



EUROPEAN PSYCHIATRIC ASSOCIATION

# ANNUAL REPORT

2021

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The year 2021 was, for the world over, including the EPA, overshadowed by the Covid pandemic.

In 2020 our yearly congress had to be postponed and was ultimately converted into the first EPA international virtual congress. Our 2021 Congress, although it was still held in a virtual format, went ahead in April as scheduled, with the theme “Personalising and Integrating Mental Health Care in the Digital Era”. This virtual Congress covered a broad range of interesting topics and introduced exciting new formats such as the “EPA TV”. One of the major topics was “PROMS” and “PREMS”, giving room for the patients’ views on treatment outcomes. These measures opened up a world of new perspectives on mental health care in Europe and other aspects of the quality of care.

# FOREWORD

The EPA board and the council of NPAs joined forces and retreats were organised, focusing on discussions on future developments of European psychiatry. Improving diagnostic processes and implementing personalised treatment options were key topics. The introduction of ICD-11 raises the possibility of discussing the value of clinical diagnosis in clinical neurosciences, including psychiatry. In order to define European standards, EPA joined forces with UEMS to develop and implement a European curriculum for specialist training in Psychiatry.

Creating and developing the “EPA Long-Term-Plan (LTP)” was an important milestone in 2021. It allows for a glimpse into the future and shows us which steps need to be taken over the next 10 years to reach our goals.

Linking up with the LTP, and stressing the interaction of research and clinical care, the EPA Congress 2022 will lead the path by “Linking Clinical Practice and Research for Better Mental Health Care in Europe”.

To foster the interaction between research and clinical practice, five task forces were implemented. Task Force 2, for example, supports the distribution of curated, evidence-based knowledge in Europe. By trying to meet this goal, the EPA is developing -in a joint process with all NPAs- a “European Core Guideline on the Treatment of Schizophrenia”. Published schizophrenia guidelines are rated for their quality using the GRADE II instrument. The recommendations of the best rated guidelines will serve as the basis for a Delphi process involving experts from all NPAs. The goal is to define a set of core recommendations on the treatment of schizophrenia which, subsequently, each NPA can use as a basis and include specific aspects from their own country if necessary.

In keeping with the motto of mapping European excellence in research, Task Force 1 is creating a map of clinical research centres. So that clinicians may have a better overview of translational academic research centres all over Europe, and additional useful information about the centres, an interactive map will be assembled.

Other Task Forces involve the important topics of Digitalisation in European Psychiatry, the value of Diagnosis in Psychiatry and an outlook on what will be the future of Psychiatry.

Despite all the difficulties caused by the pandemic, the EPA family was able to follow up on important matters and key tasks of psychiatric care -such as implementing the LTP and organising its yearly congress- and therefore looks positively towards 2022.

**Prof. Peter Falkai**  
EPA President

A handwritten signature in black ink, appearing to read 'Peter Falkai', written in a cursive style.

# EPA COMMITTEES IN 2021

## BOARD

Julian Beezhold, *United Kingdom*  
André Decraene, *Belgium*  
Livia De Picker, *Belgium*  
Geert Dom, *Belgium*  
Peter Falkai, *Germany*  
Andrea Fiorillo, *Italy*  
Philip Gorwood, *France*  
Cécile Hanon, *France*  
Hilkka Kärkkäinen, *Finland*  
Tamas Kurimay, *Hungary*  
Lars Lien, *Norway*  
Diego Palao Vidal, *Spain*  
Ozge Kilic, *Turkey*  
Martina Rojnic Kuzman, *Croatia*  
Jerzy Samochowiec, *Poland*  
Meryam Schouler-Ocak, *Germany*  
Agata Szulc, *Poland*  
Simavi Vahip, *Turkey*  
Umberto Volpe, *Italy*  
Jan Wise, *United Kingdom*

## EXECUTIVE COMMITTEE

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Geert Dom, *Belgium - President Elect*  
Philip Gorwood, *France - Past President*  
Julian Beezhold, *United Kingdom*  
- *Secretary General*  
Andrea Fiorillo, *Italy - Treasurer*  
Jerzy Samochowiec, *Poland*  
- *Council of NPAs Chair*

## OTHER OFFICE BEARERS

Cécile Hanon - *Secretary for Education*  
Martina Rojnic Kuzman  
- *Secretary for Sections*

## EARLY CAREER PSYCHIATRISTS COMMITTEE

Ozge Kilic, *Turkey - Chair*  
Tomasz Gondek, *Poland - Co-chair*  
Egor Chumakov, *Russia*  
Asilay Seker, *Turkey*  
Gaia Sampogna, *Italy*

## EDUCATION COMMITTEE

Cécile Hanon, *France*  
- *Secretary for Education*  
Defne Eraslan, *Germany*  
Jan Wise, *United Kingdom*  
Andrea Raballo, *Italy*  
Livia de Picker, *Belgium*  
Umberto Volpe, *Italy*  
Liene Sile, *Latvia*  
Nikolina Jovanovic, *United Kingdom*  
George Stercu, *Romania*

## ETHICAL ISSUES COMMITTEE

Meryam Schouler-Ocak, *Germany - Chair*  
Michael Musalek, *Austria*  
Rutger Jan van der Gaag, *The Netherlands*  
Philippe Courtet, *France*  
Jan Wise, *United Kingdom*  
Sam Tyano, *Israel*  
Silvana Galderisi, *Italy*  
Thomas Pollmächer, *Germany*  
Simavi Vahip, *Turkey*  
Eka Chkonia, *Georgia*

## PUBLICATION COMMITTEE

Livia De Picker, *Belgium - Chair*  
Wolfgang Gaebel, *Germany - Co-Chair*  
Julian Beezhold, *United Kingdom*  
Peter Falkai, *Germany*  
Sophia Frangou, *USA*  
Silvana Galderisi, *Italy*  
Philip Gorwood, *France*  
Tamas Kurimay, *Hungary*  
Danuta Wasserman, *Sweden*

## SCIENTIFIC PROGRAMME COMMITTEE (SPC) - EPA 2021 CONGRESS

Philip Gorwood, *France*  
- *SPC Chair & President*  
Peter Falkai, *Germany*  
- *SPC Co-Chair & President Elect*  
Silvana Galderisi, *Italy*  
- *Past President & LOC Chair*  
Simavi Vahip, *Turkey*  
- *Chair of the Council of NPAs*  
Andrea Raballo, *Italy*  
Tamas Kurimay, *Hungary*  
Heleen Riper, *The Netherlands*  
Stephanie Le Hellard, *Norway*  
Jari Tihiihonen, *Sweden*  
Judith Simon, *Austria*  
Til Wykes, *United Kingdom*

## STEERING COMMITTEE OF THE EPA COUNCIL OF NPAS

Jerzy Samochowiec, *Poland - Chair*  
Bernardo Carpiniello, *Italy - Vice-chair*  
Eka Chkonia, *Georgia - Secretary*

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

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

## ADVISORY SCIENTIFIC PROGRAMME COMMITTEE (ASPC) - EPA VIRTUAL 2021

Julian Beezhold, *United Kingdom*  
Istvan Bitter, *Hungary*  
Geert Dom, *Belgium*  
Andrea Fiorillo, *Italy*  
Sophia Frangou, *USA*  
Wolfgang Gaebel, *Germany*  
Cécile Hanon, *France*  
Helen Herrmann, *Australia*  
Hilkka Kärkkäinen, *Finland*  
Miia Männikkö, *Finland*  
Petr Morozov, *Russia*  
Diego Palao Vidal, *Spain*  
Mariana Pinto da Costa, *United Kingdom*  
Martina Rojnic Kuzman, *Croatia*  
Jerzy Samochowiec, *Poland*  
Norman Sartorius, *Switzerland*  
Meryam Schouler-Ocak, *Germany*  
Agata Szulc, *Poland*  
Danuta Wasserman, *Sweden*  
Jan Wise, *United Kingdom*

## LOCAL ORGANISING COMMITTEE (LOC) - EPA VIRTUAL 2021

Silvana Galderisi, *Italy - Chairperson*  
Mario Maj, *Italy - Honorary Chairperson*  
Armida Mucci, *Italy - Secretary*  
Eugenio Aguglia, *Italy*  
Bernardo Carpiniello, *Italy*  
Liliana Dell'Osso, *Italy*  
Massimo Di Giannantonio, *Italy*  
Andrea Fiorillo, *Italy*  
Claudio Mencacci, *Italy*  
Palmiero Monteleone, *Italy*  
Valdo Ricca, *Italy*  
Alessandro Rossi, *Italy*  
Alberto Siracusano, *Italy*  
Giovanni Stanghellini, *Italy*  
Enrico Zanalda, *Italy*

# TASK FORCES IN 2021

## VIRTUAL CONGRESS TASK FORCE

*Objective: To propose Scientific Programme adjustments to ensure a smooth running of the congress in its virtual format) and to explore opportunities for innovative content and formats in order to engage and foster interaction.*

Andrea Raballo - Chair  
Geert Dom  
Martina Rojnic  
Peter Falkai  
Agata Szulc  
Cecile Hanon  
Liene Sile  
Defne Eraslan  
Jerzy Samochowicz  
Diego Palao Vidal  
Mariana Pinto da Costa  
Tomasz Gondek  
Olga Kazakova  
Arnstein Mykletun

