



ANNUAL REPORT

EUROPEAN PSYCHIATRIC ASSOCIATION

2025

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FOREWORD



As I look back on 2025, I would like to express my gratitude to all our individual members, National Psychiatric Associations, Scientific Sections, Committees, partners, and the EPA Team. 2025 has been a record-breaking year on many levels. A year marked by growth, innovation, and a renewed sense of purpose across our community.

At the heart of this success was the 33rd European Congress of Psychiatry, our largest Congress to date. Held in the inspiring setting of the Palacio Municipal de Congresos de Madrid from 5 to 8 April 2025, the Congress welcomed over 5 200 delegates from more than 110 countries. The scientific programme, networking opportunities, and the vibrant exchanges across disciplines and world regions made it an outstanding success, and a strong reminder of the EPA's role as a reference for European psychiatry.

This year, our community continued to grow in both reach and engagement: individual membership increased by 25%, and active participation now extends across 47 NPAs and 24 Scientific Sections, following the recent addition of the Section on Mental and Physical Multimorbidity. This growth reflects not only as a sign of confidence in the EPA, but also as a reminder of our collective responsibility towards clinical excellence, scientific progress, and a fairer mental health landscape across Europe.

Since I assumed the Presidency, we have worked to translate our vision of a person-centred approach to psychiatry into practical steps. In this spirit, a major milestone of 2025 was the launch of the EPA Action Plan 2025 - 2027, "Leaving no one behind - a roadmap for better and personalised mental health care." This Action Plan is more than a strategic document. It is a shared commitment to a person-centred approach to psychiatry and mental health.


Guided by its priorities, six Presidential Task Forces began their work during 2025, focusing on: treatment delivery and new settings of care; precision psychiatry; brain and mental health across the lifespan; whole person health; public mental health; and protection of the mental health of vulnerable groups. These Task Forces bring together multidisciplinary expertise and are designed to generate tangible outputs including - but not limited to - recommendations, educational content, and guidance for clinicians, carers, and decision-makers. The goal is simple: to translate evidence into action and to promote mental health systems that are accessible, inclusive, and responsive to the needs of all.

In 2025, the EPA reinforced its role in advocacy forums and policy discussions. We worked with EU Institutions, the Council of Europe, and international organisations - including WHO and OECD - bringing expertise to key discussions on human rights in mental healthcare, workforce and wellbeing, digital mental health, and gender-related mental health needs. Our policy work was reinforced through new guidance and policy papers, as well as the endorsement of joint statements supporting global standards and sustained investment in mental health. The 11th EPA Forum, "Carer Communities & Work Environments: Translating Policy into Action for Mental Health in Europe," reflected this commitment by bringing together high-level speakers and stakeholders, while gathering over 600 attendees onsite.

Education and capacity-building remained at the heart of our efforts. On 28 February 2025, we opened the year by delivering the first edition of the European Board Examination in Psychiatry, a landmark initiative spearheaded by Past-President Prof Geert Dom and developed in collaboration with the UEMS Section of Psychiatry and the European Federation of Psychiatric Trainees. With 158 participants, this first edition was a success and marked an important step towards strengthening training and professional development across Europe. We also launched the first EPA Leadership Academy, welcoming 29 Early-Career Psychiatrists in Strasbourg from 5 to 7 September 2025, with the goal of supporting the next generation of leaders in clinical care, research, and policy. Our 2025 Webinar Series gathered over 700 participants from 78 countries worldwide, with more than 56% Early-Career Psychiatrists. We continued to expand our e-Learning resources, expanding the Psychiatrists' Library and making the recordings from past EPA Congresses freely available to all EPA members.

Our next challenge is to build on this momentum. Preparations are well underway for the 34th European Congress of Psychiatry, taking place in Prague on 28-31 March 2026, under the theme "Mental Health: Improving Care and Expanding Horizons." I warmly invite you to join us for a programme rich in scientific exchange, clinical learning, and collaboration. Later in the year, the first EPA Regional Meeting will be held in Naples on 28-30 October 2026. This meeting will offer a valuable opportunity to explore how our Action Plan can be implemented in practice and to strengthen cooperation across regions.

In 2025, the EPA reaffirmed its role as a leading voice in science and clinical practice, and as a trusted partner in shaping mental health policy across Europe. As we move into 2026, I look forward to welcoming our community in Prague.

 **Prof Andrea Fiorillo**
EPA President

ACTION PLAN 2025-2027 – “LEAVING NO ONE BEHIND”

Leaving no one behind - a roadmap for better and personalised mental health care

WHY AN ACTION PLAN

Over the last half decade, Europe has faced a sequence of shocks - pandemic-related disruptions, a conflict close to its borders, economic pressures and forced migration, increased inequalities - with clear consequences for the mental health of its citizens. Since 2021, levels of anxiety, depression and loneliness are estimated to have risen by around 25%. Mental disorders carry a heavy economic burden (estimated at about 4.1% of GDP in the EU and the UK), while investment remains insufficient.

The EPA Action Plan 2025-2027 provides a shared, practice-oriented agenda to strengthen systems, reduce inequities and accelerate the translation of evidence into everyday care.

NEEDS AND PRIORITIES

Building on the EPA EU Elections Manifesto (2024), the Action Plan focuses on harmonising standards and care delivery; strengthening the workforce; safeguarding ethics and patients' rights; responding to an evolving world (including digital transformation); and advancing research, prevention and public mental health implementation.

The work of the EPA will be structured around six priorities for 2025-2027:

- Innovation, treatment delivery and new settings of care: Innovative, stigma-free models; modern infrastructure; care in schools, workplaces and justice settings; digital support.
- Precision psychiatry: Multi-domain assessment, biomarkers/biotypes, staging and targeted treatments for more personalised interventions.
- Brain and mental health across the lifespan: Brain-health approach from prenatal life to older age, with a focus on adolescence and early adulthood.
- Whole person health: Integrate physical health and multimorbidity; tackle the 15-20 year mortality gap; implement lifestyle-oriented interventions.
- Public mental health: Scale prevention and promotion (especially for youth); address adversity; reduce stigma and discrimination.
- Vulnerable groups: Tailored, evidence-based care for people exposed to marginalisation, trauma and discrimination; foster stigma-free cultures.

TASK FORCES

Six multidisciplinary Presidential Task Forces were launched in May 2025 to drive delivery across education, clinical practice and advocacy.

1. Treatment Delivery and New Settings of Care

Lead: Umberto Volpe

- Members: Judit Balázs; Julian Beezhold; Charlotte Blease; Philippe Courtet; Nikolina Jovanovic; Maria Covadonga Martinez Diaz-Caneja; Kim Mathiasen; Meryam Schouler-Ocak; Petr Winkler.

2. Precision Psychiatry

- Lead: Celso Arango
- Members: Philippe Courtet; Livia De Picker; Martien Kas; Péter Kéri; Pavel Mohr; Inez Myin-Germeys; Brenda Pennix; Andreas Reiff; Martina Rojnic Kuzman.

3. Brain and Mental Health Across the Lifespan

- Lead: Geert Dom
- Members: Kristina Adorjan; Judit Balázs; Claudio Bassetti; Indrit Begue; Eka Chkonja; Christoph Correll; Pavel Mohr; Evelina Pajedienne; Umberto Volpe.

4. Whole Person Health

- Lead: Andrea Fiorillo
- Members: Joseph Firth; Blazej Misiak; Martina Rojnic Kuzman; Jerzy Samochowiec; Gaia Sampogna; Ivona Simunovic Filipcic; Dan Siskind; Simavi Vahip; Davy Vancampfort.

5. Public Mental Health

- Lead: Koray Başar
- Members: Celso Arango; Julian Beezhold; Jonathan Campion; Giulio Castelpietra; Geert Dom; Cécile Hanon; Rene Keet; Annabel Muller-Stierlin; Martin Preisig; Simavi Vahip.

6. Protection of Mental Health of Vulnerable Groups

- Lead: Meryam Schouler-Ocak
- Members: Sofie Bäärnhielm; Judit Balázs; Koray Basar; Dinesh Bhugra; Bernardo Carpiniello; Marianne Kastrup; Luís Madeira; Jerzy Samochowiec; Ilaria Tarricone.

EXPECTED OUTCOMES

Across the 2025-2027 Presidential term, the Task Forces will deliver consensus documents and statements, practical recommendations and clinical guidance, educational materials, as well as surveys and research outputs - developed in dialogue with users and carers and with European scientific and advocacy partners.

Task Force 4 has already published the Viewpoint article [“From lifestyle psychiatry to whole person health: evidence, dissemination and scalable approaches”](#) and a Task Force-led webinar is being developed as part of the 2026 Webinar Series. Over 2026 and 2027, the Task Forces are expected to produce many more outputs of this kind.

Towards Real-World Solutions in Mental Health



Madrid

THE 33RD EUROPEAN CONGRESS OF PSYCHIATRY

The 33rd European Congress of Psychiatry, which took place from 5 to 8 April 2025 in Madrid, Spain, provided a key platform for advancing mental health globally.

The Congress brought together psychiatry professionals from around the world to exchange knowledge, network, and collaborate on innovative solutions to address current mental health challenges.

The Congress theme, “Towards Real-World Solutions in Mental Health”, reflected one of the core priorities of the EPA: the clinical translation of ground-breaking research findings and the sharing of good practices to support real-world patients. The theme was built on the principle that, while it is essential to stay informed about the latest scientific developments, it is equally important to generate creative ideas and practical examples that can meaningfully shape day-to-day clinical practice.

The Congress welcomed the active participation of over 5 200 delegates representing more than 110 countries, highlighting its strong international reach and global significance.

SCIENTIFIC PROGRAMME HIGHLIGHTS

The EPA 2025 Scientific Programme featured a wide array of sessions, including three Plenary Sessions, six State-of-the-Art Lectures exploring advanced topics and trends in psychiatry, three engaging Debates on emerging issues in mental health, six Core Symposia, and nine Joint Symposia. The Programme also included 36 Accepted Symposia, 16 interactive Workshops, 16 EPA Specialised Courses, nine dedicated Early-Career Psychiatrists sessions fostering the development of emerging professionals, and three 'Ask the Expert' sessions providing in-depth interaction with renowned experts.

Overall, the Congress facilitated 126 Oral Communications, 715 e-Poster presentations, and 1 605 e-Poster viewings. In addition, livestreamed sessions were made available on-demand for three months following the Congress, extending accessibility for participants worldwide.

ASSOCIATION ACTIVITIES

The EPA Extraordinary General Assembly and Ordinary General Assembly were convened in person during the Congress, on 6 April 2025, with 197 Individual Members and 32 National Society/Association Members in attendance. At the Assembly:

- Prof Florence Thibaut was appointed Internal Auditor for the 2025–2027 term.
- The establishment of a new Section on Mental and Physical Multimorbidity was approved.
- Elections to the EPA Board were conducted. Of the nine candidates standing, the following six were elected or re-elected for a four-year mandate:
 - Celso Arango (Spain)
 - Judith Balázs (Hungary)
 - Julian Beezhold (UK)
 - Martina Rojnic Kuzman (Croatia)
 - Simavi Vahip (Türkiye)
 - Umberto Volpe (Italy)
- Prof Andrea Fiorillo formally started his mandate as EPA President for the 2025–2027 term.

Additionally, the following EPA Committees held meetings during the Congress: Executive Committee, Board, Council of NPAs, Early-Career Psychiatrists Committee, Committee on Education, Publication Committee, Committee on Ethics, and Section Coordination.

Elections of EPA Office Bearers were conducted on 27 May 2025. Following the Board's decision, five candidates were elected or re-elected for a two-year mandate:

- Celso Arango (Spain): President-Elect
- Julian Beezhold (UK): Secretary General
- Cécile Hanon (France): Secretary for Education
- Martina Rojnic Kuzman (Croatia): Treasurer
- Umberto Volpe (Italy): Secretary for Sections

PRIZES AND AWARDS



PASCAL-BOYLE PRIZE 2025

The prestigious Constance Pascal–Helen Boyle Prize honours the outstanding achievements made by women working to improve mental health care in Europe.

In 2025, the EPA was delighted to reward Dr Sophia Frangou for her long-standing contribution to the field. She was awarded the Prize during the Opening Ceremony of the 33rd European Congress of Psychiatry in Madrid on 5 April 2025.

