



Early Career Psychiatrists Section

World Psychiatric Association

Section Newsletter

Last Edition 2021

Message from Section Chair

Dear colleagues and friends,

The year 2021 is coming to an end, a year that has been difficult to so many of us around the world. At the same time, the year was also an opportunity to renew hope, to discover renewed ways to be resilient, to strengthen older friendships and to establish new contacts with other like-minded early career psychiatrists across the world, and to launch the first edition of the World Psychiatry Exchange Program.

We hope you have some time to rest in this festive season. We wish you all the best for a better 2022 and look forward to seeing you all in the 22nd World Congress of Psychiatry, in August 2022 in Bangkok, Thailand.

On behalf of the WPA ECP board, Mariana Pinto da Costa, Section Chair

Tunisia

CINEMA BASED PROGRAM THROUGH ONLINE LEARNING: NEW TOOL FOR PSYCHIATRY RESIDENTS TRAINING DURING COVID-19 PANDEMIC

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Introduction

Teaching humanities is crucial for medical education especially for psychiatry residents since they are involved in human therapeutic relationships with their patients. Cinema can bridge the gap between science and art and help achieve learning goals for residents training. A cinema-based program was settled in Mongi Slim Mental Health Department through online interactions using google classroom. Objectives were inspired from past experiences in the literature with adding analysis of technical and artistic tools used by movie makers to influence their audience.

Program Description

The program was settled at the Mental Health Department of Mongi Slim Hospital Marsa, Tunisia since July 2020 and it is still going on. It was collaboratively planned by teachers (senior supervisors in this department) and learners (psychiatry residents). Residents who performed 6 months training at our department, as part of their medical curriculum, were invited to enroll in this program voluntarily. This seminar included several sessions. Each session had a specific theme and includes three phases. First, a preparation phase with literature review and cinematography about movies focusing on the chosen theme and biography of movie makers. The second phase is thoughtful films watching. In this phase, learners had to pick and watch one or several movies corresponding to the main session theme. The third phase is the discussion and analysis of all scientific, social and technical aspects of the movie.



Early Career Psychiatrists Section

World Psychiatric Association

Learners also analyzed movie makers biography in order to understand personal events and experiences that could influence the movie making. These three phases were usually separated and were planned during different days. Watching and discussion phases were planned through online meetings using « google classroom » platform. Learners could also share resources with each other through the educational platform.

Movies frequently show interest in medicine and especially psychiatry but we also included movies with no relation with psychiatry in order to study cultural or ethical aspects for example. Many ethical issues were raised such as paternalistic approach in doctors-patient relationships or palliative care in end-of-life. Interpersonal interactions can be analyzed in any movie involving a relationship between two persons and this kind of analysis helps to better understand therapeutic relationships. Some Tunisian movies were also included in order to analyze local cultural aspects. Some Examples of movies watched during this program are reported in the Appendix 1.

Results and participants satisfaction

A total of 16 residents enrolled in this program until now. They were satisfied and reported positive impact at the personal and professional levels. They noticed they felt more confident while treating patients with mental illnesses. There was an enhancement of empathy with ability to create good quality therapeutic relationships. They also reported a better understanding of communication tools used in movies that can influence watcher's opinion and feelings and felt more capable of understanding media communication tips. The collaborative work built strongest ties between residents and supervisors.

Appendix 1

MOVIE TITLE	COUNTRY	DIRECTOR	YEAR
Gods must be crazy	South Africa	Jamie Uys	1980
Shutter Island	USA	Martin Scorsese	2010
Beautiful mind	USA	Ron Howard	2001
Split	USA and Japan	M Night Shyamalan	2017
Central Do Brasil	Brasil and France	Walter Salles	1997
Joker	USA	Todd Philips	2019
In the mood for love	Hong Kong	Wong Kar Wai	2000
We need to talk about Kevin	USA and UK	Lynn Ramsay	2011
La librairie	Tunisia	Nawfel Sahab Attabaa	2002
Mustapha Z	Tunisia	Nidhal Chatta	2017
I love cinema	Egypt	Oussama Faouzi	2004
Freud, the secret passion	USA	John Huston	2003

Table 1: Examples of movies watched during the cinema-based learning program.



Early Career Psychiatrists Section

World Psychiatric Association

Nigeria

AN EARLY CAREER PSYCHIATRIST'S MEMOIRS OF THE WPA VIRTUAL CONGRESSES: LEARNING INTERSPERSED WITH FUN

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Annually, the congress of the World Psychiatric Association (WPA) creates fora where critical and topical issues in psychiatry are addressed. These congresses promote dissemination and acquisition of knowledge, collaborations, and professional growth.



