

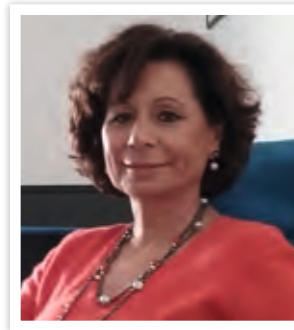


EUROPEAN PSYCHIATRIC ASSOCIATION

ANNUAL REPORT 2017

CONTENT

- p. FOREWORD
- p. COMMITTEES IN 2017
- p. TASK FORCES IN 2017
- p. THE 25th EUROPEAN CONGRESS OF PSYCHIATRY
EPA 2017 FLORENCE
- p. COUNCIL OF NATIONAL PSYCHIATRIC ASSOCIATIONS (NPAs)
- p. EU POLICY AND LOBBYING ACTIVITIES
- p. EDUCATION
- p. PUBLICATIONS
- p. ETHICS
- p. EARLY CAREER PSYCHIATRISTS
- p. PRIZES AND AWARDS
- p. SECTIONS
- p. *EUROPEAN PSYCHIATRY JOURNAL*
- p. COLLABORATION WITH OTHER SOCIETIES
- p. MEMBERSHIP
- p. COMMUNICATION
- p. FINANCES AND BUDGET
- p. CALENDAR OF PRESIDENTIAL ACTIVITIES
AND INTERNAL MEETINGS
- p. ADMINISTRATIVE OFFICES



The Annual Report is a great opportunity for reviewing the whole bulk of activities the EPA has implemented and carried out in 2017. Even for me, often leading or actively participating in EPA activities, the picture provided by the different sections of this report is impressive.

It's not my goal to summarise here what you'll find well described in the different sections. Instead, I would like to provide you with main impressions of a one-year work as EPA President.

The EPA is living in a very dynamic time, and increasingly positioning itself as a leading organisation in the field of mental health. Its ongoing activities range from the organisation of the main European Congress of Psychiatry, itinerant educational courses, summer school on psychotherapy, and participation in European research projects, to the publication of guidance and position papers, close collaboration with the National Psychiatric Associations (NPAs), European Federation of Psychiatric Trainees (EFPT), European Union of Medical Specialists (EUMS), European Brain Council (EBC), main European patient and family organisations such as EUFAMI and GAMIAN, as well as members of the European Parliament and Commission.

This huge bulk of activities has required an internal growth of the association, in terms of people, skills, competences and communication tools. This is an ongoing process, in which we are experimenting new models and working styles. I believe that this is the right way to accomplish the EPA mission and contribute to improve psychiatry and mental health care in Europe. Each page of this report reflects the EPA's commitment to its mission.

Investments in mental health care and research in Europe are still unsatisfactory. Lack of cooperation among different stakeholders, and sometimes even distrust, is a weakness for the whole field. Trying to speak with one voice is challenging but extremely important in order to have an impact on European and National policies relevant to our field, and to counteract repeated attempts to undermine the image of Psychiatry and, as a consequence, the relationship among doctors, users and relatives. The EPA is actively working to improve this relationship and collaborate with all those who care for the respect of human rights, and the achievement of person-centred research and care.

I wish to thank the EPA Board and Executive Committee, the NPA Steering Committee and Council, all EPA Sections, Committees, Task forces and Working groups for their contribution to what you will discover in the following pages.

Dear EPA Members, dear All, I wish all of us a year of further growth and achievements, hopefully in a peaceful, free, and welcoming Europe.

Prof. Dr. Silvana Galderisi

EPA COMMITTEES IN 2017



BOARD

Silvana Galderisi, *Italy - Chair*
Wolfgang Gaebel, *Germany*
Philip Gorwood, *France*
Julian Beezhold, *UK*
Geert Dom, *Belgium*
Peter Falkai, *Germany*
Andrea Fiorillo, *Italy*
Paz García-Portilla, *Spain*
Cécile Hanon, *France*
Nikolina Jovanovic, *UK*
Levent Küey, *Turkey*
Tamas Kurimay, *Hungary*
Michael Musalek, *Austria*
Andrea Raballo, *Norway*
Martina Rojnic Kuzman, *Croatia*
Jerzy Samochowiec, *Poland*
Danuta Wasserman, *Sweden*



EXECUTIVE COMMITTEE

Silvana Galderisi, *Italy - President*
Philip Gorwood, *France - President Elect*
Wolfgang Gaebel, *Germany - Past President*
Julian Beezhold, *UK - Secretary General*
Geert Dom, *Belgium - Treasurer*
Tamas Kurimay, *Hungary - Council of NPAs Chair*

OTHER OFFICE BEARERS

Michael Musalek, *Austria*
Secretary for Sections
Cécile Hanon, *France*
Secretary for Education

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Tamas Kurimay, *Hungary - Chair*
Simavi Vahip, *Turkey - Vice-Chair*
Pedro Varandas, *Portugal - Secretary*

COMMITTEE ON EDUCATION



Cécile Hanon, *France - Chair*
Olivier Andlauer, *UK*
Julian Beezhold, *UK*
Defne Eraslan, *Turkey*
Michael Musalek, *Austria*
Tanja Svirskis, *Finland*
Sam Tyano, *Israel*
Rutger Jan van der Gaag, *Netherlands*
Jan Wise, *UK*

COMMITTEE ON ETHICAL ISSUES



Danuta Wasserman, *Sweden - Chair*
Sue Bailey, *UK*
Cécile Hanon, *France*
Andreas Heinz, *Germany*
Norman Sartorius, *Switzerland*
Rutger Jan van der Gaag, *Netherlands*
Livia Vavrusova, *Slovakia*
Jan Wise, *UK*

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Nikolina Jovanovic, *UK - Chair*
Mariana Pinto da Costa, *Portugal - Co-Chair*
Olga Kazakova, *Belarus*
Katja Koelkebeck, *Germany*
Dzmitry Krupchanka, *Czech Republic*