Dr Frangou trained at Maudsley and Bethlem Royal Hospitals in London, UK and obtained her PhD from the University of London. She is Chair in Brain Health at the Department of Psychiatry, University of British Columbia and is also affiliated with the Department of Psychiatry at the Icahn School of Medicine at Mount Sinai. She previously held the post of Reader in Psychiatry at the Institute of Psychiatry, Psychology and Neuroscience at King's College London, UK.

She is also Editor-in-Chief of *European Psychiatry*, the EPA flagship journal, and Associate Editor of *BJPsych Open*. Dr Frangou has published over 300 articles and has received numerous awards including the 2019 Colvin Prize for Outstanding Achievement in Mood Disorders Research from the Brain and Behaviour Research Foundation and the 2020 Educator Award from the Society of Biological Psychiatry.



RESEARCH PRIZES 2025

The EPA Research Prizes reward the authors of the best scientific papers published in 2024 across five categories.

In 2025, the EPA received 49 applications from Early-Career Psychiatrists across Europe. From among these excellent candidates, the international jury selected five winners for the 2025 EPA Research Prizes:

Category 1: Best Paper Published in European Psychiatry

- Giulia Giordano, Italy

"External validation of the five domains of negative symptoms: Focus on cognition, functional capacity, and real-world functioning", published in European Psychiatry.

Category 2: Biological Correlates and Treatments of Mental Disorders

- Thomas Leon Kremer, Germany

"Multimodal associations of FKBP5 methylation with emotion-regulatory brain circuits", published in Biological Psychiatry.

Category 3: Child and Adolescent Psychiatry

- Renzo Abregú-Crespo, Spain

"School bullying in children and adolescents with neurodevelopmental and psychiatric conditions", published in The Lancet Child & Adolescent Health.

Category 4: Clinical Psychopathology and Refinement of Psychiatric Diagnostic Categories

- Angharad de Cates, United Kingdom

"Association between a selective 5-HT4 receptor agonist and incidence of major depressive disorder", published in The British Journal of Psychiatry.

Category 5: Psychiatric Epidemiology, Social Psychiatry and Psychotherapeutic Interventions in Mental Disorders

- Riccardo De Giorgi, United Kingdom

"12-month neurological and psychiatric outcomes of semaglutide use for type 2 diabetes: a propensity-score matched cohort study", published in The Lancet eClinicalMedicine.



ECP SCHOLARSHIPS 2025

Early-Career Psychiatrists and trainees wishing to attend the European Congress of Psychiatry once again had the opportunity to apply for the EPA ECP Scholarship Programme.

In 2025, the selected scholars were invited to attend the 33rd European Congress of Psychiatry in Madrid and received the following benefits: free Congress registration, covered travel and accommodation expenses, access to one of the 16 EPA Courses held during the event, an invitation to the ECP Luncheon, and complimentary one-year EPA membership.

For this edition, the jury selected five winners from 56 European applicants:

- Adrian Țițăreanu (Romania)
- Gerard Anmella (Spain)
- Joerdis Rausch (Germany)
- Lea Kozina (Croatia)
- Pasquale Pezzella (Italy)

COUNCIL OF NPAs

NEW GOVERNANCE MODEL OF THE STEERING COMMITTEE

In 2025, the Steering Committee of the Council of National Psychiatric Associations (NPAs) completed its work to update its composition. This reform was developed through a collaborative process involving all NPAs and the Steering Committee and was finalised during the 33rd European Congress of Psychiatry in Madrid. The changes are now formally reflected in the EPA Statutes.

Under the new structure, the Council consists of five members instead of three: the Chair, the Past-Chair, the Chair-Elect, and two Secretaries serving respectively as Liaison for Education and Liaison for Sections. This reform aims to enhance the EPA's visibility at the national level, strengthen regional representation across Europe, and improve coordination with EPA Committees.

MEMBERS

The EPA Council of NPAs continued to grow and further consolidated its role as one of the most important discussion platforms, representing more than 78 000 psychiatrists across Europe. In 2025, it strengthened its international outreach both within Europe and beyond, bringing together 47 members from 42 European countries and Taiwan. Information on all 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, 5 April 2025, during the 33rd European Congress of Psychiatry in Madrid. It also organised an online meeting to wrap up the year on Friday, 5 December 2025.

A total of five symposia were organised during different NPA national events in 2025:

13 March 2025 – Gothenburg, Sweden

“The EPA Board Exam and the Swedish National Exam”
(presented by Dr Andrew Brittlebank)

14 March 2025 – Mechelen, Belgium

“Current Trends in Psychopharmacology and Euthanasia”
(presented by Prof Istvan Bitter)

21 October 2025 – Chişinău, Moldova

“Advancing Psychiatric Practices: Collaborative Approaches and Innovations”
(presented by Prof Eka Chkonia and Prof Simavi Vahip)

8 November 2025 – Bari, Italy

“Abnormal visual perception in psychotic spectrum disorders”
(presented by Prof Eka Chkonia)

“What’s new on the use and monitoring of an old but effective agent: Clozapine”

(presented by Prof Koray Başar)

10 December 2025 – Cannes, France

“Psychiatrists and Political Advocacy: Ethical Responsibilities in Global Conflicts”
(presented by Prof Meryam Schouler-Ocak)

“At the EPA Congress in Madrid, a new governance model for the Council of NPAs was approved, and the new members of the Steering Committee were elected. The Steering Committee currently comprises five members, including the Chair, the Past-Chair, the Chair-Elect, and two Liaisons (Education and Sections). These changes increase the representation of the National Psychiatric Associations in the EPA Board and enhance collaboration with the Committee on Education and EPA Sections.”

In 2025, the Steering Committee supported five EPA-NPAs Joint Symposia, organised in the context of National Congresses, and successfully submitted applications for the 2026 Webinar Series.”

• Prof Eka Chkonia,
Chair of the NPAs Steering Committee

ONGOING ACTIVITIES IN 2025

In 2025, the Council of NPAs was involved in the following projects and activities:

- Promoting closer collaboration between the EPA and NPAs, including initial steps towards reorganising the InterACT Newsletter format through the restructuring of its Editorial Board.
- Publishing a monthly NewsPAGE to provide NPAs with key information and updates related to the EPA.
- Conducting a questionnaire on communication practices to identify ways to improve the dissemination of important updates, calls, and newsletters.
- Increasing the involvement of the Council of NPAs in the European Congress of Psychiatry, including the organisation of a Symposium entitled “Attitudes towards psychiatry and psychiatric practices” at the Congress in Madrid.
- Establishing an NPA Expert Panel within the Anti-Stigma Project.
- Continuing participation in the EPA Ambassadors’ Programme.

INTERACT NEWSLETTER

In 2025, InterACT, the quarterly newsletter of the Council of NPAs, continued to strengthen its role as a trusted platform for dialogue and exchange among NPAs. Managed by its Editorial Board, chaired by Prof Simavi Vahip, InterACT offers carefully curated content aligned with the interests of NPAs. Each issue includes a Special File focusing on a timely topic, updates on EU funding and advocacy, and highlights of pressing issues from across Europe. Contributors, including NPAs, EPA Sections, and other collaborators, provide the rich material featured in the newsletter's four seasonal editions. Over eight years and 31 editions, InterACT has established itself as a vital platform for sharing insights on psychiatry and mental health across Europe. All previous issues of InterACT are available on the EPA website.

EARLY CAREER PSYCHIATRISTS

Led by Prof Gaia Sampogna (Italy) and Dr Asilay Seker (United Kingdom), the Early-Career Psychiatrists Committee (ECPC) sustained a high level of activity throughout 2025. Expanding on the efforts of its Task Forces, the Committee advanced a range of initiatives aimed at supporting Early-Career Psychiatrists across Europe. In 2025, the ECPC delivered the first-ever EPA Leadership Academy and advanced several other significant projects, including:

THE GAINING EXPERIENCE PROGRAMME:

Under the 2025 GEP, the Committee was pleased to offer ten Early-Career Psychiatrists the chance to undertake observerships at leading psychiatric institutions throughout Europe. In partnership with the host institutions, the following candidates successfully completed their observerships:

- Dr Anna Szczegieniak (Poland), hosted by the Unit of Clinical Psychiatry, Department of Clinical Neurosciences, Università Politecnica delle Marche (Italy)
- Dr João Martins Correia (Portugal), hosted by the Queen Mary University of London (United Kingdom)
- Dr Marta Demkow-Janina (Poland), hosted by the Birmingham and Solihull Mental Health NHS Foundation Trust (United Kingdom)
- Dr Claudia Malavolta (Italy), hosted by the North-Buda Saint John Central Hospital, Department of Psychiatry and Psychiatric Rehabilitation, Teaching Department of Semmelweis University, Baby-Mother-Father Unit (Hungary)
- Dr Beren Özel (Türkiye), hosted by Institute of Psychiatry, Psychology & Neuroscience, King’s College London / South London and Maudsley NHS Foundation Trust (United Kingdom)

EMPOWERING THE NEXT GENERATION: THE INAUGURAL 2025 LEADERSHIP ACADEMY

On 5-7 September 2025, the EPA reached a significant milestone with the successful launch of its first-ever Leadership Academy (LACA). Held in Strasbourg (France) at the Centre Culturel Saint-Thomas, this inaugural edition brought together a motivated cohort of 29 Early-Career Psychiatrists from more than 22 countries.

• In the words of Prof Norman Sartorius, LACA faculty member:

“We never treat a patient alone; there is always a team working together. In effect, leadership in psychiatry is about learning the different attitudes needed to live and work with others in a more pleasant way. In medical education, we don’t talk about this; we learn everything about new medications and the technical way to do this or that. All of that is very useful, but the idea behind the LACA is to add certain attitudes to medical education to create collaborative and friendly relationships”

An ECPC-led initiative, with the support of the Committee on Education, the Leadership Academy was specifically designed to bridge the gap between clinical expertise and professional leadership. The programme featured a hybrid learning model, combining three intensive days of in-person workshops with a comprehensive library of online talks delivered by prominent EPA leaders.



“The Gaining Experience Programme (GEP) offers Early-Career Psychiatrists a unique opportunity to enhance their skills through tailor-made placements at leading clinical and research institutions across Europe. These exchanges foster peer connections, spark collaborations, and build lasting professional networks. In the crucial first five years after specialisation, GEP provides invaluable international experience and support to help shape future careers in clinical practice, academia, education, or beyond.”

• Dr Asilay Seker,
Co-chair of the Early-Career Psychiatrists Committee

- Dr Milos Marković (Serbia), hosted by Queen Mary University of London, East London NHS Foundation Trust (United Kingdom)
- Dr Bianca Augusta Oroian (Romania), hosted by the Institute of Psychiatry and Mental Health Hospital General Universitario Gregorio Marañón (Spain)
- Dr Selin Tanyeri (Türkiye), hosted by the Academic Hospital of Montpellier (France)
- Dr Anastasia Sikora (Ukraine), hosted by the University Psychiatric Hospital Vrapče (Croatia)
- Dr Sovady Bora (France), hosted by the Department of Psychiatry, Psychotherapy and Psychosomatics, Hospital of Psychiatry, University of Zurich (Switzerland)



The curriculum was highly interactive, moving beyond theory to include role-playing, case discussions, and group activities.

The programme included a visit to the Council of Europe, where participants were offered a lecture on a human rights-based approach to mental healthcare, giving them a high-level perspective on psychiatric advocacy.

• As Olivier Andlauer, LACA faculty member, explains:

“Often in leadership and management situations, there is no single solution. Having people come from all over Europe provides a richness of different cultures - different ways of seeing and approaching human relations, as well as how care is delivered in hospitals across different countries.”

EDUCATION



EUROPEAN BOARD EXAMINATION IN PSYCHIATRY (EBEP)

On 28 February 2025, the first European Board Examination in Psychiatry was held, jointly organised by the EPA, the UEMS-Psychiatry Section, and the European Federation of Psychiatric Trainees (EFPT). This fully online, knowledge-based examination covered 40 psychiatry topics through multiple-choice questions. A total of 158 candidates from 37 countries participated in this voluntary, supplemental examination, aimed at harmonising psychiatric training and professional standards across Europe. 147 candidates successfully completed the exam and were awarded the title of Fellow of the European Board in Psychiatry.



