of the EPA and promote the highest possible quality of professionals, training and services for psychiatric patient care throughout Europe.

MEETINGS AND ACTIVITIES
The Council met twice in 2013 and initiated monthly teleconferences of the Steering Committee and of the Council of NPA's.

In April, the Council met in Nice during the 21st European Congress of Psychiatry. Twenty-one of the NPA members were present, as well as EPA President Prof. Danuta Wasserman. The main outcomes of the meeting were:

- The election of the Steering Committee 2013-2014: Chair: Peter Falkai, Vice-chair: Manuel Martin Carrasco, Secretary: Rutger Jan van der Gaag.
- Initial contacts for cooperation with the Sections, Guidance Committee and Committee on Education
- The Identification of the first Working Groups topics.

In November 2013, the German Association for Psychiatry and Psychotherapy hosted the Council’s meeting in Berlin. Eleven members were present, as well as EPA President Prof. Danuta Wasserman. The main outcomes of the meeting were:

- Establishing the composition and programme of the Working Groups on: parity of esteem, economic crisis, migration, brain drain, training quality, recruitment, image of psychiatrists
- Adoption of specific rules of procedures for the Council of NPAs

Two surveys were conducted: one on the existence and composition of thematic sections at the national level, the other one on the reimbursements for mental health at the national level.
THE 21st EUROPEAN CONGRESS OF PSYCHIATRY
EPA 2013 NICE

From 6-9 April 2013, the 21st European Congress of Psychiatry took place in Nice, France. Over 3700 participants from 90 countries came together to address the motto “Europe Challenges the Burden of Mental Disorders.”

HIGH LEVEL AND RELEVANT SCIENTIFIC PROGRAMME

EPA’s high-quality, multidisciplinary scientific programme provided a full review of the most important aspects of diagnosis and treatment in psychiatry and of the latest achievements in this field including highly attended core sessions such as:

- “Translating Gene and Environment Interactions into Prevention and Treatment”
  Chairperson: Danuta Wasserman (Sweden)
  Speaker: Julio Licinio (Australia)

- “Europe Challenges the Burden of Mental Disorders”
  Chairperson: Cyril Höschl (Czech Republic)
  Speaker: Hans-Ulrich Wittchen (Germany)

- “The Past Thirty Years Of European Psychiatry And Its Future Perspectives”
  Chairpersons: Danuta Wasserman (Sweden) and Patrice Boyer (France)
  Speakers: Norman Sartorius (Switzerland), Patrice Boyer (France), Hans-Jürgen Möller (Germany), Cyril Höschl (Czech Republic), Mario Maj (Italy), Jules Angst (Switzerland), Per Bech (Denmark)

- “DSM-V/ICD-11: New Diagnostic Approaches - Do they hold a Promise?”
  Chairpersons: Mario Maj (Italy) and Eric Taylor (UK)
  Speakers: Mario Maj (Italy), Sabine Herpertz (Germany), Eric Taylor (UK), Andreas Maercker (Switzerland)

- “Pharmacological treatment of ADHD from a lifetime perspective - benefits and drawbacks”
  Chairpersons: Gil Zalsman (Israel) and Julio Bobes Garcia (Spain)
  Speakers: Diane Purper Ouakil (France), Philip Asherson (UK), Sandra Kooij (Netherlands), Gil Zalsman (Israel)

Sixteen Academia CME Courses were offered during the Congress and brought together 474 participants. This represents an increase of 53% compared to EPA 2012 Prague, proof that EPA’s CME Courses generate more and more interest each year from Congress participants wishing to update their knowledge and to improve their skills.

Once again, the dedicated European Early Career Psychiatrists Programme (EECPP) continued to attract an increasing number of early career psychiatrists (ECPs) to the Congress. This programme, specially tailored to the needs of ECPs, addressed core issues of psychiatric training in Europe and was facilitated by leading figures in European psychiatry.

LIFE AS A PROJECT

During the Opening Ceremony, EPA President Professor Danuta Wasserman delivered her Presidential Lecture on the topic “Life as a Project.” This was highly appreciated by participants as many of them could relate to the message that we all go through different projects and stages in our life, including childhood, school, relationships, jobs, careers and so forth. Therefore, it can be comforting to see life as a series of projects, giving order to the ‘chaos’ that surrounds us. To view the film YOU, visit: http://www.europsy.net/congress/past-congresses/epa-2013-nice-presidential-lecture/.

HEALTHY CONGRESS

For the first time, the EPA Congress was a Healthy Congress. The healthy Mediterranean meals were a great success, as was the distribution of apples from the EPA Booth! Through her “7 Minutes a Day” exercise before each Plenary Lecture, Merav Kargman showed participants how to take care of their own physical health in the office without changing out of their work clothes. By giving Congress participants the tools and knowledge of how to take better care of themselves, their patients too will benefit.