PUBLICATION COMMITTEE



Wolfgang Gaebel, *Germany - Chair*
Philip Gorwood, *France - Co-chair*
Julian Beezhold, *UK*
Peter Falkai, *Germany*
Andrea Fiorillo, *Italy*
Silvana Galderisi, *Italy*
Paz García-Portilla, *Spain*
Reinhard Heun, *UK*
Tamas Kurimay, *Hungary*
Michael Musalek, *Austria*
Danuta Wasserman, *Sweden*

EDITORS-IN-CHIEF OF EUROPEAN PSYCHIATRY, THE JOURNAL OF EPA

Andrea Fiorillo, *Italy*
Sophia Frangou, *USA*
Reinhard Heun, *UK*

SCIENTIFIC PROGRAMME COMMITTEE (SPC) EPA 2017 FLORENCE

Silvana Galderisi, *Italy - Chair*
Wolfgang Gaebel, *Germany - Co-Chair*
Olivier Andlauer, *UK*
Sue Bailey, *UK*
Julian Beezhold, *UK*
Geert Dom, *Belgium*
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*
Wulf Rössler, *Switzerland*
Jerzy Samochowiec, *Poland*
Rutger Jan van der Gaag, *Netherlands*
Danuta Wasserman, *Sweden*

ADVISORY SCIENTIFIC PROGRAMME COMMITTEE (ASPC) - EPA 2017 FLORENCE

Celso Arango, *Spain*
Dinesh Bhugra, *UK*
Istvan Bitter, *Hungary*
Patrice Boyer, *France*
Michael Davidson, *Israel*
Livia De Picker, *Belgium*
Peter Falkai, *Germany*
Wolfgang Fleishhacker, *Austria*
Sophia Frangou, *USA*
Guy Goodwin, *UK*
Marc Hermans, *Belgium*
Helen Herrman, *Australia*
Reinhard Heun, *UK*
Cyril Höschl, *Czech Republic*
René Kahn, *The Netherlands*
Ingrid Melle, *Norway*
Matthijs Muijen, *Denmark*
Maria A. Oquendo, *USA*
Martina Rojnic Kuzman, *Croatia*
Marco Sarchiapone, *Italy*
Masatoshi Takeda, *Japan*

LOCAL ORGANISING COMMITTEE (LOC) EPA 2017 FLORENCE

Silvana Galderisi, *Naples- Chair*
Mario Maj, *Naples - Honorary Chair*
Armida Mucci, *Naples - Secretary*
Eugenio Aguglia, *Catania*
Carlo Altamura, *Milan*
Bernardo Carpiniello, *Cagliari*
Liliana Dell'Osso, *Pisa*
Massimo Di Giannantonio, *Chieti*
Andrea Fiorillo, *Naples*
Claudio Mencacci, *Milan*
Palmiero Monteleone, *Salerno*
Stefano Pallanti, *Florence*
Alessandro Rossi, *L'Aquila*
Emilio Sacchetti, *Brescia*
Alberto Siracusano, *Rome*
Giovanni Stanghellini, *Florence*

TASK FORCES IN 2017

TASK FORCE ON THE ROLE OF EPA AS SERVICE PROVIDER OF NPAs

Objective : to enhance the role of the EPA as a service provider for the NPAs by making the EPA, its website, its communication channels and its leaders an important point of reference for NPAs

Silvana Galderisi - *Chair*
Olivier Andlauer
Mari Fresu - *EPA Admin*
Levent Küey
Tamas Kurimay
Martina Rojnic Kuzman
Agata Szulc
Simavi Vahip
Zhanna Zhussupova
- *EPA Admin*

TASK FORCE ON EDUCATION IN EUROPEAN PSYCHIATRY

Objective : to develop and implement a European Curriculum on Education and Training in Psychiatry (undergraduate, postgraduate, CME)

EPA
Silvana Galderisi - *Co-Chair*
Wolfgang Gaebel - *Vice Chair*
Cécile Hanon
Nikolina Jovanovic
Tamas Kurimay
UEMS
Marc Hermans - *Co-Chair*
Andrew Brittlebank
Dan Georgescu

EFPT
Howard Ryland
Ekin Sönmez
WHO EUROPE
Matthijs Muijen

TASK FORCE ON EUROPEAN PSYCHIATRIC RESEARCH

Objective : to promote EPA participation in research grant applications and strengthen cooperation with other organisations in developing collaborative projects

Silvana Galderisi - *Chair*
Peter Falkai - *Co-Chair*
Julian Beezhold
Andrea Fiorillo
Paz García-Portilla
Philip Gorwood
Levent Küey
Martina Rojnic Kuzman
Danuta Wasserman
Mari Fresu - *EPA Admin*

TASK FORCE ON THE NEEDS OF REFUGEE AND ASYLUM-SEEKING PATIENTS IN EUROPE

Objective : to raise awareness about the consequences of the refugee crisis on migrants' mental health

Levent Küey - *Chair*
Olivier Andlauer
Iris Tatjana Graef-Calliess
Marianne Kastrup
Meryam Schouler-Ocak

Consultants:
Gisèle Apter
Marisa Casanova Dias
Davor Mucic
Simavi Vahip
Danuta Wasserman

TASK FORCE ON E-MENTAL HEALTH

Objective : to produce guidance, recommendations and position papers on e-Mental Health applications, ethical implications and research needed to address controversial issues

Silvana Galderisi - *Chair*
Davor Mucic - *Co-Chair*
Olivier Andlauer
Wolfgang Gaebel
Cécile Hanon
Nikolina Jovanovic
Andrea Raballo
Martina Rojnic Kuzman

TASK FORCE ON MASS VIOLENCE

Objective : to raise awareness about mass violence within the psychiatric community

Geert Dom - *Chair*
Hella Demunter
Dorota Frydecka
Philip Gorwood
Levent Küey
Blazej Misiak
Andrea Raballo
Jerzy Samochowiec
Meryam Schouler-Ocak

TASK FORCE ON SECTIONS

Objective: to reinforce the collaboration between EPA Sections and NPAs, and to facilitate and improve the operating modes of the EPA Sections

Julian Beezhold - *Chair*
Michael Musalek
Tamas Kurimay
Nikolina Jovanovic
Mari Fresu - *EPA Admin*

THE 25TH EUROPEAN CONGRESS OF PSYCHIATRY EPA 2017 FLORENCE

The 25th European Congress of Psychiatry took place from 1 to 4 April 2017 in Florence, Italy, under the motto "Together for Mental Health". The Congress offered the opportunity to 4,216 participants from 95 countries to take part in the rich scientific programme and to meet high-level experts thanks to the numerous networking opportunities offered by the EPA.