2025 COMMITTEE ON EDUCATION MEETING, PARIS

Led by newly re-elected Dr Cécile Hanon (France), the Committee on Education met in Paris to plan future activities. 2025 was a landmark year for the Committee, with the organisation of the first-ever European Board Examination in Psychiatry, a major step forward for professional standards across Europe.

E – LEARNING ACTIVITIES

The Committee supported the 2025 Webinar Series, composed of six webinars.

In addition, all EPA 2025 session recordings and the Best of Research 2025 are now freely available to all EPA paid-up members on the [EPA e-Learning platform](#).



CME COURSES

The following 16 courses were delivered during the 33rd European Congress of Psychiatry with 555 participants:

- Post-traumatic stress disorder from early childhood to young adulthood: A resilience oriented approach to prevention, diagnosis and clinical management
- Hospital architecture – How to renovate, repurpose and built psychiatric facilities
- Current ethical issues in clinical psychiatry
- Prescribing and deprescribing antipsychotics for psychotic disorders: Focus on schizophrenia
- Hikikomori, pathological social withdrawal and modern type depression: assessment, intervention and novel therapeutic approach using digital technologies
- Diagnostic assessment and treatment of ADHD in adults
- Beyond ultra-high risk for psychosis: the basic symptoms criteria
- How to work with psychoeducational multifamily groups
- Preparing for the European Psychiatry Board Examination
- Screening and monitoring of cognitive impairments in psychosis using the cognitive assessment interview (CAI)
- Enhancing comorbidity management in borderline personality disorder
- Risk assessment and risk management of violent patients in general psychiatry
- Useful open science tools to do research in psychiatry
- "Brief motivational intervention in the emergency room: how to engage quickly patients with addictive disorders"
- Navigating the road to wisdom: advanced insights into bipolar disorder in the elderly
- How to write a good scientific paper (and get it published in European Psychiatry)



ETHICS

In 2025, the EPA Committee on Ethics, chaired by Prof Meryam Schouler-Ocak, advanced ethical standards in psychiatric research and clinical practice by conducting and disseminating surveys to gather insights from NPAs, publishing papers on key ethical issues, and developing an educational webinar.

PROMOTING ETHICAL STANDARDS IN EUROPE

Committee members promoted the EPA Code of Ethics at two events organised by EPA NPAs:

- March – Mechelen, Belgium
Flemish Association of Psychiatry' seminar on Current trends in Psychopharmacology and Euthanasia
- November – Belfast, Northern Ireland
College of Psychiatrists of Ireland Winter Conference

EDUCATIONAL CONTENT ON ETHICS STANDARDS

Webinar on Ethics in Digital Mental Health (10 December 2025)

"The EPA Code of Ethics affirms psychiatry's commitment to human rights, scientific responsibility, and ethical care across cultural and social contexts"

• Prof Meryam Schouler-Ocak,
Chair of the EPA Committee on Ethics

PUBLICATIONS AND SURVEYS

- Publication of the Policy paper of the Committee on Ethics and the Task Force on Migration and Mental Health: "Migration and mental health of migrants, refugees, asylum seekers – Ethical dilemmas and concerns" in *European Psychiatry* (Volume 68 , Issue 1)
- Publication of the article "Mental health law in Europe: Structures, standards, and ethical dilemmas a comparative analysis of 38 national frameworks in light of international guidelines, regarding involuntary measures in mental healthcare services" in the *European Journal of Psychiatry* (Volume 39)
- Dissemination of the "Ethics in Psychiatric Practice" survey, completion of data collection, and initiation of data analysis.
- Dissemination of the survey "The Rights of People with Lived Experience of Mental Ill Health and Informal Carers"
- Creation and dissemination of the survey "Assisted Suicide and Euthanasia in Psychiatric Patients"

Other activities included the development of a paper on ethical, clinical, and legal aspects of mental health care in prisons; preparatory work on topics such as Gender Issues & Ethics, Approaching Patients on Ethics & Aesthetics, Ethics & AI, and Ethics in Times of Crisis; as well as the design of concepts for educational activities on the application of Ethics in clinical practice.

SECTIONS



"In 2025, the EPA Scientific Sections continued to strengthen their contribution to the EPA mission by advancing scientific collaboration, improving organisational processes, and enhancing the visibility of Section activities. During the year, we initiated a comprehensive quality assessment framework to ensure greater coherence, transparency, and excellence in Section activities. We also worked on enhancing communication strategies to improve the visibility and impact of Sections within the EPA community. In parallel, a revision of the Statutes and Rules of Procedures governing the functioning of Sections was initiated, with the aim of simplifying processes and clarifying responsibilities for Section officers. The Task Force on Sections will be renewed and expanded to include representatives from the Early-Career Psychiatrists Committee and the Council of National Psychiatric Associations. These combined efforts have further reinforced cooperation among Sections, as well as between Sections, Early-Career Psychiatrists, and the Council of NPAs, creating more integrated structures and better opportunities for active participation in EPA activities."

• Prof Umberto Volpe, Secretary for Sections

NEW EPA SECTION

In 2025 the EPA increased its number of Scientific Sections to 24 with the creation in April of a new Section on Mental and Physical Multimorbidity. The mission of this new Section is to promote high standards in research, training, and clinical practice in the field of multimorbidity among individuals with mental illnesses, and advocate integrated care that addresses both mental and physical health needs. The committee members are Ivona Šimunović Filipčić (Chair), Andrea Fiorillo (Co-Chair), and Gaia Sampogna (Secretary), Norman Sartorius (Councillor).

SECTIONS ACTIVITIES AT THE EUROPEAN CONGRESS OF PSYCHIATRY

Like every year, the scientific programme of the 33rd European Congress of Psychiatry was significantly supported by EPA Sections. In 2025, the Sections organised 21 symposia, 8 workshops and 9 courses.

SECTION ACTIVITIES THROUGHOUT THE YEAR

In April 2025, a Section Coordination Meeting was held in Madrid and attended by every Section Chair or representative. Throughout the year, EPA Sections organised scientific and educational activities such as webinars or symposia, and published articles in scientific journals. Notably, EPA Sections organised five of the six webinars of the 2025 EPA Webinar Series, covering topics spanning alcohol and substance use disorder, management of suicidal crisis, treatment of treatment-resistant depression, gaming disorders and ethics in digital mental health. All of these activities are detailed in the annual reports provided by the Sections, which can be found on the EPA website. In addition, EPA Sections contributed to the "Psychiatrists' Library", a theoretical foundation knowledge resource designed to support psychiatrists in their education and professional development.

A new Section News Corner was launched on the EPA website in 2025, offering each Section a dedicated space to share targeted updates with the wider EPA community. Through dedicated pages, Sections can highlight their latest activities and outputs - such as news items, upcoming events, meeting reports, and recent publications - helping to increase visibility, strengthen engagement across the membership, and encourage collaboration between Sections and other EPA bodies.

2025 WEBINAR SERIES

In 2025, the EPA launched a structured webinar programme selected through a competitive process that actively involved EPA Committees, NPAs, and Scientific Sections. This new approach resulted in a curated series of high-quality, clinically relevant topics aligned with the needs of the EPA community and the Association's broader educational priorities.

Across the year, six thematic webinars were made freely available for the wider psychiatric community, attracting more than 700 participants from 78 countries worldwide, with 56% of attendees identifying as Early-Career Psychiatrists. The series provided an accessible platform for continuing professional development, enabling attendees to engage with leading experts, discuss evolving evidence, and explore practical aspects of everyday care.

JOINT WEBINARS

As part of its commitment to 2025 World Mental Health Day, the EPA partnered with leading European and global organisations to spotlight important, often under-recognised intersections between mental and physical health. These joint webinars aimed to bridge professional communities, promote integrated models of care.

9 October 2025 – Bridging the Gap: Integrating Mental Health and Hepatitis Care (joint webinar with the World Hepatitis Alliance, WHA). Chaired by Rachel Halford, the webinar featured Renee Logan, as well as Krzysztof Krysta and Anastasia Sikora representing the EPA. The discussion addressed the higher prevalence of hepatitis B and C among people living with severe mental illness and highlighted practical approaches to screening, integrated services, and advocacy.

10 October 2025 – Pain and Mental Health: A Double Burden Europe Must Address (joint webinar with the European Pain Federation, EFIC). The session brought together the EPA and EFIC perspectives, introduced respectively by EPA Past-President Geert Dom and Patrice Forget. Dr Anna Julia Krupa and Prof Forget delivered the keynote presentations, followed by a joint Q&A discussion.

DATE & TITLE	MODERATORS	SPEAKERS
10 MAR 2025 INTERNATIONAL WOMEN'S DAY Women Alcohol and Substance Use Disorder	<ul style="list-style-type: none"> Tamas Kurimay – Chair of EPA Section on Women Mental Health, Buda Family Centred Mental Health Centre & Semmelweis University, Hungary Arnt Schellekens – Former Chair of EPA Section on Addictive Behaviours, Radboud University Medical Center, Netherlands 	<ul style="list-style-type: none"> Florence Thibaut – University Hospital Cochin & University Paris Cité INSERM U1266 Institute of Psychiatry and Neurosciences, France Jan K Melichar – University of South Wales and University of Bath, UK
3 JUN 2025 BEGINNING OF PRIDE MONTH LGBT+ Mental Health in Europe: Needs, Challenges and Opportunities	<ul style="list-style-type: none"> Götz Mundle – Chair of the EPA Section on Sexual Orientations and Gender Identities, University Tübingen, Mental Health Center for Refugees, Berlin, Germany Lieselotte Mahler – Co-Chair of the EPA Section on Sexual Orientations and Gender Identities, Department of Psychiatry and Psychotherapy, Theodor-Wenzel-Werk, Berlin, Germany 	<ul style="list-style-type: none"> Koray Başar – Hacettepe University, Ankara, Türkiye Richard Bränström – Karolinska Institutet, Stockholm, Sweden Iva Žegura – University Psychiatric Hospital Vrapče, Zagreb, Croatia
10 SEP 2025 WORLD SUICIDE PREVENTION DAY Assessment and Management of Suicidal Crisis in Emergency Settings	<ul style="list-style-type: none"> Philippe Courtet – Chair of EPA Section on Suicidology and Suicide Prevention, University of Montpellier & CHU Montpellier, France Ana González-Pinto – University of the Basque Country & CIBERSAM, Spain 	<ul style="list-style-type: none"> Vincent Jardon – CHU Lille, France Aistė Lengvenytė – CHU Lapeyronie, Montpellier, France Emilie Olié – University of Montpellier, France Pilar Sáiz – University of Oviedo, Spain
27 OCT 2025 EUROPEAN DEPRESSION DAY Evidence-Based Diagnosis and Treatment of TRD – Update and Preview	<ul style="list-style-type: none"> Lucie Bartova – Secretary of the EPA Section on Psychopharmacology, Medical University of Vienna, Austria Siegfried Kasper – Medical University of Vienna, Austria 	<ul style="list-style-type: none"> Georg Kranz – Hong Kong Polytechnic University & Medical University of Vienna, Austria Pia Baldinger-Melich – Medical University of Vienna, Austria Christoph Kraus – Medical University of Vienna, Austria
19 NOV 2025 IN COLLABORATION WITH THE INTERNATIONAL SOCIETY OF ADDICTION MEDICINE (ISAM) Gaming Disorder in ICD-11: Training Clinicians	<ul style="list-style-type: none"> Sophia Achab – Chair of EPA Section on Addictive Behaviours, University of Geneva & WHO Collaborating Centre for Mental Health Alex Baldacchino – University of St Andrews, UK 	<ul style="list-style-type: none"> Marc N. Potenza – Yale University, USA Sophia Achab – University of Geneva Laura Orsolini – Co-chair of the EPA Section on Digital Psychiatry, Università Politecnica delle Marche, Italy
10 DEC 2025 HUMAN RIGHTS DAY Ethics in Digital Mental Health	<ul style="list-style-type: none"> Meryam Schouler-Ocak – Charité Universitätsmedizin Berlin, Germany Mariana Pinto da Costa – King's College London, UK & University of Porto, Portugal 	<ul style="list-style-type: none"> Inez Myin Germeys – KU Leuven, Belgium Thomas KJ Craig – King's College London & South London and Maudsley NHS Foundation Trust, UK

The EPA extends its warmest thanks to all moderators and speakers for their professionalism, time, and commitment to delivering high-quality webinars for the EPA community.

