



ΨEPA

EUROPEAN PSYCHIATRIC ASSOCIATION

ANNUAL REPORT

2023

CONTENTS

EPA Annual Report 2023

- 03 • Foreword
- 04 • 40th anniversary
- 06 • The 31st European Congress of Psychiatry
- 07 • Prizes and Awards
- 09 • Council of NPAs
- 10 • Early Career Psychiatrists
- 11 • Education
- 12 • Ethics
- 13 • Publications
- 14 • Sections
- 15 • *European Psychiatry Journal*
- 16 • EU policy and advocacy
- 18 • Collaboration with other societies
- 20 • Communication
- 21 • Membership
- 22 • Finances & Budget
- 25 • Committee Members
- 26 • Task Force Members
- 27 • EPA activities calendar

FOREWORD



A GROWING EPA COMMUNITY

To cut it short: 2023 was a very successful year for the EPA, and a truly happy birthday on our Association's 40th anniversary.

Our first in-person congress after several years of online meetings, organised under the leadership of Prof. Peter Falkai, was a vintage edition: more than 4000 participants joined our meeting at the Palais des Congrès in the heart of Paris. With an excellent scientific programme and the warmth and happiness of many old and new friends meeting again, the 31st European Congress of Psychiatry was a truly vibrating and stimulating meeting; a boost for creativity and new plans to take shape in the coming years.

Together with many colleagues representing European stakeholders, we celebrated the 40th anniversary of EPA with a significant policy event held in the European Parliament in Brussels on 6 December 2023. At the event, entitled 'Psychiatry and Mental Health in Europe: what next?', we were honoured to hear a keynote presentation by Herman Van Rompuy, President Emeritus of the European Council, as well as insightful contributions by European Health Commissioner Stella Kyriakides, the WHO Europe's Natasha Azzopardi Muscat, MEP Alex Agius Saliba, GAMIAN-Europe's Peter Kéri, EUFAMI's André Decraene, and Marisa Casanova Dias of the UEMS. All contributed to an event of high policy impact and visibility.

On this occasion, the EPA was happy to present its European Elections Manifesto, highlighting what we believe are the most important mental health topics that should be on the agenda of the next European Parliament. Through our manifesto we seek to influence and impact all candidates standing in the June 2024 elections by promoting crucial mental health action points.

On a personal note, I am very happy to report that the two main topics I outlined at the start of my presidency are progressing according to plan.

First, together with our partners at UEMS, an enthusiastic group of colleagues have joined various working groups preparing the first European Board Exam of Psychiatry. The foundation of this project has now been secured and in 2024 we will further outline a concrete draft of the syllabus, build up a bank of questions, and set out the exam procedure. I am very confident that the first European Board Exam will be organised at the beginning of 2025.

Bringing the EPA and the Council of National Psychiatric Associations (NPAs) closer together is a second priority. Much work as been done and continues to be done by the NPAs Steering Committee and the EPA Executive Committee to prepare a new organisational structure. I am very hopeful that, once it is ready to be unveiled, the new organisational model will facilitate a stronger and more impactful voice for European psychiatry in all domains: clinical, policy, research, and education.

On a human level, 2023 was unfortunately a sad year coloured by increasing global and national tensions, terrorism, and continuing wars. As psychiatrists we are sharply aware of the impact this can have. In line with our efforts of previous years we continue to offer solidarity and as much help as we can to all victims.

I have space to highlight only some of the many activities the EPA community is undertaking, but you will find details of many more in this Annual Report. I invite you to read it closely to get a flavour of the richness of the EPA and to connect and engage with our work across many areas.

Taken together, 2023 was truly a rich year for EPA. I sincerely thank all colleagues for their hard work and engagement in so many projects - and especially our brilliant staff in Strasbourg and Brussels, and our Executive Director Margaret Walker.

I look forward to all the new things 2024 will bring, and especially to meeting many of you at our 32nd European Congress of Psychiatry in Budapest, Hungary, on 6-9 April.

Prof. Geert Dom
EPA President

40TH ANNIVERSARY EUROPEAN PARLIAMENT EVENT



On 6 December 2023 the EPA celebrated its 40th anniversary with an event, held in the European Parliament in Brussels, entitled ‘Psychiatry and Mental Health in Europe: What next?’

The event was hosted by Maltese Member of the European Parliament Alex Agius Saliba, from the Socialists & Democrats group. The event was also accessible online via a live stream, helping to attract more than 150 participants online and on-site.

The EPA 40th Anniversary event featured distinguished speakers including Herman Van Rompuy (President Emeritus of the European Council), Stella Kyriakides (European Commissioner for Health and Food Safety), and Natasha Azzopardi Muscat (Director of the Division of Country Health Policies and Systems, WHO Europe), as well as stakeholders active in the field of health and mental health care. Together, they discussed future challenges and opportunities in the areas of psychiatry and mental health care.

”

“Mental health care and psychiatry are experiencing progress. Treatments are getting more and more effective. Of course, the challenges are huge and we need collaboration, but there is hope and there is progress at all levels.”

Geert Dom
EPA President

”

“It is the right time to be as loud as possible... It is of utmost importance to continue raising awareness with European Union legislators to achieve better mental health throughout the EU.”

Alex Agius Saliba
Member of the European Parliament

The event opened with a **welcome speech by Alex Agius Saliba MEP**, who congratulated the EPA on its achievements over the past 40 years and gave an overview on the work that the European Parliament has been doing to improve mental health care in Europe. His speech was followed by the **keynote presentation of Herman Van Rompuy**, who noted the link between psychiatry, psychology, mental health and politics, stressing that mental health has an impact that goes beyond health care and the individual involved. In a video speech, the **European Commissioner for Health and Food Safety, Stella Kyriakides**, highlighted the importance of taking action to improve mental health care across the European Union and presented the Commission’s work on this matter.



“The landscape of mental health has evolved significantly, shaped by research, innovative treatments and a growing understanding of the interplay between biological, psychological and social factors.”

Marisa Casanova Dias
President, UEMS Section of Psychiatry



“Given its deep interdependence with other societal issues, mental health can be seen as a dimension for EU and national policies. Making an impact on mental health also means intervening on factors outside of the health sector and beyond the individual... With the growing prevalence of mental distress and mental health issues across Europe, connecting European countries and exchanging knowledge on mental health becomes more and more important.”

Herman Van Rompuy
President Emeritus of the European Council



“We need to rethink what mental health systems look like; draft more inclusive, implementable policies; and create more flexible system funding models.”

Natasha Azzopardi Muscat
Director of the Division of Country Health Policies and Systems, WHO Europe



“Together we can make a difference. We can improve and promote the mental health of citizens right across the European Health Union.”

Stella Kyriakides
European Commissioner for Health and Food Safety

After the Commissioner’s contribution, **Natasha Azzopardi Muscat of the World Health Organization’s Regional Office for Europe** gave a presentation on WHO priorities and initiatives to make mental health care systems “functioning, flexible and inclusive”. She also touched upon the challenges that the mental health workforce is facing and how this is affecting mental health care as a whole.

The presentation was followed by the **official launch of the EPA Manifesto for the European Elections**, which take place on 6-9 June 2024. Prof. Geert Dom, the EPA President, explained the EPA’s vision and goals for advancing mental health care in Europe. After the launch of the Manifesto, **Marisa Casanova Dias** (President of the UEMS Section of Psychiatry), **Péter Kéri** (President of GAMIAN-Europe), and **André Decraene** (Vice-President of EUFAMI) took the floor to give their perspectives on the current challenges that clinicians, patients and families are facing, stressing the **importance of collaboration at all levels**. **Andrea Fiorillo**, EPA President Elect, closed the event by presenting the key takeaways and thanking participants for joining the EPA in this important celebration.

During the event, speakers were offered special gifts with homemade products created by patients of the Belgian Zorggroep Multiversum clinic. The gifts were presented by one of the patients and a staff member of the ‘t Karwei en de Vlonder Association.

The EPA wishes to thank everyone who contributed to the EPA’s activities and achievements over the past 40 years, and to everyone who was able to join the 40th Anniversary event in-person and online.



“Patients want to be seen and want to be heard, and this is happening. We have our point of view and, together, we can create a better future and better mental health care for all.”

Péter Kéri
President, GAMIAN-Europe



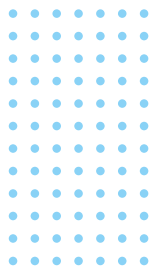
“It is possible for a patient to achieve control of their life, to recover their self-esteem and move towards building a life where they experience a sense of belonging... I wish to congratulate the EPA for its 40th Anniversary - this does not come overnight, but it’s a consequence of continuous attention and converging dynamics.”

Andre Decraene
Vice-President, EUFAMI



“There is no time to lose, we need concrete actions to improve mental health care, and we should all work together.”

Andrea Fiorillo
EPA President Elect



EPA 2023

Paris, France • 25-28 March 2023



EUROPEAN
PSYCHIATRIC
ASSOCIATION

31st EUROPEAN CONGRESS OF PSYCHIATRY

**Social Cohesion,
a Common Goal
for Psychiatry**

#EPA2023

Palais des congrès de Paris Porte Maillot

epa-congress.org



THE 31ST EUROPEAN CONGRESS OF PSYCHIATRY

The European Congress of Psychiatry took place in Paris, France for the first time in its history on 25-28 March 2023.

Delegates at this 31st Congress were able to participate, learn and engage with experts and colleagues in the Palais des Congrès as the event returned to an in-person setting.

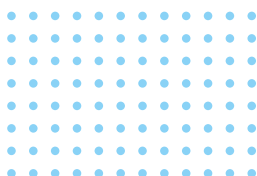
The EPA community came together to share good practices as well as the latest developments in psychiatry. The Congress also included a virtual component to allow participation from a broader audience. The event, guided by the motto '**Social Cohesion, a Common Goal for Psychiatry**', welcomed more than 4 000 participants from 100 different countries!



SCIENTIFIC PROGRAMME

In 2023, for the first face-to-face Congress after three virtual editions, the EPA developed rich and diverse content. The scientific programme included **three Plenary Lectures, six State of the Art Lectures, three Debates, 42 Symposia, 14 Workshops, 15 Oral Communication sessions and more than 2 000 Abstracts**. Delegates had the opportunity to put questions to top specialists in their field in three Ask the Expert sessions.

