

WORLD PSYCHIATRIC ASSOCIATION
PRESIDENT'S ANNUAL REPORT 2021

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# PRESIDENT'S MESSAGE

Dear Friends.

With my first annual report, it gives me the opportunity to look back over the first year of my presidency. This past year will remain engraved on our memories, as the year when a pandemic has profoundly affected all aspects of our daily lives, becoming a major threat to the well-being of our patients, colleagues, families and that of the whole society.

The World Psychiatric Association (WPA), as has everyone, has been severely impacted by the pandemic. All of our stakeholders and components (Committees, Sections, Board, members, Member Societies, and staff etc.) have had to adapt their activities and learn to work in new and innovative ways.

Due to travel and general COVID-19 restrictions, we were forced to first postpone and then re-invent our 20<sup>th</sup> Annual Congress, which was originally planned in October and to be hosted in Bangkok. We all worked extremely hard to transform it into a fully virtual format which took place in March this year, leading to one of the very first digital congresses in psychiatry. While we deeply regretted the missed opportunity for in-person mutual exchange with our peers from all over the world, the 20<sup>th</sup> WCP (with the theme: Psychiatry in a Troubled World) proved to be a great success and welcomed more than 3000 participants from over 100 countries!

I am very proud and grateful for the dedicated and exceptional commitment of all those involved that made this congress successful and who have since worked tirelessly to run the current 21<sup>st</sup> WCP Virtual Congress (18–21<sup>st</sup> October 2021). Under the motto: "New World, New Challenges for Psychiatry & Mental Health", the 21<sup>st</sup> WCP was another triumph with over 2500 participants from 108 countries joining us online for an equally innovative event.

But we have not only focused on Congresses this year. By going through the contents of the following annual report, you will discover in particular the progress made to:

- Activities agreed at the General Assembly in 2020 and what progress has been made
- The progress made in our Action Plan Working Groups
- Our increased offering of high-level training through the creation of our online Learning Management System Education Portal
- WPA's continued role in pushing mental health issues around the world and supporting those in special need during the COVID crisis and other world disasters
- Our continued collaboration with our Member Societies, Zonal Representatives and Collaborating Centres.
- WPA's commitment to communication using our current and creating new channels to share our members' work as well as to new psychiatric research around the world, reinforcing the association's role as a leader in psychiatric practice and research.

When thinking about my second year of presidency, I wish all of us to continue to face together with enthusiasm and creativity the challenges that will undoubtedly come as the full impact on mental health following this pandemic is realised. The WPA is learning fast with the changes and looks forward with confidence to its future, remaining fully committed to fulfilling the WPA's triennium's goals! Let's shape the future of psychiatry and mental health together.

Afzal gaved

Dr. Afzal Javed
President, World Psychiatric Association

# WPA Board, Committees & Council

## **WPA President**

Dr. Afzal Javed

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## **Executive Committee**

President: Afzal Javed (Pakistan)

President-Elect: Danuta Wasserman

(Sweden)

Secretary General: Petr Morozov (Russia)

Secretary for Education: Roger Man Kin Ng

(Hong Kong, China)

Secretary for Finances: Paul Summergrad

(USA)

Secretary for Meetings: Edmond Pi (USA)

Secretary for Publications: Michel Botbol

(France)

Secretary for Sections: Thomas G. Schulze

(Germany)

# **Board/Zonal Representatives**

- 1. Mysore S. Renuka Prasad (Canada)
- 2. Bernardo Ng (USA)
- 3. Thelma Sánchez-Villanueva (Mexico)
- 4. Rodrigo Nel Cordoba Rojas (Colombia)
- 5. Santiago Levin (Argentina)