ASSOCIATION ACTIVITIES

The Congress was also the opportunity for all EPA Committees to have meetings. The following meetings were held: Board meeting, Early Career Psychiatrists Committee meeting, Section’s Coordination meeting, Extraordinary General Assembly and Ordinary General Assembly, Committee on Education meeting, Council of NPAs meeting, Committee on Ethical Issues meeting.
EDUCATION

COMMITTEE ON EDUCATION

A new composition of the EPA Committee on Education was approved by the EPA Board for the next two years, and a new EPA Secretary for Education (Dr. Cécile Hanon) was elected. The new Committee held its first meeting on 4 December 2013 in Strasbourg (France), during which it discussed EPA current and future educational projects and established three Working Groups on:

- EPA Academia Summer School
- EPA Academia Educational Courses
- EPA e-learning platform project

ITINERANT CME COURSES

6 EPA Itinerant CME courses were successfully organised in 2013 in collaboration with EPA National Society/Association Members and other partners:

24 May, Riga, LATVIA
EPA CME course on “Temperaments, mood and the melancholic type of personality” by G. Stanghellini
In collaboration with the Latvian Psychiatric Association

21 September, Cluj Napoca, ROMANIA
EPA CME course on “Delusions-diagnosis and treatment” by M. Musalek
In collaboration with the Romanian Association of Psychiatric Trainees

11 October, Riga, LATVIA
EPA CME course on “Update on Diagnosing Dementia” by C. de Mendonça Lima, K. Ebmeier
In collaboration with the Latvian Psychiatric Association

16 November, Mostar, BOSNIA-HERZEGOVINA
EPA CME course on “Leadership skills in Psychiatry” by D. Bhugra
In collaboration with the Psychiatric Association of Bosnia-Herzegovina

22 November, Dublin, IRELAND
EPA CME course on “How to develop a programme against stigma and discrimination because of schizophrenia” by N. Sartorius, H. Stuart
In collaboration with the College of Psychiatrists of Ireland

28 November, Nice, FRANCE
EPA CME course on “Update on Diagnosing Dementia” by P. Robert, D. Renaud
In collaboration with the French Congress of Psychiatry.

ACADEMIA SUMMER SCHOOL

The 3rd EPA Academia Summer School on “Comorbidity between mental and physical disorders” took place on 7-10 June 2013 in Strasbourg, France, under the auspices of the Secretary General of the Council of Europe, Mr Thorbjørn Jagland. 25 trainees and Early Career Psychiatrists from 18 countries, selected by the Jury upon application, participated in the event.

Each of these modules included a lecture, case study examination through small group work and plenary discussion, and two interactive sessions. After the event, a group of Summer School participants wrote an article entitled “Was it successful? A reflection on the 3rd EPA Summer School”, where they expressed their high level of satisfaction with the Summer School’s quality and impact. The article was published in the free communication pages of the European Psychiatry Journal.

EARLY CAREER PSYCHIATRISTS COMMITTEE

A new composition of the EPA Early Career Psychiatrists Committee (ECPC), chaired by Dr. Martina Rojnic Kuzman and co-chaired by Dr. Alexander Nawka, was approved by the EPA Board for the next two years. The new Committee met on 19-20 October 2013 in Strasbourg (France) to discuss the outcomes of its programme of activities 2013 and to decide on the projects to be realised in 2014 by the four ECPC Task Forces:

- Meetings and Associations (chaired by Amit Malik)
- Research (chaired by Olivier Andlauer)
- Professional Development (chaired by Alexander Nawka)
- Publications (chaired by Nikolina Jovanovic)
SCHOOL ON PSYCHOPATHOLOGY

The School on “Psychopathology and Clinical Practice: One Hundred Years of Karl Jaspers Psychopathology” was organised by the ECPC on 21-23 March 2013 in Rome, Italy, and was attended by 25 Early Career Psychiatrists (ECPs) from all over Europe. The aim of this course was to take a fresh look at Psychopathology and its place in the curriculum of European ECPs. The programme combined theoretical, empirical, clinical and therapeutic perspectives.