With nine dedicated Early Career Psychiatrist (ECP) sessions throughout the Congress, as well as a selection of 15 high-level EPA courses, the scientific programme had an important educational focus and was a reference for ECPs. In total, 30 of these 127 sessions were live-streamed and remained available on-demand to participants for three months following the Congress.





9TH ANNUAL FORUM

Under the title 'Mental Health in the context of challenging ecosystems', the 9th EPA Forum was focused on the effects that contemporary ecosystems have on mental health and mental health care, tackling some of the main societal challenges in terms of emergencies, climate change, and migration. More than 500 participants joined the event on-site and many others attended the event virtually.

The EPA Forum 2023 was opened by Prof. Peter Falkai, who introduced the two Chairs, Dr Julian Beezhold and Prof. Geert Dom. The event was divided into two sessions, which saw the participation of an exceptional panel of speakers from international and European organisations. During the first part of the event, experts delivered a series of presentations on the mental health effects of emergencies, climate change, and migration. The second part of the event was dedicated to interaction with policymakers and stakeholders on the way forward and on implementing policies and programmes to tackle these effects.

ASSOCIATION ACTIVITIES

The EPA Extraordinary General Assembly and Ordinary General Assembly were held in-person during the Congress, on 26 March 2023, with 195 Individual members and 30 National Society/Association members in attendance. At the Assembly:

- Prof. Gilles Bertschy was appointed as Internal Auditor, for the 2023-2025 term.
- A new section on Public Mental Health was approved by the Assembly.

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



"In 2017, in my capacity as President of the EPA, I initiated the Pascal-Boyle Prize for women who contributed to the profession and to research in psychiatry. The Prize aims to remind us all that women have long been discriminated against, including in the fields of mental health care and psychiatry, and seeks to increase awareness of the outstanding achievements by women in working to improve mental health care in Europe. I am very thankful to the EPA for having supported this Prize throughout the years. I feel very grateful for the decision of the Jury to award it to me in 2023, and I look forward to seeing many other women being awarded this Prize for their significant contribution to the field of mental health care."

Prof. Silvana Galderisi
2023 Pascal-Boyle Prize winner

PRIZES AND AWARDS

CONSTANCE PASCAL - HELEN BOYLE PRIZE

The prestigious Constance Pascal - Helen Boyle Prize acknowledges and raises awareness of the outstanding achievements made by women working to improve mental health care in Europe.

In 2023, the EPA was delighted to reward Prof. Silvana Galderisi for her exceptional contributions over the years. The Prize was awarded during the Opening Ceremony of the 31st European Congress of Psychiatry in Paris on 25 March 2023.

Prof. Galderisi is a full professor of Psychiatry and Director of the Emergency Unit of the Department of Mental Health of the University of Campania Luigi Vanvitelli. She is also Chairperson and founding member of the European Group for Research in Schizophrenia and a Past President of the EPA. Prof. Galderisi is very active in the field of psychiatry worldwide and she chairs several international Committees and Working Groups. Her research activity focuses on Schizophrenia pathophysiology, treatment and outcomes, with particular reference to the domains of negative symptoms and cognition and their impact on psychosocial outcomes.

RESEARCH PRIZES 2023

The EPA Research Prizes reward the authors of the best scientific papers published in 2022 in five different categories.

In 2023, we received 29 applications from young psychiatrists all over Europe. Among all the excellent candidates, the international jury selected five winners for the 2023 Research Prizes:

Category 1 – Clinical psychopathology and refinement of psychiatric diagnostic categories

Els van der Ven, *Netherlands*

'An Intersectional Approach to Ethnoracial Disparities in Pathways to Care Among Individuals With Psychosis in Coordinated Specialty Care', published in *JAMA Psychiatry*

Category 2 – Biological correlates and treatments of mental disorders

Robert McCutcheon, *UK*

'Reappraising the variability of effects of antipsychotic medication in schizophrenia: a meta-analysis', published in *World Psychiatry*

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

Damien Etchecopar-Etchart, *France*

'Schizophrenia pregnancies should be given greater health priority in the global health agenda: results from a large-scale meta-analysis of 43,611 deliveries of women with schizophrenia and 40,948,272 controls', published in *Molecular Psychiatry*

Category 4 – Child and adolescent Psychiatry

Gonzalo Salazar de Pablo, *UK*

'Systematic Review and Meta-analysis: Efficacy of Pharmacological Interventions for Irritability and Emotional Dysregulation in Autism Spectrum Disorder and Predictors of Response', published in the *Journal of the American Academy of Child and Adolescent Psychiatry*

Category 5 – Best paper published in *European Psychiatry*

Giulia Menculini, *Italy*

'Did we learn something positive out of the COVID-19 pandemic? Post-traumatic growth and mental health in the general population', published in *European Psychiatry*



SCHOLARSHIPS 2023

Early Career Psychiatrists and trainees who wished to attend the European Congress of Psychiatry once again had the opportunity to apply for an EPA ECP Scholarship Programme and receive Congress benefits.

In 2023, after three virtual editions, winners had the opportunity to attend the 31st Congress in person in Paris, with free registration, paid travel and accommodation expenses, access to one of the 15 EPA Courses held during the event, an invitation to the ECP luncheon, and one year of complimentary EPA membership. For this edition, the jury selected five winners from the 73 European applicants:

- **Mariam Chelidze**, *Georgia*
- **Matteo Di Vincenzo**, *Italy*
- **Diego Quattrone**, *UK*
- **Fabian Kraxner**, *Switzerland*
- **Maria Sagué Vilavella**, *Spain*

”

“The EPA Scholarship boosted my clinical career. It is a profound honour to be given this outstanding award. I strongly encourage every Early Career Psychiatrist to participate in the different and valuable educational activities of the EPA. The Association offers numerous opportunities to learn, network and grow together.”

Fabian Kraxner

2023 ECP Scholarship winner

“I am extremely grateful to have been selected as a recipient of the EPA Research Prizes. The European Psychiatric Association plays an instrumental role in fostering emerging scientific talent and creating a dynamic, collaborative community of researchers across Europe. To be acknowledged among a cohort of such accomplished peers is a real honour. I am very thankful for the support of the EPA and the opportunity to undertake research in this vital field.”

Robert McCutcheon

2023 Research Prize winner

“Joining the EPA Congress in Paris with my scholarship was a unique opportunity to learn, enjoy and network. Thank you EPA for helping young psychiatrists glow!”

Maria Sagué Vilavella

2023 ECP Scholarship winner



“In 2023 the Council of NPAs continued to be the voice of National Psychiatric Associations within the EPA. Our activities were centred on the process of reforming the Council of NPAs in order to intensify its role and participation within the EPA. We were pleased to continue support for the dissemination of the EPA Code of Ethics and the development of several EPA activities, such as the Ambassadors project. We were also happy to initiate a programme of webinars about relevant ‘hot’ clinical topics as well as the first steps of the NPAs Anti-Stigma Project in 2023.”

Prof. Bernardo Carpiniello
Chair of the NPAs Steering Committee

COUNCIL OF NPAs

MEMBERS

The EPA Council of National Psychiatric Associations (NPAs), with its 44 members from 40 European countries, has become one of the most important discussion platforms representing 78 000 psychiatrists across Europe. Information about all 44 NPA members is available on the EPA website.

MEETINGS AND SYMPOSIA

The Council of NPAs held a very successful and well-attended meeting on Saturday 25 March 2023 during the 31st European Congress of Psychiatry in Paris.

A total of four symposia were organised during different NPA national events in 2023:

13 May - Sofia, Bulgaria

‘Next steps toward European Psychiatry’

(presented by Prof. Geert Dom)

‘Dissemination of the EPA Code of Ethics’

(presented by Prof. Meryam Schouler-Ocak)

27 September - Vilnius, Lithuania

‘Recovery and Schizophrenia’

(presented by Prof. Bernardo Carpiniello)

‘Dissemination of the EPA Code of Ethics’

(presented by Prof. Thomas Pollmächer)

14 October – Chişinău, Moldova

‘Harmonizing Practices and Strengthening Collaboration of Psychiatrists’ (presented by Prof. Martina Rojnic Kuzman)

‘Ethical Dilemmas in Psychiatry’ (presented by Prof. Eka Chkonia)

22 October - Mostar, Bosnia and Herzegovina

‘Dissemination of the EPA Code of Ethics’

(presented by Prof. Meryam Schouler-Ocak)

ONGOING ACTIVITIES IN 2023

The Council of NPAs has been involved in the following projects and activities:

- Participation in the EPA-NPAs Task Force on NPAs Reform in order to intensify collaboration between the EPA and NPAs, to increase joint activities, and to build a stronger joint community.
- Publication of a monthly NewsPage providing NPAs with key information related to the EPA.
- Increased participation of the Council of NPAs in the European Congress of Psychiatry, including a Symposium entitled ‘War in Ukraine – a big challenge for mental health care: the involvement of national psychiatric associations in helping displaced persons’ during the European Congress of Psychiatry in Paris.
- Continued dissemination of the EPA Code of Ethics, including participation in Joint Symposia with the EPA Committee on Ethical Issues during NPA national events.
- Dissemination of a call for support to the Psychiatric Association of Türkiye following the earthquakes that hit the country in February 2023.
- Organisation of two successful webinars:
 - ‘Psychosocial Treatments of Schizophrenia Spectrum Disorders: State of the Art and Problems in their Application in Common Clinical Practice. A European Perspective’, in September;
 - ‘Long-term treatment of Bipolar Disorders: Advantages, Disadvantages, and Limits to the Use of Lithium. A European Perspective’, in November.
- Planning of a survey to develop an EPA-NPAs Anti-Stigma Project.
- Increased collaboration with the EPA Scientific Sections:
 - Nomination of a NPA representative in the EPA Task Force on Sections;
 - Involvement of Sections in the delivery of both NPA webinars.
- Continued participation in the EPA Ambassadors’ Project.

INTERACT NEWSLETTER

2023 was another successful year for InterACT, the quarterly newsletter of the Council of NPAs. Managed by an Editorial Board currently led by Prof. Simavi Vahip, the newsletter features a variety of content of particular interest to NPAs, including a Special File centred around a current topic, EU funding and advocacy news, and hot topics from across Europe.

