



Early Career Psychiatrists Section

World Psychiatric Association

Section Newsletter

Second Quarter 2018

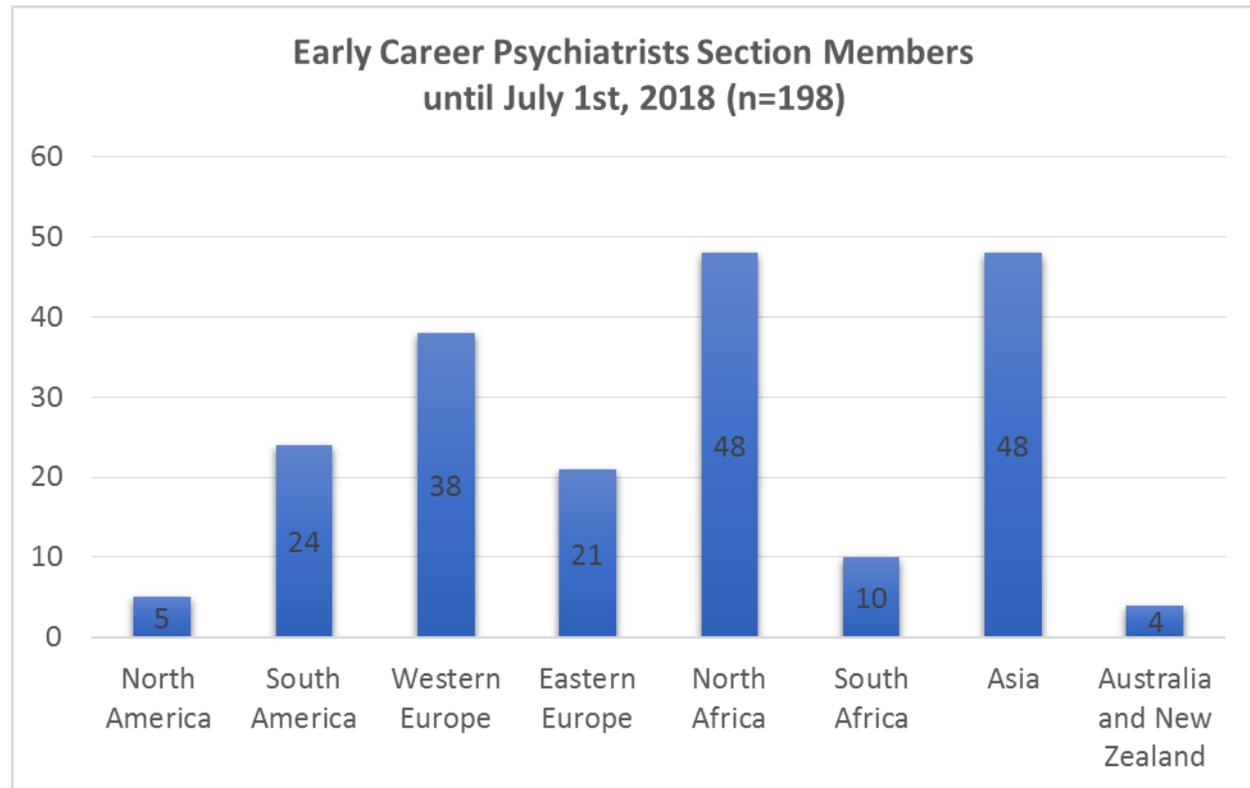
Message from Section Chair

Dear colleagues and friends:

I am delighted to introduce you to the second quarter Newsletter of our Section, describing the efforts and achievements of our members across the world. We invite you to read the feedback from many interesting activities that happened in this period. We are pleased that we have increased the number of our section members in many of our regions. We look forward to see many of you in Mexico and seize this opportunity to recruit more colleagues to join our collaborative work.