SCHOOL ON RESEARCH METHODOLOGY IN CLINICAL AND SOCIAL PSYCHIATRY

The 2nd School on “Research Methodology in Clinical and Social Psychiatry” was organised by the ECPC on 27-30 May 2013 in S. Stefano in Sessanio, Italy, in collaboration with the Association for the Improvement of Mental Health Programmes (AIMHP). The School gathered 20 ECPs from different European countries. The School objectives were to inform the participants about key issues in psychiatry and to help the participants to prepare research protocols suitable for submission for funding and for collaborative research.

mPIVAS PROJECT

The EPA ECPC initiated a two-year European partnership around a project called mPIVAS (mHealth psychoeducational intervention versus antipsychotic-induced side effects), which was funded under the European Commission’s Leonardo da Vinci Partnerships Programme and includes 6 full partners, including EPA, from 5 countries (Croatia, Czech Republic, France, Germany and Switzerland) as well as a number of silent partners.

The project aims at improving the monitoring of side effects of antipsychotic medication in clinical practice. For this purpose, innovative psychoeducational courses on the subject will be organised for mental health professionals and patients during the EPA Munich 2014 as well as in project countries, and a mobile application facilitating the monitoring of side effects will be produced.

ECPC SURVEYS AND PUBLICATIONS

Two new studies were conducted by the ECPC in 2013:

- Survey on ECPs’ expectations from EPA educational activities
- Survey on training in sleep medicine among European ECPs

Articles on the survey results are under preparation. In addition, the ECPC members produced a paper on “Challenges for trainees in psychiatry and early career psychiatrists”, which was published in International Review of Psychiatry in August 2013.
RESEARCH PRIZES 2013

The European Psychiatric Association awarded six Research Prizes of €2,500 each to Early Career Psychiatrists working in Europe, who published the best scientific papers in 2012. Out of 37 applications, the Research Prizes for 2013 were awarded to:

▲ Category: Biological correlates and treatments of mental disorders

Danilo Arnone (UK) - “Increased amygdala responses to sad but not fearful faces in major depression, etc.”

Boris Quednow (Switzerland) - “Schizophrenia risk polymorphisms in the TCF4 gene interact with smoking in the modulation of auditory sensory gating”

Mirjam van Zuiden (Netherlands) - “Glucocorticoid Receptor Pathway Components Predict Posttraumatic Stress Disorder Symptom Development: A Prospective Study”

▲ Categories: Clinical psychopathology and refinement of psychiatric diagnostic categories; Child and Adolescent Psychiatry

Hilario Blasco-Fontecilla (Spain) - “Factors Contributing to the Utilization of Adult Mental Health Services in Children and Adolescents Diagnosed with Hyperkinetic Disorder”; “Combining scales to assess suicide risk”

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

Maria Melchior (France) - “Tobacco, alcohol, cannabis and other illegal drug use among young adults: The socioeconomic context”

▲ Category: Child and Adolescent Psychiatry

Torsten Klenkel (Germany) - “Allele-specific FKBP5 DNA demethylation mediates gene-childhood trauma interactions”

The prizes were awarded at the opening ceremony of the 21st European Congress of Psychiatry in Nice, France on 6 April 2013.

SCHOLARSHIP PROGRAMME 2013

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 Europe region. The Scholarship Programme includes free registration to the European Congress of Psychiatry (including invitations to the opening ceremony and ECP Luncheon), travel expenses, hotel accommodation, complimentary registration for one CME course and 1 year of free EPA membership.

Out of 67 applications, the 2013 scholarships were awarded to the following Early Career Psychiatrists and Trainees:

▲ Sinan Guloksuz, Turkey
▲ Katja Koelkebeck, Germany
▲ Dzmitry Krupchanka, Belarus
▲ Gaia Sampogna, Italy
▲ Margarita Tyropani, Greece.

SECTIONS

SECTIONS’ INPUT AT THE EPA CONGRESS

EPA Sections are very involved in the scientific programme of the annual European Congress of Psychiatry. At the 21st European Congress of Psychiatry in Nice in 2013, 14 Section symposia and 3 Section workshops took place.

Additionally, 17 out of 19 EPA Sections held business meetings during the EPA 2013 Nice Congress.

ETHICS

COMMITTEE ON ETHICAL ISSUES

The EPA Committee on Ethical Issues, chaired by Dr. Marianne Kastrup, held its annual meeting on 16 November 2013 in Strasbourg, France. At this meeting the Committee reported on its activities held in 2013, including the EPA 30th Anniversary Symposium entitled “Are People with Mental Illness Truly Citizens of Europe”, exchanged on the ongoing projects, such as development of an EPA Code of Ethics and other publications, and planned its future activities.

The special symposium that was organised by the Committee within the 21st European Congress of Psychiatry with a focus on “Ethics in Psychiatry: Challenges and Perspectives for the European Psychiatrist” was very successful.