## 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 (UEMS)  
Wolfgang Gaebel - Vice Chair  
Andrew Brittlebank (UEMS)  
Dan Georgescu (UEMS)  
Cécile Hanon  
Nikolina Jovanovic  
Tamas Kurimay  
Matthijs Muijen (WHO EUROPE)  
Howard Ryland (EFPT)  
Ekin Sönmez (EFPT)

## TASK FORCE ON SECTIONS

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

Andrea Fiorillo - Chair  
Nadja Maric  
Martina Rojnic-Kuzman  
Meryam Schouler-Ocak  
Umberto Volpe  
Angelika Wieck

## TASK FORCE ON RACISM AND MENTAL HEALTH

*Objective: To tackle racism and racial discrimination in psychiatry through open discussion and taking the necessary action to address the numerous aspects covered.*

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

## ECP TASK FORCE ON MEETINGS AND ASSOCIATIONS

*Objective: To organise meetings and promote activities relevant for European early career psychiatrists.*

Tomasz Gondek - Chair  
Kezban Burcu Avanoğlu  
Emre Cem Esen  
Maria Filip  
Sundar Gnanavel  
Jamilla Ismayilova  
Theodoros Koutsomitros  
Federico Mucci  
Matilda Naesström

## ECP TASK FORCE ON RESEARCH

*Objective: To involve early career psychiatrists (ECP) across Europe in research projects concerned with educational aspects as well as career chances*

Gaia Sampogna - Chair  
Marton Asztalos  
Ilya Fedotov  
Dorottya Óri  
Claudia Palumbo  
Victor Pereira Sanchez  
Diego Quattrone  
Ekin Sönmez  
Anna Szczegielniak

## ECP TASK FORCE ON COMMUNICATION AND PUBLICATIONS

*Objective: To improve visibility of publications by early career psychiatrists.*

Egor Chumakov - Chair  
Gamze Erzin  
Laura Fusar-Poli  
David Gurrea Salas  
Alena Leonova  
Mario Luciano  
Laura Orsolini  
Georgios Schoretsanitidis  
Robertas Strumila  
Kirill Vasilchenko

## ECP TASK FORCE ON PROFESSIONAL DEVELOPMENT

*Objective: To improve training needs and identify key areas for action in career advancement for early career psychiatrists*

Asilay Seker - Chair  
Franziska Baessler  
Iryna Frankova  
Camille Noël  
Yuriy Osadshi  
Raul Felipe Palma Alvarez  
Ilaria Riboldi  
Khrystyna Shalak  
Nikola Žaja  
Olga Zhabenko



# THE 29<sup>TH</sup> EUROPEAN CONGRESS OF PSYCHIATRY

## EPA VIRTUAL 2021

”

*This year, for the 29th European Congress of Psychiatry, we had planned to be for the second time in the EPA history in Florence and live a great scientific experience in the fascinating environment of the Fortezza da Basso. The pandemic made this plan unrealistic, but we succeeded in transforming the huge challenge of the pandemic in a great opportunity to test new solutions, add new features to the virtual congress and contribute to stimulate a positive attitude towards the implementation of new digital models of prevention, care and rehabilitation in Psychiatry.*

**Prof. Silvana Galderisi**  
*Chair of the Organising Committee*

Guided by the motto “Personalising and integrating mental health care in the digital era”, the 29th European Congress of Psychiatry was organised as a fully virtual congress for the second time in EPA’s history. In 2021, the EPA was determined to offer upgraded features in order to enhance the virtual experience and increase possibilities for interactions, with a wider range of fully live scientific sessions, live audience Q&A sessions, topic chatrooms, and an EPA TV channel which included interviews and highlights to help delegates follow the topics of the day. Over 3,300 participants from more than 100 countries joined the event which took place on 10-13 April.

### SCIENTIFIC PROGRAMME

In 2021, the Scientific Programme included 51 Symposia, 19 Workshops, 3 Plenary Lectures, 6 State of the Art Lectures, 3 Debates, 10 Ask the Expert sessions, 10 Oral Communications, as well as 15 EPA TV sessions. The EPA educational focus was highlighted through 20 CME Courses and 9 sessions specifically designed by and for early career psychiatrists. In total, 96 of the 146 sessions were held as live sessions. The programme also included over 2100 e-Posters. Delegates were able to access the congress' virtual platform for on-demand viewing during the three months following the congress.



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

The 7<sup>th</sup> EPA Forum, centred around quality data and indicators, and on the patients' role in assessing mental health care and practices, focused on the topic of "Quality Indicators of Services and Care for Mental Health in Europe, from Clinician to Patient Perspective: A Paradigm Shift?". The 468 participants who connected to the event were able to learn from the experience of a panel of speakers, from international and EU organisations, who provided interesting insights on the challenges, opportunities, and approaches to assess mental healthcare and involve patients in this process.

## ASSOCIATION ACTIVITIES

The EPA Ordinary General Assembly met online on 11 April 2021 with 129 Individual members and 23 National Society/Association members in attendance. EPA Board elections were held, and the following eight out of 13 candidates were either elected or re-elected, for a mandate from 11 April 2021 to 6 April 2025:

- Julian Beezhold
- Livia De Picker
- Geert Dom
- Tamas Kurimay
- Lars Lien
- Martina Rojnic-Kuzman
- Simavi Vahip
- Umberto Volpe

The following EPA Committees also held meetings during the Congress: Executive Committee, Board, Council of NPAs, Committee on Education, Committee on Ethical Issues, and Sections' Coordination.



# COUNCIL OF NPAs

## MEMBERS

The EPA Council of NPAs represented 44 members in 40 European countries in 2021. The Council of NPAs remains one of the most important platforms for discussion and exchange among psychiatrists across Europe. Information about the 44 National Psychiatric Associations can be found on the EPA website.

## MEETINGS

The Council of NPAs held three successful virtual meetings in 2021:

- Friday 19 February 2021
- Saturday 10 April 2021 during the EPA 2021 Virtual Congress
- Wednesday 28 July 2021

## ONGOING ACTIVITIES

The following tasks are ongoing:

- Promoting collaboration between the EPA & the National Psychiatric Associations
- Increasing the participation of the Council of NPAs in the EPA Congresses
- A survey on "Addressing Ethical Dilemmas in Contemporary Psychiatry: Comparing Practices Across NPAs"
- Implementing the EPA Code of Ethics
- Participating in the EPA Ambassadors' Project

## NPA TASK FORCES

The Council of NPAs helps the President of the EPA in the following Task Forces:

- Core Guidelines Development
- Mapping of Scientific Excellence in Countries of NPAs
- Sharpening the Diagnosis in Psychiatry
- Digitalisation in European Psychiatry



*The Council of NPAs should create a network of mental health professionals capable of establishing proper standards in mental healthcare. Mutual understanding of organisational structures and the rules related to the functioning of NPAs is therefore necessary to improve both the functioning of individual NPAs as well as cooperation.*

**Prof. Jerzy Samochowiec**  
Chair of the NPAs Steering Committee

## INTERACT NEWSLETTER

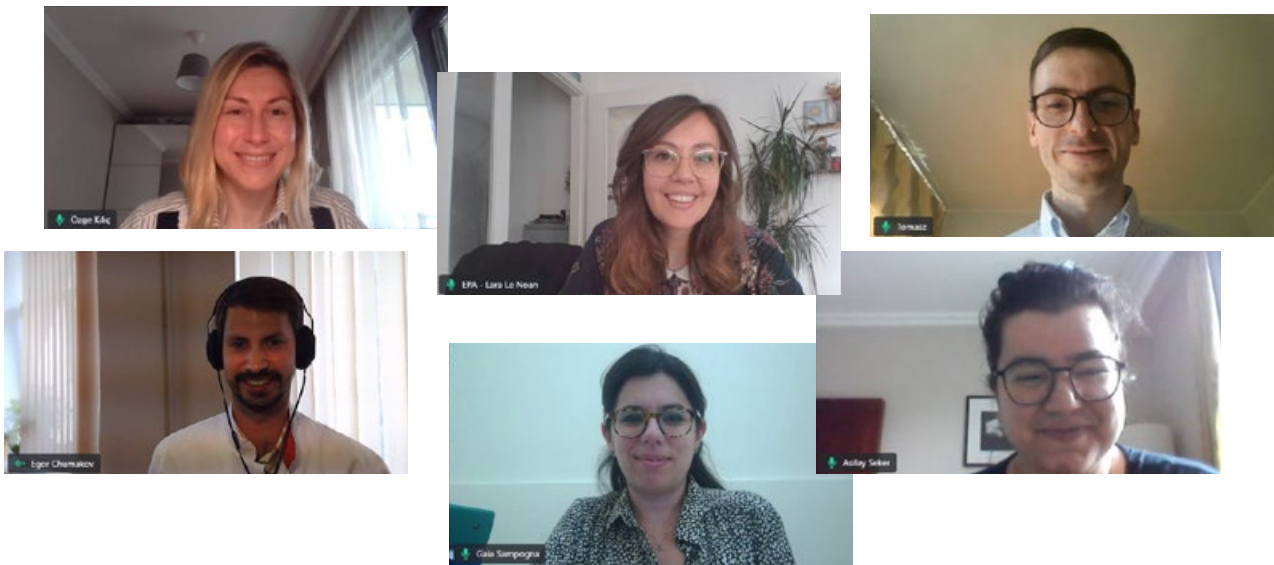
The quarterly electronic Newsletter of the Council of NPAs completed its fourth year of publication with the December 2021 issue. The newsletter is managed by an Editorial Board led by Simavi Vahip, Editor-in-Chief. With its many sections, InterACT has become a highly functional media to exchange information on recent developments in member countries and NPAs. The content is varied and usually includes articles related to a Special File, News from the Council, Hot Topics from Around Europe, News and Reports from NPAs' Events, and the Brussels Digest, to name a few. All copies of InterACT can be accessed on the EPA website.