SCIENTIFIC PROGRAMME

The EPA scientific programme was designed to entail various clinical, theoretical and research-based discussions, with renowned specialists debating on controversial issues and scientific updates. The programme also focused on Early Career Psychiatrists with dedicated sessions throughout the Congress.

Once again, the 15 CME Courses and "Ask the Experts" sessions generated a high interest from Congress participants wishing to update their knowledge and improve their skills in a more informal setting. The "Ask the Experts" sessions, introduced in 2016, allow participants to meet in small groups with prominent researchers and clinicians. Twenty-one experts were brought together to answer participants' questions.



The most attractive feature of EPA 2017 was, in my opinion, the high clinical relevance of the topics selected for the main presentations and the high standing of the invited speakers.

Mario Maj,
Honorary Chair of the 2017
Local Organising Committee

3rd ANNUAL EPA FORUM

Following the success of the 2nd EPA Forum in 2016, the 2017 Forum focused on the theme "Together for Mental Health: Challenges and Opportunities". Divided into three main discussions, the Forum regrouped 12 speakers from various organisations such as GAMIAN, EUFAMI, the European Commission and WONCA, but also specialists and EPA leaders.



ASSOCIATION ACTIVITIES

On 2 April, EPA individual members and National Psychiatric Association members joined together for the EPA's Extraordinary and Ordinary General Assemblies. Several changes of statutes were voted and approved:

- Two new categories of membership were approved for professionals working in the field of psychiatry and mental health, but who are not psychiatrists or researchers, and for students of psychiatry;
- Modifications concerning the beginning of the mandate for Board members, which will now begin immediately following the election during the Ordinary General Assembly;
- New paragraph concerning the election of the Steering Committee for the Council of NPAs;
- New article concerning mandated participation in meetings of EPA Board and committee members.

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



EPA COUNCIL OF NATIONAL PSYCHIATRIC ASSOCIATIONS (NPAs)



The new Council Steering Committee started its work in a very friendly and constructive atmosphere. Also, as Chair of the Council of NPAs, I enjoy the mutually inspiring collaboration with the EPA President and all EC members, and feel continued support from the EPA Offices in Strasbourg and Brussels.

Tamas Kurimay,
Chair of the Council of NPAs

MEMBERS

The EPA Council of NPAs was joined by two new members:

- College Private Psychiatry of Bulgaria
- Society of Psychiatrists, Narcologists, Psychotherapists and Clinical Psychologists from the Republic of Moldova

The number of EPA's NPAs thus reached 42, representing 39 countries.

(A full listing of the 42 NPA members is available on the EPA website)



NPAs INITIATIVES IN 2017

Working Groups

One of the main outcomes of the Council of NPAs meeting in Florence was the creation of four new Working Groups:

- Identity of Psychiatry (co-chaired by S. Galderisi & P. Falkai)
- Mental Health of Health Workers (co-chaired by T. Kurimay & A. Riecher-Rössler)
- Mental Health at School (co-chaired by S. Vahip & R. Brunner)
- Ethical Code in the Communication with Stakeholders (co-chaired by P. Vallon & D. Wasserman)

The Working Groups actively started elaboration of their workplans and are expected to deliver first results in 2018.

NPAs Questionnaire

The Council Steering Committee ran an extensive online questionnaire among the NPAs to collect their input and expectations regarding current and future Council activities. As a result, 34 NPAs provided their feedback, and the preliminary findings were presented at the Council of NPAs meeting in Berlin.

NPAs Newsletter project

Upon proposal of the Task Force on Service Provision to NPAs, the Council of NPAs started preparation of a new quarterly electronic newsletter featuring content of particular interest to the NPAs, such as EU funding and advocacy news, hot topics from across Europe, and calls for cooperation among NPAs, just to name a few. The NPAs Newsletter will be launched in early 2018.

Other activities

- Support to the Joint Statement to Invest in Mental Health Research
- Participation in the Task Forces:
 - Task Force on Education in European Psychiatry (TFEEP)
 - Task Force on Sections
- Preparation of the Council of NPAs Symposium in Portugal (January 2018)

EU POLICY AND LOBBYING ACTIVITIES

2017 marked the 3rd year of EPA presence in Brussels, during which the EPA further developed its advocacy capacity to improve mental health care in Europe. The EPA consolidated its role as a key stakeholder in the EU policy arena and continued to provide scientific input for the development of evidence-based policies in the field of mental health.

EPA policy activities covered a broad range of policy and research topics, notably the drafting and endorsement of relevant policy documents:

Joint Statements and Calls to Action

- Joint statement on WHO World Health Day on Depression, in partnership with the European Brain Council (EBC)
- Joint statement to invest in mental health research, together with Trimbos Institute and with 65 co-signing organisations, for which EPA received official support by 22 National Psychiatric Associations (NPAs)
- Joint statement on mental health for the EU Health Policy Platform, led by Mental Health Europe (MHE) and the European Federation of Associations of Families of People with Mental Illness (EUFAMI)
- Call to Action on the Employment of People with Chronic Diseases, led by the European Chronic Disease Alliance. EPA input provided in close collaboration with EBC and the European Federation of Neurological Associations (EFNA)

- Call to Action on Migration and Health, led by the Platform for International Cooperation on Undocumented Migrants (PICUM), with the support of the EPA Task Force on the Needs of Refugee and Asylum-Seeking Patients in Europe

Editorials and EPA Position Papers

- Editorial in European Psychiatry entitled "The EPA, Brexit and Beyond," which stressed that the association welcomes, represents and supports all of its members, including those working and living in Britain
- EPA Position Paper published in *European Psychiatry* entitled "Improving the Image of Psychiatry and Psychiatrists," which promoted 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

The EU should support evidence-based intervention programs putting mental health on the same level of physical health, in terms of stigma, prevention and support of those affected.