As an early career psychiatrist (ECP) who attended her first WPA congress in Lisbon in 2019, I looked forward to subsequent congresses with enthusiasm. However, COVID-19 pandemic led to restrictions including travels and the cancellations of physical meetings which resulted in the conversion of the 20th and 21st WPA World Congress of Psychiatry into fully virtual events. It appeared life had thrown us a curve ball, but the organizers with their adept planning devised innovative ways of navigating these impasses. The virtual congresses included events which were engaging, illuminating, and interspersed with fun whilst encouraging collaborations.

The flexibility of the virtual congresses enabled participation; live sessions, panel discussions, and plenaries to mention a few. I presented abstracts and symposia alongside other ECPs. I particularly enjoyed the ECPs programs such as the digital interactive theatre, quizzes, 3minutes presentations, daily recapitulation of events, the "WCPathome" contest and using twitter to disseminate information. The 21stWPA congress was especially memorable for me, it was the congress where I got the WPA fellowship award and won the "WCPathome" contest for the second time.



Early Career Psychiatrists Section

World Psychiatric Association

The “WCPathome” contest was introduced at the 20th WPA congress with the aim of showcasing the essence of the virtual WPA World Congress of Psychiatry on either Facebook or Twitter. It is a laudable initiative which utilizes the power of social media to provide participants the opportunity to share parts of their lives while attending the congress from across the world. Usually, participants are obliged to attend conferences without their families. Therefore, it was a rare opportunity to attend the 20th and

21st WPA congresses with my family and create memorable experiences.



However, my reality as a working mother of four boys and the schedule of congress’ programs which clashed with school pickup and homework times meant that I had to attend sessions in the school car park, while driving, preparing meals, sometimes with my children, and at other times in the comfort of my couch/ bed. While these may be plausible reasons not to actively participate in the congress, I view them as the beauty of being a mother juggling professional roles and opportunities to share glimpses of the life of a psychiatrist parent determined to integrate work and life and impact society positively,

regardless of the sacrifices involved. Representative of a resilient workforce which transforms from a voiceless marginalized group to one recognized by reputable associations like the WPA and several workplaces and training programs.

I admit that the prize of a waived registration was tempting but the opportunity to raise awareness around WPA activities, showcase the beauty of family, and love surmounting barriers, establish relationships, and enjoy the blend of fun propelled my entries.

The 22nd WPA congress in Bangkok promises to be engaging and a great place to mix dissemination of information and career development with fun.



Early Career Psychiatrists Section

World Psychiatric Association

EARLY CAREER PSYCHIATRY SECTION IN NIGERIA - THE START OF SOMETHING AMAZING

By Frances N. Adiukwu; Department of mental health, University of Port Harcourt, Rivers State, Nigeria. Association of Psychiatrists in Nigeria. francesadiukwu@gmail.com

The Early Career Psychiatrist section of the Association of Psychiatrist in Nigeria (APN-ECP) was officially formed on the 3rd of December 2020. Prior to this, we had been a group of psychiatry residents and psychiatrists in the first 5years of just completing their training with no structure and unifying voice. We understood that there were challenges peculiar to us, opportunities for growth that we were currently not able to access and that we were faced with the difficulties of practicing psychiatry in a low- and middle-income country (such as limited access to trainings, research experience etc.).

The need to have this section as a standalone section of the APN was understood by the parent body headed by Prof. Taiwo L. Sheikh and during the 51st Annual General and scientific Meeting held virtually in December 2020, the section was born and with it, its first officials were elected to oversee the activities of the section. The current officials of the APN-ECP chaired by Dr Frances Adiukwu during the year, had been able to unify the section and give it recognition at the national and international stage. Below chronicles our achievements in the past one year.

Webinars: The section held its maiden webinar on the 18th of December 2020 titled “ECP section membership: A gateway to growth and development” and introduced ECPs to the section officials as well as outlined what we hoped to achieve in the coming year such as an ECP register and a sectional constitution to guide our activities. On the 10th of September 2021, the section had its first in a series of webinars on personal career experiences titled “Mitigating the challenges in career progression at the transition periods for ECPs - lessons from personal stories” with the guest speaker Dr Aishatu Yusha’u Armiya’u. With increasing recognition nationally, the section in association with a pharmaceutical company organized a webinar to mark the world mental health day 2021.



Early Career Psychiatrists Section World Psychiatric Association

The screenshot shows a Zoom meeting interface. The main content is a presentation slide titled "Early Career Psychiatrist Section - A gateway to career growth and development" by Dr. Frances Adiwaku, Consultant Psychiatrist UPTH and Chair of the ECP section of APN. The slide features the APN logo and a central graphic of a person. To the right, a chat window displays messages from participants, including "Olowadapo Adedapo", "Nkire Chisom Joel", "Anake Godwin", "Ngozi Obiejenba", "Muhammad Gidado", and "Fatima Abba Ali", all expressing gratitude for the presentation.

