

2020

# ANNUAL REPORT



EUROPEAN PSYCHIATRIC ASSOCIATION

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The European Psychiatric Association's Annual Report gives me the opportunity to look back at 2020. This year will remain engraved on our memories, as the year when a pandemic has profoundly affected all aspects of our daily lives, becoming a major threat to the well-being of our patients, colleagues, families and that of the whole society.

The EPA has also been severely impacted by the pandemic. All its stakeholders and constituencies (Committees, Sections, NPAs, Board, members, and staff) had to adapt their activities and learn to work in new and innovative ways. We were forced to re-invent our Annual Congress, programmed in Madrid, and worked hard to transform it into a fully digital format, leading to one of the very first digital congresses in psychiatry.

While we deeply regretted the missed opportunity for in-person mutual exchange with our members and colleagues from all over the world, the EPA 2020 Congress proved to be a great success and welcomed more than 2900 participants from 97 different countries!

## FOREWORD

I am very proud and grateful for the dedicated and exceptional commitment of all involved EPA members that made this congress successful and who since then have been working tirelessly to prepare the new exceptional edition of the EPA Virtual Congress (10 – 13 April 2021) under the motto: “Personalising and Integrating Mental Health Care in the Digital Era”. A dedicated congress e-platform will allow to access comprehensive digital content, to interact with fellow delegates, and to contribute and learn from mental health experts. Yet again, excellence and innovative sharing of best clinical practices and research will be the hallmark of the congress.

But we have now gone even further. By going through the contents of the following Annual Report, you will discover in particular the progress made to:

- Strengthen the role of the EPA as a major voice in Europe, promoting quality mental health with EU institutions and policy makers, users and their families (GAMIAN, EUFAMI) and joining forces with other key stakeholders (EAN, EBC, ECNP, EFPA, UEMS and FENS).
- Offer high level training to all mental health professional across Europe and beyond (44 NPAs), implementing new features on the EPA e-learning platform (online courses with many language subtitles, to make our training courses available and accessible to all clinicians in the 40 countries the EPA covers).
- Create and distribute « maps of mental health in Europe », thanks to the network of the EPA ambassadors established in each country to facilitate surveys and data collection on major and burning topics.
- Expand access to new psychiatric research around the world, reinforcing the association's role as a leader in psychiatric practice and research, moving to an open access model of the official journal of the EPA, European Psychiatry, which impact factor continues to rise, thanks to our two excellent editors-in-chief, Sophia Frangou and Andrea Fiorillo.

Let us continue to move a step forward, aiming at the philosophy of the EPA, developed in our 10-year long-term plan: “Uniting, sharing and enhancing professional, scientific and policy building competencies aimed at achieving excellent standards of mental health care, training and research across Europe”.

As I leave the presidency of EPA, I would like to thank each one of you most sincerely for your trust and continuous support all through my mandate, with a specific note to Margaret Walker, our new Executive Director, from whom we expect a lot, and who has already shown great skills such as the capacity to deal with numerous tasks, groups and staff, always with calm, efficiency, and a great benevolence. I would like to express my gratitude also to Elisabetta Scanferla, my assistant for two years, who not only helped me to cope with everyday work, but more than that, was able to make new proposals, to systematically push for excellence and helped the EPA in many aspects. I benefited a lot of her different background as psychologist, in line with the objective of the EPA to broaden the EPA scope of mental health, whatever your type of practice.

I wish all of us to continue to face together with enthusiasm and creativity the challenges that we cannot anticipate and learn from change. Building on the work done by the previous presidencies, feeling very secured by the upcoming role of Peter Falkai (a big name and a nice person!) and a very dedicated staff, the association looks forward with confidence to its future and remains engaged to fulfil the EPA's 2030 vision!

**Prof. Philip Gorwood**  
EPA President



# EPA COMMITTEES IN 2020

## BOARD

Philip Gorwood, *France - Chair*  
Julian Beezhold, *UK*  
Geert Dom, *Belgium*  
Peter Falkai, *Germany*  
Andrea Fiorillo, *Italy*  
Silvana Galderisi, *Italy*  
Cécile Hanon, *France*  
Hilkka Kärkkäinen, *Finland*  
Tamas Kurimay, *Hungary*  
Miia Männikkö, *Finland*  
Diego Palao Vidal, *Spain*  
Mariana Pinto da Costa, *Portugal*  
Andrea Raballo, *Italy*  
Martina Rojnic Kuzman, *Croatia*  
Meryam Schouler-Ocak, *Germany*  
Agata Szulc, *Poland*  
Simavi Vahip, *Turkey*  
Danuta Wasserman, *Sweden*  
Jan Wise, *UK*

## EXECUTIVE COMMITTEE

Philip Gorwood, *France - President*  
Peter Falkai, *Germany - President Elect*  
Silvana Galderisi, *Italy - Past President*  
Julian Beezhold, *UK - Secretary General*  
Geert Dom, *Belgium - Treasurer*  
Simavi Vahip, *Turkey - Council of NPAs Chair*

## OTHER OFFICE BEARERS

Andrea Fiorillo, *Italy - Secretary for Sections*  
Cécile Hanon, *France - Secretary for Education*

## STEERING COMMITTEE OF THE EPA COUNCIL OF NPAs

Simavi Vahip, *Turkey - Chair*  
Jerzy Samochowiec, *Poland - Vice-Chair*  
Bernardo Carpiello, *Italy - Secretary*

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

Andrea Fiorillo, *Italy*  
Sophia Frangou, *USA*

## COMMITTEE ON EDUCATION

Cécile Hanon, *France - Chair*  
Olivier Andlauer, *UK (until March 2020)*  
Julian Beezhold, *UK*  
Defne Eraslan, *Turkey*  
Michael Musalek, *Austria (until March 2020)*  
Rutger Jan van der Gaag, *Netherlands (until March 2020)*  
Livia de Picker, *Belgium*  
Andrea Raballo, *Italy*  
Liene Sile, *Latvia (since March 2020)*  
Umberto Volpe, *Italy (since March 2020)*  
Jan Wise, *UK*

## PUBLICATION COMMITTEE

Andrea Raballo, *Italy - Chair*  
Wolfgang Gaebel, *Germany - Co-Chair*  
Julian Beezhold, *UK*  
Peter Falkai, *Germany*  
Andrea Fiorillo, *Italy*  
Sophia Frangou, *USA*  
Silvana Galderisi, *Italy*  
Paz García-Portilla, *Spain (until June 2020)*  
Philip Gorwood, *France*  
Tamas Kurimay, *Hungary*  
Danuta Wasserman, *Sweden*

## EARLY CAREER PSYCHIATRISTS COMMITTEE

Mariana Pinto da Costa, *Portugal - Chair*  
Ozge Kilic, *Turkey - Co-Chair*  
Egor Chumakov, *Russia*  
Olga Kazakova, *Belarus*  
Tomasz Gondek, *Poland*

## COMMITTEE ON ETHICAL ISSUES

Danuta Wasserman, *Sweden - Chair*  
Sue Bailey, *UK (until July 2020)*  
Henriette Bruun, *Denmark (until November 2020)*  
Philippe Courtet, *France (since July 2020)*  
Silvana Galderisi, *Italy (since November 2020)*  
Michael Musalek, *Austria*  
Thomas Pölmacher, *Germany (since November 2020)*  
Meryam Schouler-Ocak, *Germany (since July 2020)*  
Sam Tyano, *Israel*  
Rutger Jan van der Gaag, *Netherlands*  
Livia Vavrusova, *Slovakia (until July 2020)*  
Jan Wise, *UK*

## SCIENTIFIC PROGRAMME COMMITTEE (SPC) - EPA 2020 VIRTUAL CONGRESS

Philip Gorwood, *France - Chair*  
Istvan Bitter, *Hungary*  
Julio Bobes, *Spain*  
Geert Dom, *Belgium*  
Andrea Fagiolini, *Italy*  
Peter Falkai, *Germany*  
Fernando Fernandez, *Spain*  
Silvana Galderisi, *Italy*  
Chantal Henry, *France*  
Laurence Lanfume, *France*  
Diego Palao Vidal, *Spain - Congress Advisor*  
Mariana Pinto da Costa, *Portugal*  
Andrea Raballo, *Italy*