NPAs, EPA Sections and other collaborators provide the rich content of the newsletter in four seasonal issues. Over the years, InterACT has become a key tool for NPAs to exchange information on the topic of psychiatry and mental health in Europe. Previous issues of InterACT are available on the EPA website.

EARLY CAREER PSYCHIATRISTS

Together with their four Task Forces, Dr Tomasz Gondek (Poland), Chair of the EPA Early Career Psychiatrists Committee (ECPC), and Dr Egor Chumakov (Russia), co-Chair of the Committee, have been busy developing new activities responding to the needs of psychiatric trainees and Early Career Psychiatrists all over Europe.

As well as spearheading the ECP Programme sessions during the 2023 European Congress of Psychiatry in Paris, the year's highlights for the ECPC included:

GAINING EXPERIENCE PROGRAMME (GEP)

In the context of the Gaining Experience Programme, the Committee was pleased to offer nine enthusiastic young psychiatrists the opportunity to participate in observerships in renowned European psychiatric institutions, enabling them to broaden their clinical and research skills and knowledge and to become familiar with different mental health systems in Europe.

In collaboration with nine host institutions, the following selected candidates took part in placements:

- **Dr Nazmi Akkuzu** (*Türkiye*), hosted by Queen Mary University of London (*United Kingdom*)
- **Dr Mehtap Az Genc** (*Türkiye*), hosted by Università Politecnica delle Marche (*Italy*)
- **Dr Merve Cukurova** (*Türkiye*), hosted by Ludwig Maximilian University Hospital (*Germany*)
- **Dr Maria Filip** (*Poland*), hosted by King's College London (*United Kingdom*)
- **Dr Evgeniia Filippova** (*Russia*), hosted by Groupe Hospitalier du Havre (*France*)
- **Dr Amra Hrnjica** (*Bosnia and Herzegovina*), hosted by Istanbul School of Medicine (*Türkiye*)
- **Dr Iva Ivanovic** (*Montenegro*), hosted by Groupe Hospitalier Universitaire Paris (*France*)
- **Dr Anna Kohut** (*Ukraine*), hosted by Marmara University School of Medicine (*Türkiye*)
- **Dr Ivanna Yaremchuck** (*Ukraine*), hosted by Edoardo Bassini Hospital (*Italy*)

ONLINE TALKS WITH EXPERTS

Consisting of one-hour exchanges with a short presentation and a Q&A session, the Online Talks with Experts offer unique opportunities for Early Career Psychiatrists and world-renowned experts in psychiatry to meet online and discuss key hot topics.

Two sessions were organised in 2023 (with more planned for 2024). In collaboration with the EPA Section on Mental Health and Intellectual Disabilities, Dr Ken Courtenay (United Kingdom) was invited in July 2023 to talk about 'Mental Health in Intellectual Disability'. Fifty participants from 32 countries joined the session.

The EPA Section on Psychopharmacology supported the organisation of a second session in June 2023. Prof. Dr István Bitter (Hungary) presented the 'Pharmacotherapy of Schizophrenia' in a webinar attended by 57 participants from 24 countries.



ONLINE SURVEYS

The Task Force on Research launched a survey on 'Barriers to the Professional Development of Psychiatrists', the results of which were published in October in an article in *European Psychiatry*: 'The role of gender as a barrier to the professional development of psychiatrists'. The survey encompassed findings from 561 psychiatrists from 35 countries.

The findings were an open call to hospital leaders, deans of medical schools, and department chairs to increase efforts to eradicate bias against women and create safer, inclusive, and respectful environments for all psychiatrists. A special call was made to women psychiatrists to be aware of inner tendencies to avoid self-promotion and networking, and to think positively and confidently about themselves and their abilities.

LEADERSHIP ACADEMY

The ECPC started work on a pilot programme called EPA Leadership Academy that is designed to equip psychiatric trainees and Early Career Psychiatrists with essential and critical information and skills for leadership in psychiatry.

With more than 20 videos from international experts, participants are able to improve their psychiatric leadership skills for different settings and teams including clinical, academic, organisational, and advocacy. The Leadership Academy will launch its first online part in 2024 and will adopt a blended learning approach, combining online material available on the EPA e-learning platform with a two-and-a-half-day in-person practical course.

”

“The aim of the Early Career Psychiatrists Committee is to consolidate and strengthen the community of ECPs in Europe, to foster their cooperation today and in the future, and support them by offering opportunities for professional and scientific development.”

Tomasz Gondek
EPA ECPC Chair

EDUCATION



2023 COMMITTEE ON EDUCATION MEETING, PARIS

Chaired by Dr Cécile Hanon (France), the EPA Committee on Education worked continuously to further develop innovative online training programmes with renowned experts and implement high-level in-person educational courses such as the 2023 Summer School and the CME courses during the European Congress of Psychiatry in Paris.

EPA SUMMER SCHOOL ON SUICIDAL BEHAVIOURS

The 13th EPA Summer School was the second edition on the topic of 'Focus on Suicidal Behaviours - One Step Beyond'.

The EPA was pleased to welcome 30 participants from all over **Europe from 14-17 September 2023 in Strasbourg (France)**. Early Career Psychiatrists had the chance to take part in interactive training on the management of suicidal crises, therapeutic innovations, and prevention strategies with world-renowned psychiatrists: Prof. Emilie Olié (France), Prof. Jorge López-Castromán (Spain) and Dr Carla Gramaglia (Italy). The programme included professional simulation sessions led by Dr Defne Eraslan (Germany) and Dr Julian Beezhold, EPA Secretary General (United Kingdom).

This original blended learning programme combined a three-day immersive in-person training session with an online course available on the EPA's e-Learning platform (elearning.europsy.net).

"It gave us the opportunity to challenge ourselves in a very constructive environment."

"Hands-on approach, with interesting tips and techniques."

"The scientific panel was terrific."

Participants in the EPA 2023 Summer School

E-LEARNING ACTIVITIES

With more than 3 000 users on the EPA e-Learning platform, the Committee of Education remained committed to developing innovative online projects offering high-quality educational material to health care professionals.

These materials included **four online courses**, two of which are available free of charge: 'Introduction to Cognitive Behavioural Therapy, Introduction to Motivational Interviewing, Understanding and Treating Major Depressive Disorder' and 'Focus on Suicidal Behaviours'.

”

"I strongly recommend the course to my colleagues: it was very comprehensive, both theoretically and for day-to-day practice. Thank you for spreading the knowledge of suicide prevention and making our learning possible!"

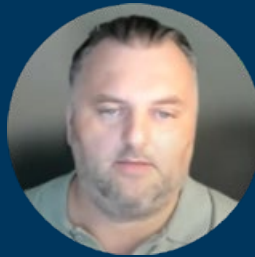
**Participant in the EPA online course
'Focus on Suicidal Behaviours'**

Led by Prof. Umberto Volpe (Italy) and Prof. Donald Hilty (United States), new educational content was launched in April 2023, in the shape of the **EPA Telepsychiatry Toolkit**. The toolkit aims to provide mental health professionals with up-to-date scientific literature. It also offers practical hints and gives an overview of the components of high-quality telemental health care services in different settings, including legal and administrative issues, emergencies, mobile modalities, and protection of patients' privacy.

EPA CME COURSES

Fifteen accredited courses were proposed to participants at the 2023 European Congress of Psychiatry in Paris, covering all aspects of psychiatry:

- Apathy: unravelling a complex disorder of complex behaviours
- Euthanasia and assisted suicide: legal and ethical aspects and ethical principles in mental health care
- Hikikomori, pathological social withdrawal and modern type depression: assessment, intervention and novel therapeutic approach using digital technologies
- A practice-oriented intensive course on pharmacological treatment of schizophrenia and some other disorders
- Psychobiology of stress and resilience
- How to prescribe and interpret genetic testing in psychiatry?
- Adult ADHD: assessment and treatment
- Autism in adolescents and young adulthood: diagnostic and differential diagnostic considerations, comorbidities
- Psychiatric management of borderline personality disorder (BPD) with or without psychotherapy
- Early intervention in psychosis: working as a team and involving families
- Network analysis: an introduction for psychiatrists
- Change is the goal of psychodynamic therapy: practical strategies and new evidence
- Useful open science tools to do research in psychiatry
- Risk assessment and risk management of violent patients in general psychiatry
- ABCs of neuropsychiatry for psychiatrists



ETHICS

Chaired by Prof. Meryam Schouler-Ocak (Germany), the EPA Committee on Ethical Issues continued its mission to present position statements on ethical issues as well as develop further collaboration with the National Psychiatric Associations.

This work is done through promotion of the EPA Code of Ethics, the dissemination of surveys, and the organisation of high-quality webinars on key ethical topics, as well as exchange of knowledge and skills on alternatives of coercion, ethical counselling and case-discussions, and cooperation with service users and caregivers.

PROMOTING ETHICAL STANDARDS IN EUROPE

The EPA Code of Ethics was promoted by Committee members at different European events organised by NPAs and several other national associations:

May - Sofia, Bulgaria

XXII Scientific Conference of the College of Private Psychiatry of Bulgaria

September - Vilnius, Lithuania

EPA Joint Symposium with the Lithuanian Psychiatric Association

October - Chişinău, Moldova

EPA Joint Symposium with the Society of Psychiatrists, Narcologists, Psychotherapists and Clinical Psychologists

October - Mostar, Bosnia and Herzegovina

18th Psychiatric Days, 'Clinical Empathy and Mental Health'

October - Ankara, Türkiye

59th Turkish National Congress of Psychiatry, 'Rethinking on Coercive Treatments and Growing Alternatives'

November - Berlin, Germany

DGPPN-EPA Joint Symposium at the German Society for Psychiatry and Psychotherapy, Psychosomatics and Neurology Congress, 'The war in Ukraine is going on - How do mental health care services manage the increased number of forcibly displaced people from Ukraine?'

November - Riga, Latvia

Conference on 'Promoting autonomy in mental healthcare', Council of Europe Steering Committee for Human Rights in the fields of Biomedicine and Health (CDBIO)

Other activities included collaboration with the World Psychiatric Association Standing Committee on Ethics and Review to harmonise the EPA and WPA Codes of Ethics, comparing discrepancies and shared grounds, and collaboration with the EPA Task Force on Migration and Mental Health to write a position statement on 'Ethical Dilemmas of Mental Health Care for Migrants and Refugees'.