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

Section Update



Western Europe

Psychiatry Meetings Web Page and Mobile Application

By Alişan Burak YAŞAR¹, Anıl Gündüz¹, Hakan Uysal²

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A Resident Physician Guide created by the Psychiatry Resident Committee of The Psychiatric Association of Turkey (PAT) showed that Turkey has several different workshops, congress and training opportunities in different aspects of psychiatry and psychotherapy. In order for residents to increase competency and share information, it is important to carefully select between congresses, symposiums, schools, courses, seminars and scientific workshops. In response to this, in August 2014 we prepared a meeting scheduling system in the form of a web page named “www.psikiyatritoplantilari.com” and a mobile application for Android phones. However, there were some obstacles including which titles and meeting announcements should be published, who could make announcements in this scheduling system and privacy issues. We decided to tag only the announcements in the major email network of psychiatrists in Turkey. An example of the webpage is shown below.

www.psikiyatritoplantilari.com for Turkey

Date	Topic	Details	Time and Duration	Location	
2018-02-10	Travmada Müdahale Yöntemleri eğitim duyurusu	Değerli meslektaşlarım Travma çalışmaları derneğinin düzenlediği "Travmada Müdahale Yöntemleri" adlı eğitim duyurusunu ilgilenen meslektaşlarımıza faydalı olması dileğiyle paylaşıyorum. Saygılarımla. Dr. Cuma Ülkü https://travmacalismalari.org/	2 gün	İstanbul	Edit
2018-02-11	Travmada Müdahale Yöntemleri eğitim duyurusu	Değerli meslektaşlarım Travma çalışmaları derneğinin düzenlediği "Travmada Müdahale Yöntemleri" adlı eğitim duyurusunu ilgilenen meslektaşlarımıza faydalı olması dileğiyle paylaşıyorum. Saygılarımla. Dr. Cuma Ülkü https://travmacalismalari.org/	2 gün	İstanbul	Edit
2018-02-14	Dinamik Psikoterapi Grup	http://www.tpdistanbul.com/	1 gün	İstanbul	Edit

Between January 2016 and January 2017, there were a total of 438 meeting announcements in the scheduling system with a mean of 1.2 meetings per day. The website had 19.7 visitors per day. It was obvious that such an application and web page provided an easier way to track these many meetings. The website and mobile application has a function that allows you to select or eliminate meetings according your area of interest.

Table 1: Website/Mobile Application(WM) Users and Psychiatrists Statistics	Numbers
Total Sessions* for the 2017 Year (WM)	5619
Total Page Views** for the 2017 Year(WM)	7096
Mean Sessions* per month in 2017(WM)	468,2
Mean Page Views** per month in 2017(WM)	591,3
Number of Psychiatrists in Turkey***	3950
Number of Psychiatrists in the mail groups****	3552

*Total number of Sessions within the date range. A session is the period time a user is actively engaged with our website, app, etc. All usage data (Screen Views, Events, E-commerce, etc.) is associated with a session

**Pageviews is the total number of pages viewed. Repeated views of a single page are counted

*** Number of Adult/Child Psychiatrists and Psychiatry training in Turkey

**** The mail group is a yahoo mail group for Adult/Child Psychiatrists and Psychiatry training from Apr 19, 2000



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Despite easier access to available meetings with the application and website, some of the meetings themselves had significant limitations such as high fees and distance; most of them were held in Istanbul.

This topic appears to be an opportunity for broader application and research. Upcoming major meetings announced in the Bulletin of the World Health Organization may benefit from this sort of website and mobile application. Further research could be conducted in this area, evaluating which websites are most accessed, deciding which email groups should be included and what kind of filters could be applied.

Eastern Europe

Course on Leadership and Professional Skills for Early Career Psychiatrists in Zagreb

By Nikola Žaja, MD, University Psychiatric Hospital Vrapče, Bolnička cesta 32, 10090 Zagreb, Croatia; Croatian Psychiatric Association

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The Association for the Improvement of Mental Health Programmes, Croatian Psychiatric Association and University Psychiatric Hospital Vrapče are organizing the Course on Leadership and Professional Skills for Early Career Psychiatrists in December 2018 in Zagreb, Croatia. This is the second

year the Course is being held and our continuing aim is to organize these workshops and lectures yearly during the time of Advent. There is a particularly beautiful atmosphere with various festivities in Zagreb that time of year.

The project of the Association for the Improvement of Mental Health Programmes titled "Leadership and Professional Skills for Early Career Psychiatrists" is a very unique project in the area of education of all young medical doctors. Since 1994 more than 100 courses have been held, involving more than 2000 young psychiatrists from more than 100 countries.