During this first year of our existence, we have drafted our constitution which currently guides our activities as a section. We currently have a register of ECP members living and working in Nigeria with their contact details; three (3) ECP members were amongst those selected as overseas awardees for the European Federation of Psychiatric Trainee Maintaining and Establishing a national Trainee Association (MENTA) programme for 2021; six (6) members of the APN-ECP were awarded a fellowship for the 21st WPA World Congress of Psychiatry in October 2021 and currently the section is taking part in 2 world surveys in collaboration with



Early Career Psychiatrists Section

World Psychiatric Association

the WPA ECP section.

While this year has had its challenges, we have made steady progress and are looking forward to more achievements, collaborations and networking with the rest of the world in the coming years.

Spain

FROM BARCELONA TO THE WORLD THANKS TO THE VIRTUAL WPA WORLD CONGRESS OF PSYCHIATRY

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CIBERSAM, Mental Health Research Network, Spain. Doctorate Program, Universitat de Barcelona, Barcelona, Spain

The World Psychiatry Congress organized by the World Psychiatric Association is the unique occasion in the year in which mental health professionals from all over the world gather to share their knowledge and the advances discovered in the field and also to dedicate time to establish and strengthen not only professional but also friendship relationships.

In order to accomplish the purposes of the previously described aims, attending the congress in an online format was an excellent opportunity without risking each other's health, and that is why I was certainly decided to attend it from my home in Barcelona.

The majority of the Early Career Psychiatrists belong to the so called "Y Generation" or "Millennials", described as the first generation that has grown up in the internet age. That is why, for the most of us, being the congress online was not a handicap at all because we are used to digital platforms.



Early Career Psychiatrists Section World Psychiatric Association

Moreover, sessions like the 3-Minute Competition organized by the Early Career Psychiatrists (ECPs) Section allowed ECPs to have a unique space in the congress to present their advances, having all the presentations of both sessions (English and Spanish versions) at a high-quality level. I was one of the winners but I can firmly say every participant could have won the competition, being the final result very tight.



This highlights the importance of the ECP section that, on my opinion, with activities like the 3- Minutes Competition strengthens the sentiment of belonging to a group of professionals (psychiatrists from all the globe in this case), not from a competitive point of view but from a collaborative point of view, having all the same ultimate goal: improving mental health care.

Indonesia

A CHANCE THAT OPENED SO MANY DOORS

By Brihastami Sawitri; Faculty of Medicine, Universitas Airlangga; Universitas Airlangga Hospital.

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I absolutely do not regret applying for the 21st WCP Congress Fellowship this year, and certainly suggest that other ECPs to do so next year.

First and foremost, my deepest gratitude goes to the committee for arranging the wonderful congress and selecting me as one of the fellowship winners. I must admit that I was hesitant in participating at the



Early Career Psychiatrists Section World Psychiatric Association



beginning for fearing that I will not get the most benefit from the congress it was held online. Having 12-hour time difference also means I was attending live session in the middle of the night. But I am glad that I decided to apply because I feel I have gained so much from my experience attending the congress. And, of course, I really appreciate the committee for making the recorded session available for 3 months. That

simple arrangement has ensured me to be able to fully absorb the session in more reasonable and productive hours.

The first interactive session that I joined was the “Meet the Fellows” session, where we got the chance to meet with other awardees, along with some other prominent persons in the world of psychiatry today. I feel so honored to be able to share the same ‘room’ again with my personal heroes, such as Prof. Norman Sartorius and Prof. Afzal Javed, the WPA President himself. It was also my great honor to meet Prof. Petr Morozov for the first time and Prof. Danuta Wasserman who offered us a future project that had me excited to participate further. I also had the pleasure of seeing the ever so lovely and energetic, Mariana Pinto da Costa, who inspires me as an ECP. After the session, all the fellowship winners gathered in a Whatsapp Group and decided to write an article together that hopefully will be published soon.

There are some highlights from the congress that I particularly enjoyed more. One of them are the Quiz arranged by the ECP section which is new enjoyable way of learning for me. My other highlight is, of course, the chance to participate and won the 3 Minutes Presentation Competition. I am so excited to



Early Career Psychiatrists Section

World Psychiatric Association

learn that one of the prizes is a mentorship from the esteemed BJPsych for the chance to publish an article. It has been a very humbling experience to learn from other contestants and know what I need to improve for a better presentation skill in the future. My experience and winning have also given me a chance to serve as a mentor and a judge in a 3-minute Presentation contest for medical students at my faculty.

For all the wonderful memories and a precious opportunity to grow immensely during the congress, I am greatly thankful for the committee. As the other prize is a free registration for the next WPA Congress, I am looking forward to learning more next year in Bangkok, as well as seeing all of you in person.