## ADVISORY SCIENTIFIC PROGRAMME COMMITTEE (ASPC) - EPA 2020 VIRTUAL CONGRESS

Julian Beezhold, *UK*  
Dinesh Bhugra, *UK*  
Patrice Boyer, *France*  
Andrea Fiorillo, *Italy*  
Sophia Frangou, *USA*  
Wolfgang Gaebel, *Germany*  
Cécile Hanon, *France*  
Helen Herrmann, *Australia*  
Marek Jarema, *Poland*  
Hilkka Kärkkäinen, *Finland*  
Tamas Kurimay, *Hungary*  
Martina Rojnic Kuzman, *Croatia*  
Mario Maj, *Italy*  
Miia Männikkö, *Finland*  
Petr Morozov, *Russia*  
Norman Sartorius, *Switzerland*  
Meryam Schouler-Ocak, *Germany*  
Agata Szulc, *Poland*  
Simavi Vahip, *Turkey*  
Eduard Vieta, *Spain*  
Danuta Wasserman, *Sweden*  
Menizibeya Osain Welcome, *Belarus*  
Jan Wise, *UK*

## LOCAL ORGANISING COM- MITTEE (LOC) - EPA 2020 VIRTUAL CONGRESS

Julio Bobes, *Oviedo - Chair*  
Celso Arango, *Madrid - Co-Chair*  
Eduardo J. Aguilar, *Valencia*  
José Luis Ayuso-Mateos, *Madrid*  
Narcís Cardoner Álvarez, *Barcelona*  
Llanos Conesa, *Valencia*  
Marina Diaz-Marsá, *Madrid*  
Gerardo Florez-Menendez, *Ourense*  
Manuel A. Franco, *Valladolid*  
Maria-Paz García-Portilla, *Oviedo*  
Leticia Gonzalez-Blanco, *Oviedo*  
Iria Grande, *Barcelona*  
Manuel Gurpegui, *Granada*  
Luis Gutiérrez-Rojas, *Granada*  
Angela Ibáñez, *Madrid*  
Javier Labad Arias, *Barcelona*  
Pilar Lopez, *Madrid*  
Ángel Luis Montejo, *Salamanca*  
José Manuel Olivares, *Vigo*  
Diego Palao Vidal, *Barcelona*  
Roberto Rodriguez-Jimenez, *Madrid*  
Carlos Roncero, *Salamanca*  
Margarita Sáenz, *Bilbao*  
Pilar A Saiz, *Oviedo*

# TASK FORCES IN 2020

## VIRTUAL CONGRESS TASK FORCE

*Objective: To propose Scientific Programme adjustments to ensure a smooth transition from an in-person to a virtual congress and to explore opportunities for innovative content and formats in order to engage and foster interaction.*

Andrea Raballo - *Chair*  
Liene Berze  
Marina Díaz Marsá  
Geert Dom  
Defne Eraslan  
Peter Falkai  
Fernando Fernandez  
Gerardo Flórez  
Tomasz Gondek  
Cécile Hanon  
Olga Kazakova  
Arnstein Mykletun  
Diego Palao-Vidal  
Mariana Pinto da Costa  
Martina Rojnic  
Jerzy Samochowiec  
Agata Szulc  
Lara Le Noan - *EPA Administrative Office*  
Meaghan Dreyer - *EPA Administrative Office*

## TASK FORCE ON EDUCATION IN EUROPEAN PSYCHIATRY

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

Silvana Galderisi - *Co-Chair*  
Marc Hermans - *Co-Chair*  
Wolfgang Gaebel - *Vice Chair*  
Andrew Brittlebank  
Dan Georgescu  
Cécile Hanon  
Nikolina Jovanovic  
Tamas Kurimay  
Matthijs Muijen  
Howard Ryland  
Ekin Sönmez

## TASK FORCE ON SECTIONS

*Objective: To harmonise Sections' activities, to increase visibility of the EPA Sections, and to establish some rules of procedure.*

Andrea Fiorillo - *Chair (Secretary for Sections)*  
Nadja Maric  
Martina Rojnic-Kuzman  
Meryam Schouler-Ocak  
Umberto Volpe  
Angelika Wiecek

## TASK FORCE ON RACISM AND MENTAL HEALTH

*Objective: Tackling racism and racial discrimination in psychiatry through open discussion and taking the necessary action to address its numerous angles.*

Meryam Schouler-Ocak - *Chair*  
Dinesh Bhugra  
Geert Dom  
Philip Gorwood  
Andreas Heinz  
Marianne Kastrup  
Levent Küey

## ECP TASK FORCE ON MEETINGS AND ASSOCIATIONS

Tomasz Gondek - *Chair*  
Alla Chistol  
Thomas Gargot  
Jamila Ismayilova  
Tove Mogren  
Federico Mucci  
Matilda Naesström

## ECP TASK FORCE ON RESEARCH

Ozge Kilic - *Chair*  
Iliia Fedotov  
Liana Kobylinska  
Claudia Palumbo  
Victor Pereira Sanchez  
Diego Quattrone  
Gaia Sampogna  
Aleksandar Savic  
Ekin Sönmez

## ECP TASK FORCE ON COMMUNICATION AND PUBLICATIONS

Egor Chumakov - *Chair*  
Milica Borovcanin  
Marisa Casanova Dias  
Sinan Guloksuz  
Mario Luciano  
Ana Moscoso  
Georgios Schoretsanitis

## ECP TASK FORCE ON PROFESSIONAL DEVELOPMENT

Olga Kazakova - *Chair*  
Franziska Baessler  
Iryna Frankova  
Costin Matei  
Yuriy Osadshi  
Costin Roventa  
Asilay Seker  
Petr Winkler  
Olena Zhabenko





# THE 28<sup>TH</sup> EUROPEAN CONGRESS OF PSYCHIATRY

## EPA VIRTUAL 2020

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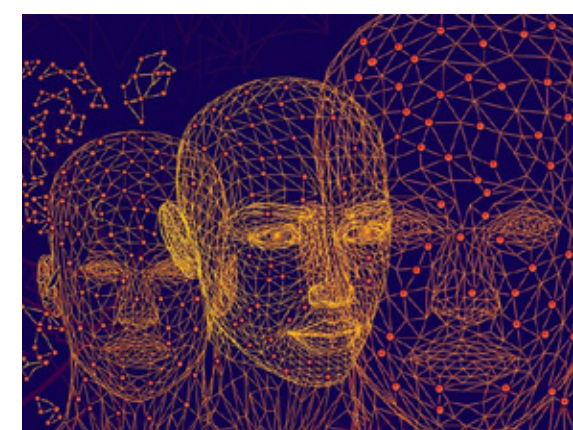
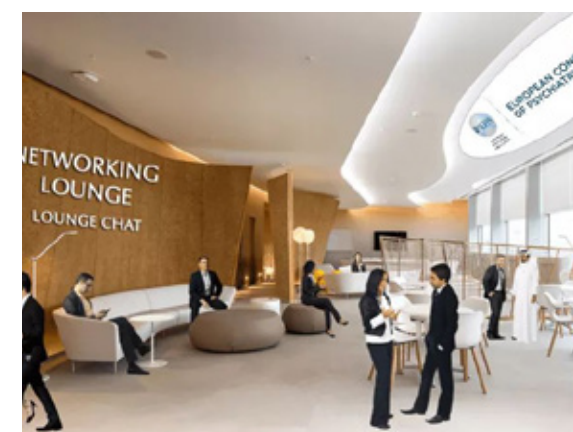
*The Virtual Congress Task Force, coming together so quickly during this extraordinary year of change and adaptation, was an example of the collaborative spirit within EPA leadership. In fact, the VCTF will remain in place in order to serve as a developmental accelerator that will facilitate further transformative change for the congress, and ultimately create new potential for EPA outreach.*

**Prof. Andrea Raballo**  
Chair of the Virtual Congress Task Force

In 2020, the EPA rose to the challenge and organised a fully virtual congress for the very first time, despite the unprecedented public health crisis facing the world. On 4-7 July 2020, more than 2900 participants joined us online through a dedicated congress platform allowing them to access comprehensive digital content, to interact with fellow delegates, and to contribute and to learn from mental health experts. For this exceptional edition, the congress took place under the motto “The Shared Heritage of European Psychiatry”.