Chairpersons: Marianne Kastrup (Denmark) and Julian Beezhold (UK)

Speakers: Anne Lindhardt (Denmark), Marianne Kastrup (Denmark), Julian Beezhold (UK), Wolfgang Rutz (Sweden)

Another symposium on ethical issues will be held at EPA Munich 2014.

SECTION COMMITTEE

On 5 July, the EPA Board decided to create a Section Committee. The objectives of this Committee are:

• Creating a stable structure with NPA Sections and cooperating with them
• Cooperating in the field of Education
• Cooperating in the writing of Guidance Papers
• Cooperating in the field of Ethics

The first Committee meeting will be held during the EPA 2014 Munich Congress.
GUIDANCE COMMITTEE

In order to develop further EPA Guidance Papers in a consensual and concerted manner, the EPA Board created an EPA Guidance Committee in 2013. The Committee includes representatives of all EPA bodies closely collaborating with the Council of NPA to guarantee a broadly agreed and steady flow of high-quality Guidance Papers as well as a regular update of the already existing documents.

The Committee held its first meeting in Stockholm on 19 September to discuss the definition, scope and methodological presentation of the Guidance initiative. The Committee also took stock of the status and time plan for the next series of Guidance Papers and discussed future topics for publication. Finally the Committee spoke about cooperation with other organisations, particularly for joint guidance/guidelines and the endorsement of external documents.

The next series of Guidance Papers should be released in European Psychiatry in early 2014. The articles will also be available on the EPA website.

AMBASSADOR COMMITTEE

The EPA is continuously developing collaborative activities and initiatives with other major psychiatric/health-related organisations on European and International levels. On the 5th of July, the EPA Board decided to create an Ambassador Committee to look at the different levels of involvement, intensity and content of all joint events involving the following organisations:

- the Council of Europe
- the World Health Organization (WHO)
- the European Union (EU)
- the European Union of Medical Specialists (UEMS)
- the European College of Neuropsychopharmacology (ECNP)
- the World Psychiatric Association (WPA)
- the European Brain Council (EBC)
- the European Federation of Psychiatric Trainees (EFPT)
- the European Conference on Schizophrenia Research (ECSR)
- the European Federation of Associations of Families of People with Mental Illness (EUFAMI)
- the Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe)

The Committee will formulate procedures for considering collaboration requests and will also look at how to better involve EPA leaders and members in representing EPA at external events (as “Ambassadors”). The Committee held its first teleconference on 17 October. It will also work to establish new collaborations.

For more detailed information on all the collaborative activities in 2013, please see the calendar of activities at the end of the report.

EURONSE

The European Federation of Psychiatric Associations (EUFAM)

The EPA is an Association of National Society/Association Members: and of qualified individuals in the form of Individual Members, Fellows, Emeritus Members, Honorary Members, International Individual Members and Affiliate Members; and of Donor Members, and of Associate Organisations.

KEY FIGURES

EPA is a community of 3180 individual psychiatrists and professionals in mental health care and 33 National Society/Association Members representing over 77,000 European psychiatrists, both covering the interests of psychiatrists in academia, research and practice. EPA deals with psychiatry and its related disciplines and it focuses on the improvement of care for the mentally ill as well as on the development of professional excellence.

www.europsy.net
RECRUITMENT

190 new members were recruited in 2013. Among them, 48% are Early Career Psychiatrists, 78% are Individual Members and 22% are International Individual Members.

This amounts to an increase of 49.5 % of new members as compared to last year (127 new members in 2012). Applications to EPA Membership are now completed online on the EPA Extranet http://extranet.europsy.net.

About 21% of new members were recruited during the 21st European Congress of Psychiatry in Nice.

21.5% of EPA members are active members.

EXTRANET

In September 2013, EPA launched its new online membership tool, the EPA Extranet (http://extranet.europsy.net)!! The Extranet is reserved exclusively for EPA Members to help them manage their membership in EPA and provides a complete and easy-to-use directory of individual members. Thanks to the Extranet, EPA members are able to:

- Consult their current membership status
- Join EPA Sections at the click of a button
- Access the online Directory of EPA Individual Members
- Apply for annual EPA Prizes & Awards and Academia Summer School
- Apply for open positions in EPA governing bodies
- Update contact details and other information
- Pay the membership fee online
- Download membership certificate, fee receipts and invoices
- And many other useful functionalities, all available 24 hours/day, 7 days/week

MEMBERSHIP FEE

54% of the 2013 annual fees were paid via the online payment system on the EPA website: www.europsy.net and from 15 September 2013 on, via the EPA Extranet: http://extranet.europsy.net.

As compared to 2012, 59% of active members renewed the membership fee in 2013.

88% of the NPAs paid their membership fee before the end of 2013.