EPA input to Joint Statement on Employment of People with Chronic Diseases

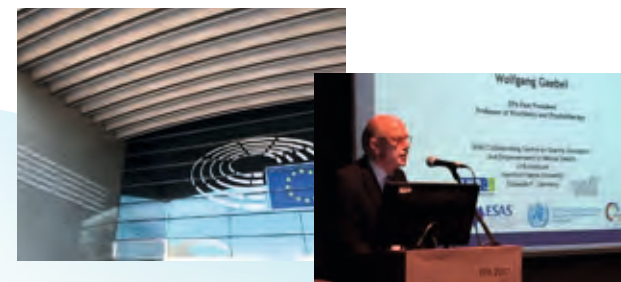


A further significant development in EPA activities was the increasing demand received for scientific advice and expertise. Of particular note was the EPA's contribution to the work of the Scientific Advisory Groups of the European Medicines Agency (EMA), with the involvement of several EPA experts from different countries:

- EMA review of risks of valproate-containing medicines in pregnancy
- EMA Committee for Human Medicinal Products (CHMP) – Consultation on Alcohol Dependence
- EMA Consultation on Pharmacogenomics in product information

Much effort was put in strengthening the EPA's relationship with key stakeholder organisations active at EU level. Notably, the partnership with the European Brain Council (EBC) led to successful collaborations in several brain and mental health related initiatives:

- Joint EPA-EBC Networking event in Strasbourg on 15 March, in the frame of the Brain Awareness Week (13-17 March)
- EBC Working Group on Suicide, under EPA Chairship and scientific advisory
- Value of Treatment Project – EPA working group on Schizophrenia: organisation of a joint EBC-EPA Symposium at the EPA Congress 2017 (Florence, 1-4 April) and speech at the VoT final conference "Time is Brain" (Brussels, 22 June)



EDUCATION

COMMITTEE ON EDUCATION

The EPA Committee on Education held its two annual meetings in Florence in April 2017, and then in Paris, in November 2017. Chaired by Dr. Cécile Hanon, the nine members were able to discuss their current activities, including the successful EPA Summer School, the EPA Courses, but also their future projects, such as the development of EPA online training and e-learning programmes tailored for psychiatrists, to be implemented in 2018.

EPA COURSES

Each year, the Committee on Education carefully makes a selection of the EPA Courses to be delivered both at the EPA Congress and throughout the year across Europe as Itinerant Courses. In 2017, no less than 18 courses were organised, in Italy, Turkey, Romania and Bosnia-Herzegovina.

More than 60 applications were received, among which the jury selected 25 scholars from 17 countries. The lucky participants were able to interact on a diverse range of topics such as systemic therapy, psychodynamic practice and neurosciences, cognitive behavioural therapy or the ethical issues in psychotherapy with our esteemed faculty members: Dr. Marc Hermans, Dr. Stirling Moorey, Prof. Yves Sarfati and Prof. Norman Sartorius.

Moreover, simulation sessions were an essential part of the training this year, led by Dr. Julian Beezhold and Dr. Tanja Svirskis. Simulation has been increasingly used in medical education for over 20 years, and offers a safe but realistic environment to practice skills needed in clinical work. In psychiatry, simulation typically includes an actor-patient whose role is essential in giving feedback to the doctor.



EPA SUMMER SCHOOL

The EPA Summer School continued this year with its 2nd edition on the topic of the “ABCs of Psychotherapy”. The Summer School took place from 7 to 10 September 2017, in Strasbourg, France, under the auspices of the Secretary General of the Council of Europe, Mr Thorbjørn Jagland, for a three-day intensive programme.

Thank you for an outstanding experience and a chance to be a part of something so valuable and memorable. I was able to improve my communication skills in a very positive setting and learn useful basics of different types of psychotherapy which I could implement in my daily practice.

Jovana Antonijevic,
7th EPA Summer School scholar

ETHICS

COMMITTEE ON ETHICAL ISSUES

The EPA Committee on Ethical issues is composed of Prof. Danuta Wasserman, committee Chair, and seven other dedicated members who work on promoting ethical standards in psychiatric research and care. The committee met in April 2017 in Florence, Italy and again in October 2017 in Berlin, Germany to discuss their current projects and upcoming activities to be developed in the coming years.

I hope that the dissemination of CME courses and giving lectures, seminars and workshops at the National Psychiatric Associations' meetings will raise knowledge and awareness on a variety of ethical topics in psychiatrists' everyday clinical and research activities.

Danuta Wasserman,
Chair of the Committee on Ethical Issues

Activities

- EPA 2017 Florence: Symposium on “Psychiatric care in Europe for people with intellectual disabilities: how to prevent abusive practices”
- Collaborations and partnerships: WPA, EPA NPAs
- Symposium: Participation in a symposium organised by the Slovakian NPA in June 2017 on the topic of Ethical Boundaries in Diagnosis

PUBLICATIONS

PUBLICATION COMMITTEE

The EPA Publication Committee is responsible for producing practical guidance papers, position statements, editorials and other publications on topics of interest to the mental health community and beyond. The Publication Committee ensures the selection of topics, suggests the list of authors, prepares the procedure of review and timeframe.

In 2017, the Publication Committee replaced the Guidance Committee to increase the scope of its oversight and involvement.

OTHER PUBLICATIONS

Given the political developments in 2016, the EPA 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. The EPA 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.

- Editorial: The EPA, Brexit and Beyond
- EPA Position Paper: Improving the Image of Psychiatry and Psychiatrists

Both publications were published in volume 42 of *European Psychiatry*.

GUIDANCE

EPA Guidance Papers aim to improve the quality of mental health care in Europe by disseminating written information based on best evidence and psychiatric practice and to facilitate countries learning from each other in areas where guidelines are lacking.