# EARLY CAREER PSYCHIATRISTS

## COMMITTEE

In 2021, the Early Career Psychiatrists Committee (ECPC), chaired by **Ozge Kilic**, worked on many projects to help young psychiatrists through the organisation of programmes and opportunities across Europe. The ECPC members met three times during the year, all online: during the EPA Virtual 2021 Congress, in June and in November.



## ACTIVITIES/TASK FORCES

In 2021, the ECPC members had the opportunity to promote the EPA-ECPC activities in several events such as the EPA Congress or NPAs Congresses.

The Committee worked on various surveys during the year such as the **ECP COVID-19 survey** and the **Women in Academic Psychiatry survey**. The ECPC also helped many young psychiatrists with dedicated programmes that it organised or supported, such as the EPA Scholarships programme, the **ECP Programme** during the Congress or the first virtual **Gaining Experience Programme**.

The ECPC has collaborated with partners to create more projects (for example, Summer School 2021, EPA Courses, workshops) and to extend the **network of young psychiatrists**. They have worked with the UEMS, the EFPT, WPA, the EPA Committee on Ethical Issues, the EPA Education Committee, and others.



*This year has been fruitful, bringing a new era to the ongoing and new projects of ECPC, welcoming new ECP Task Force members, and meeting the continued interest of ECPs to the work of ECPC and EPA. With the support of EPA, opportunities for further professional development of ECPs brought together a vibrant international community of ECPs.*

**Dr Ozge Kilic**  
EPA ECPC Chair

# EDUCATION

## COMMITTEE ON EDUCATION MEETINGS

The **Committee on Education**, chaired by **Cécile Hanon**, was very active and motivated to work on a number of educational projects during 2021, such as a new online course on Suicidal Behaviours, a virtual Summer School, and the CME courses during the virtual Annual Congress.

The Education Committee members had the opportunity to meet twice, first virtually during the EPA Annual Congress, and secondly, in-person, in November in Paris. They were able to deliberate on the various projects that the Committee is currently working on and discuss new projects for 2022.



The Committee members were happy to be able to come together in person again, after two years of online meetings. Since the beginning of the Covid-19 pandemic, all the meetings switched from in-person to virtual. Even though virtual meetings allow for effective, faster, and easier collaboration, they cannot replace physical interaction.



*This is a great online course that I will be happy to recommend to my colleagues. The lessons are very useful, the content is explained in a very memorable and interesting way. The lecturers are extremely interesting, and it is obvious that they are more than experts in their field. I will certainly apply what I have learned in this course in my future practice. Quizzes serve as a good way to repeat what is important. Thank you for making such a useful course free and easily accessible. I look forward to the next events. Congratulations to the organization of such a great and useful course!*

*A participant of the online course  
"Focus on Suicidal Behaviours"*



*The advent of virtual and online education is a daily reality for all psychiatrists in Europe now. EPA continues its development in e-learning, thus allowing access to high quality and excellent training throughout the year. The Summer School was also able to take place online in 2021 and will innovate next year in a hybrid "blended learning" modality.*

**Dr Cécile Hanon**  
EPA Secretary for Education

## E-LEARNING PLATFORM AND ONLINE COURSES

On 10 September 2021, the World Suicide Prevention Day, the EPA launched its latest online course entitled "Focus on Suicidal Behaviours" led by Emilie Olié and Jorge Lopez-Castroman.



This course allows for better understanding of treatment and prevention by focusing on topics ranging from public health, advances of neurobiology, clinical assessment, to optimal treatment. The online course was made up of lecture videos, role-plays and presentations by international experts. By the end of December 2021, 350 participants had already enrolled in the course which can be accessed via the EPA online e-learning platform.

The EPA platform now offers access to four **online courses**:

- Introduction to Cognitive Behavioural Therapy
- Introduction to Motivational Interviewing
- Understanding and Treating Major Depressive Disorder
- Focus on Suicidal Behaviours



The Education Committee continues to work on the translation of subtitles for the EPA online courses. The aim is to increase the accessibility amongst non-English-speaking participants. Subtitles are currently available in English, and the Committee is now adding other languages such as German, Italian, French, Russian, Romanian, Turkish, Spanish, Polish, Portuguese and maybe more.

## SUMMER SCHOOL 2021

Due to the Covid-19 pandemic, the 2020 Summer School did not take place, but returned in 2021 for its 10<sup>th</sup> edition, which was also the 1<sup>st</sup> virtual edition. On 23-24 September 2021, 21 participants from 16 different countries were welcomed by the EPA and the faculty for a Summer School on Research. This Summer School was a collaboration between the EPA Education Committee and the EPA ECP Committee, and more precisely the Task Force on Research.



Summer School participants had the opportunity to take part in plenary lectures, workshops, and live exchanges with faculty members. The 2021 Faculty membership was composed of Nicolas Hoertel, Mariana Pinto da Costa, Andrea Raballo and Norman Sartorius.

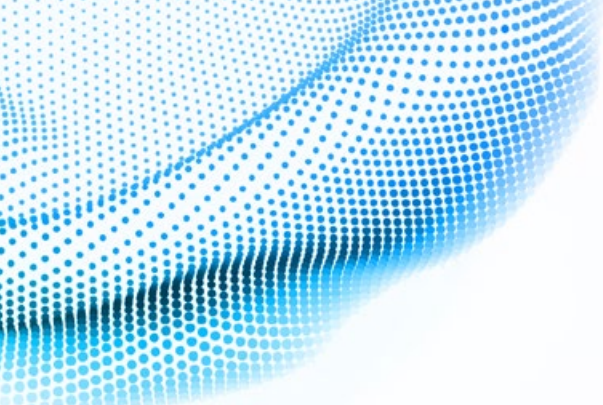


*The most important aspect that I will bring with me from this summer school is definitely the people. In fact I am absolutely happy to have met the faculty members, great speakers and many friends and ECPs with whom I am already in contact and with whom I hope to collaborate in the future. My expectations before the event were to learn, improve and network. I can say that I have achieved them thanks to the EPA.*

*A participant of the 2021 Summer School*

## VIRTUAL CME COURSES

In 2021, the Education Committee organised 20 CME courses during the EPA virtual Congress. They were held successfully online on various topics: Telemental Health, Comorbidity, Medical Ethics in Psychiatry, Depression, Addictive disorders, etc. Almost 400 people participated in these courses which were led by 20 course directors and 16 co-directors.



# PUBLICATIONS

## ETHICS

### COMMITTEE ON ETHICS MEETINGS

The Committee on Ethical Issues, chaired by **Meryam Schouler-Ocak**, met three times in 2021 to discuss its ongoing and future activities. All meetings were held online. The first meeting took place at the EPA Virtual 2021 Congress, the second was held in August, and the final meeting of the year in November.



### ACTIVITIES

Throughout 2021, the Committee on Ethical Issues continued to increase awareness on ethical issues, on how to avoid these issues and how to find solutions for them. Its main project was to disseminate the **EPA Code of Ethics**, with the support of the EPA Executive Committee and the National Psychiatric Associations.

The Committee also worked on other projects, such as a survey to assess basic attitudes towards coercive measures in psychiatry, and a collaboration with the **European Brain Research Area (EBRA)** project. During the EPA Virtual 2021 Congress, a CME course on **“Medical Ethics in Psychiatry”** was directed by Rutger Jan van der Gaag and Jan Wise, who are both members of the Ethics Committee.



*Common projects with the National Psychiatric Associations, Early Career Committee and Sections are ways of disseminating and encouraging discussion of the Code of Ethics in European psychiatry!*

**Prof. Meryam Schouler-Ocak**  
EPA Committee on Ethical Issues

The EPA Publication Committee is responsible for developing and approving 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.

### NEW CHAIR

Livia De Picker is the Chair of the Publication Committee, having taken over duties from Andrea Raballo in July 2021.

### EPA GUIDANCE PAPERS

Two Guidance Papers were published in 2021:

- **European Psychiatry (Vol. 63, March 2021):**

EPA Guidance on Treatment of Negative Symptoms in Schizophrenia

*Authors: S. Galderisi, S. Kaiser, I. Bitter, M. Nordentoft, A. Mucci, M. Sabé, G.M. Giordano, M.Ø. Nielsen, L.B. Glenthøj, P. Pezzella, P. Falkai, S. Dollfus and W. Gaebel*

- **European Psychiatry (Vol. 63, February 2021):**

EPA Guidance on Assessment of Negative Symptoms in Schizophrenia

*Authors: S. Galderisi, A. Mucci, S. Dollfus, M. Nordentoft, P. Falkai, S. Kaiser, G.M. Giordano, A. Vandeveldde, M.Ø. Nielsen, L.B. Glenthøj, M. Sabé, P. Pezzella, I. Bitter and W. Gaebel*

Copies of these publications are available on the EPA website.