ONLINE SURVEYS, COURSES AND WEBINARS

- Promotion of the survey on 'Ethics in Psychiatric Practice in Europe' with 115 respondents (ongoing)
- Presentation of a European Congress of Psychiatry Course on 'Euthanasia and Assisted Suicide: Legal and Ethical Aspects' with 25 participants (March)
- Webinar on 'Implementing Alternatives to Coercion in Psychiatric Practice' with 150 participants (July)

PUBLICATIONS

STATEMENTS

EPA Statement on the conflict in Israel, Gaza and beyond

On 20 October 2023, the EPA released a statement to call for a peaceful resolution of the conflict in Israel and Gaza, calling for the prioritisation of delivery of humanitarian and medical aid to those requiring assistance.

PRESS RELEASES

In 2023, the EPA published the following press releases during the Congress in Paris:

- 25 March 2023: 'Major European study confirms drop in suicides in last decade: may be linked to active measures to prevent suicide'
- 26 March 2023: 'Childhood trauma linked to adult mental health problems: women harmed more by abuse, men by neglect'
- 26 March 2023: 'Scientists show that odours from other people's sweat can help treat social anxiety'
- 27 March 2023: 'The more traumatic the childhood, the angrier the adult'
- 27 March 2023: 'Bodies of people with mental illness are biologically older than their actual age'

In February 2023 the EPA and the European Institute of Women's Health (EIWH) published a joint press release to inform stakeholders about the signature of a Memorandum of Understanding between the two organisations.

EPA GUIDANCE PAPERS

In 2023, the following EPA Paper was published in *European Psychiatry*:

EPA policy paper on Improving mental health care in depression: A call for action (*European Psychiatry*, Vol. 66, August 2023)

Authors: Julia Eder, Geert Dom, Philip Gorwood, Hikka Kärkkäinen, André Decraene, Ulrike Kumpf, Julian Beezhold, Jerzy Samochowiec, Tamas Kurimay, Wolfgang Gaebel, Livia De Picker and Peter Falkai



SECTIONS

”

"In 2023 the Task force for Sections was renewed and expanded to include representatives from the Early Career Psychiatrists Committee and the Council of National Psychiatric Associations. A pilot project of case-based workshops was developed during the year and will be trialled during the European Congress of Psychiatry in Budapest.

Overall, we have enhanced collaboration among Sections, as well as between Sections and Early Career Psychiatrists and between Sections and the Council of NPAs. It allowed us to create opportunities for better integration of the Sections in EPA activities."

Prof. Jerzy Samochowiec
Secretary for Sections

NEW EPA SECTION

In 2023 the EPA increased its number of scientific sections to 22 with the creation in March of a new section on Public Mental Health.

The mission of this new section is to promote the discipline of Public Mental Health within the framework of EPA. The committee members are Mariana Pinto Da Costa (Chair), Jonathan Campion (Co-Chair), and Katja Koelkebeck (Secretary).

SECTIONS ACTIVITIES AT THE EUROPEAN CONGRESS OF PSYCHIATRY

As every year, the scientific programme of the 31st European Congress of Psychiatry was significantly supported by EPA Sections.

In 2023, the Sections organised 18 symposia, three workshops and eight courses.

SECTIONS ACTIVITIES THROUGHOUT THE YEAR

In 2023, EPA Sections organised scientific and educational events and were involved in research and publications.

These activities included:

- developing online training materials;
- providing input to EPA activities and representing the EPA (European Medicines Agency ad-hoc consultations and scientific papers in the area of medicines regulations, EPA representatives for European Academy of Neurology Scientific Panels, involvement in the Pan-European Mental Health Coalition of the World Health Organization, participation as speaker in GAMIAN-Europe event, collaboration with Voices for Women);
- contributing to the Ambassadors survey;
- collaborating with the Early Career Psychiatrists Committee on the 'Online Talks with Experts';
- participating in two webinars organised by the Council of National Psychiatric Associations; and
- writing and publishing guidance papers, recommendations papers, articles in scientific journals, and chapters in books.








EUROPEAN PSYCHIATRY JOURNAL

European Psychiatry continues to improve and develop following the move to a fully open access model in 2020.

Over recent years the journal has published a wide range of influential and impactful articles, including highly-cited and widely-read articles around the effects of lockdown on mental health, and EPA guidance on assessment of negative symptoms in schizophrenia, to take just two recent examples.

Metrics for the journal also continue to improve, with a **nine percent increase in Impact Factor** following the **33% increase last year**. Readership and downloads of journal content also continue to increase, with papers downloaded just under one million times in 2023.

Maintaining the momentum of these significant achievements is key for the journal in 2024 and onwards. A continuing focus on journal growth, quality of published content, and experience of authors and peer reviewers are all central to maintaining *European Psychiatry's* reputation as a field-leading psychiatric journal.

 <h2>KEY METRICS</h2> <p>from 2023</p> <h2>EUROPEAN PSYCHIATRY</h2>	 <p>CiteScore™</p> <p>8.8</p>	 <p>Mentions on Altmetric</p> <p>6.2K</p>
	<p>Social Mentions</p> <p>5.1K</p> 	<p>Article Downloads</p> <p>989.5K</p> 
<p>2022 JOURNAL IMPACT FACTOR</p> <p>★ 7.8 ★</p> <p><small>Journal Citation Reports (Clarivate Analytics, 2023)</small></p>	 <p>8.1K</p> <p>Citations</p>	 <p>16 DAYS</p> <p>To First Decision</p>

EU POLICY AND ADVOCACY

In 2023, various initiatives on mental health were undertaken by European Union and international institutions, agencies and associations, which collectively contributed to a heightened focus on mental health care at both the EU and national levels.

In this context, the EPA served as a forum for the exchange of knowledge on mental health-related subjects by **actively advocating and engaging in EU-level activities for enhanced mental health prevention and treatment across Europe**. The EPA EU policy and lobbying activities were focused on fostering connections with EU and international institutions, organising and attending policy events, cultivating scientific partnerships, and engaging with the EPA Council of National Psychiatric Associations (NPA).

ENGAGEMENT WITH EU AND INTERNATIONAL INSTITUTIONS

After a series of consultations, the **European Commission unveiled its Comprehensive Approach to Mental Health** in June 2023, presenting a collection of flagship initiatives to improve mental health in Europe. The EPA actively participated in events and calls for input organised to gather contributions from stakeholders regarding the Comprehensive Approach. The EPA's contribution covered aspects related to the promotion of research on mental health, enhanced prevention and early detection, reduced stigma and awareness-raising about the significance of mental health care, and improved training for health care professionals across Europe. We were pleased to see that our input was considered in the final text.

The EPA was also invited to contribute to **the European Parliament's own-initiative Report on Mental Health**, drafted by the Sub-Committee on Public Health (SANT) under the rapporteurship of Portuguese Socialist MEP Sara Cerdas. The Report's recommendations were adopted by a large majority of MEPs on 12 December 2023.

Under the initiative of GAMIAN-Europe, the **EPA co-signed a letter that was sent to the Employment, Social Policy, Health and Consumer Affairs Council (EPSCO) Council** in November 2023. The letter, signed by GAMIAN-Europe, the EPA, and other Associations, asked for the Council's support in pushing for a Commission proposal on national action programmes on mental health and well-being. This proposal was successfully taken into account in the Council Conclusions of 30 November 2023.

As part of the European Medicines Agency (EMA) Healthcare Professionals' Working Party (HCPWP), the **EPA participated in meetings and events organised by the EMA**. Additionally, Experts from three EPA Scientific Sections, on Psychopharmacology, on Old Age Psychiatry, and on Women's Mental Health, contributed to ad hoc consultations and scientific papers in the area of medicines regulation.

POLICY EVENTS

On 25 March 2023 the EPA organised its annual **Policy Forum** ahead of the official opening of the 31st European Congress of Psychiatry in Paris. With the title 'Mental Health in the context of challenging ecosystems', the event gathered more than 500 participants on-site, with many others watching the event online on the European Congress of Psychiatry website.

EPA representatives participated in many **events and meetings in 2023 organised at the European level** by institutions such as the WHO or the European Commission, as well as by European associations. Among these events, the EPA participated in the third edition of the Brain Innovation Days (organised by the European Brain Council), and events hosted by the European Academy of Neurology (EAN), PAREA (Psychedelic Access and Research European Alliance), GAMIAN-Europe, and the Societal Impact of Pain (SIP). In April, EPA President Prof. Geert Dom also participated in the expert roundtable 'Mental Health and Addictions Treatment at the EU level', co-organised by the Progressive Analytical Centre in the European Parliament.

STATEMENTS

Over the course of 2023, the EPA endorsed a series statements, joining efforts with other societies to advocate for improved mental health care in Europe:

- **Joint Statement on 'Mental Health in all policies'** - developed in the framework of the EU Health Policy Platform Thematic Network 'Mental health in all policies', coordinated by Mental Health Europe (MHE).
- **DisQO Joint Statement against racism and discrimination to achieve health equity** - developed in the framework of the EU Health Policy Platform Thematic Network 'DisQO', coordinated by the European Public Health Alliance (EPHA). The EPA actively participated in meetings and working groups to produce this Statement, together with the other participating organisations of the DisQO Network.
- **Societal Impact of Pain (SIP) Joint Statement on Pain and Mental Health.**
- **European Brain Council (EBC) 'Pledge for Science: Brain Research and Innovation in the EU'.**
- **The Hague Civil Society Declaration on Council of Europe Reform:** as a member of the Conference of International NGOs (CINGO) of the Council of Europe, the EPA participated in the Civil Society Summit (CSS) that was held in February in The Hague and Online. As an outcome of this CSS, a Declaration on the Council of Europe Reform was prepared and endorsed by participating organisations, including the EPA.

In October 2023 the EPA issued a Statement on **'Conflict in Israel, Gaza and beyond'**, firmly advocating for a peaceful and swift resolution and calling for the prioritisation of delivery of humanitarian and medical aid in affected areas.