### SCIENTIFIC PROGRAMME

The 2020 Scientific Programme offered 3 Plenary and 6 State of the Art Lectures, 16 EPA Courses, 51 Symposia, 19 Workshops, 3 Debates, 3 Ask the Experts sessions, as well as 160 Oral Communications and over 2200 e-Posters. The programme was also designed with early career psychiatrists in mind, with a track of 9 dedicated sessions. Exceptionally in this virtual format, sessions remained available on-demand to congress participants during the three months following the Congress.



### 6<sup>TH</sup> ANNUAL FORUM

The 6<sup>th</sup> EPA Forum took place in 2020 under the title “How COVID-19 resets the interaction among mental health workforces in Europe”. Organised in partnership with GAMIAN-Europe, the Forum gathered 1447 online viewers and was divided into two round-table discussions, respectively focused on the perspective of professionals and the views of European, international, and non-governmental organisations. With high-level speakers discussing how the Covid-19 pandemic shaped the interaction among health and mental health workforces, the 2020 Forum was also marked with the exceptional opening address of the EU Commissioner for Health and Food Safety, Stella Kyriakides.

### ASSOCIATION ACTIVITIES

During the Congress, EPA members (individual members and National Psychiatric Association members) joined together for the EPA's Extraordinary and Ordinary General Assemblies. The 2020 Assemblies were marked by the following development within the EPA:

- Board members may now be elected for three consecutive terms instead of two, in an effort to ensure the time necessary for the sustainability of tasks and projects over several consecutive mandates.

The following EPA Committees also held meetings during the congress: Executive Committee, Board, and Council of NPAs.

All other EPA Operational Committees met outside of the congress dates due to the change in date and format.





# COUNCIL OF NPAs

## MEMBERS

In 2020, with 44 members, the EPA Council of NPAs represented 40 European countries and remained a platform of exchange of knowledge and experiences for its active members. Further information about these 44 National Psychiatric Associations is available on the EPA website.

## MEETINGS

The Council of NPAs held two successful meetings in 2020:

- 24-25 January in Brussels, Belgium
- 4 July during the EPA 2020 Virtual Congress

## NPA TASK FORCES

1. **Psychiatrists professional issues and conditions in European countries** (Chair: Ola Marstein, Co-Chairs: Goran Mihajlovic, Catalina Tudose)
2. **How can we attract early career psychiatrists? Perspectives from different European countries** (Chair: Peter Morozov, Co-Chairs: Eleonore Miller-Reiter, Eka Chkonia)
3. **Exploring problems and solutions to increase participation to European Congress of Psychiatry from European countries and NPAs** (Chairs: Jana Chihai, Co-Chair: Christos Tsopelas)
4. **Problems and future of psychotherapy in European countries** (Chair: Bernardo Carpinello, Co-Chair: Martina Rojnic Kuzman)

## FUNCTIONAL WORKING GROUPS

1. **Mental health services throughout Europe: current position and unmet needs** (Chair: Simavi Vahip, Co-Chairs: Anne Kleinberg, Tsvi Fischer)
2. **Translation of research in clinical practice** (Chair: Jerzy Samochowiec, Co-Chairs: Andreas Reif, Phillipe Courtet)
3. **Prevention and early detection of mental disorders** (Chair: Pavel Mohr, Co-Chairs: Maria Joao Heitor Dos Santos, Goran Racetovic)

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*COVID-19 Pandemic – the most influential event and extraordinary days. New consequences, new tasks and needs for rapid and effective actions; learning from each other, reacting collectively, sharing and feeling solidarity: this is the EPA-Council of NPAs.*

**Prof. Simavi Vahip**  
Chair of the NPAs Steering Committee

## INTERACT NEWSLETTER

2020 was another successful year of circulation of the InterACT, the quarterly electronic Newsletter of the Council of NPAs. The newsletter is managed by an NPAs' Editorial Board (Editor-in-chief Simavi Vahip) featuring content of particular interest to the NPAs, such as hot topics from across Europe, Brussels digest, Closer Look to our Partner NPAs, and News from the Council, just to name a few. This year, we included, in some of the issues, a Special File to give the opportunity to the NPAs, Sections and other collaborators to exchange knowledge in relevant topics.

## OTHER ACTIVITIES:

- Survey on the preferences of priorities within the proposals included in the Two Years Action Plan of the Council of NPAs
- Survey on Conditions and Actions About COVID-19 Pandemic for EPA member National Psychiatric Associations
- Webinar on Challenges in Psychiatric Care and Ethics during COVID-19 Pandemic (activity co-organised with the EPA–Ethics Committee)

# EU POLICY & LOBBYING

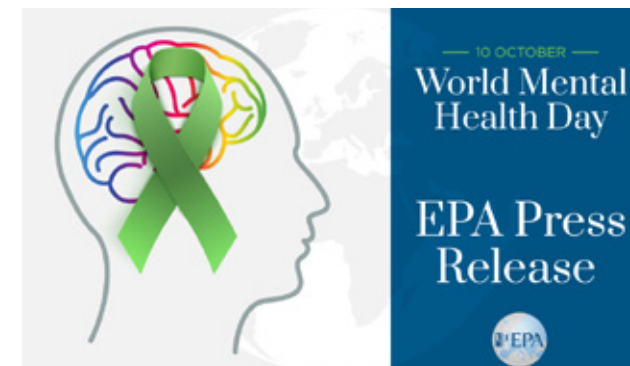
The COVID-19 pandemic represented an unprecedented challenge for healthcare systems and people worldwide. With this outbreak, both the physical and mental health of the population were put at serious risk. In this context, the EPA committed to highlighting the need for further mental health protection and healthcare professionals' collaboration at EU and country levels.

To this end, the EPA focused on the following advocacy priorities:

1. Setting mental health as a core priority for society.
2. Exchanging with EU policy makers on mental health priorities.
3. Joining forces with other European organisations in the field of mental health.
4. Advancing on mental health research and innovative practices.

## SETTING MENTAL HEALTH AS A CORE PRIORITY FOR SOCIETY:

- **Delivering key messages on International Awareness Days:** the EPA published relevant Press Releases on the occasion of World Suicide Prevention Day (10 September) and World Mental Health Day (10 October).



- **Raising awareness around the mental health impact of the COVID-19 outbreak:** the EPA and its partners compiled key resources on COVID-19 and mental health on the EPA “COVID-19 Resource centre”, which is accessible to both healthcare professionals and the general public. In addition, the EPA showed its support to initiatives carried out at country-level, such as the “Call on the Provision of Adequate Resources to the Mental Health Care Settings during the COVID-19”, undertaken by the Italian Psychiatric Association.
- **Communicating the importance of self-care on the occasion of the “Self-Care Week Europe 2020”:** throughout the week of 16-22 November 2020, the EPA joined other European associations to promote the importance of self-care. By publishing multi-media content on its social media channels, the EPA has invited its community to think about self-care and its significance in daily life.

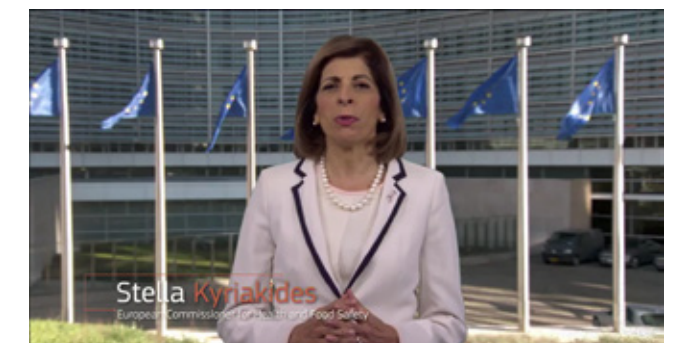
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*The need for mental health and psychosocial support has significantly increased during the COVID-19 pandemic. To tackle this unprecedented challenge, mental health professionals, policy makers, patients and carers should work together and ensure that everyone has access to quality care.*

**Prof. Philip Gorwood**  
EPA President

## EXCHANGING WITH EU POLICY MAKERS ON MENTAL HEALTH PRIORITIES:

- **EU Commissioner for Health and Food Safety, Stella Kyriakides, speaking at the EPA Forum 2020:** EU Commissioner, Stella Kyriakides, kicked off the EPA Forum on 4 July 2020 highlighting the importance of mental health at EU level and of enhanced collaboration to effectively face the impact of the COVID-19 pandemic.