*Publications are a valuable tool to convert knowledge to action and the Publication Committee is dedicated to share the best practices and recommendations among the European mental health field.*

**Dr Livia De Picker**  
Publication Committee Chair



*A series of friendly, honest, and constructive meetings with the Sections' chairs and myself took place towards the end of 2021. Based on these discussions, strengths and weaknesses related to the work of Sections were identified and an action plan was developed. With a view to support this action plan, the Task force for Sections was renewed and expanded to include representatives from the ECPC and the Council of NPAs.*

**Prof. Martina Rojnic Kuzman**  
Secretary for Sections

# SECTIONS

## SECTIONS ACTIVITIES AT THE EPA CONGRESS

As always, the 21 EPA Sections made a significant contribution to the scientific programme of the 29<sup>th</sup> European Congress of Psychiatry by organising 17 symposia, five workshops and seven courses.

## SECTIONS ACTIVITIES THROUGHOUT THE YEAR

EPA Sections also organised online scientific and educational activities throughout the year and published articles in scientific journals. Details of all these activities are included in the annual reports provided by the Sections, which can be found on the EPA website.



# PRIZES & AWARDS

## RESEARCH PRIZES 2021

In 2021, the jury was pleased to reward five Early Career Psychiatrists who published the best scientific papers in the categories listed below. For this edition of the Research Prizes, 46 applications were received from candidates working in 13 different countries of the WHO Europe region.

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

**Diego Quattrone, United Kingdom**

*“Daily use of high-potency cannabis is associated with more positive symptoms in FEP patients”*

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

**Astrid Chevance, France**

*“Identifying outcomes for depression that matter to patients, informal caregivers and healthcare professionals: qualitative content analysis of a large international online survey”*

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

**Kimmo Suokas, Finland**

*“Association of income with the incidence rates of first psychiatric hospital admissions in Finland, 1996-2014”*

### Category 4 “Child and Adolescent Psychiatry”

**Covadonga Martínez Díaz-Caneja, Spain**

*“Assessment of school anti-bullying interventions: a meta-analysis of randomized clinical trials”*

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

**Clara López Solà, Spain**

*“Is cognitive dysfunction involved in difficult-to-treat depression? Characterizing resistance from a cognitive perspective”*



*Having been able to participate, what for me was the first EPA Congress, has enlightened for me the synergy between the neurobiological and psychotherapist approach to psychosomatic patients where psychiatry has become an irreplaceable necessity in this new pandemic reality*

**Filip Mustač**  
2021 Scholarship winner



*Research is a fascinating job yet hard, with a number of failures and doubts. Being awarded is critical for young researchers: it gives us courage to pursue our work. I am very grateful to the EPA for acknowledging the importance of qualitative and participatory research in mental health to contribute to the development of a patient-centred and evidence-based psychiatry.*

**Astrid Chevance**  
2021 Research Prize winner

## SCHOLARSHIPS 2021

The EPA ECP Scholarship Programme is designed for Early Career Psychiatrists and trainees who wish to attend the EPA Congress. In 2021, 10 candidates were selected by the jury among 43 applicants and were able to receive free Congress registration for EPA Virtual 2021, free access to one of the 20 CME Courses held during the congress, as well as one year's membership of EPA.

The winners were:

- Camille Noël, *Belgium*
- Laura Fusar-Poli, *Italy*
- Luca Egervári, *Hungary*
- Mário J. Santos, *Portugal*
- Uğur Çikrikçılı, *Turkey*
- Ceylan Ergül, *Turkey*
- Olga Belugina, *Belarus*
- Fikret Poyraz Çökmüş, *Turkey*
- Elona Dashi, *Albania*
- Filip Mustač, *Croatia*



*The brilliant laureates of the past years and the outstanding women as founder and eponyms of this grand prize illustrate the extraordinary honour and inspiration it bestows. Heartfelt thanks to EPA and to all the partners in the family carer and service user movements, who cooperate with us in Trialogue to Improve Mental Health Care in Europe.*

**Michaela Amering**  
2021 Pascal-Boyle Prize winner

# EUROPEAN PSYCHIATRY JOURNAL



After the year 2020 which was mostly marked by the transition to an open access model, 2021 was a steadier year during which the main goal was to maintain the journal's strong performances.

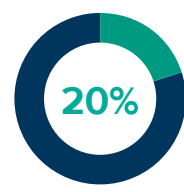
Those strong performances were particularly illustrated by the increase of the journal Impact Factor which increased by 20% in 2020.

One of the novelties of 2021 was the creation of new thematic journal article collections. Those collections are similar to "special issues" but are not fixed and therefore are open to evolve and can be added to continuously. These were introduced and made more substantial by the journal Editors in early 2021.

## CONSTANCE PASCAL HELEN BOYLE PRIZE 2021

This prestigious prize aims to acknowledge and increase awareness of the outstanding achievements by women in working to improve mental health care in Europe. In 2021, the EPA was delighted to reward Michaela Amering, psychiatrist and Professor at the Division of Social Psychiatry of the Medical University of Vienna, Austria, for her exceptional contribution to the field of mental health care. The focus of her clinical, teaching and research activities lies in the circumstances of persons who have been diagnosed with schizophrenia as well as those of their families and friends.

## 7 KEY METRICS from 2021 European Psychiatry



**20% INCREASE  
IN CITATIONS**

**2020 JOURNAL  
IMPACT FACTOR 5.361**

*Journal Citation Reports (Clarivate Analytics, 2021)*



**6.2  
CiteScore™**



**5.337  
Mentions  
on Altmeter**

**7.865  
TOTAL citations**

**741084  
fulltext  
downloads**

**12 DAYS  
average time  
to ist decision**

Thank you to all our authors,  
editors & peer, reviewers

# EU POLICY & LOBBYING

The Covid-19 health emergency continued to place the spotlight on opportunities and challenges for mental health in 2021. The EPA was committed to take action ensuring that its agenda and priorities at EU-level were directed to promoting the role of psychiatry in Europe, collaborating with relevant stakeholders and contributing to relevant discussions on mental health-related topics. In this regard, the EPA focused its EU Policy and Lobbying activities on the following three areas of work: promotion, collaboration, and visibility.



*Psychiatry is part of the safety net for the collateral damages of the COVID-19 pandemic. Strengthening the net is work that can only be done when we, European health care professionals, work closely together and support each other.*

**Prof. Peter Falkai**  
EPA President

## PROMOTION



### • Joining awareness-raising campaigns:

- **Campaign on the European Year for Mental Health:** In early 2021, the EPA joined GAMIAN-Europe, the MEP Alliance for Mental Health and other associations active in the field, to invite the EU Commission to designate 2023 as the European Year for Mental Health.
- **Awareness Week on Alcohol Related Harm:** On 15-19 November 2021, the 9th edition of the Awareness Week on Alcohol Related Harm (AWARH) drew attention to the effects of harmful alcohol consumption, including those related to mental health. The campaign was endorsed by the EPA and other European organisations.
- **Neurological and Mental Health Conditions campaign:** The EPA also contributed to the Neurological and Mental Health Conditions campaign that was launched online and in the New Scientist magazine of 17 June 2021. The EPA's contribution was an article by Peter Falkai, that concentrated on the challenges and opportunities for improved mental health care.

### • Endorsing and releasing key messages:

- **EPA-Europe Region World Physiotherapy statement on "Better Mental Health Together":** On the occasion of the 2021 European Public Health Week, the EPA joined forces with the Europe Region World Physiotherapy to launch a statement on the importance of healthcare professionals' collaboration to optimise mental and physical health care, especially during the Covid-19 pandemic.
- **EBC Statement on the impact of Covid-19 on Brain Health:** The EPA endorsed a statement elaborated by the European Brain Council (EBC) on the impact of Covid-19 on brain health, calling for a public health response to the long-term mental and neurological effects of the virus.
- **EPA Statement in response to the Turkish government's withdrawal from the Istanbul Convention:** Following the decision of the Government of Turkey to withdraw from the Council of Europe Convention on Preventing and Combating Violence Against Women and Domestic Violence (the Istanbul Convention), the EPA released a statement to express its solidarity with the people of Turkey and to encourage support of the Istanbul Convention's principles and associated measures in all European countries. The Istanbul Convention provides important guidelines on the struggle against violence and discrimination.
- **EPA message for World Mental Health Day 2021:** On the occasion of World Mental Health Day (10 October), the EPA released a video to promote the importance of ensuring equal access to mental health care. In this video, the EPA had the privilege of presenting a message from its President, Peter Falkai, as well as from Mr Stelios Kympouropoulos MEP, Member of the European Parliament and a supporter of the MEP Alliance for Mental Health.



# COLLABORATION



“

EBRA helps us unite knowledge and experience of different areas of brain research.