ACTIVE MEMBER CATEGORIES IN 2013

FINANCES

Since 2010, EPA annual results, and therefore the assets, have been steadily growing.

In 2013 the main source of income was the surplus of the 21st European Congress of Psychiatry in Nice. The actual result turned out to be the best reached by EPA in its history. This nicely coincided with the 30th anniversary and brings positive perspectives for EPA’s future.

With the change of statutes, integrating the National Psychiatric Associations (NPAs) as full members of EPA, 2013 membership fees were collected from 32 NPAs. The organisation of the Council of NPAs’ meetings, teleconferences and working groups were supported by an active Steering Committee and a temporary administrative support.

The European Psychiatry Journal, published by Elsevier, brought revenue through annual royalties and negotiated supplements.

On the other hand the EPA expenses were controlled and some committee meetings were grouped with other events to optimise the costs. Some of the unforeseen activities could not be implemented in 2013, for instance the Academia workshop and the creation of the e-learning platform, due to the fact that the committees’ compositions were decided later than in previous years. Moreover the 3rd Summer School in Strasbourg was less costly than the previous edition.

There were more EPA Committee meetings in 2013 than in previous years, in correlation with the increased number of committees.

In conclusion 2013 was a historical year for EPA, enabling flourishing activities, yet with a thorough control of expenses.

SWOT ANALYSIS

The Board approved to conduct a SWOT analysis on moving the EPA office to Brussels or staying in Strasbourg. In consequence, a mandate was given to Prof. Tynano (internal auditor 2013-2014) and Prof. Mann (internal auditor 2014-2015), to conduct an analysis of opportunities for EPA to purchase and open an office in Brussels and to consider the related repartition of staff. They both visited the EPA administrative office in Strasbourg for their investigation. Prof. Boyer (Past President) and Prof. Gorwood (Treasurer) were asked to contact a French lawyer with expertise in fiscal issues, to examine different options.

The results of the auditors’ findings and the legal analysis were presented to the EPA Board in November 2013. The Board decided to further investigate on how the creation of an office in Brussels could be opened in the nearest future to consult lawyers in Brussels about the legal and fiscal issues. The Board agreed to extend the envelope for the office purchase.

COMMUNICATION

EPA AND SOCIAL MEDIA

EPA’s European Psychiatric Network (www.europsychiatric.com) has continued to grow throughout 2013. More and more network fans are active in posting content and seeking exchanges with colleagues. If you’re not yet a fan, sign up today!

Throughout 2013, EPA’s presence on Twitter, LinkedIn and YouTube has continued to grow! In August, EPA’s Facebook page was launched and reached over 4000 likes by the end of the year.

Be sure to connect with EPA!

- www.europsychiatric.com
- @ Euro_Psychiatry, #EPA2013Ethics, #EPA2014Munich, #EPASummerSchool
- EPA Early Career Psychiatrists

EPA MINDS NEWSLETTERS

Three issues of the printed newsletter EPA Minds were produced in 2013 – a special edition in January, EPA Minds N°18 in June and EPA Minds N°19 in December.

The monthly e-news, EPA Minds Online, provides information on EPA’s important activities and projects, as well as on events and news in the field of European Psychiatry. In 2013, EPA produced thirteen issues of this electronic newsletter.
# EPA - BUDGET RESULT 2013

## CATEGORIES

<table>
<thead>
<tr>
<th>Categories</th>
<th>Approved at GA Nice 2013</th>
<th>Final result 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>INCOME</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Surplus Congress</td>
<td>880 232</td>
<td>1 004 963</td>
</tr>
<tr>
<td>Annual membership fees (individual)</td>
<td>43 000</td>
<td>41 995</td>
</tr>
<tr>
<td>Corporate membership Servier</td>
<td>2 000</td>
<td>2 140</td>
</tr>
<tr>
<td>National Psychiatric Associations fees 2012-2013</td>
<td>35 000</td>
<td>39 305</td>
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<tr>
<td>Total Membership</td>
<td>80 000</td>
<td>83 440</td>
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<tr>
<td>European Psychiatry Journal royalties</td>
<td>16 000</td>
<td>23 309</td>
</tr>
<tr>
<td>Financial Income</td>
<td>10 855</td>
<td>25 795</td>
</tr>
<tr>
<td>Grants (Leonardo 2013)</td>
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<td>2 000</td>
</tr>
<tr>
<td><strong>INCOME TOTAL</strong></td>
<td>987 087</td>
<td>1 139 507</td>
</tr>
</tbody>
</table>