- **Joining the EU Health Policy Platform network on “COVID-19 Mental Health Support”:** the EU Health Policy Platform established the stakeholder network on “COVID-19 Mental Health Support”, gathering more than fifty associations involved in mental health at the EU level. The EPA was invited to take part in this network and actively contributed to its work by providing inputs on psychiatry and COVID-19.
- **Contributing to online debates around COVID-19 and mental health:**
  - On 8 May 2020, the EPA was invited to the webinar “COVID-19 in Society”, organised in the frame of the EU Health Policy Platform. Many representatives of European institutions and relevant associations met to address the effects of the COVID-19 outbreak.
  - On 15 July 2020, the EPA joined forces with GAMIAN-Europe to co-organise the meeting of the MEP Alliance for Mental Health, under the title “Learning from the Impact of COVID-19 Measures: Finding the Balance between Physical and Mental Health”.



## JOINING FORCES WITH OTHER EUROPEAN ORGANISATIONS IN THE FIELD OF MENTAL HEALTH:

- **Joining the European Medicines Agency (EMA) network of healthcare professionals' organisations:** in September 2020, the EPA became an eligible partner of the EMA network of healthcare professionals' organisations. This network gathers over thirty eligible organisations, ensuring that the needs and concerns of a wide range of healthcare professionals across Europe are represented in the EMA agenda.
- **Addressing the mental health of health professionals:** in 2020, the EPA initiated a collaboration with the European Federation of Public Service Union (EPSU). On 15 May, a joint webinar was organised to address the mental health consequences faced by healthcare professionals during the COVID-19 pandemic.



- **Launching the expert group of mental health workforces, under GAMIAN-EPA leadership:** representatives of key European organisations working in different mental health-related areas started an official collaboration to reach consensus on cross-cutting topics relevant to the future of mental health care in the EU. A first meeting was held on 10 January in Brussels and the discussions continued during the EPA Forum 2020 on 4 July.



- **Developing strategic partnerships with other European associations:** the EPA liaised with other associations active at EU-level, in view of improving communication and exchanging practices related to mental health care. In this regard, the EPA signed a Memorandum of Understanding with both the European Academy of Neurology (EAN) and the European Federation of Psychologists' Associations (EFPA), strengthening the collaboration with neurologists and psychologists.

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*Mental health is an issue that historically has not received the attention it deserves at EU level, but one of the few positives to come out of the pandemic is an awareness that this needs to change. There is no doubt: COVID-19 has changed the world as we knew it.*

**Stella Kyriakides**  
EU Commissioner

## ADVANCING ON MENTAL HEALTH RESEARCH AND INNOVATIVE PRACTICES:

- **Kicking off the “Mapping Psychiatry in Europe”:** 2020 marked the beginning of the EPA project “Mapping Psychiatry in Europe”, aimed at creating a comprehensive database on psychiatric care and practices in different European countries.
- **EPA Working groups of the “Value of Treatment – Phase 2” (VOT2) project:** The EPA-led working groups in the frame of the VOT2 project advanced their research on Anorexia Nervosa and Major Depressive Disorder.
- **Findings from the joint EPA-GAMIAN project on “Developing Trust and Effective Care for People with Depression:** Patients and Psychiatrists Working in Partnership”: the outcomes of the two-year “Trust” project were published in a final report, illustrating the experiences and viewpoints of both patients and clinicians on the therapeutic relationship and on the practices to improve it.
- **Partnership within EU-funded research projects Recover-E and EBRA:** in its role as Scientific Advisor and Communication partner, the EPA contributed to the strategic discussions and promoted the relevant achievements pursued in the fields of community mental health care (RECOVER-E) and European Brain Research Area (EBRA).



# EDUCATION

## COMMITTEE ON EDUCATION

Throughout the year, the Committee on Education, chaired by Dr. Cécile Hanon, remained committed to develop and implement as many key projects as possible as per the EPA Educational agenda.



## ONLINE COURSES

On the heels of the successes of its first two online courses, dedicated to Cognitive Behavioural Therapy and Motivational Interviewing, a third course was developed in 2019 and launched in July 2020 during the EPA Virtual Congress. The development of this course was made possible by an Unrestricted Educational Grant from Janssen Pharmaceutical Companies of Johnson & Johnson.

Focused on the understanding and treatment of Major Depressive Disorder, the lessons range from epidemiology and pathophysiology to affective neuroscience and treatment paradigms. Led by world leading clinician scientists, Profs. Allan Young and Roland Zahn, this course was developed as a reference for all those who seek to understand clinical depression better.

Through mini-lecture videos, demonstrative role-plays and interviews with international experts, each EPA course presented an opportunity for all mental health professionals to deepen their knowledge, hone their skills, and exchange with other learners on the topic.



## SUMMER SCHOOL

Following disruptions due to the public health crisis that limited the possibility to meet in-person, the 2020 Summer School on Research was postponed by a year and was planned to be organised in Strasbourg in September 2021.

# ETHICS

## COMMITTEE ON ETHICAL ISSUES

In 2020, the Committee continued to promote ethical standards in psychiatry by raising awareness on ethical topics in psychiatric clinical care and research.

## ACTIVITIES

- CME Course at the EPA 2020 Virtual Congress on “Medical Ethics in Psychiatry” directed by Rutger Jan van der Gaag and Jan Wise, two Committee members.
- Data analysis of the replies to the questionnaire on compulsory admissions completed by 40 EPA National Psychiatric Associations and publication of an article in European Psychiatry entitled “Compulsory Admissions of Patients with Mental Disorders: State of the Art on Ethical and Legislative Aspects in 40 European Countries”.
- In collaboration with the EPA Executive Committee and the National Psychiatric Associations, the Committee started working on the development of an EPA Code of Ethics, a project that will continue in 2021.

Participation in a Joint research project on Guidelines for standardised post-coercion review.

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*Paving the way for new teaching methods and empowering psychiatrists to acquire new skills and knowledge are at the heart of the missions of the Education Committee. The future will be marked by the diversification of our training offer, both online and face-to-face as soon as possible.*

**Dr. Cécile Hanon**  
EPA Secretary for Education

## E-LEARNING PLATFORM

Continuously looking for ways to ensure all mental health professionals can make the most of its training programmes, the EPA implemented two new features on its platform in 2020 based on users' feedback:

- Possibility to speed up or slow down the pace on all the videos and watch them up to twice the normal speed.
- Addition of English subtitles to our online course “Understanding and Treating Major Depressive Disorder.”

More developments are in the works for future years.

## CME COURSES

In 2020, adjusting to the shift from an onsite to a virtual Congress, the Education Committee successfully spearheaded the organisation of 15 CME Courses on a diversity of topics, including two new courses focused on the implementation of telemental health care during pandemics and the techniques to cope with emergencies among mental health professionals.



”

*Common projects with the National Psychiatric Associations are a way of increasing awareness of ethical practices in Europe.*

**Prof. Danuta Wasserman**  
Chair of the Committee on Ethical Issues

# PUBLICATIONS

## PUBLICATION COMMITTEE

The EPA Publication Committee is responsible for developing and approving and EPA Guidance Papers, position statements, editorials and other publications 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 establishes the timeframe for publication and dissemination.

In 2020, the Publication Committee consulted on proposals for EPA Guidance Papers, and also entered in discussions to streamline the revision and submission process for the EPA Guidance project.

## EPA GUIDANCE PAPERS

One EPA Guidance Paper was published in 2020 in European Psychiatry (Vol. 63, July 2020):

EPA Guidance on the Quality of Mental Health Services: A Systematic Meta-review and Update of Recommendations Focusing on Care Coordination

Authors: W. Gaebel, A. Kerst, B. Janssen, T. Becker, M. Musalek, W. Rössler, M. Ruggeri, G. Thornicroft, J. Zielasek, J. Stricker

## PRESS RELEASES

The EPA issued a number of press releases in 2020 in an effort to increase press activity and garner more attention and interest around EPA events, endorsements, and objectives:

- 2020 EPA Press Release on World Mental Health Day
- 2020 EPA Press Release on Suicide Prevention
- 2020 Press Release on the EPA-GAMIAN Europe Report “Developing Trust and Effective Care for People with Depression”
- 2020 Virtual Meeting of the MEP Alliance for Mental Health
- 2020 EPA Virtual Congress Press Release
- 2020 EPA Virtual Congress Media Advisory

Copies of the publications are available on the EPA website.