”

Peter Falkai

President, European Psychiatric Association

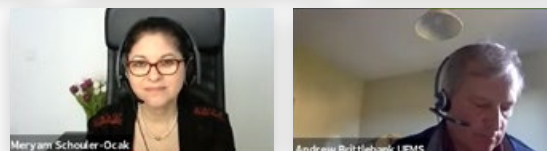
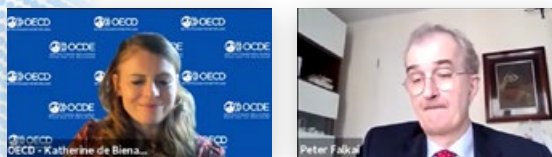
## • Liaising with national associations:

- **Key recommendations from EPA-WPA experts for psychiatric care in Slovakia:** In 2021, the EPA joined a group of experts of the World Psychiatric Association (WPA), the German Association for Psychiatry, Psychotherapy and Psychosomatics (DGPPN) and the Austrian Society for Psychiatry and Psychotherapy (OGPP), to advise on the ways in which the Slovak Psychiatric Association could support the implementation of the Ministry's proposed improvements to the quality of mental health care in the country. The experts analysed the challenges and opportunities of psychiatric care in Slovakia and drew up a report entitled "World Psychiatric Association / European Psychiatric Association - Expert Working Group Recommendations regarding psychiatric care in Slovakia". The results of this process were also presented at a webinar organised by the World Psychiatric Association on 25 October 2021.
- **EPA Ambassadors Survey 2021:** The EPA liaised with its National Psychiatric Associations for their contributions to the second edition of the EPA Ambassadors Survey. The 2021 questionnaire followed the success of the Ambassadors Survey carried out in 2020 on the impact of the Covid-19 on clinical practice, from which an article summarising the main outcomes was published in the European Psychiatry Journal. The 2021 Ambassadors Survey focused on decision-making styles approaches for clinicians and collected more than 900 replies in Europe and beyond.

## • Developing scientific collaborations:

- **EMA network of eligible organisations:** The EPA continued the interaction with the European Medicines Agency (EMA), thanks to its participation in the network of healthcare professionals' eligible organisations. This group gathers together associations to ensure that the needs and concerns of healthcare professionals are represented in the EMA Agenda.
  - **EPA working groups in the Value of Treatment (VOT) project:** The EPA provided its contribution to the Value of Treatment (VOT) project, coordinated by the European Brain Council (EBC) aimed at examining health gains and socio-economic impacts resulting from optimized healthcare interventions. In this project, the EPA led two working groups on Anorexia Nervosa and Major Depressive Disorder.
  - **EPA-GAMIAN Europe Survey on the impact of Covid-19 on mental health services:** The EPA launched a survey together with GAMIAN-Europe in October 2021 entitled "Are mental health needs being met by services?". The survey was destined to both patients and clinicians and aimed at understanding the effects of the Covid-19 pandemic on the delivery of care.
- ## • Participating in EU funded projects:
- **Recover-E project:** The EPA disseminated the outcomes of the Recover-E project amongst its community in its role as Communication Partner. In the frame of this project, the EPA also participated in the Webinar on "Peer workers perspective: Human rights in mental health and the importance of the role of peer workers in mental health care", held on 14 October 2021. The Recover-E project was also presented at the EPA virtual Congress 2021, showcasing early findings and lessons learned about implementing community-based mental health care at national level.
  - **EBRA project:** The EPA also participated in the European Brain Research Area (EBRA) activities, as a Third Party, promoting the outcomes of the project and supporting the organisation of an EBRA workshop at the EPA virtual Congress 2021. As part of its activities in the EBRA project, the EPA took part in a social media campaign, releasing a video on social media of its President, Peter Falkai, who spoke of the project and its importance for the EPA community.

# VISIBILITY



## • Hosting the EPA Policy Forum

The 2021 EPA Policy Forum on the topic “Quality Indicators of Services and Care for Mental Health in Europe, from Clinician to Patient Perspective: A Paradigm Shift?” was held on 10 April 2021. The event enjoyed the participation of speakers from international and EU organisations, who provided insights on the challenges, opportunities and approaches to assess mental healthcare and involve patients in the process. The EPA Forum 2021 was opened by a keynote speech from John Ryan, Director for Public Health at the European Commission.

## • Contributing to high-level events on mental health

**EU Commission event of the impact of Covid-19:** On 10 May 2021, the EPA participated in an online event organised by the EU Commission on the impact of the Covid-19 pandemic on mental health. The event was opened by the EU Commissioner for Health and Food Safety, Stella Kyriakides, who welcomed over 1000 participants. The EPA contributed to the online event with a keynote speech entitled “Responding: Pre-existing mental health needs: the impact on people and services”, delivered by Geert Dom, EPA President-elect.



## • Launch of the WHO Pan-European Mental Health Coalition:

On 30 September 2021, WHO Europe launched its Pan-European Mental Health Coalition, of which EPA is a member. The launch event, which took place in Brussels, brought together many representatives of the civil society, international organisations, experts, and policy makers, with the exceptional participation of Her Majesty Queen Mathilde of all Belgians, the EU Commissioner for Health and Food Safety, Stella Kyriakides, and the WHO Regional Director for Europe, Hans Henri Kluge. EPA was represented by Geert Dom, EPA President-elect and Margaret Walker, EPA Executive Director.

## • WHO Europe Summit on Covid-19 and the Mental Health impacts

**for health and care workforce:** In collaboration with the Hellenic Government, WHO Europe organised a Summit in Athens on 22-23 July 2021, bringing together health ministers and technical experts to discuss and generate commitment and proposals for placing mental health at the centre of the Covid-19 recovery. The EPA Executive Director, Margaret Walker, participated in one of the plenaries on 23 July on “Mental health impacts for the health and care workforce”, where she highlighted the importance of collaboration and stronger policies to improve the mental health of healthcare professionals.

# COLLABORATION WITH OTHER SOCIETIES



## EPA COLLABORATION WITH EUROPEAN INSTITUTIONS AND BODIES

Council of Europe (CoE)

European Medicines Agency (EMA)

European Commission (EU Health Policy Platform)

European Parliament (MEP Alliance for Mental Health)

## EPA PARTNERS

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)

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 Psychiatric Association (WPA)

American Association for Emergency Psychiatry (AAEP)

Association of Judicial Psychiatrists of Slovakia (ASPS)

World Health Organization (WHO)





# MEMBERSHIP

## MEMBERSHIP

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

## KEY FIGURES

The EPA community represents over 80,000 European psychiatrists from 88 countries, namely 1,795 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

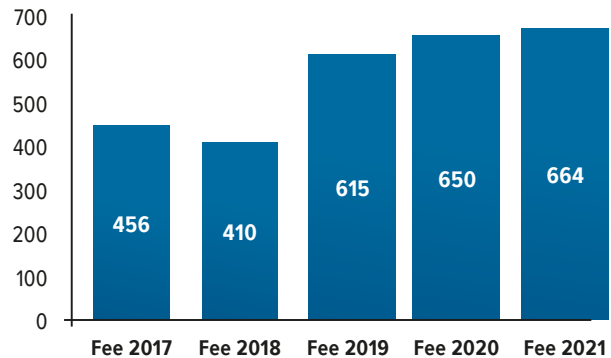
From January to December 2021, the EPA had its strongest performance in terms of membership recruitment since its foundation in 1983, with 292 new membership applications accepted. Among these, 219 were for Individual Members, 30 for International Individual Members, 17 for Student Members, 26 for Associate Members, and 148 for Early Career Psychiatrist Members.

## PAYMENTS

In 2021, 664 membership fees were paid.

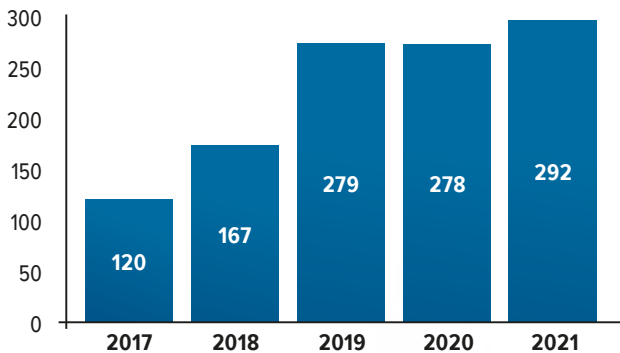
The number of paid-up members continues to increase every year, thanks to the ease of payment via the Extranet, an optimised reminder and follow-up procedure that was also integrated into the congress registration system (set up in 2019), and an attractive offer of member benefits, which continues to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

Comparison payments per year



as of 3 January 2022

New membership applications per year



as of 3 January 2022



*The EPA welcomes the new members who even during these times of pandemic have joined us. It is our membership, both new and ongoing, individual and National Associations, that together unites us into a strong voice for improvement in mental health care and research across Europe.*

**Dr Julian Beezhold**  
EPA Secretary General

# COMMUNICATION

## EPA WEBSITE

In 2021, the EPA continued to feed its website along the same lines as in 2020, aiming to improve the quality of information and the user experience. The EPA website is an important tool as it is the heart of the communication strategy, linking webpages with content promoted on social media platforms and on the e-newsletter.

The News and the Events sections of the website were the most updated during the year, representing efficient ways of providing up-to-date information about EPA activities, the EPA leadership and membership and any related discipline that can improve mental health care in Europe.