- 6. Gisèle Apter (France)
- 7. Ramune Mazaliauskene (Lithuania)
- 8. Konstantinos N. Fountoulakis (Greece)
- 9. Igor Filipcic (Croatia)
- 10. Oleg Skugarevsky (Republic of Belarus)
- 11. Amine Larnaout (Tunisia)
- 12. Mahdi Abu Madini (Saudi Arabia)
- 13. Aïda Sylla (Senegal)
- 14. Juliet Nakku (Uganda)
- 15. Seyed Ahmad Jalili (Iran)
- 16. Pichet Udomratn (Thailand)
- 17. Yong Chon Park (South Korea)
- 18. Allister Bush (New Zealand)

# Council (Past Presidents)

Jorge A. Costa e Silva (Brazil) (1989-1993)

Felice Lieh-Mak (China) (1993-1996)

Norman Sartorius (Switzerland) (1996-

Ahmed Okasha (Egypt) (2002-2005)

Juan E. Mezzich (USA) (2005-2008)

Mario Maj (Italy) (2008-2011)

Pedro Ruiz (USA) (2011-2014)

Dinesh Bhugra (UK) (2014-2017)

Helen Herrman (Australia) (2017-2020)

## **WPA** Secretariat

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# **WPA ACTION PLAN**

WPA Action Plan for 2020–23 defines emerging needs and priorities, from a worldwide perspective, in some specific areas of mental health. There is an outstanding need to provide access to high quality mental health care in all countries and to support psychiatrists in their important roles as policy makers, direct service providers, trainers and supporters of health care workers in primary and community health care systems.

The key features of the Action Plan are:

- To improve the standing of psychiatry as a medical specialty in clinical, academic and research areas and to promote public mental health as a guiding principle.
- To highlight the specific role of psychiatrists in working with other professionals in health, legal and social aspects of care
- To ensure WPA's positive engagement with member societies and WPA components

The proposed Action Plan looks at targeted areas and we have defined 16 so called Working Groups. These Working Groups are tackling our six key priorities: Capacity Building (including: Public Mental Health; Child, Adolescent and Youth Mental Health, Digitalisation in Mental Health and Care, Medical Students, and Volunteering, for example), Addressing Co-Morbidity in Mental Health; Partnerships with other Professional Organisations and NGO's; and Continuation and Completion of the previous Action Plan's work. Each of these groups has brought together its members to develop terms of reference and agree on projects for this triennium.

A list of all the groups is available on the WPA website <u>here</u> and we have already created some individual pages for the Working Groups. These not only offer information about their group and its members, it also informs on their latest activities, webinars, examples of work, key documents, recommended reading etc

# WPA ONGOING WORK

The need for mental health and psychosocial support has significantly increased during the COVID-19 pandemic. To tackle this unprecedented challenge, WPA has been working hard to implement new initiative as well as improve efficiencies on current ones. Below summarise some of the activities we have been focusing on over the last year.

## **ACRE**

WPA's <u>Advisory Council on Response to Emergencies (ACRE)</u>, established last year to respond to the COVID-19 pandemic and other emergencies, continues its excellent work in supporting those in need around the world. Through ACRE, we have been able to arrange professional support for a number of projects, including:

- Royal College of Psychiatrists UK training mental health professionals in Belarus
- Royal Australian & New Zealand College of Psychiatrists (RANZCP) providing a generous grant to Papua New Guinea in support of ongoing work on COVID-19
- WPA made a substantial donation to child workers to provide information and advice on mental health to schools in rural Nepal and protective equipment to Ukraine
- American Psychiatric Association donated protective equipment to El Salvador Panama, Nicaragua and Guatemala
- German Association of Psychiatry,
   Psychotherapy and Psychosomatic made
   donated a generous grant WPA Regional
   Russian language website aiming to provide
   advice and materials related to the pandemic
- WPA is working with the Indian Health Ministry to support our local member societies in their ongoing COVID-19 work

The WPA is grateful to Member Societies for their willingness to participate in this program and for their generous donations which WPA hopes will continue to be provided by the major resourceful societies to those in need.







# **Executive Committee**

The new Executive Committee was established through our first ever virtual General Assembly in October 2020. They have since met on several occasions and through these meetings, they have finalised changes made at that time to the WPA Statutes & Bylaws, and Manual of Procedures. Updated versions of both documents are now available on our website.

