



# Early Career Psychiatrists Section

## World Psychiatric Association

Section Newsletter

Second Issue 2023

### *Message from Section Chair*

Dear colleagues and friends:

We are pleased to publish this Newsletter, which comes after a fantastic World Congress of Psychiatry in Vienna, and reports different testimonies of the original sessions this year.

In 2023 we had several collaborations, including with the British Journal of Psychiatry, the International Society of Addiction Medicine. In the next year we will be proceeding with the elections of the Section's leadership. Watch our mailing for more details.

We wish you all the best for a healthy, happy and peaceful 2024 and we look forward to seeing you all in Mexico for the 24<sup>th</sup> World Congress of Psychiatry between 14 and 17 November 2024.

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

### **NEPAL**

"Connecting global horizons: Nepal to Croatia- A Tale of Friendship, Learning, and Adventure"- The WPA ECP Exchange Program 2023

Dipesh Bhattarai, Kanti Children's Hospital, Psychiatrists' Association of Nepal

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The world is a home to varied and unique cultures, experiences, knowledge and practices. We sometimes are fortunate to travel into spaces that changes and challenges our perspectives and enriches our knowledge and understanding. One such transforming adventure was my recent participation in the World Psychiatric Association Early Career Psychiatrists (WPA ECP) Exchange Programme, which took me from the mighty Himalayas of Nepal to the Adriatic coasts of Croatia. I welcome you guys to join me on this journey as I recollect the events, challenges, and life-changing lessons that made this excursion a watershed moment in my career and personal development.

Croatia, with global popularity for football stands in the world map with prominent recognition. Yet, it was the magnetic allure of Professor Norman Sartorius, a prominent figure in the field of psychiatry, compelled me to select this remarkable country for the exchange. The credit of this fortune goes to the program developers and my mentor of the exchange Prof. Igor Filipčić for the selection and opportunity.



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However, my travel was not easy-going; managing the arduous process of obtaining a Croatian visa. Finally, the paper hurdles were overcome, thanks to unwavering resolve and the invaluable help of the local coordinator, Dr. Lucija Senjung.

At the heart of my journey was the University Psychiatric Hospital Sveti Ivan, a historic psychiatric facility situated in Zagreb, Croatia's capital. It served as a beacon of hope for individuals grappling with mental and behavioral disorders, and was my gateway to perspective shifting experiences. Over the course of two weeks, I was granted access to various hospital departments, each providing unique insights. From psychotherapy to addiction treatment and the management of eating disorders, I immersed myself in a multitude of clinical scenarios. One particularly enlightening aspect was my interaction with patients contending with eating disorders, gaming and gambling disorders, issues relatively uncommon in my homeland. My involvement in virtual group therapy session with the tobacco group was unforgettable. The exchange extended beyond the clinical domain, fostering discussions on community psychiatry care, mental health policies, and the invaluable opportunity for professional networking and cultural exchanges. Outside the hospital, the enchanting beauty of Croatia unfolded before me, from the mesmerizing coastlines to a culinary varieties of both Western and Eastern traditions. Croatia's rich history, epitomized by stories of independence and resilience, added another layer of depth to my experiences.

In a nutshell, my participation in the WPA ECP Exchange Program was nothing short of a transformative odyssey. This journey challenged my preconceptions, enriched my understanding, and illuminated new avenues of professional and personal growth. Coming from a resource-limited setting in Nepal to witness psychiatric care in a European context reshaped my knowledge, attitude, and skills. The language barrier, initially a daunting prospect, proved to be a minor roadblock in the face of the overwhelming warmth and support of the colleagues and mentors I encountered. My journey from Nepal to Croatia exemplifies the transformational potential of cross-cultural experiences and the enduring influence of the WPA ECP Exchange Program.



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From right to left: Dr. Kithiely Salva (Exchange Fellow from Brazil), Dr. Dr. Lucija Senjung (Local coordinator of the exchange) and Dr. Dipesh Bhattarai.



From right to left: Dr. Dipesh Bhattarai, Dr. Dr. Handl (Head of the Department, Eating disorders) and Dr. Kithiely Salva (Exchange Fellow from Brazil).



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### WPA 3 MINUTES COMPETITION

#### WCP 2023 – The Power of Connection and Humanisation in Mental Health

Gisela Simões<sup>1</sup>

<sup>1</sup>Psychiatric Trainee at Baixo Vouga Hospital Centre, Aveiro, Portugal

The WCP 2023 was the third World Congress promoted by the WPA in which I participated, however, it proved to be no less surprising or exciting. Always a moment of rapprochement, wonder and fascination marked by the high quality information from all the corners of the world, the event was full of dynamism and scientific value, an opportunity naturally welcomed with open arms by any trainee in the specialty, through the unity around Mental Health.