PUBLICATIONS

EPA PUBLICATION COMMITTEE

In 2025, the EPA Publication Committee continued to support the EPA's mission by coordinating the development of policy and guidance papers. The Committee met twice during the year - 8 January 2025 (online) and 6 April 2025 during the 33rd European Congress of Psychiatry - providing input on priorities and processes and contributing to the preparation of the 2025 papers.

Following a decision of the EPA Board, the Committee was discontinued on 27 May 2025, and its functions were integrated into an ad-hoc group within the Board to ensure continuity of this work. The EPA warmly thanks the Committee Chair and Co-Chair Livia De Picker and Kristina Adorjan as well as all Committee members, for their commitment and valuable contributions to EPA activities.

EPA POLICY AND POSITION PAPERS

In 2025, the following EPA Policy and Position Papers were published in European Psychiatry:

[Policy paper of the Committee on Ethics and Task Force on Migration and Mental Health: "Migration and mental health of migrants, refugees, asylum seekers – Ethical dilemmas and concerns"](#)

(*European Psychiatry*, Vol. 68, 2025)

Authors: Meryam Schouler-Ocak, Sofie Bäärnhielm, Ilaria Tarricone, Kristina Adorjan, Jerzy Samochowiec, Egor Chumakov, Apostolos Veizis, Ahmet Tamer Aker, Silvana Galderisi, Sam Tyano, Mariana Pinto da Costa, Thomas Pollmächer, Luís Madeira, Eka Chkonja, Simavi Vahip, Dinesh Bhugra

[EPA Policy paper "Urban mental health: a position paper of the European Psychiatric Association"](#)

(*European Psychiatry*, Vol. 68, 2025)

Authors: Błażej Misiak, Julia Karska, Szymon Kowalski, Philippe Courtet, Umberto Volpe, Meryam Schouler-Ocak, Marianne Destoop, Kristina Adorjan, Fabian Kraxner, Victor J.A. Buwalda, Jonathan Campion, Julian Beezhold, Peter Falkai, and Geert Dom.

[EPA Policy paper "Schizophrenia treatment preferences of psychiatrists versus guidelines: A European perspective"](#)

(*European Psychiatry*, Vol. 68, 2025)

Authors: Martina Rojnic Kuzman, Merete Nordentoft, Andrea Raballo, Pavel Mohr, Andrea Fiorillo, Geert Dom, Goran Mihajlovic, Tihana Jendricko, Egor Chumakov, Stojan Barjaktarov, Bernardo Carpiniello, Michal Patarák, Lorcan Martin, Dominika Dudek, Jerzy Samochowiec, Māris Taube, Philippe Courtet, Dragan Babic, Goran Racetovic, Kirsten Catthoor, Celso Aranga, Nataliya Maruta, Koray Basar, Simavi Vahip, György Szekeres, Lars Lien, Ana Popova, Ruslan Zhelev, Erika Jääskeläinen, Mirjana Delic, Eka Chkonja, Jana Chichai, Diogo Telles-Correira, Doina Constanta Maria Cosman, Julian Beezhold and Peter Falkai.

[EPA Policy paper "Use of psychedelic treatments in psychiatric clinical practice"](#)

(*European Psychiatry*, Vol. 68, 2025)

Authors: Marianne Destoop, Pavel Mohr, Florence Butlen-Ducuing, Peter Kéri, Jerzy Samochowiec, Livia De Picker, Andrea Fiorillo, Kim P.C. Kuypers, and Geert Dom

ENDORSED PUBLICATIONS

The EPA continues to endorse publications that align with its mission of enhancing mental health care and promoting collaborative efforts across Europe. In 2025, the EPA endorsed the following reports:

- ["SIP Joint Statement on the Importance of Implementing the International Classification of Diseases – 11th Revision \(ICD-11\)"](#)
- ["The Prague Agreement – Global Economic Case for Investing in Mental Health \(EIMH\)"](#)

PRESS RELEASES

The EPA published the following press releases during the 33rd European Congress of Psychiatry in Madrid:

- [2025 EPA Congress Press Release, 08.04.2025, "Cannabidiol Therapy Could Reduce Symptoms in Autistic Children and Teenagers"](#)
- [2025 EPA Congress Press Release, 08.04.2025, "Funding to Support Mental Health at Work is Failing to Deliver Results"](#)
- [2025 EPA Congress Press Release, 07.04.2025, "Socioeconomic Inequalities Drive Significant Gaps in Access to Mental Health Care Across the EU"](#)
- [2025 EPA Congress Press Release, 06.04.2025, "Young females more likely to experience higher anxiety due to excessive smartphone use than other genders"](#)

EUROPEAN PSYCHIATRY JOURNAL

European Psychiatry has continued to grow since its transition to a fully open access model in 2020, reinforcing its position as a leading journal for psychiatric research in Europe and beyond.

The journal has published influential work on major research and clinical issues, and in 2025 it maintained a stable and strong performance, confirming its standing among top-tier journals in the Psychiatry category.

Following the surge in downloads and visibility over the past two years, 2025 was a year of consolidation, with robust readership supported by the journal's open access model. Priorities remain focused on sustained growth, enhancing the experience of authors and peer reviewers, and maintaining high editorial standards. Submission volumes continued to reflect the journal's strong profile and ability to attract high-quality research.



NEWSLETTER, WEBSITE, SOCIAL MEDIA



NEWSLETTER

The EPA Minds Online newsletter experienced a positive development in 2025, with 12 newsletters reaching an audience of 20 000 subscribers, a figure that is constantly growing. With a stable open rate of 40–50%, Minds Online remains a flagship EPA communication channel, not only for sharing the latest news about the Association, but also for sharing unique opportunities, particularly for Early-Career Psychiatrists, such as the Leadership Academy or the Gaining Experience Programme.

The newsletter also underwent several improvements in 2025, including a refreshed graphic identity and a redesigned format to enhance readability and deliver an even better experience for members and subscribers. The Minds Online subscriber base continues to grow steadily, reflecting increasing interest in initiatives organised or co-organised by the EPA for its community.

WEBSITE

The EPA website remained a key communication channel on several levels. It served as a central hub to showcase ongoing projects, provide a platform for members' news, and promote diverse content for psychiatrists and Early-Career Psychiatrists.

In 2025, the EPA website underwent many changes to improve and update its pages, improve the user experience for all members and non-members, and ensure access to the latest and most reliable EPA news.

New pages were created, including the Section News Corner, which features news and information from all EPA Sections, the Leadership Academy, as well as the 2025 Webinar Series.

Several articles were published in our News section, highlighting all the important news and contributions from our members.

SOCIAL MEDIA

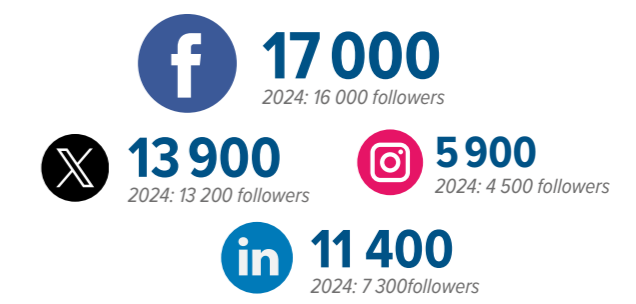
This year, one of the EPA's communication objectives was to create a consistent, content-driven identity.

The EPA conducted special interviews featuring several EPA leaders, who were given the space to talk about their roles, contributions and expertise.

Several live communications were made during EPA events, providing on-the-spot updates that showcase the EPA community.

All platforms were leveraged as an effective means of sharing rich and varied content, highlighting the various initiatives, as well as its participants, allowing us to share our latest news with our communities on social media.

In 2025, all EPA social media accounts have experienced steady and stable growth. The figures speak for themselves:



An increase in impressions, followers, reactions and link clicks was observed across all platforms, indicating growing interest from mental health professionals.

EU POLICY & ADVOCACY

The EPA's policy and advocacy activities in 2025 were anchored by the 11th EPA Forum, which provided a key platform for dialogue with partners and policymakers on translating mental health policy into action, while the presentation of the EPA Action Plan 2025–2027 set a clear strategic framework to guide the Association's engagement in the years ahead.

11TH EPA FORUM



The EPA held the eleventh edition of its annual policy event in Madrid on 5 April, under the theme "Carer Communities & Work Environments: Translating Policy into Action for Mental Health in Europe." The event brought together representatives from European and national healthcare and policy spheres to discuss the vital topic of mental health at work, highlighted on World Mental Health Day on 10 October 2024. The Forum provided a dedicated space to amplify the voices of the mental health workforce as a core component of the therapeutic alliance involving patients, informal carers, and healthcare professionals.

The EPA was pleased to convene speakers from partner organisations and professional colleagues at the European Academy of Neurology (EAN), the European Federation of Psychologists' Associations (EFPA), the European Federation of Associations of Families of People with Mental Illness (EUFAMI), GAMIAN-Europe, Mental Health Europe, and the UEMS Psychiatry Section, alongside representatives from the European Parliament, the European Commission, and the Ministries of Health of Spain, Poland, and France. The EPA was also honoured to hold the event under the auspices of the Polish Presidency of the Council of the European Union. The Forum gathered approximately 600 attendees.

Prof Geert Dom opened the event with a keynote address highlighting the need to translate mental health policy into concrete action through investment in healthy, inclusive work environments and a sustainable mental health workforce across Europe. Drawing on EU workforce projections, he underscored growing demand, persistent underinvestment in mental health, and the importance of coordinated action among policymakers, professionals, carers, and patients to meet Europe's future mental health needs. Prof Andrea Fiorillo presented the EPA Action Plan 2025–2027, entitled "Leaving no one behind – a roadmap for better and personalised mental health care." Discussions throughout the Forum were moderated by Dr Julian Beezhold.

Prof Martina Rojnić Kuzman launched the sixth edition of the EPA Ambassadors Programme, with the 2025 survey focusing on collecting knowledge, practices, and clinical guidelines from psychiatrists across Europe in response to suicidal behaviours. The event concluded with closing remarks from Prof Manuel Martín Carrasco and Prof Marina Díaz Marsá, who welcomed participants to the city of Madrid and the forthcoming 34th European Congress of Psychiatry.



"This Forum is so important, because we try to connect, and that is the role of associations, to connect together with patients, families, carers, policymakers, and scientists and clinicians to mould the world step by step towards a better mental health and mental health-friendly environment."

• Prof Geert Dom

EU INSTITUTIONS

The 11th EPA Forum, on 5 April, set the stage for the EPA's contribution to policy discussions and advocacy for mental health with representatives of the European Parliament, the European Commission, and the Council of the European Union. The event featured MEP Dr András Kulja, Dr Wojciech Konieczny, Secretary of State at the Polish Ministry of Health, and Sandra Gallina, Director-General of the European Commission's Directorate-General for Health and Food Safety (DG SANTE). Contributions from policymakers highlighted the growing recognition of mental health as a cross-cutting priority for Europe, particularly in relation to the mental health workforce, healthy work environments, and the integration of mental health across policies on employment, education, digitalisation, and social inclusion. The event also provided a space for dialogue between the many communities that constitute the mental health sector and prominent public health policymakers. Prof Andrea Fiorillo set out the Association's strategic priorities across science, education, clinical practice, and advocacy with a presentation of the EPA Action Plan 2025-2027.



The EPA was again represented at the European Parliament for the fifth edition of the Headway Forum on 10 December. Prof Andrea Fiorillo and Prof Celso Arango presented the latest edition of the Headway – Mental Health Index on "Care, Cohesion, and Growth: Advancing Mental Health through the Wellbeing Economy." The fifth edition added a specific focus on the social value of informal caregiving. The recent event was made possible thanks to MEP Tomáš Zdechovský and also featured Péter Kéri from GAMIAN-Europe and John Saunders from EUFAMI.