In 2017, the EPA published the guidance paper entitled "EPA guidance on eMental health interventions in the treatment of posttraumatic stress disorder (PTSD)" which was published in volume 41 of *European Psychiatry*.

In October, the EPA responded to the report of the United Nations (UN) Special Rapporteur on the right of everyone to the enjoyment of the highest attainable standard of health (A/HRC/35/21). A letter of response was addressed by the EPA President to the President of the United Nations Human Rights Council and to the United Nations Special Rapporteur, in which great concern and disappointment was expressed for the image of psychiatry and psychiatrists emerging from the document. The letter response, which was echoed by other associations in their own, similar reactions, outlined areas of modification for more inclusive language within the text, and also aimed to establish a constructive dialogue on this matter.

EARLY CAREER PSYCHIATRISTS

EARLY CAREER PSYCHIATRISTS COMMITTEE

Through the work of its members, the EPA Early Career Psychiatrists Committee (ECPC), chaired by Dr. Nikolina Jovanovic, and its four Task Forces have continued developing programmes and training opportunities for young psychiatrists all over Europe in the past year.

Highlights from this year's activities include:

- Organisation of a successful scientific programme and networking events dedicated to early career psychiatrists (ECPs) during the Congress of European Psychiatry in Florence, Italy
- Active involvement of almost 30 ECPs gathered in four Task Forces
- Organisation of the 3rd edition of the Gaining Experience Programme, giving five motivated young psychiatrists the opportunity to participate in short observerships in several clinical and research institutions across Europe
- Improved collaboration with other organisations by participating in several events: the EFPT Forum in Turkey, the WPA Congress in Berlin, the YPN meeting in Prague, etc.
- Translation and dissemination of an article aiming to provide information about the existing opportunities for psychiatric trainees and ECPs across Europe, the "ECP KIT"
- Completion of several surveys to better understand educational, training needs and preferences of ECPs in Europe
- Creation of an ECP reading list with the launch of the ECPC Book Challenge Project

GAINING EXPERIENCE PROGRAMME: 4th EDITION

Once again, this successful programme was renewed in 2017, and the number of selected winners was increased to give six enthusiastic young psychiatrists the opportunity to complete observerships in psychiatric institutions in Europe in 2018:

- **Liana Kobylinska, Romania** placed in France
- **Orkun Aydin, Turkey** placed in Poland
- **Yekaterina Lyan, Uzbekistan** placed in the UK
- **Ceyhan Can, Turkey** placed in Finland
- **Antonios Liolios, Switzerland** placed in France
- **Ekaterina Berszenishvili, Georgia** placed in Germany

The ECPC is committed to organising high scientific quality and well attended congress sessions, attracting promising young colleagues under our umbrella, creating an ECP library to support educational activities, and improving our visibility in social media and among other organisations.

Nikolina Jovanovic, ECP Committee Chair

PRIZES AND AWARDS

Constance Pascal-Helen Boyle Prize for Outstanding Achievement by a Woman in Working to Improve Mental Health Care in Europe

In 2017 a prestigious prize was established by the EPA to publicly acknowledge and increase awareness of the outstanding achievements by women in working to improve mental health care in Europe: the "Constance Pascal - Helen Boyle Prize for Outstanding Achievement by a Woman in Working to Improve Mental Health Care in Europe". It is named in honour of Dr. Helen Boyle, an Irish-British psychiatrist who started working as a psychiatrist in 1894 in England and went on to become the first female President of the Medico-Psychological Association (later to become the Royal College of Psychiatrists);



Helen Boyle • 1869-1957

Constance Pascal • 1877-1937

and Dr. Constance Pascal, a Romanian doctor, who was the first woman to qualify as a psychiatrist in France in 1908. Both contributed significantly to the scientific literature in addition to their pioneering clinical work and served as role models for generations of future female psychiatrists.

The laureate for the yearly prize is to be awarded a €10 000 financial grant, and is to be honoured at the Opening Ceremony of the following congress.



RESEARCH PRIZES 2017

This year, over 60 early career psychiatrists applied for the 2017 Research Prizes, which reward authors for the best scientific papers published in 2016. Given the high quality of the applications, the Jury decided to award 10 prizes to:

Category 1: Clinical psychopathology and refinement of psychiatric diagnostic categories

- **Aurélien Lasserre, Switzerland**
"Prospective association of depression subtypes with cardio-metabolic risk factors"
- **Raffaella Calati, France**
"Is psychotherapy effective for reducing suicide attempt and non-suicidal self-injury rates?"

Category 2: Biological correlates and treatments of mental disorders

- **Alkomiet Hasan, Germany**
"Association of structural brain changes with response of rTMS"
- **Anna-Clara Hollander, Sweden**
"Refugee migration and risk of schizophrenia and other non-affective psychoses"

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

- **Niels Okkels, Denmark**
"Traumatic Stress and Risk of Subsequent Schizophrenia or Bipolar Disorder: A Nationwide Cohort Study"
- **Petr Winkler, Czech Republic**
"Deinstitutionalised patients, homelessness and imprisonment: systematic review"

Category 4: Child and Adolescent Psychiatry

- **Thomas Lancaster, UK**
"Polygenic Risk of Psychosis & Ventral Striatal Activation Reward Processing in Healthy Adolescents"
- **Dennis Raven, the Netherlands**
"Time-to-treatment of mental disorders in a community sample of Dutch adolescents. A TRAILS study"

Category 5: Best paper published in European Psychiatry

- **Nikolina Jovanovic, UK**
"Burnout Syndrome among Psychiatric Trainees in 22 countries"
- **Sarah Cargnin, Italy**
"BDNF Val66Met and clinical response to antipsychotic drugs: A systematic review and meta-analysis"

SCHOLARSHIP PROGRAMME 2017

The EPA's Scholarship Programme is open to Early Career Psychiatrists who are either trainees or within five 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 one year of EPA membership.



Being among hundreds of psychiatrists from different generations can instill a very strong feeling of professional identity. Thanks to the financial support, I was able to participate in one of the top scientific meetings in the field of psychiatry.