## ENDORSED PUBLICATIONS

In 2020, the EPA endorsed the Italian Psychiatric Association’s call for the provision of adequate mental health care during the COVID-19 pandemic.

### From the letter of endorsement:

“There is a wide consensus that the current COVID-19 pandemic not only affects physical health, but also mental health and well-being. The pandemic and the related containment measures – namely quarantine, physical distancing and self-isolation – can have a detrimental impact on mental health ...

The EPA calls upon national, regional and local health authorities to take into high consideration the requests made by the societies that represent professionals of the mental health care sector, who are confronted daily with the specific challenges and needs of the population they take care of and are facing exceptional physical and psychological demands, due to the increased workload.

In support of the SIP’s recommendations, the EPA commits to disseminate information and raise awareness about the initiatives that the health authorities will implement to ensure the rights of people with mental health problems to get adequate access to quality care and treatment at these critical times, while respecting the safety of all.”

## COVID-19 RESOURCE CENTRE

The EPA and its partners compiled essential and openly accessible resources for mental health professionals and the general public on a dedicated webpage of the EPA website, which was continually updated with research, recommendations, and country-specific guidelines.

The page contains mental-health recommendations from the EPA, article links from Cambridge University Press’ Coronavirus Free Access Collection, relevant information from other publications, resources for practicing health professionals and for patients and their families, and further Covid-19 specific documentation in over 10 European languages.

”

*Beyond the development and dissemination of specific professional tools, the Publication Committee is meant to be an evolving compass to navigate across changing knowledge landscapes. In 2020 the committee has continued its reflection on how to extend the EPA’s expertise to serve the clinical and educational needs of the European psychiatric community.*

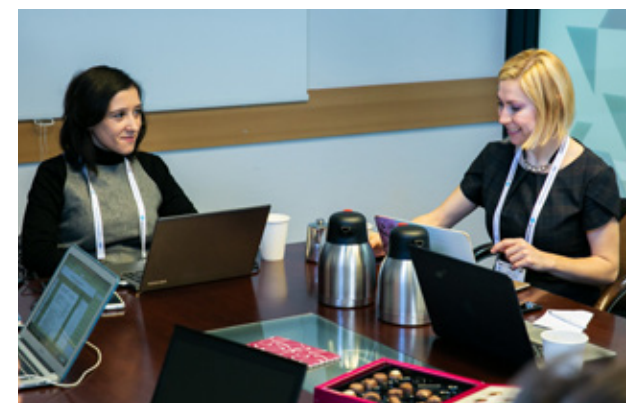
**Prof. Andrea Raballo**  
Chair of the Publication Committee

”

*This year has been particularly challenging, but it also brought unique opportunities for early career psychiatrists to develop further professionally and learn from each other, with the support of the EPA.*

**Dr. Mariana Pinto da Costa**  
EPA ECPC Chair

# EARLY CAREER PSYCHIATRISTS



## EARLY CAREER PSYCHIATRISTS COMMITTEE

With the support of its four Task Forces, the EPA Early Career Psychiatrists Committee (ECPC), led by Dr. Mariana Pinto da Costa, was eager to provide exciting opportunities for young psychiatrists to engage and network online.

### Highlights from 2020 include:

- Successful planning of the ECP Scientific Programme dedicated to Early Career Psychiatrists (ECPs) during the 2020 Virtual European Congress of Psychiatry, including sessions on the role of digital mental health during the pandemic, or how COVID-19 impacted public health and wellbeing.
- Participation in eight online forums during the EPA 2020 Virtual Congress to foster exchanges on key topics such as: suicide prevention, perinatal mental health, how to create a local ECPs association, etc.
- Continuous collaboration with partners organisations: European Federation of Psychiatrists Trainees, UEMS Section of Psychiatry meetings, etc.





# PRIZES & AWARDS

## RESEARCH PRIZES 2020

With 40 applications received from candidates working in 16 different countries, the 2020 edition of the EPA Research Prizes has attracted young psychiatrists all over Europe who proposed their research results for this programme. The jury was delighted to reward five ECPs who published the best scientific papers in the year 2019, in five different categories:

**Category 1 “Clinical psychopathology and refinement of psychiatric diagnostic categories”**

**Kimberley Kendall, UK**

*“Association of Rare Copy Number Variants with Risk of Depression”*

**Category 2 “Biological correlates and treatments of mental disorders”**

**Philipp Homan, Switzerland**

*“Neural Computations of Threat in the Aftermath of Combat Trauma”*

**Category 3 “Psychiatric epidemiology, social psychiatry and psychotherapeutic interventions in mental disorders”**

**Sinan Guloksuz, The Netherlands**

*“Examining the Independent and Joint Effects of Genetics and Environment in Schizophrenia”*

”

*I am honoured to receive the EPA Research Prize and grateful for the continuous support of EPA to psychiatry research that represents scientific excellence and clinical relevance.*

**Sinan Gülöksüz**  
2020 Research Prize winner

**Category 4 “Child and Adolescent Psychiatry”**

**Antonín Šebela, Czech Republic**

*“Decreased Need for Sleep as an Endophenotype of Bipolar Disorder: An Actigraphy Study”*

**Category 5 “Best paper published in European Psychiatry”**

**Covadonga Martínez Díaz-Caneja, Spain**

*“Cognition and Functionality in Delusional Disorder”*

## SCHOLARSHIPS 2020

In 2020, the jury has decided to reward ten young psychiatrists and trainees within the ECP Scholarships programme. The selected winners had the opportunity to participate in the EPA 2020 Virtual Congress with a waived registration to the event, to enjoy free access to one of the 15 Live Courses held during the congress, to join the EPA with a complimentary year of EPA membership. The Scholarship awards were given to:

- Sarah Bjedov, Croatia
- Giovanni Briganti, Belgium
- Maria Filip, Poland
- Jamila Ismayilova, Azerbaijan
- Lucie Jurek, France
- Aiste Lengvenyte, Lithuania
- Charlotte Migchels, Belgium
- Dorottya Ori, Hungary
- Asilay Seker, Turkey
- George Alexandru Stercu, Romania

”

*Being awarded this scholarship allowed me to attend the first ever virtual EPA congress and learn from experts, not only during the days of the Congress, but also in the months afterwards. It has motivated me to continue building networks and exploring the exciting opportunities for the future of psychiatry.*

**Charlotte Migchels**  
2020 Scholarship winner



## CONSTANCE PASCAL-HELEN BOYLE PRIZE FOR OUTSTANDING ACHIEVEMENT BY A WOMAN IN WORKING TO IMPROVE MENTAL HEALTH CARE IN EUROPE

The prize was created by the EPA to give recognition and increase awareness of the outstanding achievements made by women working to improve mental health in Europe. The yearly prize is a €10 000 financial grant. The prize was named in honour of Dr. Helen Boyle, an Irish-British psychologist who became the first female President of the Medico-Psychological Association, and Dr. Constance Pascal, a Romanian doctor, who was the first woman to qualify as a psychiatrist in France.

In 2020 Prof. Til Wykes was selected as the winner of the “EPA Constance Pascal – Helen Boyle Prize” for her exceptional contributions towards better mental health care in Europe.



”

*The EPA Sections’ Coordination Meeting took place virtually on October 2020 in a very friendly and constructive atmosphere. As Secretary for Scientific Sections, I very much enjoyed the mutual collaboration among Sections’ Chairs and I hope that the scientific activities of our Sections will constantly grow.*

**Prof. Andrea Fiorillo**  
Secretary for Sections



# SECTIONS

## SECTIONS ACTIVITIES AT THE EPA CONGRESS

As in the past, the scientific programme of the 2020 Virtual European Congress of Psychiatry was significantly supported by the 22 EPA Scientific Sections. This year the Sections organised 17 Symposia, 8 Workshops and 8 Courses during the EPA Congress.