# Support to Afghanistan

The current situation in Afghanistan is not only causing humanitarian crisis but the current unstable situation is also adding concerns about provisions and delivery of health care for the general population. The WPA, like many other organisations, is concerned about this situation, particularly about the plight of those Afghan people who are suffering from a mental illness. We are therefore worked with Afghan mental health professionals to open a virtual clinic to Afghan patients and have also started to send medical and food provisions to various mental health units. We were able to do this with the support of neighbouring WPA member societies (Pakistan & Iran) and a two Pakistan NGOs (Fountain House & Horizon). A similar clinic in Farsi is being established with the support of Iranian Psychiatric Association.

#### Secretariat Review

Earlier this year, we carried out an extensive review of the Secretariats office in order to bring further efficiency and automation to our work. Following the review, we have restructured work and employed further resources. We will also be looking into upgrading some of the systems used for communication with member societies.

# WPA ONGOING WORK CONTINUED....

# **Zonal Representatives**

Our Zonal Representatives are meeting regularly and focusing their efforts on a lot of different activities within their Zones. We are also increasing communication with the Zones and encouraging them to submit regular reports to share their experiences with all of our components. Consequently, we have added a section to the WPA website to share this news. Content will be added here as and when we receive it.

## **WPA Council**

The WPA <u>Council</u> continues supporting the Executive Committee and other WPA components on a number of ongoing topics and activities. Groups have also been selected to the review of the <u>WPA Position Statements</u>. This work will be presented to 2023 General Assembly.

# **Collaborating Centres**

We have been strengthening our relationships with the Collaborating Centres (CC) to knowledge share and support their work. As such, we have now created a dedicated page on the WPA website so that others can gain insight into their work and potentially some inspiration for their own projects. Content will be added here as and when we receive it.

## **Scientific Sections**

The WPA Scientific Sections have been holding video conferences on a quarterly basis. These meetings have become the marketplace for exchanging ideas about inter-sectional activities, such as joint research projects, papers, workshops, or conferences.

The Thematic Congress on intersectional collaboration "Psychological Trauma: Global burden on mental and physical health" in December 2020 may serve as a case in point. This had been conceptualised as a meeting of the Sections, by the Sections, for the Sections. And it truly was with stellar plenary speakers and panellists, state-of-the-art intersectional symposia on a timely topic and active participation by members from the Early Career Psychiatrists Section. Given the success of this format, WPA will be holding another Thematic Congress on intersectional collaboration, focusing on advances in treatment. This Congress will be held in Malta on 10-12th of November 2022, hopefully as an in-person meeting. As before, the Sections will have a unique role in planning and organising this meeting.





# THE 20<sup>th</sup> and 21<sup>st</sup> WPA WORLD CONGRESS of PSYCHIATRY

"The WPA Congress task force, coming together so quickly during this extraordinary year of change and adaptation, was an example of the collaborative spirit within WPA and its partners"

Prof. Afzal Javed
President, WPA

In 2020, the WPA rose to the challenge and organised not one, but two fully virtual congresses (WCP) for the very first time, despite the unprecedented public health crisis facing the world.

For the 20<sup>th</sup> WCP, after being postponed in October 2020 and then moved to a digital format from 10-13th March 2021, we were excited to hold our very first Virtual Congress.

More than 3000 participants from over 100 countries joined us online through a dedicated congress platform allowing them to access comprehensive digital content, to interact with fellow delegates, and to contribute and to learn from mental health experts. For this first exceptional edition, the congress took place under the motto "Psychiatry in a Troubled World".









Follow the success of the 20<sup>th</sup> Virtual WCP, and the ongoing uncertainty surrounding the pandemic, we took the decision to also hold our 21<sup>st</sup> WCP in the virtual format. The Congress did not disappoint with the same high quality and depth of presentations. The Congress was attended by over 2500 participants from 108 countries.