COLLABORATION WITH EUROPEAN ORGANISATIONS

Within its EU Advocacy activities, the EPA fostered collaboration with key players in the mental and brain health areas with dedicated activities. After signing a Memorandum of Understanding (MoU) with the **European Institute of Women's Health (EIWH)** at the end of 2022, the two Associations organised a joint webinar in September 2023 on the topic of women's mental health.

The EPA also organised joint webinars with **GAMIAN-Europe** and the **Federation of European Neuroscience Societies (FENS)**. In 2023, the EPA joined other organisations in signing the Memorandum of Understanding (MoU) of the Societal Impact of Pain platform.

The EPA continued its participation in the Value of Treatment (VoT) project on Anorexia Nervosa, initiated by the **European Brain Council**. Meanwhile, Prof. Andrea Fiorillo participated, on behalf of the EPA, in the project 'The Burden of Sleep and Wake Disorders: Excessive Daytime Sleepiness and Insomnia', coordinated by the **European Academy of Neurology (EAN)**.

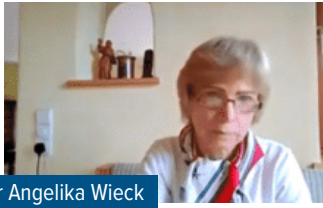
As part of its participation in EU-funded projects in the mental health area, the EPA conducted activities in the following projects: the **European Alliance for Sport and Mental Health (EASMH)**; **TRUSTING**, aimed at developing a trustworthy speech-based AI monitoring system for the prediction of relapse in individuals with schizophrenia; and **COMET**, which looks at the effects of the COVID-19 pandemic on health care workers. In June 2023 the EPA Executive Director, Margaret Walker, participated in a Stakeholder Forum of 'REALMENT', an EU-funded project aimed at optimising the treatment of mental disorders through novel precision medicine strategies based on current pharmaceutical options.

COLLABORATION WITH THE EPA COUNCIL OF NATIONAL PSYCHIATRIC ASSOCIATIONS (NPA's)

As part of its Ambassadors Programme, the EPA engaged with the Council of National Psychiatric Associations (NPA's) for the fourth edition of its annual Survey. In 2023 the **EPA Ambassadors Survey** centred on schizophrenia spectrum disorders. The EPA Council of NPA's supported the EPA in collecting replies from mental health care professionals in various countries across Europe, garnering around 800 replies in total.

The EPA continued the work started in 2022 with its **Solidarity Network**, an informal group of EPA representatives from Ukraine and neighbouring countries seeking to support mental health professionals and the public in coping with the mental health consequences of the war in Ukraine.

Following the earthquake in Türkiye, the EPA and its partners added relevant articles to the **EPA Resource Centre**, available on the EPA website, to help professionals and the lay public cope with mass trauma and natural disasters.



Dr Angelika Wieck



Prof. Rutger Jan van der Gaag



Dr Lorena Dini



Aphra Tulip-Briggs



Dr Salome Mbugua

COLLABORATION WITH OTHER SOCIETIES

EPA COLLABORATION WITH EUROPEAN INSTITUTIONS AND BODIES

Council of Europe

European Medicines Agency (EMA)

World Health Organization (WHO)

European Commission - EU Health Policy Platform

European Parliament (MEP Alliance for Mental Health)

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 Institute of Women's Health (EIWH)

European Union of Medical Specialists (UEMS)

European Pain Forum

European Federation of Addiction Societies (EUFAS)

Societal Impact of Pain (SIP) Platform

Federation of European Neuroscience Societies (FENS)

Psychedelic Access and Research European Alliance (PAREA)

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 Psychiatric Association (WPA)

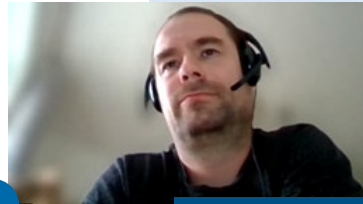
ASSOCIATE ORGANISATIONS

American Association for Emergency Psychiatry (AAEP)

Association of Judicial Psychiatrists of Slovakia (ASPS)



Prof. Guy Goodwin



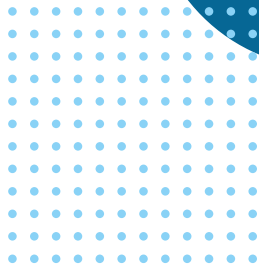
Prof. Tomáš Páleníček



Prof. Emma S J Robinson



Prof. Dirk Schuber



In 2023 the EPA signed a Memorandum of Understanding (MoU) with the Societal Impact of Pain platform, a multi-stakeholder partnership led by the European Pain Federation (EFIC) and Pain Alliance Europe (PAE) aimed at raising awareness of pain and changing pain policies.

To consolidate its collaboration with partner organisations, the EPA co-organised online events and webinars on various topics related to mental and brain health:

May 2023 - Joint webinar with the Federation of European Neuroscience Societies (FENS)

‘Psychedelics: the Clinical versus the Neuroscientist’s point of view’
This webinar focused on understanding the present indications of psychedelics and comparing their chances of success (effect-size) in the different indications.

May 2023 - Joint webinar with GAMIAN-Europe

‘Living with schizophrenia: hearing the different perspectives’
This online event was organised to officially launch the joint Report ‘Developing trust and effective care for people with schizophrenia: patients and psychiatrists working in partnership’.

September 2023 - Joint webinar with the European Institute of Women’s Health (EIWH)

‘The Interplay of Gender and Mental Health: A Global Health Issue’
This webinar explored the mental health challenges faced by women across the globe and discussed opportunities to improve mental health outcomes while being mindful of gender-specific factors.

COMMUNICATION

NEWSLETTERS

Readership for the Association's main newsletter, **EPA Minds Online**, improved significantly in 2023. The 'open rate' for the newsletter (the proportion of mails sent that are opened at least once) moved from around 25 percent to between 40 and 45 percent. This confirms the **growth in interest in the newsletter** over the past few years and puts the readership of the EPA's newsletter far above the average for such newsletters.

The 'click rate' (the proportion of mails in which at least one link is clicked) more than doubled over the course of 2022 and continued to strengthen in 2023, with rates of around five percent. This is at the upper end of expectations for newsletters like EPA Minds Online.

The success of the newsletter is due partially to the introduction of a **new format that is simpler to navigate, is more attractive, and which integrates more advanced features**. 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, helping to ensure that we reach the widest possible audience.

Distributed monthly to an **audience of more than 15 000 subscribers**, EPA Minds Online is a valuable communication tool for the EPA, bringing together significant updates in one regular bulletin and ensuring a monthly 'touchpoint' with the wider EPA community. In 2023 we published eleven monthly issues of the newsletter alongside various ad hoc mailings.

EPA WEBSITE

The EPA website is the hub for communication both with the outside world and with EPA members. It remains an important tool in the Association's communication strategy, providing members and other stakeholders with high-quality and timely information on EPA activities. The website is continually updated and is the **centrepiece for a wide range of news items and resources** that are promoted on social media and in newsletters, including 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 continues to be an important method of reaching members quickly and effectively. Our main objectives are to highlight the EPA as the main psychiatric association in Europe through promotion of its activities and events, to help the EPA community grow, and to turn followers into active members and participants in EPA activities.

In 2023 we continued to ensure that **each social platform has a specific but complementary engagement strategy**, with the 'voice' and content adapted to the style of each channel and the audience's expectations.

On X (formerly Twitter), we continued to grow our following, surpassing the 12 000-follower mark (a year-on-year increase of about nine percent). On Facebook, the Association has more than 16 000 followers, showing further growth. We reach more than 20 000 Facebook users each month and in 2023 were able to reach new users with a small, experimental advertising campaign relating to the EPA's e-learning platform. Our Instagram following increased by more than a quarter, with more than 3 400 followers seeing our posts and our Instagram Stories. However, LinkedIn again saw the greatest increase in following, with a 40 percent uplift in followers to more than 5 600.

Facebook: **@europsy**

X: **@Euro_Psychiatry**

LinkedIn: **European Psychiatric Association**

Instagram: **@euro_psychiatry**

YouTube: **European Psychiatric Association**

 **16 000**
followers

 **12 300**
followers

 **3 400**
followers

 **5 600**
followers

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

KEY FIGURES

The EPA community represents more than 78 000 European psychiatrists from 88 countries, namely 2 221 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.

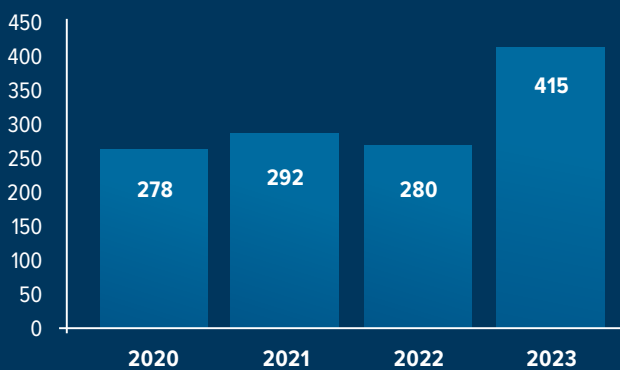


“The continued growth in our membership is a great reflection of the EPA’s leading role in European Psychiatry.”

*Julian Beezhold
EPA Secretary General*

RECRUITMENT

New membership applications per year

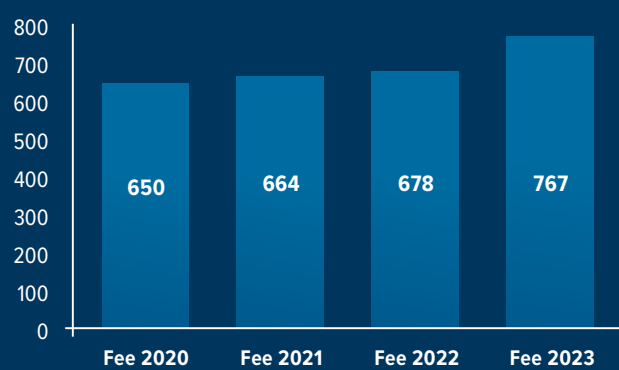


From January to December 2023, the EPA had the strongest performance in terms of membership recruitment since its creation in 1983, with 415 new membership applications accepted.

Among them, 304 are Individual Members, 47 are International Individual Members, 26 are Student Members and 38 are Associate Members; 246 of the total are Early Career Psychiatrist Members.