## SECTIONS ACTIVITIES THROUGHOUT THE YEAR

In addition to the activities accomplished during the EPA annual congress, the EPA Scientific Sections also organised educational initiatives, scientific symposia, conferences, surveys throughout the year. Sections provided a full record of their activities in the individual annual reports available on each Section’s page on the EPA website.

# EUROPEAN PSYCHIATRY JOURNAL



After one full year with new publisher Cambridge University Press, *European Psychiatry*, the official journal of the EPA, is well on its way to fulfilling the goals set out by the decision to move to an open access model: expanding access to new psychiatric research to psychiatrists around the world and cementing the EPA’s place as a leader in psychiatric practice and research.

The performance of the journal in 2020 was very strong, outperforming first-year expectations in terms of submissions, acceptances, and the number of papers published in the journal.

CUP also focused its marketing efforts on developing the journal’s profile among key readership and author base, as well as striving to increase readership, citations and submissions, and making headway in growing new business.

With over 365,000 page views on Cambridge Core and 629,621 Fulltext article downloads on Cambridge and Elsevier platforms

combined, *European Psychiatry* has made a successful transition to a new publisher and a new format with a positive outlook for years to come.

## EDITORS

**Andrea Fiorillo**  
Professor of Psychiatry, University of Campania “Luigi Vanvitelli”, Italy

**Sophia Frangou, MD, PhD, FRCPsych**  
Professor of Psychiatry, Icahn School of Medicine at Mount Sinai, USA

## EDITORIAL LEADERSHIP

**Ingrid Agarzt, Norway**  
**Gisele Apter, France**  
**Michael Berk, Australia**  
**István Bitter, Hungary**  
**Julio Bobes, Spain**  
**Christoph Correll, Germany and USA**  
**Koen Demyttenaere, Belgium**  
**Sara Evans-Lacko, UK**  
**Peter Falkai, Germany**  
**Silvana Galderisi, Italy**  
**Philip Gorwood, France**  
**Helen Killaspy, UK**  
**Veena Kumari, UK**

**Stefan Leucht, Germany**  
**Lena Palaniyappan, Canada**  
**Christos Pantelis, Australia**  
**Martina Rojnic-Kuzman, Croatia**  
**Susan Russell, Australia**  
**Rudolf Uher, Canada**  
**Heather Whalley, UK**  
**Angelika Wiecek, UK**



Current articles from *European Psychiatry* can be consulted in full and online through the journal portal on the Cambridge University Press website. Articles for the current year and one year prior can be consulted and downloaded freely by all, and paid-up EPA Members receive free access to the full archive of *European Psychiatry*.



# COLLABORATION WITH OTHER SOCIETIES



During 2020 the EPA reinforced its active cooperation and collaboration with different European and International organisation on the topic of the field of psychiatry and mental health. Partnership actions included joint events and projects, reciprocal promotional agreements, exchange of observers and expert consultations.



## EPA COLLABORATION WITH EUROPEAN INSTITUTIONS AND BODIES

Council of Europe (CoE) (consultative status)  
European Medicines Agency (EMA) (scientific collaboration)  
European Commission (EU Health Policy Platform)  
European Parliament (Interest Group on Mental Health, Wellbeing and Brain Disorders)

## EPA PARTNERS IN EUROPE

European Academy of Neurology (EAN)  
European Brain Council (EBC)  
European College of Neuropsychopharmacology (ECNP)  
European Federation of Psychologists' Associations (EFPA)  
European Federation of Psychiatric Trainees (EFPT)  
European Scientific Association on Schizophrenia and other Psychoses (ESAS)  
European Federation of Associations of Families of People with Mental Illness (EUFAMI)  
Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN - Europe)  
European Union of Medical Specialists (UEMS)  
European Pain Forum  
European Federation of Addiction Societies (EUFAS)  
European Federation of Public Service Unions (EPSU)



## EPA PARTNERS WORLDWIDE

African Association of Psychiatrists and Allied Professions (AAPAP)  
Asian Federation of Psychiatric Associations (AFPA)  
The Royal Australian & New Zealand College of Psychiatrists (RANZCP)  
Senior International Health Association (SIHA)  
World Health Organization (WHO)  
World Psychiatric Association (WPA)



## ASSOCIATE ORGANISATIONS

American Association for Emergency Psychiatry (AAEP)  
Association of Judicial Psychiatrists of Slovakia (ASPS)



# MEMBERSHIP

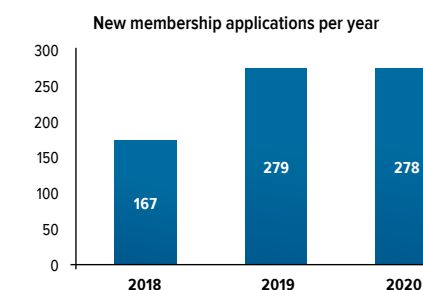
## MEMBERSHIP

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, Students Members, Associate Members and Affiliate Members; and of Donor Members; and of Associate Organisations.

## KEY FIGURES

The EPA community represents over 80,000 European psychiatrists from 88 countries, namely 1,615 individual psychiatrists and professionals in mental health care and 44 National Psychiatric Associations. The association, dedicated to psychiatry and its related disciplines, is focused on improving care for the mentally ill and developing professional excellence.

## RECRUITMENT

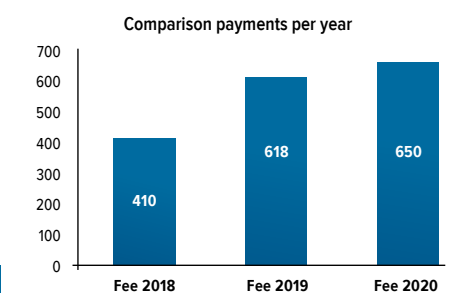


From January to December 2020, the EPA remained at a strong level of membership recruitment, down by just 1 total application as compared to 2019, but still well over recruitment numbers from previous years.

Indeed 278 new membership applications were accepted. Among them, 204 are Individual Members, 42 are International Individual Members, 15 are Student Members and 17 are Associate Members; 131 of the totals are Early Career Psychiatrist Members.

## PAYMENT

650 members paid their fees for 2020, representing an increase of 5% compared to 2019 and an increase of 37% compared to 2018.



The number of paid-up members continues to increase every year, thanks to the ease of payment via the Extranet, an optimized reminder and follow-up procedure that was also integrated into the congress registration system (as of 2019), and an attractive offer of member benefits, which continues to include significant discounts on the annual Congress.

*It has been very encouraging to see how EPA Membership has steadily grown even during these times of pandemic.*

**Dr. Julian Beezhold**  
EPA Secretary General



# FINANCES

2020 was a very unusual year due to the Covid-19 pandemic. This is reflected in both the income and the expenses for 2020.

The 28<sup>th</sup> European Congress of Psychiatry, originally planned to be held in March, in Madrid, was first postponed due to the pandemic. A hybrid model was discussed before opting for a virtual congress which was held on 4-7 July. While EPA retained a fair number of participants, and its major sponsors, the impact of cancellation costs for the physical congress remained uncertain until very late in the year, when EPA finally came to positive agreements with its major providers (venue, AV/IT, hotels...). This resulted in a much larger surplus than anticipated.

Income from membership fees remained stable, while income from the EPA Journal increased significantly, following the flip to Open Access, coupled with our partnership with a new Publisher.

In parallel, successive lockdowns and travel restrictions severely impacted other traditional Association activities:

- The Summer School and the Gaining Experience Exchange Programme had to be postponed to 2021
- With the exception of the Council of NPAs meeting which was held in person in January, all Committee meetings from March onwards were held virtually.

The third EPA e-learning online course (on Major Depressive Disorder) was finalised and launched in 2020 and EPA also invested in English subtitling of all courses, for release over 2020/2021. On-site filming of the 4th course had to be postponed to 2021 however.

The EPA called on third parties for regular services (lawyer, accountant) and to get professional assistance in relation to the cancellation of the physical Congress, but also in the frame of a study on income stream diversification and the formulation of a Long Term Plan. The Long Term Plan, which will be finalized in 2021, will address the strategic priorities of the EPA and corresponding (new) activities over the next decade.

As part of the Presidential Strategic Plan, EPA invested in a new software for the "Mapping Psychiatry in Europe" project and in a preliminary study on the feasibility of setting up a Foundation to enable EPA to further increase its range of activities.