The EPA continued its engagement throughout the year. Prof Geert Dom spoke at the Mental Health Summit the European Parliament, held on 19-20 May on the occasion of Mental Health Week, on the initiative of MEP Dr András Kulja, and the participation of MEP Zoltan Tarr, MEP Tilly Metz, MEP Eleonora Meleti, MEP Gabriella Gerzsenyi, MEP Dr Vytenis Andriukaitis, and European Commissioner Glenn Micallef. Prof Dom spoke in a session on reducing stigma and fostering open dialogue on mental health in a panel with MEP Nikos Papandreou.



The EPA was also invited to contribute to the European Parliament's Committee on Women's Rights and Gender Equality (FEMM) and Committee on Public Health (SANT) Joint Hearing on Digital Violence and Women's Mental Health on 11 December. The session was chaired by MEP Romana Jerković and MEP Lina Gálvez. Prof Umberto Volpe provided perspectives from mental health care on gender-based violence, digital environments, and policy and legal interventions. This followed the International Day for the Elimination of Violence Against Women on 25 November, when the EPA released a commemorative advocacy and awareness-raising video featuring Prof Judit Balázs, Dr Marisa Casanova Dias, Dr Mariana Pinto da Costa, Prof Gaia Sampogna, Anna Szczegielniak, and Prof Florence Thibaut.

EU AGENCIES

This year the EPA also continued its membership of the European Medicines Agency (EMA) Healthcare Professionals' Working Party (HCPWP) for the 2025–2028 mandate. Through this platform, which brings together healthcare professional organisations to contribute scientific and practical perspectives to the EMA's regulatory activities, the EPA continues to represent the voice of psychiatry within broader medical and regulatory discussions. The Association also participates in EMA events and multi-stakeholder workshops, notably on emerging topics such as psychedelics and artificial intelligence in healthcare. This engagement reflects the EPA's commitment to collaboration across disciplines to promote regulatory approaches that integrate mental health within general healthcare frameworks, in close dialogue with patient and carer perspectives. Prof Umberto Volpe also represented the Association in a European Health and Digital Executive Agency (HaDEA) focus group on telemedicine in mental health on 10 September.

COUNCIL OF EUROPE

This year also saw the EPA contribute to discussions at the Parliamentary Assembly of the Council of Europe (PACE) through the participation of Prof Martina Rojnić Kuzman at a public hearing of the Committee on Social Affairs, Health and Sustainable Development on the Draft Additional Protocol to the Oviedo Convention on 16 May. Prof Martina Rojnić Kuzman recalled the Association's commitment to harmonising mental health care, strengthening ethical standards, and promoting human rights–based approaches. The EPA also published a Statement on the Protection of Human Rights during Involuntary Treatment in Mental Healthcare Services in European Psychiatry on 13 October. Protecting human rights in psychiatry demands balancing autonomy with the ethical duty to provide necessary medical care, ensuring that all interventions uphold respect, safety, and dignity.

STATEMENTS

The EPA continued supporting evidence-informed policy, clinical practice, and ethical standards across the European mental health sector. The papers published in European Psychiatry over the course of the year include the EPA policy paper on migration and mental health of migrants, refugees, asylum seekers, the EPA policy paper on urban mental health, and the EPA policy paper on the use of psychedelic treatments in psychiatric clinical practice. Prof Andrea Fiorillo also released a statement on the importance of mental health in times of crises and emergencies, on the occasion of World Mental Health Day on 10 October.

EVENTS

The EPA continued its engagement on important policy topics with institutional partners. Dr Julian Beezhold spoke at a World Health Organization (WHO) Webinar on the Mental Health of the Health Workforce, co-organised with the European Public Health Association (EPHA) and funded by the European Commission on 12 May. Prof Geert Dom took part in an Organisation for Economic Co-operation and Development (OECD) webinar on "Policies and practices to strengthen targeted support to veterans and their families in Ukraine." This followed the Lancet Psychiatry Commission on mental health in Ukraine and the Associations' actions since 2022, including the establishment of the EPA Network of Solidarity for Ukraine.

EU-FUNDED PROJECTS

The EPA continued its contribution to three EU-funded projects, as they reached new milestones and developed promising results. The PsyPal (2024-2027), Virtual Brain Twin (2024-2028), and TRUSTING (2023-2028) projects are funded through the EU's Horizon Europe programme, which supports excellence in research. These projects provide the EPA with the opportunity to collaborate with leading researchers, share expertise from our community, and share findings with stakeholders from the brain and mental health fields.



PSYPAL

The EPA completed an eventful year and reached several milestones as part of the PsyPal consortium. The EPA Policy Paper on Psychedelic Use in Psychiatry, which provides recommendations on the psychosocial, ethical, professional aspects of psychedelic therapies and their potential implementation into clinical practice, was published in European Psychiatry on 10 January. The PsyPal project was featured at a dedicated Joint Symposium at the 33rd European Congress of Psychiatry in Madrid on 6 April. The EPA continued its engagement throughout the year. Prof Geert Dom, presented the Association's views on psychedelics in a Joint Symposium at the Congress of the Polish Psychiatric Association in Krakow on 4 September. Péter Kéri, spoke

at a Symposium on psychedelic therapy on 1 October following the PsyPal General Assembly on 29-30 September hosted in Lisbon thanks to the Champalimaud Foundation. The meeting provided an occasion to celebrate a major milestone this year with the inclusion of its first patient in the multi-site clinical trial investigating psilocybin therapy for psychological and existential distress in people with progressive, life-limiting illnesses. As the year closed, the EPA concluded a yearlong effort to create a PsyPal Guidance Paper, which develops recommendations for multi-stakeholder initiatives that inform the potential future implementation of psychedelic therapies in the EU.



TRUSTING

The TRUSTING consortium held its Annual Meeting on 17–18 June at the Universitat Pompeu Fabra (UPF) in Barcelona. The project is working to develop a user-friendly, trustworthy speech-based clinical decision support system to predict relapse in individuals with psychosis. 2025 came with significant developments: research teams in Groningen, Barcelona, and Tromsø have made significant headway in algorithm development and technical groundwork; Groningen and Barcelona conducted analyses from confirm that psychosis-related symptoms can

be predicted confidently, sometimes using solely acoustic and prosodic speech features, and Zürich overcame regulatory and coordination challenges to finalise the trial architecture. The EPA established the TRUSTING Clinicians User Board, which works together with the TRUSTING Patients User Board, established by GAMIAN-Europe, to ensure that patient and clinician perspectives shape research outcomes and their integration into practice.



VIRTUAL BRAIN TWIN

The Virtual Brain Twin consortium had a significant year for the project, which aims to generate virtual brain twins for psychiatric patients, through an ecosystem that utilises neuronal microcircuit simulation, mathematical analysis, artificial intelligence tools, and insights from psychiatric care and clinical studies. The project held its Annual Meeting in Brussels on 22-23 September. The project's research and development teams showcased the transition of digital

twin technology from a research concept to a transformative clinical tool. The EPA contributes to the consortium, together with EUFAMI and GAMIAN-Europe to raise awareness for the project's findings while sharing expertise from the psychiatry community. The EPA presented the project at major conferences, including the Brain Innovation Days in Brussels on 15-16 October.

PARTNERSHIPS

EVENTS

Prof Umberto Volpe and Prof Pavel Mohr represented the Association in an EAN-EPA joint session on brain and mental health across the lifespan at the 11th Congress of the European Academy of Neurology (EAN) in Helsinki from 21-24 June. Dr Julian Beezhold spoke at an inter-association session advocating for the European Year of Mental Health at the 19th European Congress of Psychology, organised by the **European Federation of Psychologists' Associations (EFPA)**, in Paphos on 4 July. Prof Andrea Fiorillo spoke on early-phase schizophrenia treatment, Dr Julian Beezhold contributed to a talk on patient-led priorities, and Sophia Achab-PhD, Laura Orsolini, and Francina Fonseca, from the EPA Addictive Behaviours Section, led a dynamic session on the guiding principles of clinical management for addictive disorders, at the 38th **European College of Neuropsychopharmacology (ECNP)** Congress in Amsterdam from 11-14 October. Prof Geert Dom spoke about the exposome (the sum of environmental exposures) on brain health at the Brain Innovation Days, organised by the **European Brain Council (EBC)**, in Brussels from 15-16 October.

PUBLICATIONS

The EPA contributed several experts to a joint initiative with **GAMIAN-Europe** and **EUFAMI** to produce a report on The Future of Digital Mental Health for the Care of People With Schizophrenia. The report was presented by Prof Peter Falkai in a webinar with stakeholders engaged in the development of digital mental health interventions on 17 April. The Rethinking Schizophrenia project, co-created by the EBC and EPA, completed its second phase with the release of a policy report on Optimising Schizophrenia Care Pathways in Europe: From the First Episode of Psychosis to Long-Term Care. The project entered its third phase, focused on developing country profiles and marked by the organisation of a roundtable titled "Beyond Mental Health – A Brain Health Approach to Schizophrenia Prevention and Care" in Warsaw on 5 June under the patronage of the Polish Presidency of the EU.

STATEMENTS

As a member of the **Societal Impact of Pain (SIP)** platform, coordinated by the **European Pain Federation (EFIC)** and **Pain Alliance Europe (PAE)** the EPA endorsed the SIP Joint Statement on the Importance of Implementing the International Classification of Diseases 11th Revision (ICD-11).

EPA COLLABORATION WITH EUROPEAN INSTITUTIONS AND INTERNATIONAL ORGANISATIONS

- Council of Europe
- European Commission
- European Parliament
- European Medicines Agency (EMA)
- World Health Organization (WHO)
- Organisation for Economic Co-operation and Development (OECD)

EPA PARTNERS IN EUROPE

- European Academy of Neurology (EAN)
- European Association of Nuclear Medicine (EANM)
- European Brain Council (EBC)
- European College of Neuropsychopharmacology (ECNP)
- European Federation of Addiction Societies (EUFAS)
- European Federation of Associations of Families of People with Mental Illness (EUFAMI)
- European Federation of Psychiatric Trainees (EFPT)
- European Federation of Psychologists' Associations (EFPA)
- European Institute of Women's Health (EIWH)
- European Pain Forum (EFIC)
- European Psychiatric Nurses (HORATIO)
- European Scientific Association on Schizophrenia and other Psychoses (ESAS)
- European Sleep Research Society (ESRS)
- European Union of Medical Specialists (UEMS)
- Federation of European Neuroscience Societies (FENS)
- Global Alliance of Mental Illness Advocacy Networks – Europe (GAMIAN-Europe)
- Psychedelic Access and Research European Alliance (PAREA)
- Societal Impact of Pain (SIP) Platform

EPA PARTNERS WORLDWIDE

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

ASSOCIATE ORGANISATIONS

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

"The EPA continues its leading role in European psychiatry as evidenced by our record growth in membership"

• Julian Beezhold, EPA Secretary General

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; of Donor Members; and of Associate Organisations.

KEY FIGURES

The EPA community represents over 78 000 European psychiatrists from 88 countries, namely 2 758 individual psychiatrists and mental health care professionals and 47 National Psychiatric Associations.

The Association promotes psychiatry and related disciplines, aiming to improve mental health care and strengthen professional excellence.

RECRUITMENT & PAYMENTS

The number of new members has shown promising growth in recent years, reflecting a sustained interest in joining the EPA community.

625 new membership applications were approved in 2025. These include 431 Individual Members, 103 International Individual Members, 48 Student Members, and 43 Associate Members. Notably, 305 of the new members are Early Career Psychiatrist Members, highlighting the EPA's appeal to the next generation of mental health professionals.

1 063 members paid their fees for 2025, reflecting a 37% increase compared to 2024.

The number of paid-up members has been steadily growing each year. This increase has been facilitated by user-friendly payment options through the Extranet, an optimised reminder and follow-up system integrated with the congress registration, and significant discounts on the annual Congress.



ACTIVITIES



Webinar

In 2025, the first EPA Membership Webinar was held to highlight the benefits of joining the EPA, share inspiring stories from our leaders and show how EPA membership can support psychiatrists' professional growth.

A special thanks to Andrea Fiorillo, EPA President, Martina Rojnic Kuzman, EPA Treasurer, Julian Beezhold, EPA Secretary General, and Umberto Volpe, EPA Secretary for Sections, for making it possible and helping connect psychiatrists across Europe and beyond, strengthening the EPA community.