PAYMENTS

Comparison payments per year



For 2023, 767 members paid their fees, and the number of paid-up members continues to increase every year.

This increase is 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 participation in the annual Congress.

FINANCES & BUDGET

2023 marked a full return to in-person events for EPA, in parallel with continued virtual activities.

The 31st European Congress of Psychiatry, originally planned to be held in Nice, finally took place in hybrid format in Paris, France. (The EPA was informed in early 2022 that the Nice Congress venue would be demolished in the first quarter of 2023.)

The shift in location greatly impacted Congress income and expenses. With slightly over 4 000 participants, the event was a great success, as reflected in the level of income from registrations. However, anticipated expenses also soared as Paris is a much more expensive venue and negotiating favourable terms was challenging with less than a year to go before the Congress.

The hybrid format also added to expenses. Consequently, the original forecast envisaged a low Congress surplus despite substantial support from sponsors, with a high negative result at association level. This led the EPA governance to cancel some activities around the Congress to contain costs, although this was done in a way that did not negatively impact the scientific programme.

This prudent approach resulted in a sizable improvement in the final Congress surplus, although it remains lower than that of previous in-person Congresses.

Income from membership fees and revenue from the EPA Journal, *European Psychiatry*, remained stable. Income from invested funds (included under 'Miscellaneous') showed a marked growth. This was due to the sharp increase in interest rates on savings accounts in 2023 and the new guaranteed securities scheme in which the EPA invested part of its reserves following the recommendation of the Internal Auditors in 2022.

Expenses reflect the full return to in-person activities, especially during the second half of the year:

- The EPA Summer school gathered 30 participants over three days in Strasbourg.
- As part of the Gaining Experience Programme, nine placements were completed in 2023.
- Two Board meetings were held outside of the Congress: in late April, to hold Office Bearers' elections, and in December, in conjunction with a special event held at the European Parliament in Brussels to celebrate the EPA's 40th Anniversary.
- All Committee meetings were held in person in the autumn.
- The Ethics Committee and the Council of NPAs jointly supported three EPA symposia at NPA Congresses (in Lithuania, Bulgaria, and Moldova), aimed at disseminating the Code of Ethics.

Virtual activities also continued to flourish with several webinars and online events organised by the various EPA committees, while new education material was added to the EPA e-learning platform.

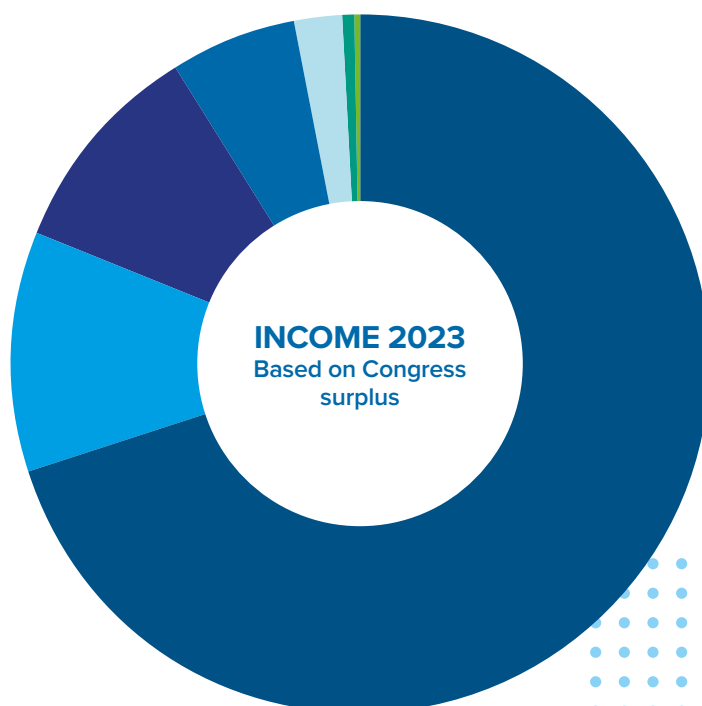
Expenditure on the office side was lower than forecasted, on all counts. This was due in part to deliberate efforts to limit costs in light of the originally anticipated deficit, and in part to ancillary factors:

- Amortising linked to the premises has gone down substantially now that the original loan has been fully repaid.
- The need for legal advice (Third parties) was much lower than anticipated.
- The replacement of some departing staff members was delayed; in addition, the planned recruitment of a Scientific & Policy Manager and a Science Officer were put on hold.

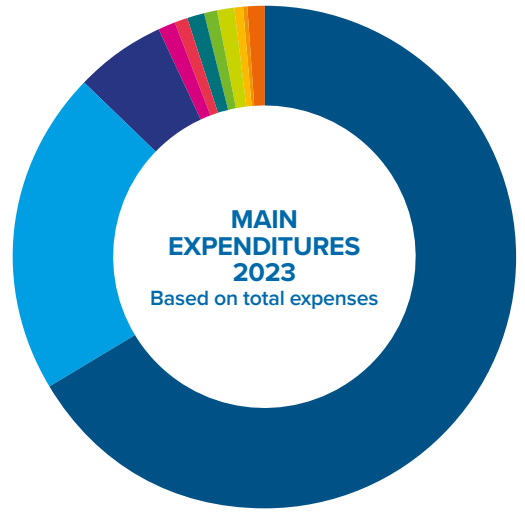
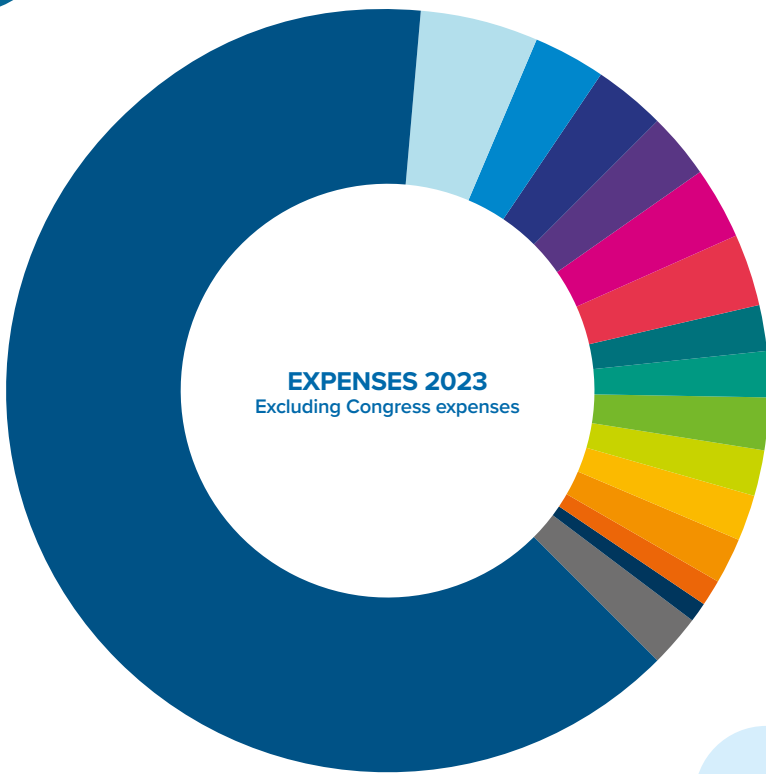
Last but not least, the pilot exam of the new UEMS-EPA project on setting up a European Board Examination, originally planned for the second half of 2023, will be launched only in 2024 and is therefore not credited to 2023 expenses.

The diverse sources of income and the savings realised combined to cover the activity-related expenses, therefore leading to a **more balanced 2023 result compared to the original forecast**.

EPA Internal Auditors Gilles Bertschy and Olivier Andlauer approved the 2023 annual accounts following the official Auditors' meeting held in person in Strasbourg on 14 February 2024.