# SCIENTIFIC PROGRAMME

Both Congresses offered an extensive Scientific Programme with numerous Plenary, 6 State of the Art Lectures, Online Courses, Symposia, Workshops, Debates, Expert sessions, e-Posters and several networking events. The programmes were also designed with early career psychiatrists in mind, with a track of dedicated sessions.

Additionally, thanks to the virtual format, sessions are able to remain available on-demand to congress participants during the three months following the Congress.

# Don't miss the next WPA World Congress in 2022

Find out more information and <u>register here</u> now!

The 23<sup>rd</sup> WPA World Congress will be held in Vienna, Austria in collaboration with the Austrian Association for Psychiatry, Psychotherapy and Psychosomatics in September 2023.

# THEMATIC & REGIONAL CONGRESSES

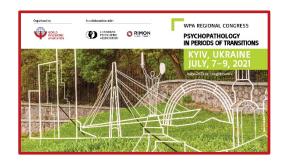
As well as the WPA World Congress, there were several WPA Thematic and Regional Congresses over the past year. There included:

# **Regional Congresses**



From the 16th – 18th of May 2021, the Russian Society of Psychiatrists, together with the WPA, organised a WPA Regional Congress in St. Petersburg. The theme of the congress was "An Interdisciplinary Approach to the Comorbidity of Mental Disorders on the Path to Integrative Treatment". The event was a success with 3432 delegates registering for the congress (including specialists from 73 constituent Russian Federation entities); 2500 of which participated in the online programme.

WPA 2021 Regional Congress with the topic "Psychopathology in Periods of Transitions" took place on the 7-9<sup>th</sup> of July 2021 in the exciting and cultural city of Kyiv, Ukraine. In cooperation with the Ukrainian Psychiatric Association and RIMON, this extremely well attended Congress was in the hybrid format of both offline & online presentations and included recent updates in different disciplines related to mental health.



# Thematic Congresses

The WPA 2020 Thematic Congress with the theme "Psychological Trauma: Global burden on mental and physical health", took place between the 10th – 12th of December 2020. Organised in collaboration with the Hellenic Psychiatric Association, the 3-day online Congress brought close to 250 participants from over

46 countries and brought together leading mental health professionals and young scientists/trainees to share learnings on recent advances on psychological trauma.



# Our Upcoming WPA Thematic Congresses



Theme:
Understanding
psychiatry today:
Economic
reactivation, social
inequalities and
mental health

Cartagena, Colombia

23-25 February 2022



Theme: Public Mental Health

Lahore, Pakistan

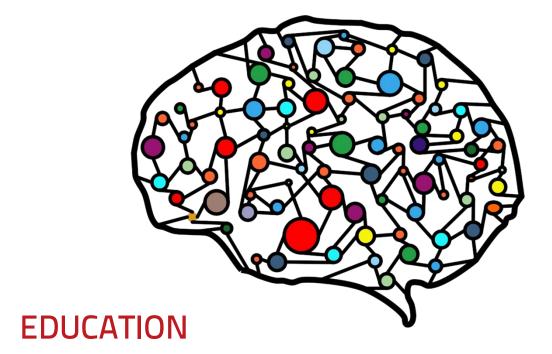
11-13 March 2022



Theme: Early Intervention in Psychiatry across the life span

Divani Caravel Hotel, Athens, Greece

23 -25 June 2022



WPA launched its new <u>Education Portal</u> launched last year and it now houses WPA's many educational resources and online courses, such as: Telepsychiatry,

Comorbidity and Depression series, <u>Evidence-based</u>
<u>Psychotherapies</u>, <u>Intimate Partner and Sexual Violence</u>
<u>Against Women</u> curriculum, to name but a few.