The recording is available [here](#) on YouTube.

Survey

A membership survey was conducted to gather insights on how to improve the integration and support of new members. The EPA would like to sincerely thank all members who took the time to participate and share their feedback. Their contributions are invaluable and will help guide future initiatives to strengthen member engagement and enhance the onboarding experience.

The survey takeaways are available [here](#).

FINANCES & BUDGET

The 33rd European Congress of Psychiatry, held in Madrid, was an unprecedented success with over 5 200 participants. The correspondingly high level of income from registrations and sponsorship, combined with lower expenses than forecasted, resulted in a record-breaking Congress surplus, much higher than originally anticipated.

Income from membership fees also increased, reflecting the growth in the number of individual members as well as institutional members (NPAs), while income from invested funds (incl. under Misc.), due to prudent placements and continued high interest rates on savings accounts throughout the year, remained at the same high level as in the previous year.

Revenue from the EPA Journal, *European Psychiatry* and educational course subscriptions increased slightly, while the first edition of the EPA European Board Examination, with 158 subscriptions, yielded an unexpectedly high income.

The above elements brought about a total income surpassing by more than half the original forecasts.

Total expenses were overall consistent with original estimates, notwithstanding some up- or downwards shifts within budget lines.

Committees were very active in 2025:

- The first edition of the Leadership Academy – led by the ECPC - was held in Strasbourg in September, with 29 participants.
- Ten placements were completed as part of the Gaining Experience Programme in 2025.

- The e-learning platform was further enriched with multiple contents including a selection of recordings from the 2025 EPA Congress, and a first series of six webinars launched.
- The Committee on Ethics promoted the EPA Code of Ethics at two events organised by NPAs while the Council of NPAs supported five EPA symposia at NPA Congresses.

On a general level, Committees remained within their allocated budgets, including for their annual in-person meeting over the autumn. Costs for the Board meetings were higher than anticipated, as a meeting was organised in May to hold the office bearers' elections, on top of the November meeting which took place in person in Naples. All Task Force meetings were held virtually.

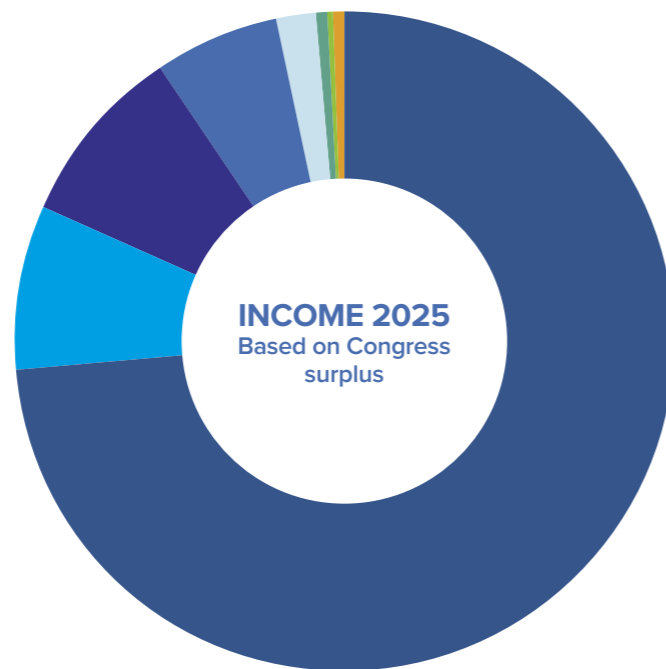
Costs related to the first European Board Examination in Psychiatry which took place end of February were lower than budgeted.

Office-related charges were in line with projections, except for third-party services and salaries, which were lower than anticipated, as EPA had no need for legal advice in 2025 and there were some delays replacing staff following turnover (maternity, end of contract, etc.). Conversely, taxes increased significantly in light of the higher amount of income.

The unusually high positive balance compared to the original forecast is explained by the extraordinary success of the 2025 Congress and will enable the EPA to invest in new activities in years to come.

EPA Internal Auditors Florence Thibaut and Rutger Jan van der Gaag approved the 2025 annual accounts following the official Auditors' meeting held in person in Strasbourg on 17 February 2026.

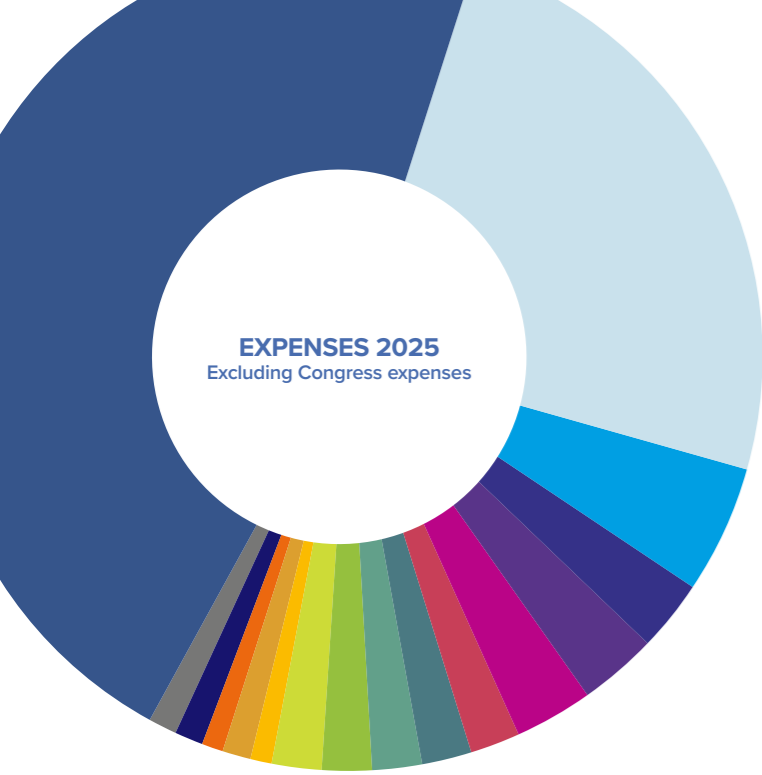
- 77% ● Surplus from congress
- 7% ● Total membership
- 6% ● *European Psychiatry* journal
- 4% ● Miscellaneous
- 3% ● EU Grants
- 0,4% ● Unrestricted grant exchange programme
- 3,1% ● EPA European Board Exam subscriptions & UEMS support
- 0,2% ● E-learning subscriptions



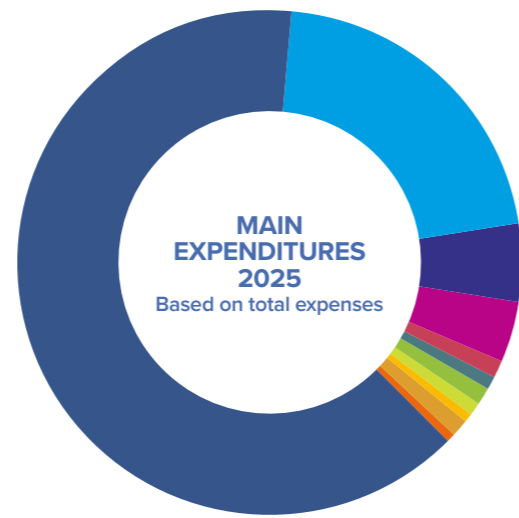
INCOME	2025 FORECAST 15/03/2025 FOR EC & BOARD & GA 04-06/04/2025	2025 FORECAST 15/09/2025 FOR EC 18/09/2025	2025 RESULT
Surplus from Congress	1 298 327	1 692 459	1 698 899
Total income from membership	123 487	123 487	160 662
Annual membership fees (individual)	75 000	75 000	108 698
National Psychiatric Associations fees	48 487	48 487	51 964
<i>European Psychiatry</i> journal	134 157	134 157	134 157
Miscellaneous	50 000	50 000	83 424
TRUSTING Project (EU)	18 000	18 000	15 869
PSYPAL Project (EU)	24 800	24 800	28 514
VBT Project (EU)	20 000	20 000	15 765
UEMS contribution to EPA European Board Exam	6 000	6 000	6 000
EPA European Board Exam subscriptions		59 021	62 057
Unrestricted educational grants (exchange programme, activities...)	8 500	8 500	8 500
Unrestricted educational grant e-learning	0	0	0
Educational course subscriptions	1 500	1 500	4 709
INCOME TOTAL	1 684 771	2 137 924	2 218 556

EXPENSES	2025 FORECAST 15/03/2025 FOR EC & BOARD & GA 04-06/04/2025	2025 FORECAST 15/09/2025 FOR EC 18/09/2025	2025 RESULT
EPA building (Strasbourg)	31 000	34 500	27 144
Third parties	30 000	30 000	18 720
Brussels Office	18 650	18 650	14 736
Board meetings	25 000	25 000	25 913
Executive Committee meetings	5 500	5 500	0
Committee on Ethics: meetings and activities	10 800	10 800	7 665
Committee on Ethics meeting (1 meeting at the Congress, 1 external meeting)	5 000	5 000	7 002
Ethics course (itinerant) - Code of Ethics Dissemination	4 800	4 800	663
Code of Ethics: Harmonisation/Translation	1 000	1 000	0
Committee on Education: meetings and activities	13 600	13 600	12 808
Committee on Education (1 meeting at the Congress, 1 external meeting)	5 000	5 000	4 983
E-Learning activities	7 400	7 400	7 825
Summer School	0	0	0
Representation at UEMS meetings	1 200	1 200	0
National Psychiatric Associations symposia & meetings	5 000	5 000	3 825
Section Coordination activities	5 000	5 000	0
Publication Committee	0	0	0
Visits to HQ /auditors	5 000	5 000	156
Early Career Psychiatrists Committee: meetings and activities	38 910	38 910	21 666
ECPC meeting (1 meeting at the Congress, 1 external meeting)	3 800	3 800	3 151
ECPC promotion at other congresses/events	2 800	2 800	2 149
ECPC Exchange programme (GEP)	8 500	8 500	8 500
EPA Leadership Academy	18 810	18 810	5 045
Publications and surveys	5 000	5 000	2 822
Partnerships	45 250	46 500	34 037
Presidential Projects : Action Plan 2025-2027	11 100	11 100	1 750
EPA-UEMS - European Board Exam	35 000	35 000	9 039
TRUSTING Project (EU)	18 000	18 000	15 869
PSYPAL Project (EU)	24 800	24 800	28 514
VBT Project (EU)	20 000	20 000	15 765
Prizes	20 000	20 000	20 000
Corporate communication	26 800	26 800	22 615
Membership costs	4 500	7 700	6 212
<i>European Psychiatry</i> journal costs	29 148	29 148	25 100
Other direct charges (Taxes)	137 500	246 568	314 623
Office charges	40 000	47 000	35 734
Office salaries total incl. President's assistant	690 081	690 081	616 784
Training for staff	5 000	5 000	3 130
EXPENSES TOTAL	1 295 639	1 419 657	1 281 802
INCOME TOTAL	1 684 771	2 137 924	2 218 556
EXPENSES TOTAL	1 295 639	1 419 657	1 281 802
NET RESULT	389 132	718 267	936 753

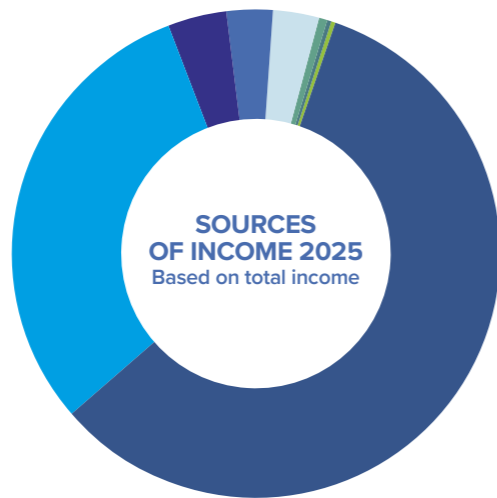
COMMITTEES IN 2025



- 48% Office salaries
- 25% Taxes incl. Income tax
- 5% EU Projects
- 3% Premises Strasbourg & Brussels
- 3% Office charges
- 3% Partnerships
- 2% European Psychiatry journal
- 2% Prizes
- 2% Board meetings
- 2% Corporate Communication
- 2% ECP Committee
- 1% Committee on Education Activities
- 1% Third parties
- 1% EPA-UEMS - European Board Exam
- 1% Committee on Ethics
- 1% Other