## EXPENSES

<table>
<thead>
<tr>
<th>Categories</th>
<th>Approved at GA 2013</th>
<th>Final result 2013</th>
</tr>
</thead>
<tbody>
<tr>
<td>EPA building acquisition (loan and depreciation)</td>
<td>58 000</td>
<td>51 752</td>
</tr>
<tr>
<td>Third parties (lawyer, accountant)</td>
<td>49 500</td>
<td>22 515</td>
</tr>
<tr>
<td>Board meetings 2013</td>
<td>23 300</td>
<td>19 328</td>
</tr>
<tr>
<td>EC meetings 2013</td>
<td>5 000</td>
<td>2 208</td>
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<tr>
<td>SPC meetings (covered by Congress budget)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Committee on Ethics</td>
<td>3 000</td>
<td>107</td>
</tr>
<tr>
<td>Early Career Psychiatrists meeting Strasbourg Oct 2013</td>
<td>5 500</td>
<td>4 331</td>
</tr>
<tr>
<td>Committee Education Strasbourg Dec 2013</td>
<td>4 500</td>
<td>3 236</td>
</tr>
<tr>
<td>Council of NPAs (EPA officials) Berlin meeting</td>
<td>3 000</td>
<td>1 668</td>
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<tr>
<td>Council of NPAs teleconferences</td>
<td>-</td>
<td>789</td>
</tr>
<tr>
<td>New: Sections Committee</td>
<td>-</td>
<td>4 415</td>
</tr>
<tr>
<td>New: Guidance Committee</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>New: Ambassadors Committee meeting</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Secretary General visit to HQ</td>
<td>500</td>
<td>1 229</td>
</tr>
<tr>
<td>Internal auditor visit to HQ</td>
<td>1 400</td>
<td>1 527</td>
</tr>
<tr>
<td>New: strategic meetings</td>
<td>-</td>
<td>3 164</td>
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<tr>
<td>Committees - Meetings out of Congress Venue</td>
<td>44 300</td>
<td>42 002</td>
</tr>
<tr>
<td>Partnership (EBC, UEMS, Council of Europe, others)</td>
<td>17 450</td>
<td>15 907</td>
</tr>
<tr>
<td>CME Honorarium and travels (6 courses in 2013)</td>
<td>14 000</td>
<td>6 648</td>
</tr>
<tr>
<td>Academia meetings (Workshop on e-learning strategy 2013)</td>
<td>5 500</td>
<td>-</td>
</tr>
<tr>
<td>Creation of on-line educational platform 2013 (EC decision Dec 2012)</td>
<td>10 000</td>
<td>-</td>
</tr>
<tr>
<td>Summer school Strasbourg 2013 (incl. Scholarships, honorarium, promotion)</td>
<td>23 000</td>
<td>17 508</td>
</tr>
<tr>
<td>ACADEMIA - EDUCATION TOTAL</td>
<td>52 500</td>
<td>24 156</td>
</tr>
<tr>
<td>Study project (BOSS)</td>
<td>1 150</td>
<td>-</td>
</tr>
<tr>
<td>mPivas project covered by Leonardo grant (cf income)</td>
<td>-</td>
<td>2 639</td>
</tr>
<tr>
<td>Promotion of ECPC at other congresses (EFPT 2013)</td>
<td>700</td>
<td>-</td>
</tr>
<tr>
<td>Early Career Psychiatrists activities</td>
<td>1 850</td>
<td>2 639</td>
</tr>
<tr>
<td>Symposium 30th anniversary (1000 € support from Region Alsace)</td>
<td>12 550</td>
<td>10 224</td>
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<tr>
<td>Brochure 30th anniversary</td>
<td>2 400</td>
<td>2 764</td>
</tr>
<tr>
<td>Awards 30 anniversary</td>
<td>2 200</td>
<td>1 828</td>
</tr>
<tr>
<td>30th Anniversary Activities</td>
<td>17 150</td>
<td>14 817</td>
</tr>
<tr>
<td>Guidance printing</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Research prizes (6 prizes in 2013)</td>
<td>15 200</td>
<td>15 038</td>
</tr>
<tr>
<td>Corporate communication (website, mailings)</td>
<td>2 160</td>
<td>2 222</td>
</tr>
<tr>
<td>Membership (Newsletter, annual report, database development)</td>
<td>19 000</td>
<td>13 643</td>
</tr>
<tr>
<td>European Psychiatry Journal subscriptions</td>
<td>19 000</td>
<td>15 945</td>
</tr>
<tr>
<td>Other direct charges (taxes)</td>
<td>9 177</td>
<td>5 050</td>
</tr>
<tr>
<td>Offices charges</td>
<td>24 700</td>
<td>18 038</td>
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<tr>
<td>Office salaries and charges</td>
<td>317 693</td>
<td>287 131</td>
</tr>
<tr>
<td>Staff training</td>
<td>600</td>
<td>157</td>
</tr>
<tr>
<td><strong>EXPENSES TOTAL</strong></td>
<td>648 280</td>
<td>531 013</td>
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<tr>
<td>Result Before Tax</td>
<td>338 807</td>
<td>608 493</td>
</tr>
<tr>
<td>Income tax</td>
<td>-112 936</td>
<td>-195 734</td>
</tr>
<tr>
<td><strong>NET RESULT</strong></td>
<td>225 871</td>
<td>412 759</td>
</tr>
</tbody>
</table>