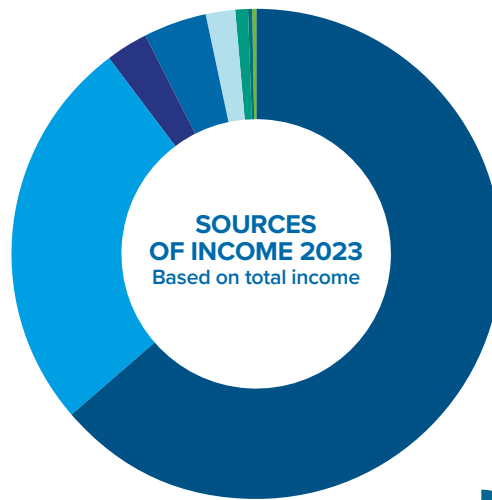


INCOME	2023 FORECAST 06/03/2023 For Board & GA 24-26/03/2023	2023 FORECAST 11/09/2023 For EC 20/09/2023	2023 RESULT
Surplus from Congress	419 921	580 454	657 803
Annual membership fees (individual)	48 000	53 000	66 560
National Psychiatric Associations fees	37 000	37 000	35 600
Total income from membership	85 000	90 000	102 161
<i>European Psychiatry Journal</i>	82 047	90 425	90 425
Miscellaneous	3 736	3 736	56 359
TRUSTING Project (EU)	6 000	6 000	6 252
EASMH Project (EU)	11 000	11 000	11 073
COMET Project (EU)			4 691
UEMS - EPA European Board Examination Project	6 000	12 000	6 000
Unrestricted educational grant exchange programme	8 500	8 500	7 650
Unrestricted educational grant e-learning	0	0	0
Educational course subscriptions	1 500	1 500	2 302
INCOME TOTAL	623 704	803 615	944 716
EXPENSES			
EPA building (Strasbourg)	43 000	43 000	29 533
Third parties	39 000	39 000	20 213
Brussels office	17 000	17 000	12 648
Board meetings	13 200	13 200	26 704
Executive Committee meetings	5 500	5 500	0
Ethics Committee meeting (one meeting at Congress, one external meeting)	5 000	5 000	6 651
Ethics course (itinerant) - Code of Ethics dissemination	4 800	4 800	2 962
Ethics webinars	2 000	2 000	182
Ethics Committee : meetings and activities	11 800	11 800	9 794
Committee Education (one meeting at Congress, one external meeting)	5 000	5 000	4 344
E-Learning activities	41 650	41 650	10 685
Summer school	16 500	16 500	7 342
Representation at UEMS meetings	1 200	1 200	0
Education Committee: meetings and activities	64 350	64 350	22 371
National Psychiatric Associations symposia and meetings	4 800	4 800	3 132
Section Coordination activities	5 000	5 000	0
Publication Committee	0	0	0
Visits to HQ /auditors	5 000	5 000	3 640
ECPC meeting	3 800	3 800	3 946
ECPC promotion at other congresses/events	2 400	2 400	600
ECPC Exchange programme (GEP)	8 500	8 500	7 765
EPA Leadership Academy	2 700	2 700	800
Publications and surveys	4 000	4 000	0
Early Career Psychiatrists Committee: meetings and activities	21 400	21 400	13 111
Partnerships	36 250	36 250	30 009
Presidential Projects	20 900	20 900	10 900
EPA-UEMS - European Board Exam	70 000	70 000	0
EPA Anniversary	30 000	30 000	7 271
TRUSTING Project (EU)	6 000	6 000	6 252
EASMH Project (EU)	11 000	11 000	11 073
COMET Project (EU)			4 691
Prizes	20 000	20 000	20 000
Corporate communication	34 200	35 000	26 881
Membership costs	4 500	4 500	2 387
<i>European Psychiatry Journal costs</i>	20 678	20 678	18 677
Other direct charges (taxes)	7 500	7 500	13 518
Office charges	32 400	32 400	28 514
Office salaries total incl. President's assistant	685 157	685 157	585 016
Training for staff	5 000	5 000	1 839
EXPENSES TOTAL	1 213 635	1 214 435	908 176
INCOME TOTAL	623 704	803 615	944 716
EXPENSES TOTAL	1 213 635	1 214 435	908 176
NET RESULT	-589 931	-410 820	36 541



- 67% ● Congress expenses
- 21% ● Salaries
- 5,9% ● Other
- 1% ● Partnerships
- 1% ● Education Committee and e-learning
- 1% ● Prizes
- 1% ● Board and EC meetings
- 1% ● EU funded projects
- 0,5% ● ECPC meeting & activities
- 0,3% ● EPA Anniversary
- 1% ● Third parties

- 64% ● Office salaries
- 5% ● Premises Strasbourg and Brussels
- 3% ● Partnerships
- 3% ● Office charges
- 3% ● Corporate Communication
- 3% ● Board meetings
- 3% ● Education Committee Activities
- 2% ● EU Projects
- 2% ● Third parties
- 2% ● Prizes
- 2% ● European Psychiatry Journal
- 2% ● Taxes incl. Income tax
- 2% ● ECP Committee
- 1% ● Ethics Committee
- 1% ● EPA Anniversary
- 2% ● Other



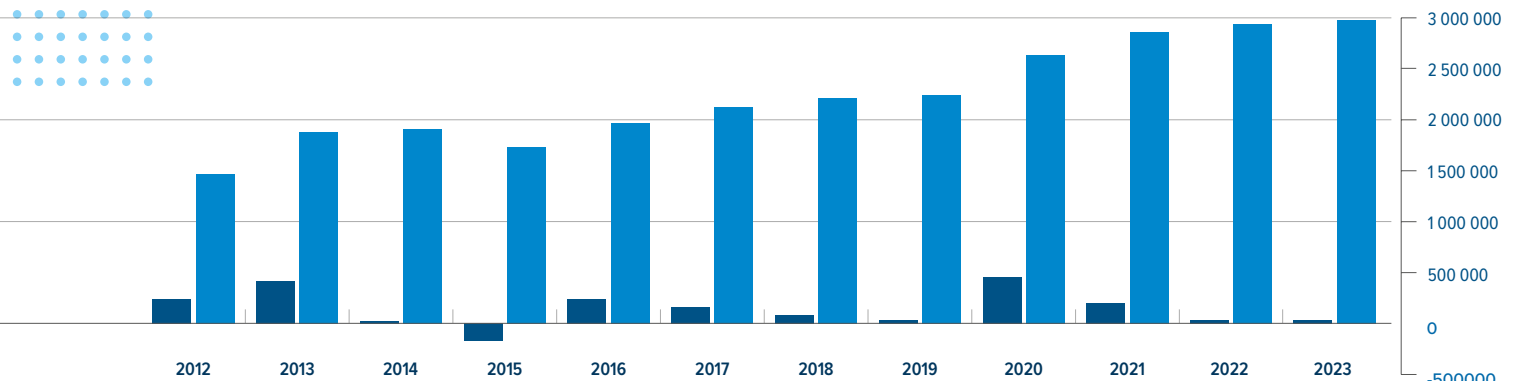
- 64% ● Congress income registration
- 26% ● Sponsorship from industry
- 3% ● Journal
- 4% ● Membership
- 2% ● Miscellaneous
- 1% ● EU grants
- 0,2% ● UEMS-EPA EBE Project
- 0,1% ● E-learning

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

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

Evolution of EPA assets

■ Annual Result ■ Assets



COMMITTEE MEMBERS

EXECUTIVE COMMITTEE

Geert Dom, *Belgium (President)*
 Peter Falkai, *Germany (Past President)*
 Andrea Fiorillo, *Italy (President Elect)*
 Julian Beezhold, *United Kingdom (Secretary General)*
 Martina Rojnic Kuzman, *Croatia (Treasurer)*
 Bernardo Carpieniello, *Italy (Council of NPAs Chair)*
 Cécile Hanon, *France (Secretary for Education)*
 Jerzy Samochowiec, *Poland (Secretary for Sections)*

BOARD

Geert Dom, *Belgium (Chair)*
 Julian Beezhold, *United Kingdom*
 Bernardo Carpieniello, *Italy*
 Philippe Courtet, *France*
 André Decraene, *Belgium*
 Livia De Picker, *Belgium*
 Peter Falkai, *Germany*
 Andrea Fiorillo, *Italy*
 Tomasz Gondek, *Poland*
 Cécile Hanon, *France*
 Péter Kéri, *Hungary*
 Tamas Kurimay, *Hungary*
 Lars Lien, *Norway*
 Pavel Mohr, *Czech Republic*
 Martina Rojnic Kuzman, *Croatia*
 Jerzy Samochowiec, *Poland*
 Meryam Schouler-Ocak, *Germany*
 Simavi Vahip, *Türkiye*
 Umberto Volpe, *Italy*

PUBLICATION COMMITTEE

Livia De Picker, *Belgium (Chair)*
 Kristina Adorjan, *Germany (Co-Chair, from May)*
 Julian Beezhold, *United Kingdom*
 Marisa Casanova-Dias, *United Kingdom*
 Egor Chumakov, *Russia (ECP representative, from May)*
 Peter Falkai, *Germany*
 Sophia Frangou, *United States of America (Editor)*
 Wolfgang Gaebel, *Germany (until March)*
 Silvana Galderisi, *Italy (until October)*
 Philip Gorwood, *France (until March)*
 Tamas Kurimay, *Hungary*
 Pavel Mohr, *Czech Republic (from May)*
 Umberto Volpe, *Italy (from October)*

EDUCATION

Cécile Hanon, *France (Chair)*
 Defne Eraslan, *Germany**
 Nikolina Jovanovic, *United Kingdom*
 Jorge López-Castromán, *Spain*
 Livia de Picker, *Belgium*
 Andrea Raballo, *Italy*
 Norman Sartorius, *Switzerland*
 Liene Sile, *Latvia*
 George Stercu, *Romania*
 Umberto Volpe, *Italy*
 Jan Wise, *United Kingdom**

ETHICS

Meryam Schouler-Ocak, *Germany (Chair)*
 Eka Chkonía, *Georgia*
 Luis António Duarte Madeira, *Portugal*
 Silvana Galderisi, *Italy*
 Rutger Jan Van Der Gaag, *Netherlands**
 Michael Musalek, *Austria*
 Mariana Pinto da Costa, *United Kingdom*
 Thomas Pollmächer, *Germany*
 Jerzy Samochowiec, *Poland*
 Sam Tyano, *Israel*
 Simavi Vahip, *Türkiye*
 Jan Wise, *United Kingdom**

EARLY CAREER PSYCHIATRISTS COMMITTEE

Tomasz Gondek, *Poland (Chair)*
 Egor Chumakov, *Russia (Co-Chair)*
 Ozge Kilic, *Türkiye**
 Federico Mucci, *Italy*
 Gaia Sampogna, *Italy*
 Asilay Seker, *United Kingdom*

STEERING COMMITTEE OF THE COUNCIL OF NPAs

Jerzy Samochowiec, *(Chair, until March)*
 Bernardo Carpieniello, *(Chair, from April)*
 Eka Chkonía, *(Vice-chair)*
 Koray Basar, *(Secretary)*

EPA 2023 CONGRESS

25-28 MARCH 2023 - PARIS, FRANCE

SCIENTIFIC PROGRAMME COMMITTEE (SPC)

Peter Falkai, *Germany (Chair)*
 Geert Dom, *Belgium (Co-Chair)*
 Michaela Amering, *Austria*
 Celso Arango, *Spain*
 Judit Balázs, *Hungary*
 Julian Beezhold, *United Kingdom*
 Philippe Courtet, *France*
 Philip Gorwood, *France*
 Inez Myin-Germeys, *Belgium*
 Merete Nordentoft, *Denmark*
 Martina Rojnic Kuzman, *Croatia*
 Meryam Schouler-Ocak, *Germany*
 Danuta Wasserman, *Sweden*

ADVISORY SCIENTIFIC PROGRAMME COMMITTEE (ASPC)

Elisabeth Binder, *Germany*
 André Decraene, *Belgium*
 Livia de Picker, *Belgium*
 Andrea Fiorillo, *Italy*
 Sophia Frangou, *USA*
 Cécile Hanon, *France*
 Marek Jarema, *Poland*
 Ozge Kilic, *Turkey*
 Tamas Kurimay, *Hungary*
 Lars Lien, *Norway*
 Petr Morozov, *Russia*
 Diego Palao Vidal, *Spain*
 Marco Solmi, *Italy*
 Jerzy Samochowiec, *Poland*
 Agata Szulc, *Poland*
 Florence Thibaut, *France*
 Simavi Vahip, *Turkey*
 Umberto Volpe, *Italy*
 Jan Wise, *United Kingdom*

