



Early Career Psychiatrists Section

World Psychiatric Association

Section Newsletter

First Publication 2021

Message from Section Chair

Dear colleagues and friends,

In the aftermath of the World Congress of Psychiatry that took place on 10-13 March 2021 hosted online from Thailand - we are pleased to share this Newsletter, which has contributions from several early career psychiatrists who have actively contributed to the Congress original sessions.

During this summer time, we are looking forward for the upcoming WPA Congress which will take place online between 18 and 21 October 2021 hosted from Colombia. There will be several activities for early career psychiatrists, such as presenting in the WPA 3 Minutes Competition, or having fun and test your knowledge with your friends and colleagues in the WPA Quiz session. You can check the Congress website to keep updated with the Congress initiatives <https://wcp-congress.com/>

All best wishes,

Mariana Pinto da Costa

WPA 3 Minutes Competition

Romania

From *virtual to reality* – or how WCP20 fuelled my PhD research passion

By Marcel-Alexandru Găină

M.D., Ph.D.Stud. , "Grigore T. Popa" University of Medicine and Pharmacy, Junior Psychiatrist, "Socola Institute of Psychiatry", Iași, Romania;

marcel-alexandru_t_gaina@d.umfiasi.ro





Early Career Psychiatrists Section

World Psychiatric Association

A quote that guides me through life is that “**Things are not difficult** to accomplish; what is **difficult** is putting ourselves in the state of mind to make them” (Constantin Brâncuși), not only because it resonates with reality, but because despite coming from a poor rural family in Romania, the author of this quote managed to walk barefoot to Paris in pursue of his dreams and, which is more, after arriving, became the greatest sculptor of his time.

This is the very same path any young medical researcher’s idea will take from emergence towards reality, and therefore, our mindset is essential.

We are the generation that will witness the acknowledgement of Psychiatry as a true medical science from the perspective of disorder related biomarkers and also structure - as we make further steps towards understanding the final border that separates us from the stars – the 11 dimensions structure of brain itself.

Although nowadays, related to the profound understanding of the brain, we stand where surgery stood back in the dark ages, I will be honoured to be a part of, or even witness an amazing leap of neurosciences and the impact for humanity, alongside the rest of the pioneers of the medical research world.

The tip of the spear in psychiatry is represented by the World Psychiatric Association, not only as a scientific guideline, but as the greatest network of psychiatrists worldwide. Psychiatry needs the support of the technological advancements of the 21st century, and along with the availability of virtual reality, the first steps towards a more individualised form of treatment are being taken.

From a personal point of view, participating in the World Psychiatry Congress 20 was one of my best professional decisions. Winning the section of the “3 minutes competition” made waves in my country, raising the awareness for my PhD research topic and making virtual reality’s applicability in psychiatry a perspective of the present, and not the future.

But the greatest win was meeting such inspiring young researchers worldwide, and creating new scientific inter-continental communication pathways – in such a magical manner that only WCP could make possible.

Just as Constantin Brâncuși’s “Endless Column” aims for the stars, with its seventeen element undone, I choose to place Michelangelo’s “Creation of Adam” above that very seventeenth element of the “Endless Column” – the one left undone, because as our minds touch and interconnect, the passion



Early Career Psychiatrists Section

World Psychiatric Association

for our research will be materialised faster through our collaboration; no matter how provoking times may prove, a scientific network is always stronger than any individual effort.

If I were to describe in a single word worthy to resemble my WCP20 experience, that would be **synergy** - of a worldwide medical community, that demonstrated that progress can occur even in such a troubled time as the SARS-COV2 pandemic.

Portugal

Persistence and Hope in Psychiatry Research

Author's name: Ana Maia, MD

Contact: ana.maia@neuro.fchampalimaud.org

Professional affiliations:

1. Champalimaud Research and Clinical Centre, Champalimaud Centre for the Unknown, Lisbon, Portugal;
2. NOVA Medical School, Universidade Nova de Lisboa, Lisbon, Portugal;
3. Department of Psychiatry and Mental Health, Centro Hospitalar de Lisboa Ocidental, Lisbon, Portugal.