- 63% Congress expenses
- 18% Salaries
- 9% Taxes incl. Income tax
- 5% Other
- 2% EU funded projects
- 1% Partnerships
- 1% Corporate Communications
- 1% ECPC meeting & activities
- 1% Prizes
- 0,4% Committee on Education & e-learning
- 0,3% EPA-UEMS - European Board Exam



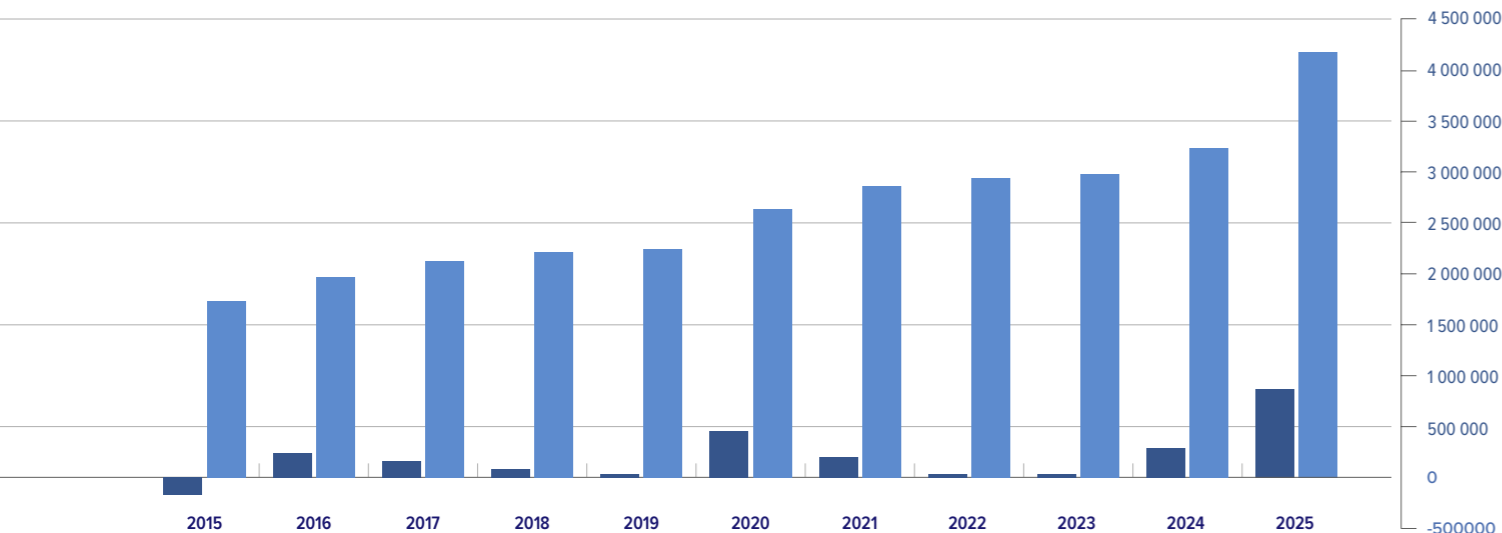
- 60% Congress income registration
- 28% Sponsorship from industry
- 4% Membership
- 3% European Psychiatry journal
- 2% Miscellaneous
- 1,4% Grants EU
- 1,6% UEMS-EPA EBE Project
- 0,1% E-learning

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

Highest contribution by a single company: 5,15 % of the overall Income.

Evolution of EPA assets

■ Annual Result ■ Assets



EXECUTIVE COMMITTEE

- Andrea Fiorillo, Italy (*President*)
- Geert Dom, Belgium (*Past-President*)
- Celso Arango, Spain (*President-Elect*)
- Julian Beezhold, United Kingdom (*Secretary General*)
- Martina Rojnic Kuzman, Croatia (*Treasurer*)
- Eka Chkonia, Georgia (*Council of NPAs Chair*)
- Cécile Hanon, France (*Secretary for Education*)
- Umberto Volpe, Italy (*Secretary for Sections*)

COMMITTEE ON ETHICS

- Meryam Schouler-Ocak, Germany (*Chair*)
- Sofie Bäärnhielm, Sweden
- Eka Chkonia, Georgia
- Silvana Galderisi, Italy
- Luís Madeira, Portugal
- Mariana Pinto da Costa, United Kingdom
- Thomas Pollmächer, Germany
- Goran Račetović, Bosnia-Herzegovina
- Jerzy Samochowiec, Poland
- Simavi Vahip, Türkiye

ADVISORY SCIENTIFIC PROGRAMME COMMITTEE (ASPC)

- Michaela Amering, Austria
- Julian Beezhold, United Kingdom
- Bernardo Carpiniello, Italy
- Philippe Courtet, France
- André Decraene, Belgium
- Peter Falkai, Germany
- Sophia Frangou, USA
- Tomasz Gonddek, Poland
- Péter Kéri, Hungary
- Tamas Kurimay, Hungary
- Lars Lien, Norway
- Błażej Misiak, Poland
- Martina Rojnic Kuzman, Croatia
- Jerzy Samochowiec, Poland
- Arnt Schellekens, Netherlands
- Gabriella Stoppe, Switzerland
- Simavi Vahip, Türkiye
- Umberto Volpe, Italy
- Danuta Wasserman, Sweden

BOARD

- Andrea Fiorillo, Italy (*Chair*)
- Celso Arango, Spain
- Judit Balázs, Hungary
- Koray Başar, Türkiye
- Julian Beezhold, United Kingdom
- Bernardo Carpiniello, Italy
- Eka Chkonia, Georgia
- Philippe Courtet, France
- Geert Dom, Belgium
- Cécile Hanon, France
- Péter Kéri, Hungary
- Åsa Konradsson-Geuken, Sweden
- Pavel Mohr, Czech Republic
- Martina Rojnic Kuzman, Croatia
- Gaia Sampogna, Italy
- Jerzy Samochowiec, Poland
- Meryam Schouler-Ocak, Germany
- Simavi Vahip, Türkiye
- Umberto Volpe, Italy

EARLY CAREER PSYCHIATRIST COMMITTEE

- Gaia Sampogna, Italy (*Chair*)
- Asilay Seker, United Kingdom (*Co-chair*)
- Federico Mucci, Italy
- Anna Szczegieliński, Poland
- David Gurrea Salas, Switzerland

PUBLICATION COMMITTEE

- Livia De Picker, Belgium (*Chair*)
- Kristina Adorjan, Germany (*Co-Chair*)
- Marisa Casanova-Dias, United Kingdom
- Egor Chumakov, Russia (*ECP representative*)
- Peter Falkai, Germany
- Sophia Frangou, United States of America (*Editor*)
- Tamas Kurimay, Hungary
- Pavel Mohr, Czech Republic
- Umberto Volpe, Italy
- Jan Wise, United Kingdom

LOCAL ORGANISING COMMITTEE (LOC)

- Manuel Martín Carrasco, Pamplona – LOC Chair
- Marina Díaz Marsá, Madrid – LOC Co-Chair
- Luís Agüera, Madrid
- Celso Arango, Madrid
- José Luís Carrasco, Madrid
- Ana Catalán, Bilbao
- Llanos Conesa, Valencia
- Paz García-Portilla, Oviedo
- Ana González-Pinto, Vitoria
- Luís Gutiérrez-Rojas, Granada
- Ángela Ibáñez, Madrid
- Ricardo López, Barcelona
- Diego Palao, Barcelona
- Gonzalo Salazar, London (UK)
- Manel Sanchez, Barcelona

COMMITTEE ON EDUCATION

- Cécile Hanon, France (*Secretary for Education*)
- Norman Sartorius, Switzerland
- Nikolina Jovanovic, United Kingdom
- Jorge López-Castromán, Spain
- Carla Gramaglia, Italy
- Liene Sile, Latvia
- George Stercu, Romania
- Umberto Volpe, Italy
- Tomasz Gonddek, Poland
- Matilda Naesström, Sweden (*NPA Liaison for Education*)

SCIENTIFIC PROGRAMME COMMITTEE (SPC)

- Geert Dom, Belgium – SPC Chair
- Andrea Fiorillo, Italy – SPC Co-Chair
- Kristina Adorjan, Switzerland
- Jørgen Bramness, Norway
- Jonathan Champion, United Kingdom
- Manuel Martín Carrasco, Spain
- Livia De Picker, Belgium
- Cécile Hanon, France
- Pavel Mohr, Czech Republic
- Niels Mulder, Netherlands
- Merete Nordentoft, Denmark
- Meryam Schouler-Ocak, Germany
- Thomas Schulze, Germany

NPAS COUNCIL STEERING COMMITTEE

- Eka Chkonia, Georgia (*Chair*)
- Bernardo Carpiniello, Italy (*Past-Chair*)
- Koray Basar, Turkey (*Chair-Elect*)
- Matilda Naesström, Sweden (*Liaison for Education*)
- Karine Tataryan, Armenia (*Liaison for Sections*)

EPA TASK FORCES 2025

GENERAL TASK FORCES

TASK FORCE ON FINANCIAL SUSTAINABILITY

- Julian Beezhold
- Geert Dom
- Andrea Fiorillo
- Martina Rojnic Kuzman
- Simone De Ioanna

TASK FORCE ON EUTHANASIA AND ASSISTED SUICIDE

- Bernardo Carpiniello
- Kirsten Catthoor
- Philippe Courtet
- Geert Dom
- Cécile Hanon
- Olivia Kalinowski
- Lars Lien
- Radboud Marijnissen
- Pavel Mohr
- Meryam Schouler-Ocak
- Jan Wise

TASK FORCE ON RACIAL DISCRIMINATION AND MENTAL HEALTH

- Meryam Schouler-Ocak (*Chair*)
- Helen Bennett
- Felicia Boma Lazaridou
- Geert Dom
- Tomasz Gondek
- Pavel Mohr
- Asilay Seker
- Agata Todzia-Kornaś

PRESIDENTIAL TASK FORCES

Building on the Roadmap for Better and Personalised Mental Health Care in Europe, these Task Forces provide expert guidance, practical recommendations, and policy support, bringing together leading experts from diverse disciplines and regions.

1 – TREATMENT DELIVERY AND NEW SETTINGS OF CARE

- Umberto Volpe (*team lead*)
- Judit Balázs
- Julian Beezhold
- Charlotte Blease

- Philippe Courtet
- Maria Covadonga Martinez Diaz-Caneja
- Nikolina Jovanovic
- Kim Mathiasen
- Meryam Schouler Ocak
- Petr Winkler

2 – PRECISION PSYCHIATRY

- Celso Arango (*team lead*)
- Philippe Courtet
- Livia De Picker
- Martien Kas
- Péter Kéri
- Pavel Mohr
- Inez Myin-Germeys
- Brenda Pennix
- Andreas Reiff
- Martina Rojnic Kuzman

3 – BRAIN AND MENTAL HEALTH ACROSS THE LIFESPAN

- Geert Dom (*team lead*)
- Kristina Adorjan
- Judit Balázs
- Claudio Bassetti
- Indrit Begue
- Eka Chkonia
- Christoph Correll
- Pavel Mohr
- Evelina Pajediene
- Umberto Volpe

4 – WHOLE PERSON HEALTH

- Andrea Fiorillo (*team lead*)
- Joseph Firth
- Błażej Misiak
- Martina Rojnic Kuzman
- Jerzy Samochowiec
- Gaia Sampogna
- Ivona Šimunović Filipčić
- Dan Siskind
- Simavi Vahip
- Davy Vancampfort

5 – PUBLIC MENTAL HEALTH

- Koray Başar (*team lead*)
- Celso Arango
- Julian Beezhold
- Jonathan Campion
- Giulio Castelpetra

- Geert Dom
- Cécile Hanon
- René Keet
- Annabel Muller-Stierlin
- Martin Preisig
- Simavi Vahip

6 – PROTECTION OF MENTAL HEALTH OF VULNERABLE GROUPS

- Meryam Schouler Ocak (*team lead*)
- Sofie Bäärnhielm
- Judit Balázs
- Koray Başar
- Dinesh Bhugra
- Bernardo Carpiniello
- Marianne Kastrup
- Luís Madeira
- Jerzy Samochowiec
- Ilaria Tarricone

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.