With the support of an initial unrestricted educational grant from industry, WPA, led by Roger Ng, WPA Secretary for Education, was able to create a platform to fulfil our vision to:

- Provides a connection between trainers and trainees no matter where they are in the world
- Enables the transfer of knowledge and skills through a variety of multi-modal learning opportunities
- Ensures training resources are available on a range of topics in a variety of languages
- Is accessible to any learner with an internet connection



The system has a critical role in WPA's education and communications programmes and, more recently, has also played a key role in its emergency response to world emergencies; for example, with its extensive <a href="COVID-19 Mental">COVID-19 Mental</a> <a href="Health Resources Library">Health Resources Library</a>.

Going forward, the new portal will not only facilitate further education in psychiatry but also that it will encourage and inspire learning among colleagues and trainees around the world. The full course schedule is available <a href="here">here</a>. If you have a course or resources you would like to see included on the portal, please contact WPA's <a href="here">Education Coordinator</a>

# **COURSES/WEBINARS 2021**

With the success of our Education Portal combined with the restrictions limiting in-person learning opportunities, WPA and its Committee on Education, chaired by Roger Ng, have remained committed in developing, implementing, supporting, collaborating on and co-sponsoring as many online courses and webinars as possible.

Below is a sample of some of the online courses that took place just in the last quarter of 2021, available to all mental health professionals:

## COVID-19 and mental health - international perspectives

Date & Time: 29th October 2021, 3–5pm CET Organised by: WPA Transcultural Psychiatry Section More information here.

# New ICD-11 Clinical Descriptions and Diagnostic Guidelines (CDDG) for ICD-11 Mental, Behavioural or Neurodevelopmental Disorders

Dates: 8 November – 29 November 2021 (four weekly sessions) Sponsored by: WPA & Global Mental Health Academy More information <a href="https://doi.org/10.1007/j.com/here.">here</a>.

# Yoga in Mental Health Certified Educational Course

Dates: Two-part course – see link for more information Organised by: WPA & Indian Psychiatric Society More information <u>here</u>.

#### Rethinking and experience sharing on Psychiatric Rehabilitation

Date & time: 28th of October 2021, 1900 – 2100 HKT Organised by: WPA Zone 16, WPA Zone 17 and WPA Section of Psychiatric Rehabilitation More information  $\underline{\text{here}}$ .

## Early Intervention in psychosis: from promise to delivery

Date & time: 5th November 2021, 2pm EET Organised by: WPA More information <u>here</u>.

 $Early\ Intervention\ in\ Low\ Resource\ Settings-Findings\ from\ the\ WIC\ (Warwick,India,Canada)\ Project$ 

Date & time: 10th December 2021, 13:00–15:00 GMT Organised by: WPA More information <a href="here">here</a>.

### Series of webinars from the WPA Section Evolutionary Psychiatry

Dates: Various dates - see link for more information Organised by: WPA Section Evolutionary Psychiatry More information <a href="here">here</a>.

# Management of Schizophrenia

Date & time: Tuesday 28th December 2021, 2 PM (CET) Organised by: WPA More information <u>here</u>.

"Providing new teaching methods and empowering psychiatrists to acquire new skills and knowledge are our main focus. We want to offer diverse training opportunities".

Roger Ng, Secretary for Education, WPA

FOR UPCOMING
ONLINE
EDUCATIONAL
ACTIVITIES, PLEASE
REGULARLY VISIT
THE WPA WEBSITE
HERE



# WPA COMMUNICATION

# **WPA** Website

Following the successful launch of the new World Psychiatric Association (WPA) website in 2020, we worked hard to improve the member experience further. We appreciate the huge impact a website's navigation can have on the whole user-experience. Therefore, taking user analytics and feedback into account, we relaunched the new website navigation earlier this year.

The new navigation structure is simple, easy to use and continuously updated with the latest information, news and services from WPA. Members should now be able to find exactly the page they require within a couple of clicks!

We have also worked hard to bring our social channels to life. Please see the links to our pages below.