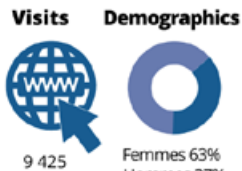
## SOCIAL MEDIA

Social media is an effective communication tool as it helps to reach our stakeholders with engaging content. The main objectives of the EPA social media are to highlight the EPA as the main psychiatric association in Europe through the promotion of its activities and events, to help its community grow, and to turn subscribers into active members and participants in EPA activities.

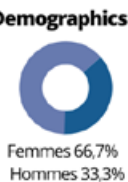
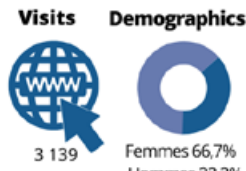
Each social platform has a specific engagement strategy, but all of them are complementary to each other.

## EPA Social Media Keymetrics in 2021

### FACEBOOK



### INSTAGRAM



### TWITTER

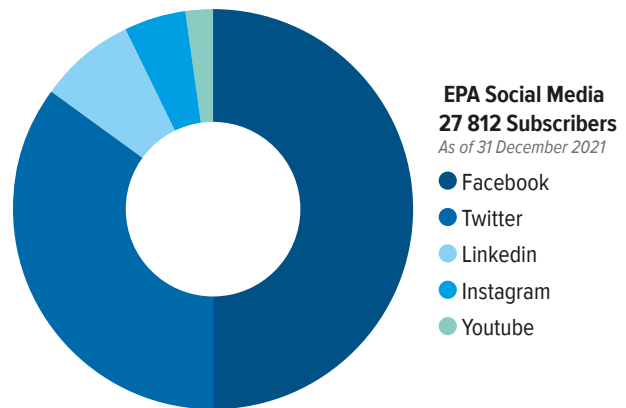


### LINKEDIN

#### Demographics



As of 1 January 2022



Among the most popular social media platforms, Facebook stands on top, representing more than half of the subscribers (51,39%), followed by Twitter which represents a third (35,26%). Our community is composed mainly of female audiences, meaning that more than 60% of our subscriptions come from women.

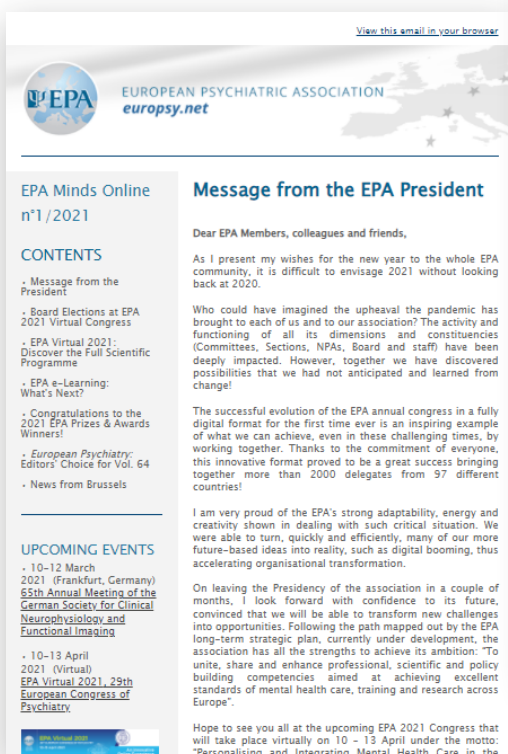
Even though Facebook has the highest page reach rate, the interactions seem to have decreased compared to 2020. This decrease may be due to a significant drop in Facebook users all over the world in 2021.

In the same line as Facebook, Instagram achieved its highest page reach by the end of 2021, which came out at 648% higher than in 2020. This meaningful increase is due to the first full year of EPA Instagram community.

On Twitter, the number of interactions from the community is the highest compared to other platforms, attaining its engagement peak between January and April 2021, when the congress promotion was successfully fulfilled. In the same vein, the click rate escalated between July and September 2021, which corresponds to the period of submission of sessions.

With regard to LinkedIn, the demographic analysis shows that almost a third of the community comes from Strasbourg, France and Brussels, Belgium. These statistics confirm that the platform is an excellent tool in connecting not only European psychiatrists, but the EPA administrative offices and future interested candidates, as part of a successful recruitment strategy.

- @euopsy
- @Euro\_Psychiatry
- European Psychiatric Association
- @euro\_psychiatry
- European Psychiatric Association



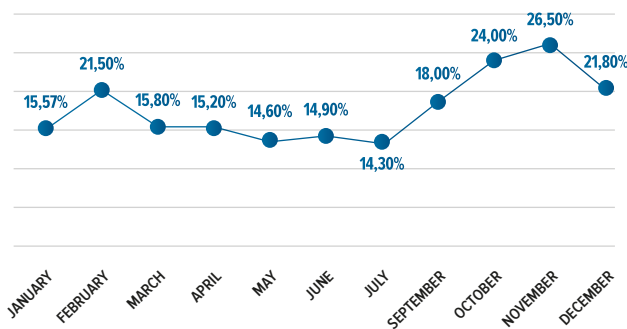
## E-NEWS: FRESH LOOK IN 2021

The EPA e-newsletter, “EPA Minds Online”, which was launched over 10 years ago has known different formats during this time. The newsletter is a valuable communication tool for the EPA, as it not only provides important news and updates on the activities of the association, but it also helps us to build the community and to maintain regular contact with members and subscribers.

In 2021, 11 monthly issues of the online newsletter were published. The audience reached more than 16,000 subscribers in December 2021, compared to 15,000 in January. Each issue is sent out twice: the first time it is sent to all subscribers and the second time, two weeks later, to those who did not open it on the first mailing. This resending strategy is a way of increasing the newsletter’s opening rate.

To improve its marketing, “EPA Minds Online” benefitted from a fresh new look at the beginning of October 2021. The newsletter’s new template focuses on more efficient and optimised reading as the content is less dense in text and richer in images. If the average open rate performance was at 16% before the launch of the new look, in the last three months of 2021 the average rate rose to 24%. The modern and attractive design of the newsletter’s template has contributed to these levels of increase.

## Open Rate



as of 7 January 2022

# FINANCES & BUDGET

2021 was another year marked by Covid-19, a fact reflected not only at the level of the Association's activities but also at the level of its finances.

The annual Congress, held virtually for the second time in a row, proved a success in terms of quality and attendance, with over 3,300 delegates – compared to slightly over 2,900 in 2020. However, it yielded less income as EPA chose to lower registration fees to allow as many as possible to participate. In parallel, Congress expenses were also lower since there were no on-site costs, and EPA also retained its major sponsors. This resulted in a surplus exceeding that estimated in the original budget Forecast approved by the General Assembly in April 2021.

Income from membership fees remained stable, and revenue from the EPA Journal, European Psychiatry, also proved to be more than satisfactory. In addition, EPA was successful in obtaining an unrestricted educational grant for a new on-line course, implemented in 2021. The grant secured for the GEP exchange programme in 2020, originally intended for use in 2021, was postponed to 2022 (and thus not credited to 2021 income), as the GEP 2021 edition was fully virtual, and the grant is intended to cover travel and accommodation costs of grantees.

Late in 2021, the scheme under which EPA had invested in guaranteed securities was discontinued by the bank, leading to an apparent income of 46K€ (included under Misc.) resulting from the release of the capital gain realised, although the latter is in fact already part of the EPA's listed assets. New avenues for investment will be investigated in 2022.

Expenditure in 2021 was globally lower than in recent years, hence the final positive balance.

The underspend on the part of the Committees does not reflect a decrease in their activities but rather an adaptation to the continued travel restrictions and a shift to virtual, at much lower, or no cost. In particular:

- With the exception of the Committee of Education meeting, which was held in person in early November, all Committee meetings were held online.
- The Gaining Experience Programme, led by the ECP Committee, and the 2021 Summer School hosted by the Education Committee, were held virtually.

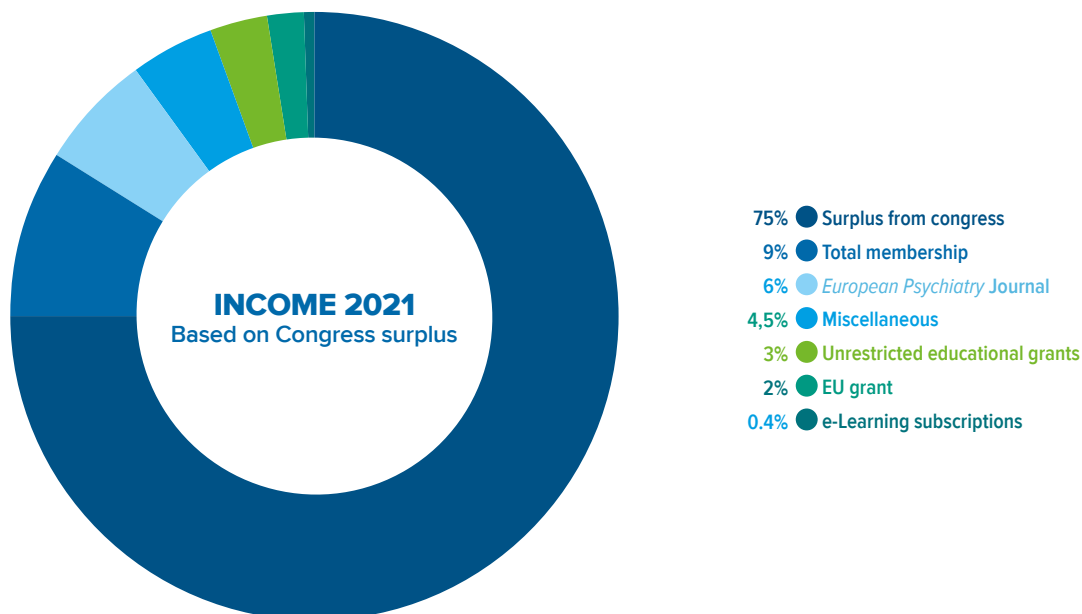
The pandemic did not prevent the launch of the fourth EPA e-learning course (on Suicidology), nor the start on subtitling all courses in other languages than English.