Ekin Sönmez, 2017 Scholarship Programme winner



Out of 61 eligible applications, the 2017 scholarships were awarded to the following early career psychiatrists and trainees:

- **Yasir Hameed, UK**
- **Anna Rebeka Szczegielniak, Poland**
- **Ekin Sonmez, Turkey**
- **Alexis Lepetit, France**
- **Nuria Isabel Nunez Morales, Spain**

The prizes were awarded at the opening ceremony of the 25th European Congress of Psychiatry in Florence, Italy on 1 April.



SECTIONS



The EPA Sections are the backbone of the European Psychiatric Association. They are essential for the development and success of European Psychiatry.

Michael Musalek, EPA Secretary for Sections

SECTIONS' ACTIVITIES

The 21 EPA Sections made a significant contribution to the scientific programme of the 25th European Congress of Psychiatry in Florence by organising 17 symposia, 5 workshops and 9 courses. Additionally, 15 EPA Sections held their business meetings at the EPA annual congress.

SECTIONS' ACTIVITIES THROUGHOUT THE YEAR

Along with the activities held during the EPA annual congress, many EPA Sections organised additional scientific and educational events throughout the year and published articles in scientific journals.

SECTIONS' COLLABORATION WITH THE EMA

A few EPA Sections actively collaborated with the European Medicines Agency (EMA) on topics of their specialisation, such as:

- Section on Women, Gender and Mental Health participated in a consultation and a meeting organised by the EMA on safety of using valproate-containing medicines in women and girls who are pregnant or of childbearing age;
- Section on Psychopharmacology provided experts for the EMA study on pharmacogenomics in product information;
- Section on Addictive Behaviours provided experts in the field of alcohol dependence for an EMA scientific advisory group.

EUROPEAN PSYCHIATRY JOURNAL

BACKGROUND



The official journal of EPA, *European Psychiatry*, was created in 1986 in order to promote exchanges between researchers and offer high-level scientific articles. The journal is published by Elsevier and led by three EPA Editors: Andrea Fiorillo (appointed in 2017), Sophia Frangou, and Reinhard Heun.

European Psychiatry aims at providing a variety of psychiatric research on numerous topics such as 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 2017, the Guidance Paper entitled "EPA guidance on eMental health interventions in the treatment of posttraumatic stress disorder (PTSD)" was published in volume 41 in the month of March.

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
- 2016 TR-ISI Impact Factor (2-Year): 3.123
- 2016 TR-ISI Impact Factor (5-Year): 3.474
- 2016 Journal Immediacy Index: 0.857
- Ranked 35th of 139 journals, in the JCR category: psychiatry
- Volumes 39-46 Published; 157 articles, excluding Supplements
- ScienceDirect customers worldwide: 8,948 active accounts
- Total Usage (Readership): 919,815 Full text Articles downloads during January-November 2017

COLLABORATION WITH OTHER SOCIETIES

The EPA has continued actively cooperating with many organisations related to psychiatry and mental health in Europe and worldwide. Collaboration efforts included organisation of joint events and projects, reciprocal promotional agreements, exchange of observers and expert consultations.



EPA PARTNERS WORLDWIDE



MEMBERSHIP

MEMBERSHIP

The EPA is an association of National Psychiatric Association Members; and of qualified individuals in the forms of Individual Members, Fellows, Emeritus Member, Honorary Members, International Individual Members and Affiliate Members; and of Donor Members; and of Associate Organisations.

During the General Assembly, EPA members voted to initiate, in 2018, new categories of membership for non-psychiatrists including Associate and Student Members.

KEY FIGURES

The EPA community represents over 80,000 European psychiatrists from 88 countries, namely 2,671 individual psychiatrist and professionals in mental health care and 42 National Psychiatric Association Members. The association, dedicated to psychiatry and its related disciplines, is focused on improving care for the mentally ill and developing professional excellence.

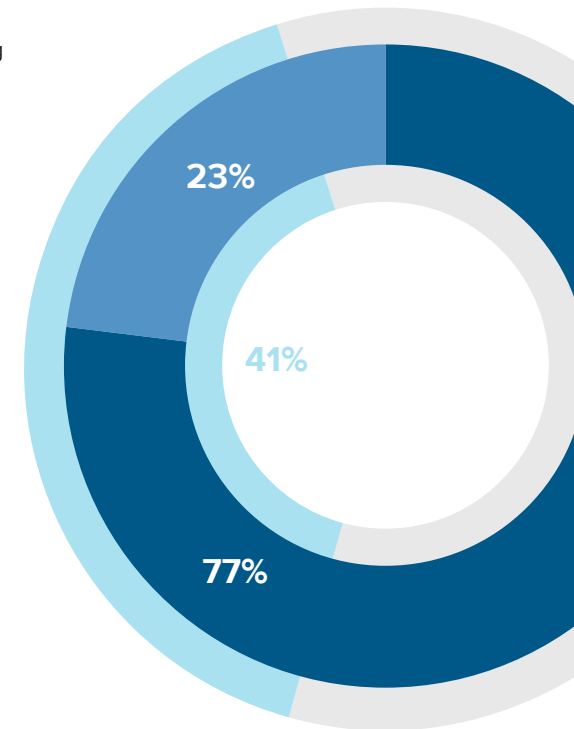
RECRUITMENT

In 2017, EPA experienced an increase in membership. Indeed 120 new members were recruited.

Among them, 77 % are Individual members, 23 % are International Individual members and 41 % are Early Career Psychiatrist Members.

About 8% of new members were recruited during the 25th European Congress of Psychiatry in Florence.

EPA is the strongest voice in European Psychiatry backed up by increasing National Association and Individual membership growth.
Julian Beezhoid, EPA Secretary General



EPA Membership Composition

● EUROPEAN ● INTERNATIONAL ● ECP

COMMUNICATION



Our goal is to improve communication with EPA members. The LinkedIn account allows us to connect with more members and NPAs. It allowed us to publish relevant information directly online, such as news from NPAs or interesting scientific papers.