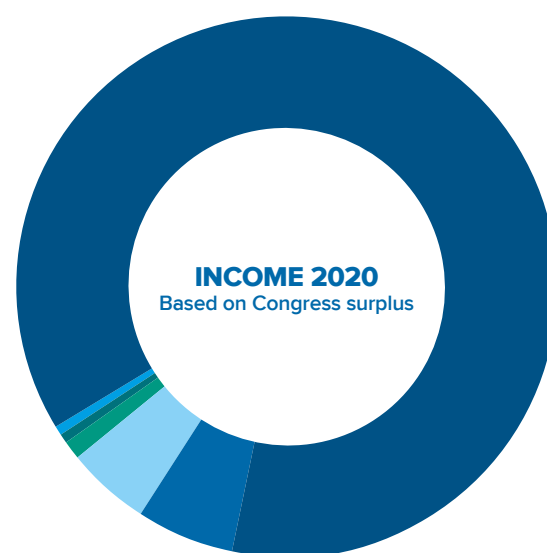
Office expenses for Strasbourg and Brussels remained overall stable with additional hardware investments enabling staff to continue functioning normally while working remotely being counterbalanced by less on-site office charges.

Finally, the Office salaries envelope was much below its usual level, as a result of the departure of the EPA Administrator at the beginning of 2020 and the prolonged gap before arrival of the Executive Director, with recruitment more arduous in the context of the current public health crisis.

All in all a very contrasted year which resulted in lower expenses and higher income, explaining the higher than usual positive balance.

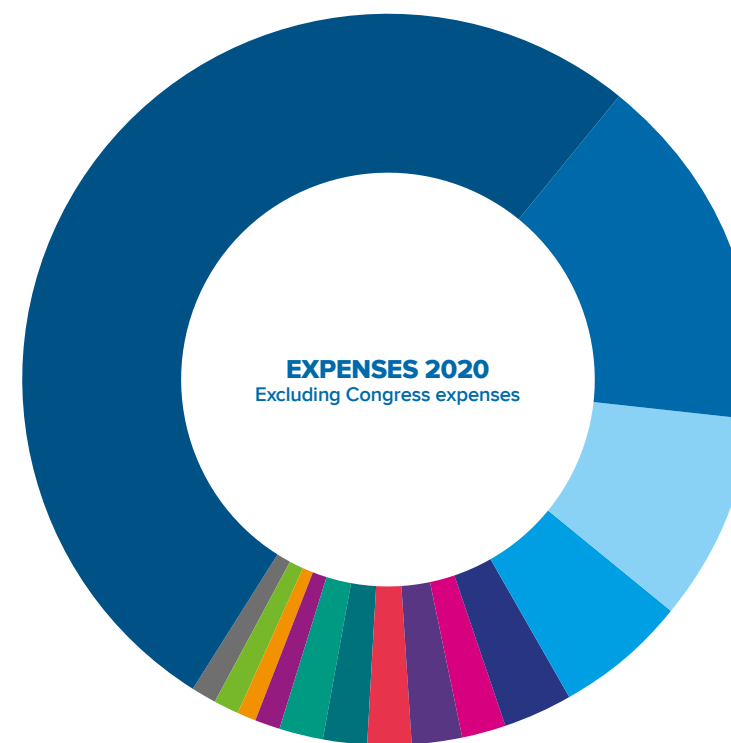
## EPA RESULT 2020

INCOME	2020 PRELIMINARY FORECAST 27/03/2020 Presented to EPA Board	2020 UPDATED FORECAST 23/06/2020 Approved by GA	2020 RESULT
Surplus from congress	690 420	767 025	1 348 351
Annual membership fees (individual)	48 000	53 000	58 470
Corporate membership	2 000	2 000	2 000
National Psychiatric Associations fees	37 000	37 000	37 846
Total income from membership	87 000	92 000	98 316
European Psychiatry Journal	78 400	81 564	81 564
Miscellaneous	7 640	7 115	2 833
Grant EU Recover-E	11 000	11 000	7 120
LINF Grant	15 000	15 000	0
EBRA Project	14 000	14 000	8 043
Unrestricted educational grant e-learning			0
Educational course subscriptions	500	500	6 618
<b>INCOME TOTAL</b>	<b>903 960</b>	<b>988 204</b>	<b>1 552 845</b>
EXPENSES			
EPA building (Strasbourg)	54 000	54 000	49 889
Third parties	91 810	91 810	98 314
Brussels Office	15 000	15 000	11 867
Board meetings	12 000	0	0
Executive Committee meetings	5 000	0	0
Ethics Committee : meetings and activities	7 500	0	0
Education Committee : meetings and activities	64 000	28 925	27 593
National Psychiatric Associations symposia & meetings	28 000	14 125	14 125
Section Coordination activities	5 000	0	0
Visits to HQ / auditors / new TFs	8 000	0	0
Early Career Psychiatrists Committee : meetings and activities	5 000	4 000	1 214
Partnership	36 950	14 450	145
Presidential Strategic Plan	31 150	27 150	21 130
EBRA Project	14 000	14 000	8 043
Grant Recover-E	11 000	11 000	7 120
Prizes	20 000	20 000	20 027
Corporate communication	13 800	13 800	15 817
Membership costs	5 500	6 180	4 999
European Psychiatry Journal costs	19 600	17 600	17 600
Other direct charges (Taxes)	8 400	8 400	174 815
Office charges	32 400	30 000	27 859
Office salaries total incl. President's assistant	601 030	601 030	575 404
Training for staff	7 000	7 000	4 016
<b>EXPENSES TOTAL</b>	<b>1 146 140</b>	<b>988 470</b>	<b>1 107 615</b>
<b>INCOME TOTAL</b>	<b>903 960</b>	<b>988 204</b>	<b>1 552 845</b>
<b>EXPENSES TOTAL</b>	<b>1 146 140</b>	<b>988 470</b>	<b>1 107 615</b>
<b>NET RESULT</b>	<b>-242 180</b>	<b>-266</b>	<b>445 230</b>

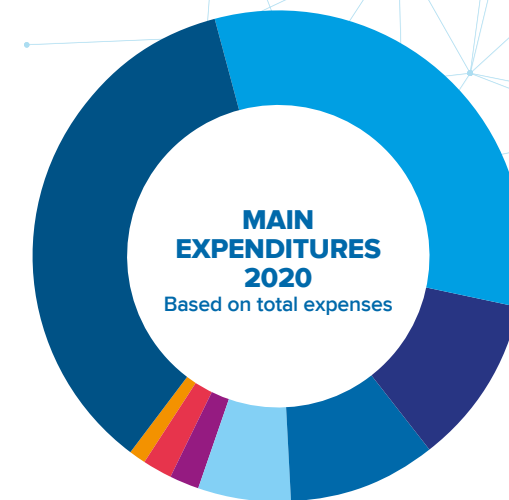


- 87% Surplus from congress
- 6% Total membership
- 5% European Psychiatry Journal
- 1% EU grant
- 0.4% e-Learning subscriptions
- 0.2% Miscellaneous

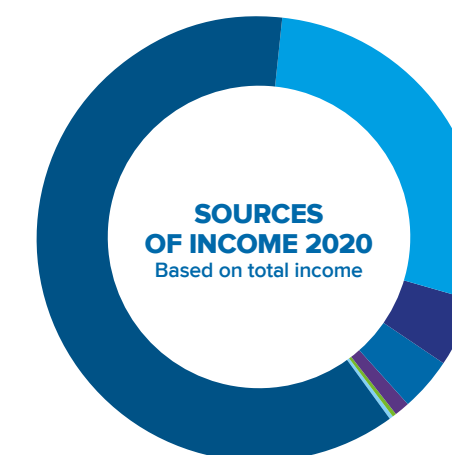
## EPA ANNUAL REPORT 2020



- 52% Office salaries total
- 16% Taxes incl. Income tax
- 9% Third parties
- 6% Premises Strasbourg & Brussels
- 3% Office charges
- 2% Presidential Strategic Plan
- 2% Partnerships
- 2% Education Committee Activities
- 2% Prizes
- 2% European Psychiatry Journal
- 1% Council of NPAs symposia & meetings
- 1% EU Projects
- 1% Corporate communication
- 1% Other