Further software investments under the Presidential Strategic Plan (PSP) enabled support of a second Ambassador Survey and of the Mapping of Psychiatry in Europe project. Complementary exploration on the feasibility of setting up a Foundation (started in 2020) was also subsidised under the PSP.

Support to research activities was increased by an exceptional contribution to the European Academy of Neurology (EAN) towards a new project on the Burden of Sleep and Wake Disorders, and in which EPA will be taking an active part in the future. The new project is inspired by the EBC's Value of Treatment projects in which EPA has been very involved.

In parallel, office expenses for Strasbourg and Brussels were lower than planned due to continued home-working throughout much of 2021. The Office salaries envelope also remained below its expected level, as a result of delays in the replacement of several temporary leaves and in the implementation of some projects and related temporary recruitments. Moreover, EPA benefitted from some exceptional state support in the context of the current public health crisis.

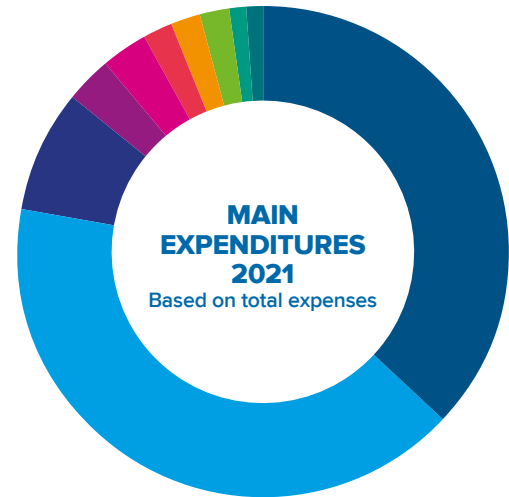
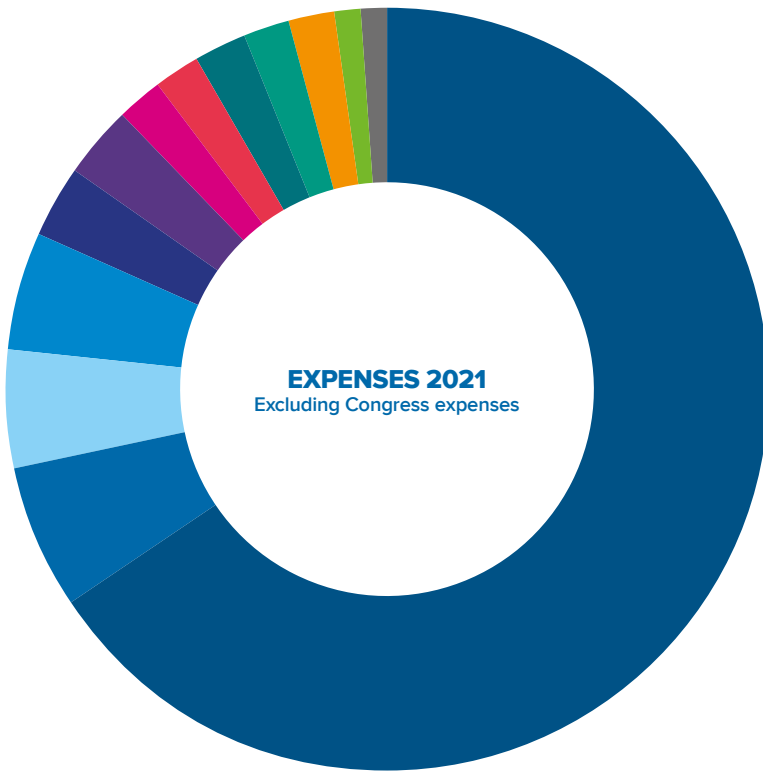
EPA Internal Auditors Mariana Pinto da Costa and Olivier Andlauer approved the 2021 annual accounts following the official Auditors' meeting held virtually on 16 February 2022.



## EPA RESULT 2021

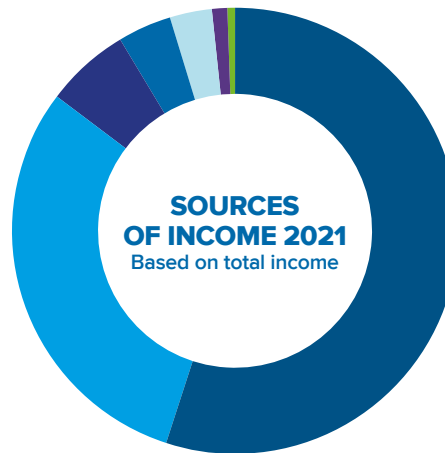
INCOME	2021 FORECAST 30/03/2021 for Board, and AG 11/04/2021	2021 UPDATED FORECAST 08/09/2021 for Board 15/09	2021 RESULT
Surplus from congress	565 861	818 326	827 434
Annual membership fees (individual)	48 000	60 745	60 718
Corporate membership	2 000	2 000	2 000
National Psychiatric Associations fees	37 000	37 000	35 374
<b>Total income from membership</b>	<b>87 000</b>	<b>99 745</b>	<b>98 092</b>
European Psychiatry Journal	66 256	68 767	68 767
Miscellaneous	3 140	3 140	49 774
Grant EU RecoverE	9 810	9 810	14 596
EBRA Project	5 957	5 957	5 944
Unrestricted educational grant exchange programme	15 000	0	0
Unrestricted educational grant e-learning	37 060	37 060	37 060
Educational course subscriptions	500	500	4 561
<b>INCOME TOTAL</b>	<b>790 583</b>	<b>1 043 304</b>	<b>1 106 228</b>
<b>EXPENSES</b>			
EPA building (Strasbourg)	54 000	54 000	46 083
Third parties	39 000	39 000	22 346
Brussels Office	15 000	15 000	11 973
Board meetings	6 000	6 000	0
Executive Committee meetings	0	0	0
Ethics Committee : meetings and activities	6 500	6 500	0
Committee Education meeting	4 500	4 500	3 706
E-Learning activities (on-line courses)	47 060	47 060	40 460
EPA Itinerant Course Honorarium and travels	0	0	0
Summer school (virtual)	4 000	4 000	525
Representation at UEMS meetings	500	500	0
<b>Education Committee : meetings and activities</b>	<b>56 060</b>	<b>56 060</b>	<b>44 691</b>
National Psychiatric Associations symposia & meetings	10 000	10 000	0
Section Coordination activities	0	0	0
Publication Committee	0	0	0
Visits to HQ /auditors	5 000	5 000	1 759
Early Career Psychiatrists Committee : meetings and activities	19 200	19 200	0
EBC: membership fee	20 000	20 000	20 000
EAN - VOT project: exceptional contribution		6 000	
INGO Memberships: Council of Europe, FAIB, ESAE	400	530	780
Travel for cooperation (i.e. UEMS, EBC, GAMIAN. etc)	11 000	10 870	3 201
<b>Partnerships</b>	<b>31 400</b>	<b>31 400</b>	<b>29 981</b>
Book of the year	10 000	10 000	0
Geography of European Psychiatry (Mapping Project)	19 000	19 000	9 247
Ambassadors	15 000	15 000	6 705
Quality Label	5 000	5 000	0
Foundation exploration	5 000	5 000	8 274
<b>Presidential Strategic Plan</b>	<b>54 000</b>	<b>54 000</b>	<b>24 226</b>
Grant Recover-E	9 810	9 810	14 532
EBRA Project	5 957	5 957	5 944
Prizes	20 000	20 000	20 000
Corporate communication	22 200	22 200	11 651
Membership costs	13 100	13 100	9 453
European Psychiatry Journal costs	19 952	19 952	17 952
Other direct charges (Taxes)	8 400	8 400	45 340
Office charges	32 400	32 400	21 642
Office salaries total incl. President's assistant	643 102	656 316	601 709
Training for staff	10 000	10 000	175
<b>EXPENSES TOTAL</b>	<b>1 081 080</b>	<b>1 094 294</b>	<b>929 456</b>
<b>INCOME TOTAL</b>	<b>790 583</b>	<b>1 043 304</b>	<b>1 106 228</b>
<b>EXPENSES TOTAL</b>	<b>1 081 080</b>	<b>1 094 294</b>	<b>929 456</b>
<b>NET RESULT</b>	<b>-290 497</b>	<b>-50 990</b>	<b>176 772</b>