LOCAL ORGANISING COMMITTEE (LOC)

Philippe Courtet, *Montpellier (Chair)*
 Bruno Aouizerate, *Bordeaux*
 Fabrice Berna, *Strasbourg*
 Paolo Brambilla, *Milan (Italy)*
 Renaud David, *Nice*
 Dominique Drapier, *Rennes*
 Pierre-Alexis Geoffroy, *Paris*
 Iria Grande, *Barcelona (Spain)*
 Sébastien Guillaume, *Montpellier*
 Nicolas Hoertel, *Paris*
 Nemat Jaafari, *Poitiers*
 Aiste Lengvenyte, *Montpellier*
 Pierre-Michel Llorca, *Clermont-Ferrand*
 Emilie Olié, *Montpellier*
 Benjamin Rolland, *Lyon*
 Robertas Strumila, *Montpellier*
 Guillaume Vaiva, *Lille*

*denotes membership up to the EPA 2023 Congress

TASK FORCE MEMBERS

PRESIDENTIAL TASK FORCES

TASK FORCE ON FINANCIAL SUSTAINABILITY

Julian Beezhold
Geert Dom
Peter Falkai
Andrea Fiorillo
Martina Rojnic Kuzman
Margaret Walker

TASK FORCE ON CLIMATE CHANGE AND MENTAL HEALTH

Kristina Adorjan
Kirsten Catthoor
Eka Chkonia
Geert Dom
Peter Falkai
Andrea Fiorillo
Tomasz Gondek
Andreas Heinz
Jurjen Luykx
Andreas Meyer-Lindenberg
Jessica Newberry Le Vay
Martina Rojnic Kuzman

TASK FORCE ON PSYCHEDELIC USE IN PSYCHIATRY

Florence Butlen
Livia De Picker
Marianne Destoop
Geert Dom
Peter Falkai
Andrea Fiorillo
Péter Kéri
Kim Kuypers
Pavel Mohr
David Nutt
Jerzy Samochowiec

TASK FORCE ON MIGRATION AND MENTAL HEALTH

Meryam Schouler-Ocak (Chair)
Tamer Aker
Dinesh Bhugra
Sofie Bäärhielm
Egor Chumakov
Ilaria Tarricone
Jerzy Samochowiec
Apostolos Veizis

TASK FORCES (SECTIONS & NPAs)

TASK FORCE ON SECTIONS

Objective: To harmonise Sections' activities, to increase interaction between Sections as well as between Sections and NPAs, to develop interaction with ECPs, and to improve the involvement of Sections in EPA activities, including the visibility of Sections at the European Congress of Psychiatry.

Martina Rojnić Kuzman, *Croatia (Chair)*
Egor Chumakov, *Russia*
Andrea Fiorillo, *Italy*
Nadja Marić Bojović, *Serbia*
Meryam Schouler-Ocak, *Germany*
Agata Szulc, *Poland*
Umberto Volpe, *Italy*
Angelika Wieck, *UK*

TASK FORCE ON EPA-NPA REFORM

Koray Basar, *Türkiye*
Julian Beezhold, *United Kingdom*
Bernardo Carpiniello, *Italy*
Eka Chkonia, *Georgia*
Geert Dom, *Belgium*
Peter Falkai, *Hungary*
Andrea Fiorillo, *Italy*
Martina Rojnic Kuzman, *Croatia*
Jerzy Samochowiec, *Poland*

EARLY CAREER PSYCHIATRISTS (ECP) TASK FORCES

ECP TASK FORCE ON MEETINGS AND ASSOCIATIONS

Objective: To organise meetings and promote activities relevant for European Early Career Psychiatrists
Federico Mucci, *Italy (Chair)*
Kezban Burcu Avanoğlu, *Türkiye*
Emre Cem Esen, *Türkiye*
Maria Filip, *Poland*
Sundar Gnanavel, *United Kingdom*
Jamila Ismayilova, *Azerbaijan*
Theodoros Koutsomitros, *Greece*
Matilda Naesström, *Sweden*

ECP TASK FORCE ON RESEARCH

Objective: To involve Early Career Psychiatrists across Europe in research projects related to educational aspects and career opportunities

Gaia Sampogna, *Italy (Chair)*
Marton Asztalos, *Denmark*
Dorottya Óri, *Hungary*
Victor Pereira Sanchez, *Spain*
Diego Quattrone, *United Kingdom*
Ekin Sönmez, *Türkiye*
Anna Szczegielniak, *Poland*
Renato de Filippis, *Italy*

ECP TASK FORCE ON COMMUNICATION AND PUBLICATIONS

Objective: To improve the visibility of publications by Early Career Psychiatrists

Egor Chumakov, *Russia (Chair)*
Gamze Erzin, *Türkiye*
Laura Fusar-Poli, *Italy*
David Gurrea Salas, *Switzerland*
Alena Leonova, *Russia*
Laura Orsolini, *Italy*
Georgios Schoretanis, *Greece*
Robertas Strumila, *France*
Kirill Vasilchenko, *Russia*

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, *United Kingdom (Chair)*
Raul Felipe Palma Alvarez, *Spain*
Iryna Frankova, *Ukraine*
Yuriy Osadshi, *Russia*
Ilaria Riboldi, *Italy*
Khrystyna Shalak, *Ukraine*
Nikola Žaja, *Croatia*

EPA ACTIVITIES CALENDAR

PRESIDENTIAL ACTIVITIES

APRIL 2023

13 Apr - Expert roundtable on 'Mental Health and Addictions Treatment at the EU level' (European Parliament, Brussels, Belgium)

MAY 2023

12-14 May - EPA - NPA Symposium (Sofia, Bulgaria)

24 May - PAREA meeting (European Parliament, Brussels, Belgium)

JUNE 2023

6 Jun - European Pain Forum meeting (online)

JULY 2023

2-4 Jul - EAN Congress (Budapest, Hungary)

SEPTEMBER 2023

15-17 Sep - HPA Annual Congress (Budapest, Hungary)

28 Sep to 1 Oct - WPA World Congress of Psychiatry (Vienna, Austria)

OCTOBER 2023

7-10 Oct - ECNP Congress (Barcelona, Spain)

9 Oct - Speaker at Croatian Psychiatric Days (Croatia, online)

26 Oct - 'Museums for Mental Health' at Brain Innovation Days (Brussels, Belgium)

NOVEMBER 2023

13 Nov - Stakeholder consultation of the 2024 Belgian Presidency of the Council of the European Union (Brussels, Belgium)

16 Nov - EAN Brain Health Summit: 'Brain Disorders: The Neglected Burden in Non-Communicable Diseases (NCDs)' (Brussels, Belgium)

28 Nov - Speaker at International Congress on Alcohol Addiction (Türkiye, online)

29 Nov - Maltese NPA Conference on 'Mental Health and our Environment' (Malta, online)

DECEMBER 2023

4 Dec - First Forum meeting for the Brain Health Mission (online)

6 Dec - EPA Board meeting (Brussels, Belgium)

6 Dec - EPA 40th Anniversary event (European Parliament, Brussels, Belgium)

EPA INTERNAL ACTIVITIES

JANUARY

10 Jan - Ethics Committee meeting (online)

20 Jan - Executive Committee meeting (online)

FEBRUARY

8 Feb - Board meeting (online)

MARCH

24 Mar - Executive Committee meeting (Paris, France)

24 Mar - Board meeting (online)

25 Mar - Council of NPAs meeting (Paris, France)

26 Mar - Publication Committee meeting (Paris, France)

26 Mar - ECPC meeting (Paris, France)

27 Mar - Ethics Committee meeting (Paris, France)

27 Mar - Education Committee meeting (Paris, France)

APRIL

27 Apr - Board meeting, including office-bearer elections (Brussels, Belgium)

MAY

9 May - European Congress of Psychiatry, Budapest 2024
1st Scientific Programme Committee (SPC) meeting (online)

24 May - Publication Committee meeting (online)

JUNE

7 Jun - Ethics Committee meeting (online)

29 Jun - Executive Committee meeting (online)

JULY

11 July - European Congress of Psychiatry, Budapest 2024
2nd Scientific Programme Committee (SPC) meeting (online)

SEPTEMBER

20 Sep - Executive Committee meeting (online)

OCTOBER

11 Oct - Publication Committee meeting (online)

13 Oct - Ethics Committee meeting (Brussels, Belgium)

16 Oct - ECPC meeting (Strasbourg, France)

NOVEMBER

14 Nov - Executive Committee meeting (online)

17 Nov - Education Committee meeting (Paris, France)

DECEMBER

5 Dec - Executive Committee meeting (Brussels, Belgium)

6 Dec - Board meeting (Brussels, Belgium)

11 Dec - European Congress of Psychiatry, Budapest 2024
3rd Scientific Programme Committee (SPC) meeting (online)



EUROPEAN PSYCHIATRIC ASSOCIATION

ANNUAL REPORT 2023

EPA ADMINISTRATIVE STAFF

EPA Administrative Office

Executive Director:

Margaret Walker (until November 2023)

Director of Governance and Administration:

Katie Luck

Director of Finance and Operations:

Valérie Allspach-Kiechel

Project Manager for Education, Ethics, ECPC:

Lara Le Noan (until June 2023)

Sarah Mathern (from September 2023)

Project Manager for Congress and Communication:

Carole Ziegler (until May 2023)

Interim Project Manager - Strategy and Governance:

Coline Godard

Junior Project Manager – Education and ECPC:

Célia Kocher (until September 2023)

Administrative and Membership Officer:

Carole Guillaume

Administrative and Governance Officer:

Mélanie Rieder

Congress and Events Assistant:

Alexandra Hochner

EPA Brussels Office

Scientific and Policy Officer:

Lara Grosso Sategna

Interim Project Manager - Strategy and Governance:

Jeanne Demonque (from July 2023)

Junior Project Manager – Congress and Events:

Anna Van der Heyden Codina (from July 2023)

The EPA wishes best of luck to departing

*EPA team members Margaret Walker, Carole Ziegler,
Lara Le Noan, and Célia Kocher.*

2023 Annual Report Editors

Geert Dom

Margaret Walker

David O'Leary

Inès Goetz

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