All over the world, mental health professionals work towards the same aim: to ease suffering derived from mental disorders. Yet, we move towards this goal according to very different perspectives and approaches. Global meetings promoting communication are needed to use diversity as an advantage, rather than an obstacle. The WPA Congress of Psychiatry is one of such examples, representing a great opportunity to share ideas and to present work in a renown international conference. Even in 2020, when the world became particularly distant and hostile, psychiatrists worldwide gathered to discuss mental health challenges and to create new solutions. From this perspective in 2020, international conferences were not only a sign of coping and resilience, but also an expression of scientific and social responsibility. I witnessed this effort at the 20th WPA World Congress of Psychiatry, where I had the opportunity to learn from a wide array of diverse and motivating scientific lectures, and also to present my own work, developed at the Neuropsychiatry Unit of the Champalimaud Foundation, in Lisbon, Portugal. There I am supervised by Albino Oliveira-Maia and José



Early Career Psychiatrists Section

World Psychiatric Association

Oliveira, on immune dysfunction in obsessive-compulsive disorder. Together with colleagues from all over the world, I took part in a stimulating challenge, where I had to present my work in only 3 minutes. This competition allowed me not only to think differently about my own research, but also to receive constructive questions and encouraging feedback. Being awarded in this competition was an incentive to move forward and an acknowledgment that we are exploring the unknown in a meaningful direction.

In reality, science itself is a manifestation of persistence and hope for a more dignified future for our patients. People with mental health conditions experience a disproportionately high level of disability and mortality, as well as unacceptable levels of stigma, which further aggravates vulnerability and social exclusion. Undoubtedly, the uncertain pathophysiology behind these conditions hinders the acceptance of mental health diagnoses, which strongly promotes denial and discrimination, even among patients. From this perspective, as a scientist and a physician, to invest in mental health research is not only an extremely interesting challenge, but also a social duty. Gonçalo M. Tavares, a portuguese writer, wrote that in science, “The half that advances are believers, the half that confirms are skeptical”. Science will only move forward if believers and skeptical move jointly towards the same direction. And if we keep in mind our common purpose, the unknown might be difficult to unravel but the direction will be easy to find.

WPA Quiz

Learn while having fun: enhancing the learning experience in psychiatry through live quizzes

*Lamia Jouini, Arpit Parmar, Denise Moran, Sami Ouanes**

** Corresponding author:*

Sami Ouanes, MD, MSc

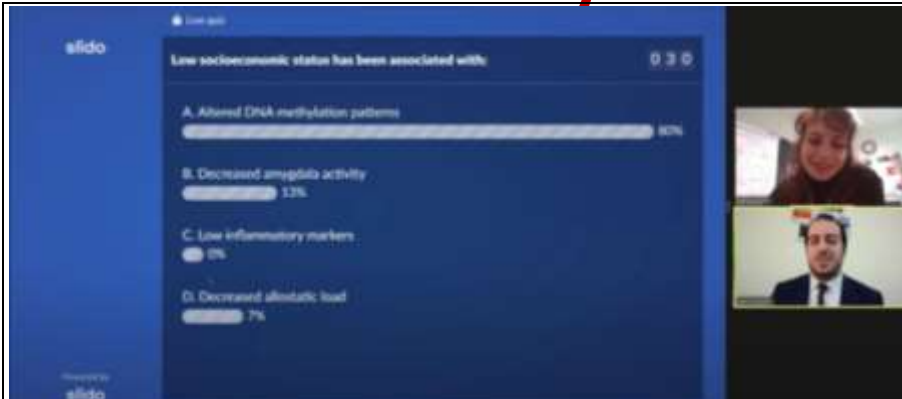
Department of Psychiatry, Hamad Medical Corporation, POBOX 3050, Doha, QATAR

Email: sami.ouanes @gmail.com, souanes @hamad.qa

Effective learning requires a certain level of motivation and emotions in the attendees that are rarely



Early Career Psychiatrists Section World Psychiatric Association



reached through traditional methods. We have previously used live quizzes in educational activities for medical students and psychiatry residents in Tunisia, Switzerland, Qatar, and the