Sources of income 2013

Expenses 2013

- EPA building acquisition (loan and depreciation)
- Third parties (lawyer, accountant)
- Committees - Meetings out of Congress Venue
- Partnership (EBC, UEMS, Council of Europe, others)
- CME honorarium and travels (6 courses in 2013)
- Academia meetings (Workshop on e-learning strategy 2013)
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- Summer school Strasbourg 2013 (incl. Scholarships, honorarium, promotion)
- ACADEMIA - EDUCATION TOTAL
- Study project (BOSS)
- mPivas project covered by Leonardo grant (cf income)
- Promotion of ECPC at other congresses (EFPT 2013)
- Early Career Psychiatrists activities
- Symposium 30th anniversary (1000 € support from Region Alsace)
- Brochure 30th anniversary
- Awards 30 anniversary
- 30th Anniversary Activities
- Guidance printing
- Research prizes (6 prizes in 2013)
- Corporate communication (website, mailings)
- Membership (Newsletter, annual report, database development)
- European Psychiatry Journal subscriptions
- Other direct charges (taxes)
- Offices charges
- Office salaries and charges
- Staff training

Net result 2013: €225,871
CALENDAR OF EPA ACTIVITIES

AND INTERNAL MEETINGS

9-11 January, Cairo, EGYPT

5 February, Stockholm, SWEDEN
EPA Strategy Meeting.

21 February, Brussels, BELGIUM
EBC Board Meeting and Special General Assembly. Prof. Boyer and Prof. Höschl represented EPA.

6-9 March, Athens, GREECE
Conference Crises and Disasters: Psychosocial consequences. Organised by the Hellenic Psychiatric Association, the World Federation for Mental Health and the Society of Preventive Psychiatry under EPA patronage.

21-23 March, Rome, ITALY
School on Psychopathology and Clinical Practice: One Hundred Years of Karl Jaspers Psychopathology. Organised by the EPA Early Career Psychiatrists Committee.

6-9 April, Nice, FRANCE
21st European Congress of Psychiatry.

11-13 April, Berlin, GERMANY
2nd Sleep and Breathing Conference: Joint EPA Plenary session on Insomnia; chaired by Prof. Henning Sass and Prof. Thomas Polmaescher. Speakers:
- Prof. D. Riemann: Insomnia: clinical presentation and differential diagnosis
- Prof. J. Ackr: Insomnia and sleep apnoea
- Prof. T. Polmaescher: Insomnia and psychiatric disorders: mutual causative interactions
- Prof. T. Wetter: Insomnia: basic pharmacological treatment approaches

18-19 April, Paris, FRANCE
EPA 2014 Munich Scientific Programme Committee Meeting

25-27 April, Helsinki, FINLAND
UEMS Section and Board of Psychiatry Meeting. Prof. Galderisi represented EPA.

27-28 May, Dublin, IRELAND
Healthy Brain: Healthy Europe Conference. Prof. Boyer represented EPA.

27-30 May, S. Stefano, ITALY
2nd ECP School on Research Methodology in Clinical and Social Psychiatry. Organised by the EPA Early Career Psychiatrists Committee in collaboration with the Association for the Improvement of Mental Health Programmes (AIMHP).

30 May - 2 June, Thessaloniki, GREECE

7-10 June, Strasbourg, FRANCE
3rd EPA Academia Summer School on "Comorbidity between mental and physical disorders".

11-15 June, Zurich, SWITZERLAND
21st Forum of the European Federation of Psychiatric Trainees (EFPT). Dr. Nawka represented EPA.

19-22 June, Pula, CROATIA
Pula Psychopathology Summer School. Organised by the International Neuropsychiatric Pula Congress under EPA patronage.

27 June, Brussels, BELGIUM
EBC Board Meeting. Prof. Boyer represented EPA.

2-5 July, Edinburgh, UK
International Meeting of the Royal College of Psychiatrists. Organised by the Royal College of Psychiatrists under EPA patronage.