Personally, this would become an even more remarkable experience due to the challenges launched by the Early Career Psychiatrists Section, which, as we have become used to, promoted a series of initiatives where I was able to participate. I will remember with special significance the opportunity to participate in this year's **WPA 3-minutes pitch competition**, due to the enormous challenge involved in summarising pressing themes in a short presentation. Pascal once wrote an expression replicated by other notable figures



of the History, which said *“If I had more time, I would have written a shorter letter”*. In a world characterised by whopping diversity and volume of information, difficulties sometimes arise in the attempt to concise, go thoughtful and get to the core understanding of important themes with underling details of non-negligible importance. The encouragement to develop a 3-minute communication about an appealing topic to me (entitled **“Gambling Disorder – Where are we going?”**) led me to try to develop a clear and effective message, overcoming personal fears and undergoing the process of synthesising scientific evidence but also the individual convictions that result from the detailed exploration of the topic.

This analysis recalled the role of the increasing accessibility and continuous development of Internet that has brought spotlights to Online Gambling and Betting (OGB) as a very popular activity, as well as the ability of the OGB market to adapt to new realities and challenges through changes in users '



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behaviour. But it leaves some open-ended curiosities about future challenges, namely the evolution of classifications, the emergence of new forms of gambling, the development of treatment guidelines and possible forms of gambling with an iatrogenic basis. Among all these questions, comes the certainty that the Internet is here to stay and has revolutionised the ways of gambling, proving that this activity is capable of adapting to challenges imposed even from a global level, with an incredible capacity of growth and mutability. The remaining question is: what about us, will we handle it?



The distinction of the *first prize* awarded to this topic, as well as the opportunity of being able to discuss it with other colleagues (who disseminated other rich topics) in the presence of well-known figures in Psychiatry, was a privilege for which I am very grateful to the organising Section. The congress made also possible for me to present other works as oral presentations, adding even more personal value within the spirit of sharing that moves us towards reunion. This also recalls the singularity of this field - the approach through words and the challenge of humanising through sharing.

Can't wait to meet you again in Mexico City, in 2024!

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### WCP QUIZ

#### KEEPING THE TREND OF INTERACTIVE QUIZZES AT WORLD PSYCHIATRY CONGRESS ALIVE

Chandrima Naskar (1), Mohammadreza Shalbafan (2), Lamia Jouini (3), Sami Ouanes (4), Wafa Abdelghaffar (5), Fabian Kraxner (6)

1. India Institute of Medical Sciences, India.
2. Iranian Psychiatric Association, Iran
3. Malevoz Hospital, Department of Psychiatry and Psychotherapy, Wallis Hospital, Switzerland.
4. MindWell Kuwait, Kuwait.



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5. Mental health department Mongi Slim Hospital, University Tunis Manar, Tunisia.
6. Hospital of Affoltern, Department of Psychiatry and Psychotherapy, Switzerland.

The quiz events in the World Congress of Psychiatry (WCP) have consistently managed to make an impact on the participants from across the world for the last three years. This year in Vienna, it was no different.

This year, the four quizzes had the following titles: “Recipe for happiness”, “Social Media and Mental Health: the good, bad and the murky”, “The guy who dreamed of sleeping”, and “When Machine meets mind”. They respectively covered novel management techniques for depression, the effects of social media on mental health, a case scenario to discuss the management of sleep disturbances, and the relationships between artificial intelligence (AI) and psychiatry.





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The quiz sessions are far from following a “traditional” didactic session model. Instead, an interactive skit-like presentation was adopted. The audience gets to group together to build teams as per their own choice, so that numerous different minds get to work together on the questions and build long term connections in the process.



Two important innovations were noted in this year’s edition. First, one of the questions for each quiz was a buzzer question. The team that pressed the buzzer button the fastest was the one who had to give the answer. The buzzer question had more points than the regular questions, thus allowing teams that had lower scores to catch up on the leaderboard. Obviously, a wrong answer to the buzzer question also meant a significant number of points to be deducted, thus creating more thrill.

The second novelty was related to the last-minute inability of one of the quiz presenters to attend the conference because of visa issues. This unforeseen complication was successfully turned into an



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opportunity for more creativity to be added to the quiz. The presentation in question was co-presented by an “AI-generated presenter”. At the end of the quiz when, to the surprise of most participants, the actual presenter appeared on the screen to greet the participants and to tell them that the “AI-generated presenter” was made of edited videos that were made to mimic an AI presenter.

However, it is not only the participants who get the perk out of the quizzes. Two ECPs are allowed to be a part of the organising team each year. The meticulous collaboration while developing the quiz gives one of the greatest opportunities to learn about how to prepare and present a good quiz.

With the skilful technical team in the background, the diligent preparation of the presenters, and a lively audience, the quiz this year achieved to create the expected level of excitement. Participants described it as a unique team experience with lots of fun and at the same time, a distressful moment especially when teams were losing ground.

We thank the World Psychiatric Association (WPA) for keeping the quiz as a recurring event in the WCP, so that it can continue to engage the participants in learning, connecting, and having a lot of fun. We will keep the ball rolling. So, look forward to another magical quiz in Mexico.

The Quiz Team

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24TH WORLD CONGRESS  
OF PSYCHIATRY  
MEXICO CITY, 14-17 NOVEMBER 2024

## Dates & Deadlines



Session proposal submission deadline:	18 March 2024
Fellowship application deadline:	05 May 2024
Abstract submission deadline:	06 May 2024
Early registration fee deadline:	15 July 2024

***Want to submit an article***

Email the editor: [wpa.ecp.section@gmail.com](mailto:wpa.ecp.section@gmail.com)