- Umberto Volpe (*Chair*),
- Egor Chumakov
- Andrea Fiorillo
- Pavel Mohr
- Martina Rojnic Kuzman
- Meryam Schouler-Ocak
- Angelika Wieck

TASK FORCE ON EPA-NPA REFORM

- Koray Basar
- Julian Beezhold
- Bernardo Carpiniello
- Eka Chkonia
- Geert Dom
- Peter Falkai
- Andrea Fiorillo
- Martina Rojnic Kuzman
- Jerzy Samochowiec

EPA ACTIVITIES CALENDAR

REPRESENTATION ACTIVITIES

JANUARY

7 JANUARY | Interview with RCSI and WHO "Mental health workforce in Europe" (Online)

16 – 18 JANUARY | AC Forum General Assembly (Glasgow, United Kingdom)

FEBRUARY

6 FEBRUARY | European Parliament Event "Unlocking The Potential of Psychedelic-Assisted Therapies for Europe's Mental Health Crisis" (Brussels, Belgium)

10 FEBRUARY | GAMIAN-Europe workshop "The Future of Digital Mental Health for the care of People with Schizophrenia" (Online)

18 FEBRUARY | DG RTD policy event "R&I to promote mental health and prevent/treat mental disorders" (Brussels, Belgium)

MARCH

31 MARCH | Brain Health Mission Forum (Online)

APRIL

5 – 8 APRIL | 33rd European Congress of Psychiatry (Madrid, Spain)

7 – 9 APRIL | Council of Europe's Conference of International NGOs General Assembly (Online)

14 – 15 APRIL | Congress "I.M.P.A.C.T. Integrated management, personalised approach, continuation of treatment in mood disorder" (Florence, Italy)

17 APRIL | Congress "Gut-Brain Axis & Neurodevelopment" - Ebris Foundation (Salerno, Italy)

30 APRIL | EBC Rethinking Schizophrenia Care Pathway Fourth EAG meeting (Online)

MAY

5 – 6 MAY | Congress "Brex - In 2.0 - Schizophrenia today: Modern approaches to therapy" (Bari, Italy)

7 – 8 MAY | Conference "Hypnos - An Update on the use of benzodiazepines in clinical practice" (Naples, Italy)

12 MAY | EUPHA - WHO Webinar "Optimising mental health of the health and care workforce" (Online)

16 MAY | Council of Europe hearing on the Draft Additional Protocol to the Oviedo Convention on Human Rights and Biomedicine (Online)

17 – 21 MAY | American Psychiatric Association 2025 Annual Meeting (Los Angeles, United States of America)

19 MAY | European Parliament Event "Mental Health Summit: Prevention and Recovery in Modern Society"

JUNE

5 – 6 JUNE | Congress "Affective and Non-Affective Psychosis: Syndromic and Nosodromic Heterogeneity" (Genova, Italy)

10 – 11 JUNE | Congress "MIND & HEART - Synergistic roles between cardiology and psychiatry" (Naples, Italy)

12 JUNE | National, Regional and International Plans for Brain Health: Bridging the Gaps (Bern, Switzerland)

17 JUNE | EAN's weekly audio podcast "Senior Perspectives: Lessons Learned from Decades in Neurology" (Online)

21-24 JUNE | 11th Congress of the European Academy of Neurology (Helsinki, Finland)

25 JUNE | European Medicines Agency's 30th Anniversary Scientific Conference (Online)

JULY

1 – 4 JULY | 19th European Congress of Psychology (Paphos, Cyprus)

2 JULY | European Medicines Agency "Training for patients, consumers and healthcare professionals involved in medicine regulatory activities" (Amsterdam, the Netherlands)

11 JULY | Expert Meeting Treatment of Anxiety with Venlafaxine Extended Release (Online)

SEPTEMBER

4 – 6 SEPTEMBER | 48th Congress of the Polish Psychiatric Association (Krakow, Poland)

10 SEPTEMBER | HaDEA Focus Group "The applicability of existing Union legislation to telemedicine": Focus Group on the impact of telemedicine on the provision of mental health services" (Online)

15 SEPTEMBER | ECM Integrated Management of Depression (Naples, Italy)

OCTOBER

30 SEPTEMBER – 3 OCTOBER | Congress of the Italian Society of Social Psychiatry (Florence, Italy)

1 OCTOBER | Champalimaud Foundation symposium "Psychedelic Therapy: From Evidence to Equity" (Lisbon, Portugal)

5 – 8 OCTOBER | 25th World Congress of Psychiatry (Prague, Czech Republic)

11 – 14 OCTOBER | 38th Congress of the European College of Neuropsychopharmacology (Amsterdam, The Netherlands)

14 OCTOBER | European Parliament event "The Brain as a Strategic Asset" (Brussels, Belgium)

13 – 16 OCTOBER | Council of Europe's Conference of International NGOs General Assembly (Online)

15 OCTOBER | The Societal Impact of Pain Stakeholder Forum (Brussels, Belgium)

15 – 16 OCTOBER | Brain Innovation Days (Brussels, Belgium)

NOVEMBER

4 NOVEMBER | PAREA General Assembly (Brussels, Belgium)

5 – 8 NOVEMBER | XXVIII National Spanish Congress of Psychiatry (Zaragoza, Spain)

5 – 8 NOVEMBER | 50th Congress of the Italian Psychiatric Association (Bari, Italy)

17 NOVEMBER | Brain Health Mission Forum Meeting (Online)

18 NOVEMBER | European Pain Forum Meeting (Online)

22 NOVEMBER | Welcome address at the EFPT Winter Event (Strasbourg, France)

DECEMBER

9 – 10 DECEMBER | European Parliament event "Headway – focus on caregiver and wellbeing economy" (Brussels, Belgium)

11 DECEMBER | European Parliament SANT-FEMM Committee Hearing "Digital Violence and Women's Mental Health" (Brussels, Belgium)

17 DECEMBER | OECD Online Knowledge Exchange Event "Policies and practices to strengthen targeted support to veterans and their families in Ukraine" (Online)

EPA INTERNAL ACTIVITIES

JANUARY

- 8 JANUARY | Publication Committee meeting (Online)
- 28 JANUARY | Committee on Ethics meeting (Online)

FEBRUARY

- 11 FEBRUARY | Executive Committee meeting (Online)
- 27 FEBRUARY | Board meeting (Online)
- 28 FEBRUARY | European Board Examination in Psychiatry (Online)

MARCH

- 3 MARCH | NPA Steering Committee meeting (Online)
- 10 MARCH | Webinar “International Women’s Day: Women Alcohol and Substance Use Disorder” (Online)

APRIL

- 4 APRIL | Executive Committee meeting (Madrid, Spain)
- 4 APRIL | Board meeting (Madrid, Spain)
- 5 APRIL | Council of NPAs meeting (Madrid, Spain)
- 6 APRIL | Publication Committee meeting (Madrid, Spain)
- 6 APRIL | Early-Career Psychiatrists Committee meeting (Madrid, Spain)
- 6 APRIL | Extraordinary and Ordinary General Assemblies (Madrid, Spain)
- 7 APRIL | Committee on Education meeting (Madrid, Spain)
- 7 APRIL | Committee on Ethics meeting (Madrid, Spain)
- 7 APRIL | Section Coordination meeting (Madrid, Spain)

MAY

- 14 MAY | NPA Steering Committee meeting (Online)
- 26 MAY | 1st Scientific Programme Committee meeting (Brussels, Belgium)
- 27 MAY | Board meeting (Brussels, Belgium)

JUNE

- 3 JUNE | Webinar “Pride Month: LGBTI+ Mental Health in Europe: Needs, challenges and opportunities” (Online)
- 30 JUNE | Executive Committee meeting (Online)
- 27 JUNE | Committee on Ethics meeting (Online)
- 16 JUNE | NPA Steering Committee meeting (Online)

JULY

- 11 JULY | NPA Steering Committee meeting (Online)
- 15 JULY | 2nd Scientific Programme Committee meeting (Online)

SEPTEMBER

- 5-7 SEPTEMBER | EPA Leadership Academy (Strasbourg, France)
- 10 SEPTEMBER | NPA Steering Committee meeting (Online)
- 10 SEPTEMBER | Webinar “World Suicide Prevention Day: Assessment and Management of Suicidal Crisis in Emergency Settings” (Online)
- 18 SEPTEMBER | Executive Committee meeting (Online)

OCTOBER

- 15 OCTOBER | NPA Steering Committee meeting (Online)
- 17 OCTOBER | Early-Career Psychiatrists Committee meeting (Strasbourg, France)
- 20 OCTOBER | EPA Membership webinar (Online)
- 27 OCTOBER | Webinar “Depression Awareness Month: Evidence-Based Diagnosis and Treatment of Treatment-Resistant Depression” (Online)

NOVEMBER

- 6-7 NOVEMBER | Committee on Ethics meeting (Brussels, Belgium)
- 14 NOVEMBER | Executive Committee meeting (Online)
- 17 NOVEMBER | NPA Steering Committee meeting (Online)
- 19 NOVEMBER | Webinar “Gaming Disorder (GD) in ICD-11- Training clinicians” (Online)
- 17 NOVEMBER | 3rd Scientific Programme Committee meeting (Online)
- 21-22 NOVEMBER | Committee on Education meeting (Paris, France)
- 25 NOVEMBER | Board meeting (Naples, Italy)

DECEMBER

- 5 DECEMBER | Council of NPAs meeting (Online)
- 9 DECEMBER | NPA Steering Committee meeting (Online)
- 10 DECEMBER | Webinar “Ethics in Digital Mental Health” (Online)

EPA ADMINISTRATIVE STAFF

ANNUAL REPORT 2025

In 2025, the EPA welcomed several new staff members, strengthening key functions across the organisation. Ahead of the Congress, an HR Manager and Executive Support, as well as a Project Manager Education/ECPC, joined the team. A Marketing and Communications Officer was recruited in June, followed by a Congress Assistant in August. In October, a fixed-term contract was also put in place to cover a maternity leave, ensuring continuity of service to the NPAs and Sections.

Particular attention was paid to the quality of recruitment and onboarding processes to support smooth transitions into roles and enable new employees to integrate the team seamlessly.

In parallel, 2025 was marked by the continued structuring of HR practices, strengthened support to the team in both Strasbourg and Brussels, and an increased focus on work-life balance in a context of evolving organisational needs. The year also helped lay the foundations for future priorities aimed at improving working conditions, reinforcing managerial support, and sustaining the EPA’s development through a coherent HR policy aligned with the Association’s values.

STAFF COMPOSITION

EPA Administrative Office

Executive Director:
Simone De Ioanna

Director of Finance and Operations:
Valerie Allspach-Kiechel

HR Manager and Executive support:
François-Xavier CIMAPONTI (from February 2025)

Project Manager for Education ECPC:
Sarah Mathern (until January 2025)
Andrea Michelini (from April 2025)

Project Manager for Governance and Committee Coordination:
Coline Godard

Administrative and Membership Officer:
Carole Guillaume

Administrative and Governance Officer:
Mélanie Rieder (maternity leave from October 2025)
Luliiia Tkachenko (maternity leave replacement from October 2025)

Junior Project Manager for Congress and Events:
Alexandra Hochner

Congress and Events Assistant:
William Neville

EPA Brussels Office

Congress and Events Manager:
Michelle Godinho (until May 2025)

Scientific and Policy Officer:
Thibaut Le Forsonney

Marketing and Communications Officer:
Lisa Bouguerra (from June 2025).

The EPA wishes best of luck to departing EPA team members Michelle Godinho and Sarah Mattern

2025 Annual Report Editors

Andrea Fiorillo
Simone De Ioanna
Lisa Bouguerra



EUROPEAN PSYCHIATRIC ASSOCIATION

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EPA Brussels Office

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Rue d'Egmont 11
1000 Brussels, Belgium
Tel: +32 2 511 02 30