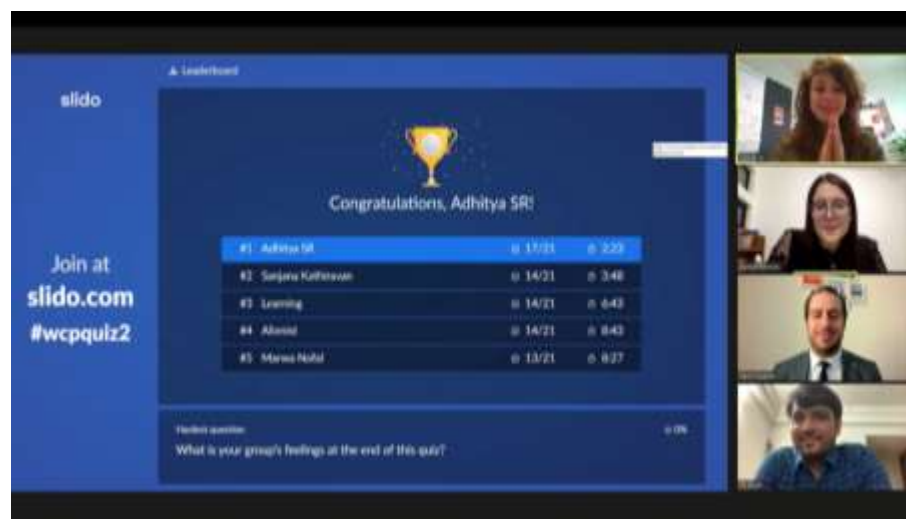
UK, since 2016, with great success. Following positive feedback from participants in a plenary quiz session we organized during the 3rd World Congress of Early Career Psychiatrists (ECPs) in Tunisia in December 2019, we suggested to organize similar sessions at the World Congress of Psychiatry 2020 (WCP 2020) and to involve ECPs in the preparation and facilitation process.

With the support of the WPA and the ECP boards, the first implementation of the ECP quiz saw the light at the WCP 2020 (which had to be postponed to March 2021 and to go virtual because of the COVID-19 pandemic). The ECP Quiz was presented over two sessions; each one-hour session included two quizzes. Each quiz tackled one topic related to the Congress theme “Psychiatry in a troubled world”, namely: migration, poverty, burnout, and climate change.

The ECP quiz was suggested and directed by Dr. Sami Ouanes and Dr. Lamia Jouini. Following a selection process supported by the ECP section, Dr. Denise Moran Arteaga and Dr. Arpit Parmar joined the team.

The choice of the topics and the final version of the quizzes were reviewed by Prof. Norman Sartorius.

Participants had the choice to join the quiz as teams or individuals. In the first session, Crazy Coconuts competed against Pink





Early Career Psychiatrists Section

World Psychiatric Association

Freuds, while Pavlov Puppies competed against Psychonaughts in the second session. Each quiz was co-facilitated by one organizer and one presenter. Questions used different didactic tools (including images, videos, graphs), and each question was followed by additional comments and information.

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 team work and collective decision-making.

Presenters of the Quiz among ECPs highlighted that “participating in the quiz sessions was an experience full of fun and learning. We got to know people from other countries, which was very nice, and we got to investigate about topics with worldwide public health impact. The modality of making the questions in a story telling format was particularly engaging. After some initial skepticism about the online format, we were glad to see that the quiz went smoothly, and we received very positive feedback from the participants. Despite the differences in time zones, many participants from across the world participated in the quiz”.

We would like to thank Prof. Norman Sartorius, Dr. Mariana Pinto da Cosa, the WPA and the ECP boards for their support through the whole process. We would like to congratulate the ECP quiz winners: Dr. Nikhita Kulkarni, Dr. Adhitya Sigit Ramadianto, the Psychonaughts, and the Pavlov Puppies teams. We look forward to seeing you in more quizzes at the upcoming WPA Congresses.

Quizzingly yours, The WPA Quiz Team

Email the editor: wpa.ecp.section@gmail.com



REGISTER NOW

Let's shape the future of psychiatry together

📅 Early Registration Deadline **9 September 2021**