4 July, London, UK
EPA 2014 Munich SPC Meeting.

5 July, London, UK
EPA Board Meeting.

5-7 September, Cambridge, UK
Cambridge/Luton International Conference on Mental Health. Organised by Cambridge University under EPA patronage. Dr. Andlauer represented EPA.

6 September, Paris, FRANCE
EPA Editorial meeting with Elsevier.

8-10 September, Grenoble, FRANCE
Grenoble Symposium on Deep Brain Stimulation: Celebrating a history-making success. Organised by the CHU of Grenoble under EPA patronage.

18-21 September, Izmir, TURKEY
VIII. German-Turkish Congress of Psychiatry. Organised by the German-Turkish Association for Psychiatry, Psychotherapy and Psychosocial Care (DTGPP) under EPA patronage.

19 September, Stockholm, SWEDEN
Guidance Committee Meeting.

20 September, Stockholm, SWEDEN
EPA Strategy Meeting.

25-28 September, Dubrovnik, CROATIA
Croatian Congress on Psychopharmacotherapy. Organised by the Croatian Society for Psychopharmacotherapy and Biological Psychiatry, the Croatian Academy of Medical Sciences, the World Federation of Societies of Biological Psychiatry and European College of Neuropsychopharmacology under EPA patronage. Dr. Rojnic Kuzman represented EPA.

26-28 September, Berlin, GERMANY
4th European Conference on Schizophrenia Research (ECSR 2013): Joint EPA Symposium on Suicide Prevention in Schizophrenia; chaired by Prof. Danuta Wasserman and Prof. Silvana Galderisi. Speakers:
- A. Schmidtke: Epidemiology of suicide and attempted suicide in the population of schizophrenic patients
- L. Kelleher: Psychotic symptoms as a risk marker for suicidal behaviour
- D. Wasserman: Strategies and possibilities in suicide prevention
- S. Galderisi: Challenges in clinical practice: predicting, treating and rehabilitating suicidal schizophrenia patients

27 September, Dubrovnik, CROATIA
mPIVAS Project Meeting.

3 October, Kortenberg, BELGIUM
Healthy Active Lives (HeAL) Conference: Keeping the Body in Mind in Youth with Psychosis. Organised by the UPC KULeuven under EPA patronage. Prof. Bailey represented EPA.
5-9 October, Barcelona, SPAIN

26th ECNP Congress: EPA Booth and EPA educational update session on The EPA Guidance Project: improving quality in European mental health care; moderated by Prof. Wolfgang Gaebel and Prof. Vladimir Carl. Speakers:
- Dinesh Bhugra: European Psychiatric Association (EPA) guidance on mental health promotion and prevention of mental disorders
- Vladimir Carl: European Psychiatric Association (EPA) guidance on suicide treatment and prevention
- Wolfgang Gaebel: EPA Guidance and the future of European psychiatry

10-11 October, Vilnius, LITHUANIA

Lithuanian Presidency Conference “Mental Health: Challenges and Possibilities”. Prof. Wasserman represented EPA and was also a speaker and moderator at the Conference.

10-12 October, Lisbon, PORTUGAL

UEMS Section and Board of Psychiatry Meeting. Dr. Jovanovic represented EPA.

17 October

Ambassador Committee teleconference.

17 October, Brussels, BELGIUM

EBC Board Meeting and Annual General Assembly. Prof. Boyer represented EPA.

19-20 October, Strasbourg, FRANCE

EPA Early Career Psychiatrists Committee (ECPC) meeting.

20-21 October, Strasbourg, FRANCE

mPIVAS Project Meeting.

26 November, Barcelona, SPAIN

CME-Workshop in Consultation-Liaison Psychiatry and Psychosomatics. Organised by Prof. Diefenbacher (KEH Berlin) under EPA patronage.

27-30 November, Vienna, AUSTRIA

WPA International Congress: EPA Booth. Prof. Wasserman represented EPA and gave a Plenary Lecture on Lifestyles And Mental Health Of European Youth as well as presentations on: The Saving And Empowering Young Lives In Europe (Seyle) RCT, Suicide Prevention In Uganda And Vietnam and a workshop entitled Suicide - Management & Prevention.
ADMINISTRATIVE OFFICE

EPA ADMINISTRATIVE OFFICE STAFF

Administrator: Caroline Martin
Project Manager - Education, Ethics, ECPC: Zhanna Zhussupova
Project Manager – Events & Communication: Katie Luck
Administrative Assistant: Cindie Tudorache

EPA wishes farewell to two valuable colleagues: Maria Vrijmoed-de Vries (Project Manager – NPAs) and Irada Aripova (Project Assistant).

ANNUAL REPORT EDITORS

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C. Martin
K. Luck

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