Olivier Andlauer,
EPA Media Content Adviser

SOCIAL MEDIA



This year, the EPA has been improving its social media presence, which already regroups more than 15,000 fans on Facebook and Twitter. The European Psychiatric Network was closed this year in favour of the development of the new LinkedIn account, which will allow even more followers to stay informed of 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, all 10 issues of EPA 2017 Minds Online were sent out to over 12,000 subscribers.



FINANCES

The 25th European Congress of Psychiatry was again the main source of income for the EPA. It was organised for the first time in Florence, Italy, and brought outstanding results, with the highest number of attendees in the EPA's history. This naturally created a very positive financial result. As a consequence, the Board approved a revision of the budget forecast enabling some additional activities and investments in the year 2017:

- An additional Board meeting was organised;
- More educational activities were confirmed: creation of the first EPA on-line course, EPA MOOC (Massive Open On-line Course);
- A new prize was initiated, the Constance Pascal - Helen Boyle Prize, among the regular annual Research Prizes, ECP Scholarships and Travel Grants;
- A project to re-shape the EPA website and visual identity was launched and will materialise shortly after EPA Nice 2018;
- Support to research activities was increased by funding an exceptional contribution to the European Brain Council (EBC). The EPA has been very involved in an EBC programme called "Value of Treatment" and will therefore keep participating in the next steps.

With regards to other sources of income, membership fees increased compared to 2016, however financial interest decreased compared to previous years. Therefore, optimisation of this part will be looked after in 2018.

The Brussels office is now well established, with more spacious premises at the University Foundation, enabling the organisation of onsite meetings. The networking activities, combined with the creation of the Task Force on European Research, have led to the participation of the EPA as a partner in various EU-funded programmes, which will appear in the EPA budget in 2018.

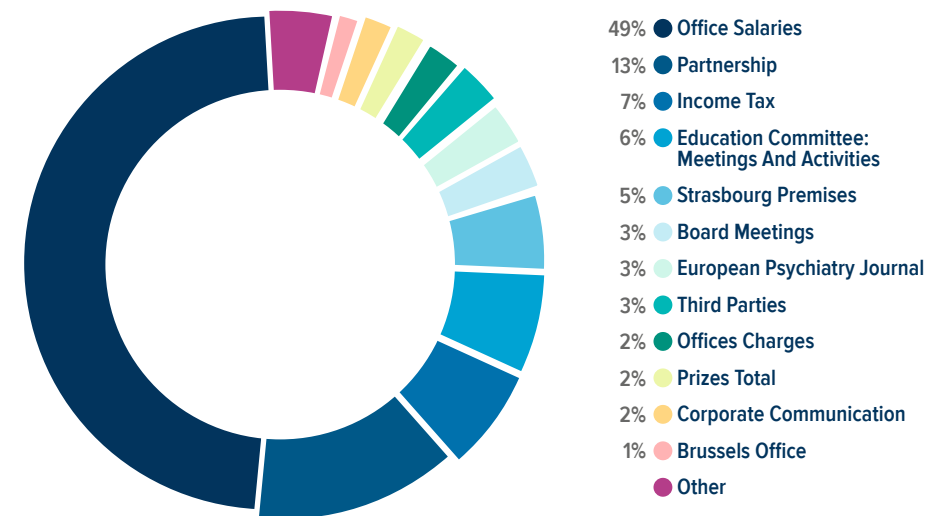
EPA Internal Auditors Marianne Kastrup and Patrice Boyer approved the 2017 annual accounts upon their visit to the EPA office in Strasbourg on 6 February 2018.

FINANCIAL RESULT 2017

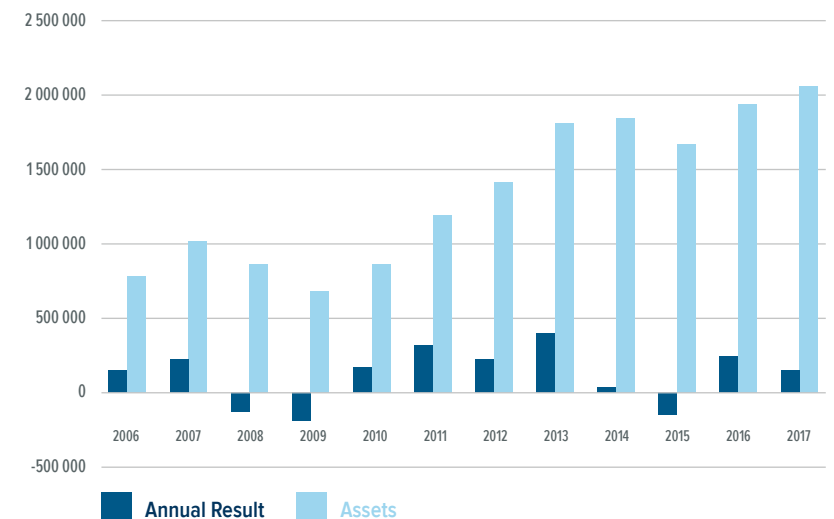
INCOME	Forecast approved at GA	Final result
Surplus from congress	805 098	945 692
Annual membership fees (individual)	44 000	46 738
Corporate membership Servier	2 000	2 000
National Psychiatric Associations fees	37 000	38 333
Total income from membership	83 000	87 070
European Psychiatry Journal	17 000	13 344
Other income	11 140	8 423
INCOME TOTAL	916 238	1 054 530
EXPENSES	Forecast approved at GA	Final result
Strasbourg premises	48 500	46 559
Third parties	26 000	24 704
Brussels Office	11 000	10 180
Board meetings	10 000	25 239
Executive Committee meetings	10 000	6 705
Ethics Committee meeting	3 500	3 739
Education Committee meeting	4 500	5 070
MOOC (e-learning)	35 000	32 628
EPA Itinerant Courses	5 000	2 692
Summer school	15 500	15 364
Education Committee : meetings and activities	60 000	55 754
National Psychiatric Associations : meetings and symposia	16 000	3 966
Section Committee: meetings and activities	750	-
Visits to HQ / auditors / new TFs	7 200	7 600
Early Career Psychiatrists Committee : meetings and activities	11 550	6 667
EBC: membership fee	24 000	20 000
EBC VoT projects - EPA exceptional contribution	-	90 000
Council of Europe: INGO annual fee - meetings in Strasbourg	150	150
Travel for cooperation (UEMS, EU compass, EBC)	5 000	5 758
Partnership	29 150	115 908
Prizes	10 000	17 500
Corporate Communication	12 700	15 537
Membership expenses	3 500	1 002
European Psychiatry Journal	22 000	24 822
Other direct charges (taxes)	9 700	6 561
Offices charges	18 300	19 738
Office salaries	443 445	443 472
Training	1 500	1 913
EXPENSES TOTAL	754 795	837 569
INCOME TOTAL	916 238	1 054 530
EXPENSES TOTAL	754 795	837 569
Result before tax	161 443	216 962
INCOME TAX	-46 825	-59 776
NET RESULT	114 618	157 186