- 36% Congress expenses
- 33% Salaries
- 11% Other
- 10% Taxes incl. Income tax
- 6% Third parties
- 2% Education Committee e-learning
- 2% Presidential Strategic Plan
- 1% Prizes

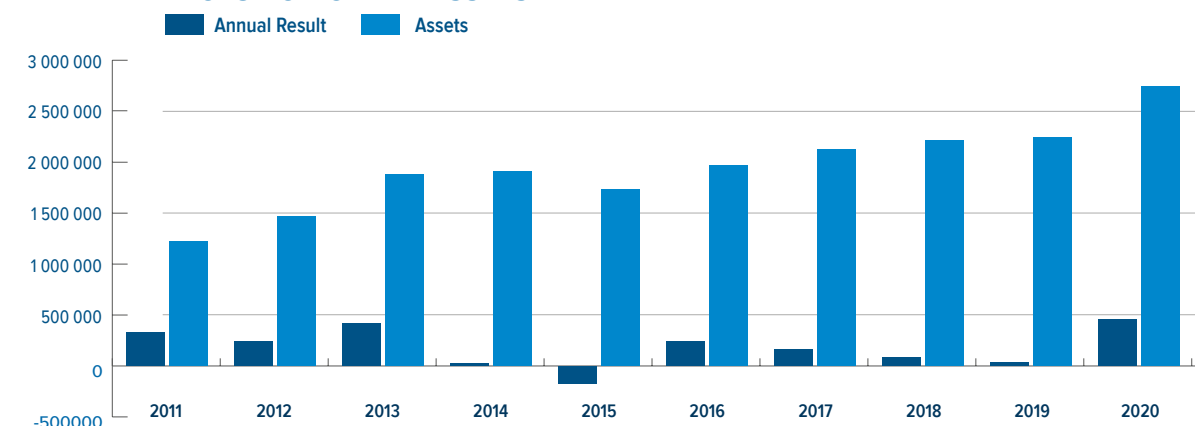


- 62% Congress income registration
- 28% Sponsorship from Industry
- 5% Membership
- 4% Journal
- 1% Grants EU
- 0.3% E-learning
- 0.1% Miscellaneous

Sponsorship from industry includes Congress Sponsorship (incl. Satellites) & Exhibition, as well as non Congress related grants/sponsorship.

Highest contribution by a single company: 7,66% of the overall Income.

## EVOLUTION OF EPA ASSETS







## COMMUNICATION

### EPA WEBSITE

Early in 2020, the EPA and its leadership community quickly put into place a "Covid 19 Resource Centre" on the EPA website. The sense of urgency during the first wave of the pandemic in March, April, and May resulted in a show of solidarity among EPA leadership, who rapidly provided the most up-to-date information about best practices for mental health practitioners in over 10 European languages as information unfolded. More information about the "Covid-19 Resource Centre" is available on pg. 10 of this report.


In an effort to improve the quality of information and the general user experience of the EPA website, improvements to the presentation of the Section Pages were undertaken on the EPA website to better reflect the most recent and relevant information about Section activities and provide access to their most recent annual reports for a full picture of their yearly achievements.


### SOCIAL MEDIA

The EPA added a new community in 2020: Instagram! The psychiatry-related infographics and other visual content shared within the EPA community on Instagram helped attract over 1000 followers in just 9 months.


In 2020, the EPA continued to grow its online community with an increase of almost 18% in total number of community members across all platforms combined, growing from 22,091 in 2019 to 25,993 in 2020.

The EPA is present on Facebook, Twitter, Instagram, LinkedIn, and YouTube:

 Facebook: @europsy

 Twitter: @Euro\_Psychiatry

 LinkedIn: European Psychiatric Association

 Instagram: @euro\_psychiatry

 YouTube: European Psychiatric Association

## EPA ACTIVITIES

### CALENDAR OF PRESIDENTIAL ACTIVITIES

10 January 2020 – Brussels, Belgium  
Meeting of representatives of European Mental Health Workforce

10 January 2020 – Brussels, Belgium  
Meeting with Frank Bellivier, Ministerial delegate for Mental Health and Psychiatry France, on the Mental Health Summit Paris 2021

14 January 2020 – Paris, France  
Meeting with Prof. Ch. Ammirati, Advisor, French Minister of Higher Education and Innovation

6 April 2020 – Amsterdam, The Netherlands  
European Medicines Agency

8 May 2020 – Virtual  
Meeting of the National Brain Council

18 May 2020 – Virtual  
Meeting VoT2 Joint Meeting (EBC)

1 July 2020 – Virtual  
Meeting of the "COVID-19: mental health support" Network (European Commission)

11 September – Virtual  
Meeting of the EPA/UEMS Psychiatry Section leadership

15 September – Virtual  
Joint symposium ECNP Congress

22-23 September – Virtual  
OECD workshops on PROMs & PREMs

29 September – Virtual  
Meeting of the Steering Committee – Mental Health Summit Paris 2021

16 October 2020 – Virtual  
Webinar of the "COVID-19: mental health support" Network on the needs of healthcare workers (EU)

27 November 2020 – Virtual  
DGGPN Congress – "European psychiatry in times of COVID-19"

18 December – Virtual  
Meeting of the Steering Committee – Mental Health Summit Paris 2021

22 December – Virtual  
Meeting of the European Research Area Network (ERA-NET NEURON) (EU)

### CALENDAR OF EPA INTERNAL ACTIVITIES

24-25 January 2020 – Brussels, Belgium  
Meeting of the Council of NPAs

27 March 2020 – Virtual  
Meetings of the Executive Committee and Board

30 March 2020 – Virtual  
Meeting of the Committee on Education

30 March 2020 – Virtual  
Meeting of the Committee on Ethical Issues

15 May 2020 – Virtual  
Meeting of the Executive Committee

27 May 2020 – Virtual  
1<sup>st</sup> Meeting of the Scientific Programme Committee for EPA Virtual 2020 (initially EPA 2021 Florence)

23 June 2020 – Virtual  
Meeting of the EPA Publication Committee

3 July 2020 – Virtual  
Meetings of the Executive Committee and Board

4 July 2020 – Virtual  
Meeting of the Council of NPAs

5 July 2020 – Virtual  
EPA General Assembly

27 August 2020 – Virtual  
2<sup>nd</sup> Meeting of the Scientific Programme Committee for EPA Virtual 2020 (initially EPA 2021 Florence)

10 September – Virtual  
Meeting of the Executive Committee

6 October 2020 – Virtual  
EPA Section Coordination Meeting

9 October 2020 – Virtual  
Meeting of the EPA Executive Committee

29 October – Virtual  
Meeting of the Early Career Psychiatrist Committee

13 November 2020 – Virtual  
Meeting of the Committee on Education

16 November 2020 – Virtual  
Meeting of the Committee on Ethical Issues

20 November 2020 – Virtual  
Meeting of the Board





# EUROPEAN PSYCHIATRIC ASSOCIATION

ANNUAL REPORT 2020

## EPA ADMINISTRATIVE STAFF

### EPA ADMINISTRATIVE OFFICE

Administrator:

**Caroline Martin** (until February 2020)

Executive Director:

**Margaret Walker** (from September 2020)

Deputy Administrator: **Katie Luck**

Finance Manager: Valérie **Allspach-Kiechel**

Administrative and Membership Officer:

**Carole Guillaume**

Project Manager for Education, Ethics, ECPC:

**Lara Le Noan**

Project Manager for Congress

and Communication: **Meaghan Dreyer**

Project Manager for NPAs,

Sections, Partnerships:

**Athina Swietochowski-Palapanidou**

Interim Project Manager for NPAs,

Sections, Partnerships: **Vanessa Ayure**

Congress and Events Assistant: **Coline Godard**

Operations Assistant: **Jennifer Ewing**

Event Management and Communication

Apprentice: **Ana Boucher**

### EPA BRUSSELS OFFICE

Scientific and Policy Manager: **Mari Fresu**

Scientific and Policy Assistant: **Lara Grosso Sategna**

The EPA wishes best of luck to former EPA team members in 2020:

**Caroline Martin**, EPA Administrator

**Yasmine Kheir**, Event Management and Communication Apprentice

2020 Annual Report Editors

**Philip Gorwood**

**Elisabetta Scanferla**

**Meaghan Dreyer**

**Ana Boucher**

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