# Launch of WPA eNewsletter

We were delighted to launch the new WPA eNewsletter in the second quarter of this year. The past eighteen months have been incredibly challenging for everyone on a number of levels. It has also shown us how important it is that information is freely distributed and easily accessible, and this was one of our key motivations to re-launch the WPA eNewsletter. Our newsletter is a quarterly review and provides the perfect opportunity to for all WPA components to share insights and experiences as we continue our essential work to address the mental health issues around the world.

Past copies of the WPA Review can be found here.

## World Psychiatry

World Psychiatry is the official journal of the World Psychiatric Association (WPA). It is published regularly in three languages (English, Spanish and Russian), with individual issues or articles also available on the WPA website in other languages (Chinese, French, Arabic, Turkish, Japanese, Romanian and Polish).

More than 60,000 mental health professionals regularly receive the electronic or the print version of the journal. All the back issues can be freely downloaded from the PubMed system and the WPA website. With an **impact factor of 49.548**, it was recently reaffirmed that **World Psychiatry is ranked as the no. 1 journal i**n the list of psychiatric journals and in the Social Science Citation Index, and no. 5 among all the journals in the Clinical Medicine category.



#### Meet the WPA Leaders

We are excited to launching a series of recordings titled "Meet the WPA Leaders". This is a collection of short videos, incorporating interviews with past and present WPA Presidents as well as current Executive Committee members. The interviews will offer a unique insight into the lives and opinions of these esteemed members. The series is planned to be released early 2022 on our YouTube channel and we hope to extend this series to other global leaders as well.

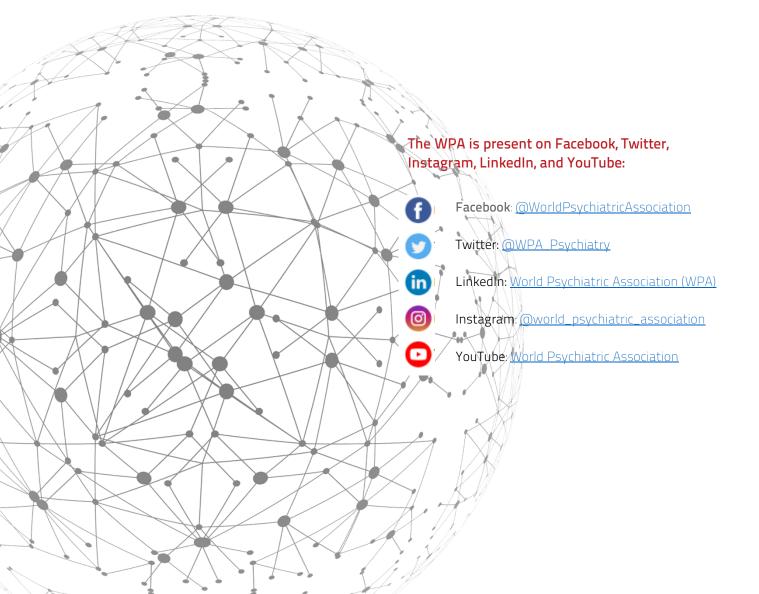


# Why Psychiatry Video

WPA has created a promotional video (led by the WPA Action Plan Working Group on Medical Students) with the theme: "Why Psychiatry". The short video will be used to promote psychiatry as a future career for medical students and incorporates a number of brief interviews with members of Working Group and medical students from different continents. You can view the videos on our YouTube channel here.

## E-Journal Club

We have future plans for e-Journal club to summarise the latest scientific papers published in peer reviewed journals. Keep an eye on the WPA website for more details.



WPA and its President would like to offer their heartfelt thanks and appreciation to all WPA Components (Members, Scientific Sections, Board, Council, Committees, Zonal Representatives, Collaborating Centres etc.) for their ongoing support and collaboration.

Thanks also goes to:

Francesca Sotgiu, Chief Executive Officer

Beatrice Telschow, Deputy Chief Executive Officer

Marguerite Coppo, Executive Assistant to Francesca Sotgiu, CEO

Catherine Devine, Education Coordinator

Andrea Pound, Communications Consultant

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