90% ● Surplus from congress
 8% ● Membership
 1% ● Other income
 1% ● European Psychiatry Journal

EXPENSES 2017



EVOLUTION OF ANNUAL RESULT AND ASSETS 2006-2017



CALENDAR OF PRESIDENTIAL ACTIVITIES

18 January, Brussels, Belgium

**EBC Value of Treatment meeting
and expert roundtable**

Silvana Galderisi

24-26 March, Abu Dhabi, United Arab Emirates

**AFPA/EPA Joint Symposium
Meet the Experts session for young
psychiatrists**

Silvana Galderisi

18-19 May, Düsseldorf, Germany

**Festsymposium "Psychiatry
and Psychotherapy: Current Situation
and Future Perspectives"
Birthday Symposium of Prof. Wolfgang
Gaebel**

Silvana Galderisi, Wolfgang Gaebel

7-8 June, Luxembourg

**Meetings of the Governmental Expert Group
on Mental Health**

Tamas Kurimay (GoE Internal Meeting, 7-8 June)

*Silvana Galderisi, Tamas Kurimay, Mari Fresu
(GoE – NGOs meeting, 8 June)*

8-9 June, Luxembourg

**EU COMPASS Forum on Mental Health
and Well-being**

Silvana Galderisi, Tamas Kurimay, Mari Fresu

15-16 June, Pisa, Italy

**Workshop on Schizophrenia
and other Mental Disorders
European Psychiatry special issue dedicated
to the "Workshop on Schizophrenia
and other mental disorders"**

Silvana Galderisi

21 June, Brussels, Belgium

EBC Board meeting and General Assembly

Silvana Galderisi, Mari Fresu

22 June, Brussels, Belgium

**"Time is Brain", final conference
of the EBC - VoT project**

Silvana Galderisi, Wolfgang Gaebel, Mari Fresu

EPA Working Group on Schizophrenia

26-29 June, Edinburgh, Scotland

**EPA supporting EU collaboration
for mental health on "Brexit and beyond"**

Julian Beezhold on behalf of Silvana Galderisi

11 July, European Parliament, Brussels, Belgium

**Working Meeting on Mental Health
& Transition of Care: A best practice
pathway for ADHD
(organised by Gamian-EBC-Shire)**

Silvana Galderisi

12 July, European Parliament, Brussels, Belgium

VoT project outreach event

Silvana Galderisi

2-5 September, Paris, France

ECNP Congress

Silvana Galderisi

7 September, Strasbourg, France

Visit to the European Parliament

Silvana Galderisi

7 September, Strasbourg, France

EPA Summer School Opening Ceremony

Silvana Galderisi

13-14 September, Brussels, Belgium

**EBC strategic workshop,
EPA Chair of breakout group on Mental
Health in the Workplace**

Silvana Galderisi, Mari Fresu

13 – 14 September, Brussels, Belgium

**EBC Board meeting, Dinner meeting
on recent progresses on the ICD-11
classification of disorders by the WHO
Workshop on "Mental Health
in the Workplace"**

Silvana Galderisi and Wolfgang Gaebel, Mari Fresu

15-16 September, Berlin, Germany

**The 6th European Conference
on Schizophrenia Research (ECSR),
under EPA patronage**

Silvana Galderisi

22 November, Brussels, Belgium

EBC-EBRA project coordination meeting

Silvana Galderisi, Mari Fresu

22 November, European Parliament, Brussels,
Belgium

**EBC event "Brain Health: The Digital Future
is on its way"**

Silvana Galderisi, Mari Fresu

22 November, Brussels, Belgium

EBC Board Meeting

Silvana Galderisi, Mari Fresu

23 November, Brussels, Belgium

EBC General Assembly

Silvana Galderisi, Mari Fresu

CALENDAR OF INTERNAL MEETINGS

16-17 January, Brussels, Belgium

**EPA Board and Executive Committee
Meeting**

1-4 April, Florence, Italy

25th European Congress of Psychiatry

Meeting of the EPA Board and all EPA Committees

Meeting of the Council of NPAs

8 May, Brussels, Belgium

**EPA Scientific Programme Committee
Meeting**

5-6 July, Brussels, Belgium

**EPA Executive Committee and Scientific
Programme Committee Meeting**

5 September, Paris, France

EPA Executive Committee Meeting

10 October, Berlin, Germany

EPA Board and Executive

Committee meeting

Early Career Psychiatrists

Committee meeting

Committee on Ethical Issues meeting

Meeting of the Council of NPAs

13 November, Paris, France

EPA Committee on Education meeting

NOTES

EPA ADMINISTRATIVE STAFF

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Interim Deputy Administrator:
Valérie Allspach-Kiechel

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Mari Fresu

Scientific and Policy Project Assistant:
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Scientific and Policy Intern:
Ulrike Kool

The EPA wishes best of luck to former team
members Jules Caron and Vania Putatti

2017 Annual Report Editors

Silvana Galderisi

Liana Cerbone

Meaghan Owens

Natacha Todorovic



EUROPEAN PSYCHIATRIC ASSOCIATION

ANNUAL REPORT 2017

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