WPA

MORE FUN AND LESS EMPTY SEATS: GAMIFICATION OF UPDATED KNOWLEDGE IN LIVE INTERACTIVE QUIZZES

Sarah A. Marzouk (1), Iizax G. Ramírez- Espinosa (2), David Luís Ferreira Teixeira (3), Nicholas Pang (4), Lamia Jouini (5), Sami Ouanes (6)

(1) Faculty of Medicine, Ainshems University, Egypt.

(2) Sociedad Mexicana de Neurología y Psiquiatría, A.C., Mexico.

(3) Centro Hospitalar Tondela-Viseu, Portugal.

(4) Hospital University Malaysia Sabah, Malaysia.

(5) Center of Competencies in Psychiatry and Psychotherapy of Wallis Hospital, Switzerland.

(6) Department of Psychiatry, Hamad Medical Corporation.

Fun, interaction, and competition can enhance the learning experience and help retain information for a longer period of time. Recognizing this, innovative quiz sessions have taken place for the first time at the World congress of Psychiatry (WCP) 2020 and involved Early career psychiatrist (ECPs) in their preparation and facilitation.



Early Career Psychiatrists Section

World Psychiatric Association

Meeting great success and positive feedback, similar sessions were organized this year in the virtual WCP 2021. The Quizzes took place over two sessions: each included two quizzes over an hour period. Each quiz was composed of ten questions with a subsequent explanation in relation to the question and



its answer using different didactic tools (images, videos, graphs, etc.), helping the participants to learn effectively through teams' discussion, competition and through the power of making mistakes. Each quiz approached one topic related to the congress theme "New world, new challenges", namely: behavioral addiction in the time of COVID, digitalizing

psychiatry, mental health of healthcare workers and abuse in the times of pandemics.

Following a selection process directed by the Quiz's organizers, Dr. Sami Ouanes and Dr. Lamia Jouini, and supported by the ECP section, Dr. Sarah Abdelhamid and Dr. Nicholas Pang joined the team. A series of fruitful online meetings took place over four different countries and three different continents to organize the quizzes from the choice of topics till the final revisions and rehearsals.

Participants had the choice to join the quiz as teams or individuals with one winning team and one winning individual per each session. After a coriaceous competition, the winning teams were: Hans' horses and Klein Me a River, and the winning individuals were Cristina Pernas and Rita André.

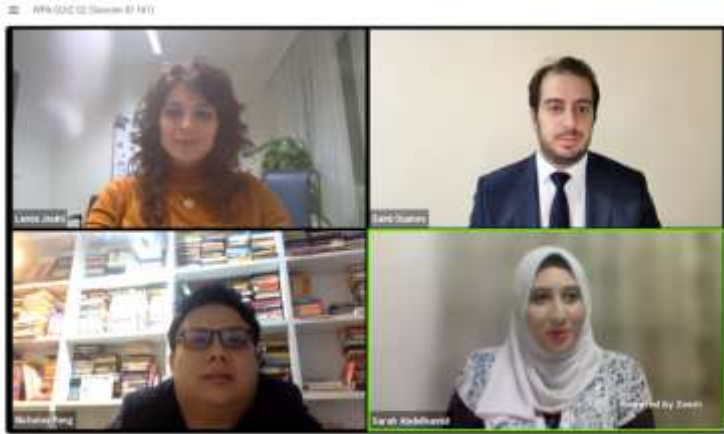
The Quiz sessions were highly praised by participants and organizers, and solicited interactions on social media, in particular because they added an interactive and "entertaining" dimension to the learning experience while fostering teamwork and collective decision-making. The Quiz sessions offered the opportunity of having an almost "normal" congress experience, since COVID- 19 and the virtual presentations, there are a few moments in which there is a real-time, actual, connection between the congress attendees and this space was perfect to achieve this.

Presenters of the Quizzes highlighted that "it was an experience full of fun and learning. They got to know people from other countries, which was very nice, and they got to investigate about updated



Early Career Psychiatrists Section World Psychiatric Association

topics. They also got to learn how to formulate didactic questions, structured clinical cases and translate it into an attractive presentation. After a lot of work and various collaborative meetings, they were glad to receive positive feedback and great interaction from the participants”.



The winning teams’ members highlighted that “the quiz session was their new favorite way to learn in a congress. It was a great chance to get introduced to new subjects and meet new people from all over the world. Instead of being seated and just listening, they enjoyed the companionship, the spirit of competition and the fun they had with

their teammates”.

A huge thanks to WPA and the ECP boards for their support through the whole process and congratulations to the ECP quiz winners. We look forward to seeing you in more quizzes at the upcoming WPA Congresses.

Quizzingly yours,

The WPA Quiz Team

Email the editor, Tando Melapi, at wpa.ecp.section@gmail.com