- 37% ● Congress expenses
- 41% ● Salaries
- 8% ● Other
- 3% ● Education Committee & e-learning
- 3% ● Taxes incl. Income tax
- 2% ● Partnerships
- 2% ● Presidential Strategic Plan
- 2% ● Third parties
- 1% ● EU funded projects
- 1% ● Prizes

- 65% ● Office salaries total
- 6% ● Premises Strasbourg & Brussels
- 5% ● Education Committee Activities
- 5% ● Taxes incl. Income tax
- 3% ● Presidential Strategic Plan
- 3% ● Partnerships
- 2% ● Office charges
- 2% ● Third parties
- 2% ● Prizes
- 2% ● European Psychiatry Journal
- 2% ● EU Projects
- 1% ● Corporate communication
- 1% ● Other

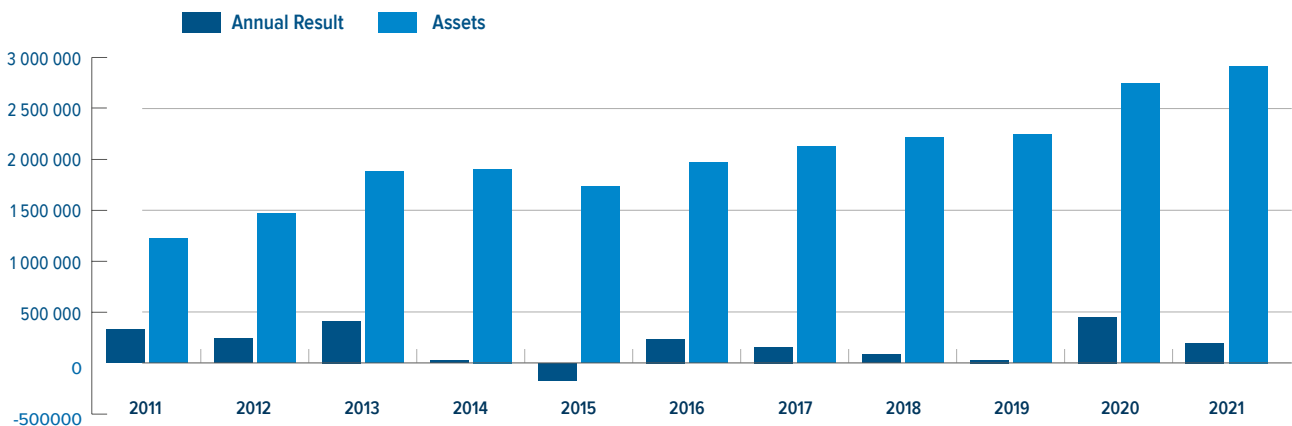


- 55% ● Congress income registration
- 30,6% ● Sponsorship from Industry
- 6% ● Membership
- 4% ● Journal
- 3% ● Miscellaneous
- 1% ● Grants EU
- 0,3% ● E-learning

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

Highest contribution by a single company: 14,10 % of the overall Income.

### EVOLUTION OF EPA ASSETS



# EPA ACTIVITIES

## CALENDAR OF PRESIDENTIAL ACTIVITIES

### April 2021

15.4. *Congressreport.eu - EPA 2021 interview with Peter Falkai (Topic: Highlights of the EPA Congress)*

### May 2021

Article for campaign on Neurological & Mental Health Conditions (MediaPlanet)

7.5. *EBC Working Group: Neurology and Psychiatry Facts & Figures*

18.5. *Joint Statement and video with ERWCPT, International Society of Physical and Rehabilitation Medicine about mental health and physical exercise*

20.5. *Open letter to the government of Turkey in response to its withdrawal from the Istanbul Convention*

20.5. *Meeting with Prof. Horvath (State Secretary of Health, Ministry of Human Resources) in Budapest, Hungary*

27.5. *EBC Brain Talks - Interview on the impact of Covid-19 on the mental health of the population*

27.5. *Presentation at the 46th Congress of the Polish Psychiatrist Association*

### June 2021

9.6. *Opening Ceremony of the Congress of the Hungarian Psychiatric Association*

10.6. *Webinar on the Future of Mental Health – organised by Ubiquity University*

12.6. *Closing Ceremony of the Congress of the Hungarian Psychiatric Association*

18.6. *Attendance at the RCPsych Roundtable*

27.6. *Participation in the podcast “#BrainTalks” of the Brain Innovation Days*

### July 2021

21.7. *Introductory Meeting with the President and Executive Director of the ECNP*

29.7. *Meeting with Stelios Kypouropoulos (Member of the European Parliament)*

### October 2021

2.-5.10. *34th ECNP Congress Hybrid! 2-5 October 2021, Lisbon, Portugal*

10.10. *Joint Video message with Stelios Kypouropoulos, MEP*

25.10. *World Psychiatric Association (WPA) Webinar on the WPA and EPA recommendations regarding psychiatric care in Slovakia*

### November 2021

8.11. *Video message for the Netherlands Psychiatric Association celebration of its 100-year anniversary*

10.11. *Video message for European Brain Research Area (EBRA)*

17/18.11. *EBC General Assembly, EBC Board Meeting & EBC Strategic Workshop in Brussels*

30.11. *EPA update to the Federation of European Neuroscience Societies (FENS) Governing Council Meeting*

### December 2021

3.12. *Presentation at a recovery IPSS webinar on "The importance of psychiatric rehabilitation in mental health"*

## CALENDAR OF EPA INTERNAL ACTIVITIES

### January 2021

15.1. *Executive Committee Meeting*

### February 2021

19.2. *Council of NPAs Meeting*

23.2. *Executive Committee Meeting*

### March 2021

24.3. *Publication Committee Meeting*

### April 2021

9.4. *EPA Board and Executive Committee Meeting*

10.4. *Council of NPAs Meeting*

12.4. *Ethical Issues Committee Meeting*

12.4. *Committee on Education Meeting*

12.4. *Sections Coordination Meeting*

22.4. *Early Career Psychiatrists Committee Meeting*

### May 2021

11.5. *EPA Board meeting & Office Bearers election*

18.5. *EPA 2022 Budapest Scientific Programme Committee (1<sup>st</sup> SPC meeting)*

21.5. *Executive Committee Meeting*

### June 2021

3.6. *Early Career Psychiatrists Committee Meeting*

### July 2021

1.7. *EPA Retreat*

7.7. *Executive Committee Meeting*

8.7. *2nd EPA LOC Meeting*

13.7. *EPA 2022 Budapest Scientific Programme Committee (2<sup>nd</sup> SPC meeting)*

16.7. *Publication Committee Meeting*

21.7. *Executive Committee Meeting*

28.7. *NPA Retreat*

### August + September 2021

12.8. *3<sup>rd</sup> EPA LOC Meeting*

30.8. *Ethical Issues Committee Meeting*

15.9. *EPA Board Meeting*

23.9. *Executive Committee Meeting*

23/24.9. *EPA Summer School*

### October 2021

19.10. *EPA LOC Meeting*

22.10. *EPA Publication Committee Meeting*

### November 2021

11.11. *Ethical Issues Committee Meeting*

22.11. *Committee on Education Meeting*

25.11. *Early Career Psychiatrists Committee Meeting*

29.11. *Executive Committee Meeting*

### December 2021

1.12. *EPA Board Meeting*

## EPA ADMINISTRATIVE STAFF

### EPA ADMINISTRATIVE OFFICE

Executive Director: **Margaret Walker**

Deputy Administrator: **Katie Luck**

Finance Manager: **Valérie Allspach-Kiechel**

Administrative and Membership Officer:  
**Carole Guillaume**

Project Manager for Education, Ethics, ECPC:

**Lara Le Noan and Victoria Rieber**  
(interim from September 2021)

Project Manager for Congress  
and Communication:

**Meaghan Dreyer** (until October 2021);  
**Carole Ziegler** (from October 2021)

Administrative and Governance Officer:  
**Mélanie Rieder**

Project Manager for NPAs, Sections:

**Vanessa Ayure Chaparro**  
(until September 2021)

Congress and Events Assistant: **Coline Godard**

Event Management  
and Communication Apprentice:

**Ana Boucher** (until September 2021);  
**Florina Dramba** (since September 2021)

### EPA BRUSSELS OFFICE

Scientific and Policy Manager: **Mari Fresu** (until  
December 2021)

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

The EPA wishes the best of luck to former  
EPA team members in 2021:

- **Vanessa Ayure Chaparro**, Project Manager for  
NPAs, Sections

- **Ana Boucher**, Event Management and  
Communication Apprentice

- **Meaghan Dreyer**, Project Manager for  
Congress and Communication

- **Mari Fresu**, Scientific and Policy Manager

2021 Annual Report Editors

**Peter Falkai**

**Carole Ziegler**

**Florina Dramba**



# EUROPEAN PSYCHIATRIC ASSOCIATION

ANNUAL REPORT 2021

**EPA**  
**ADMINISTRATIVE OFFICE**  
European Psychiatric Association  
15 Avenue de la Liberté  
67000 Strasbourg, France  
Tel: +33 3 88 23 99 30

**EPA**  
**BRUSSELS OFFICE**  
University Foundation  
Rue d'Egmont 11  
1000 Brussels, Belgium  
Tel: +32 2 511 02 30