The courses are directed by Professor Norman Sartorius and aim to provide skills, such as how to conduct research, prepare a publication, chair a meeting or acquire funds. These events have also proven to be a great starting point for building a professional network and forming friendships among young people interested in psychiatry, regardless of their different backgrounds. We hope that this series of courses will continue to be held for many years to come.

For further information regarding the Course please visit our website at <http://www.psihijatrija.hr> or contact us via e-mail: zagreb.psychiatry.school@gmail.com



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News of Russian ECPs' Council

By Prof. Natalia N. Petrova¹, Ilya A. Fedotov², Yuriy Y. Osadshiy³, Egor M. Chumakov^{1,4}, Dmitry D. Kutovoy⁵, Evgeny D. Kasyanov⁶

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Seminar of the European College of Neuropsychopharmacology (ECNP) in Volgograd

This seminar provided an opportunity for young specialists to participate in an event of European level without leaving the country. Of the more than 90 applications submitted for participation in the seminar, ECNP commissions approved 60, which is more than the usual number of participants. The seminar in Volgograd brought together participants from all over the country from Vladivostok to Kaliningrad. So, Sophia Kanevskaya, a participant from Vladivostok, did a 9000 km journey to take part in the seminar. It should be noted that the seminar was held in English. This is done to motivate young professionals to learn English. ECNP experts were Avi Avital - assistant professor at the department of medicine of the Israeli Institute of Technology (Israel) and Dina Popovich - head of the department of psychiatry at the Sheba Medical Center. Local experts were represented by professors P.V. Morozov, N.N. Petrova and E.M. Krupitsky. The educational program was formed so that it was possible to cover all the stages of scientific work that the researcher must undergo. Based on the results of the participants' presentations, the experts selected the winner, which was Evgeny Morkovin, head of the psychopharmacology laboratory of the Pharmacology Research Institute. The winner presented a report on the result of the study of Yokukansan, the drug of vegetable origin. As a prize, Eugene will have the opportunity to participate in the ECNP Congress in Barcelona without a registration fee and compensation in the amount of 1000 euros for the trip. Leading expert of the seminar Avi Avital believes that such joint projects between the European and Russian scientific community allows psychiatric science to develop in a single direction, consolidating the forces of specialists from all countries and involving in the scientific work more and more psychiatrists.



In 24 and 25 May, 2018, the ECPs' Council of Russian Society of Psychiatrists for the fourth time will organize in Volgograd a big interregional-level conference for specialists who work in the field of mental health (psychiatrists, neuroscientists,

psychotherapists, psychologists, general medicine specialists) "Psychiatry at the time of consolidation".



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It will be a continuing of educational program after ECNP Seminar.

Series of free webinars on psychotherapy

In February-April 2018, ECPs' Council Section on web-resources conducted a series of webinars on psychotherapy. Our lecturers were both leading specialists, professors and chairmen of professional psychotherapeutic associations, and young scientists. The webinars were very popular and collected a lot of views online, up to 500 views for each webinar, which are available for free on our website (<http://smu.psychiatr.ru/>). We have participants from all over Russia. In September 2018 another series of webinars for the rehabilitation of mentally ill patients will be held. Our goal is to include our webinars in the system of continuous medical education in Russia.



«Psy Lib» project: psychiatry for everyone.

Informing the society about mental disorders, modern scientific knowledge in the field of psychiatry and related specialties is extremely important. For this, there is a popular science project "Psy Lib", created in 2016. Lectures are held in the city library in the center of Moscow, also a live broadcast is conducted, and announcements and videos are available in groups in social networks (vk.com/psy_lib, facebook.com/psylibrary) and published on various scientific portals. Speakers are young scientists, practitioners, professors.

Translational activities

In May 2018, the section of Russian ECP council on publications and translation together with the scientific Internet community "Psychiatry & Neuroscience" published a free PDF-digest with the latest news from the scientific world of psychiatry, neurology and fundamental neurosciences. The digest includes approximately 250 pages of translation and author's review. The results of the latest studies on the pathophysiology of schizophrenia, risk factors for ADHD and affective psychosis, non-invasive brain stimulation, personalized treatment of mental disorders, and more were described. We also continue the official translation of World Psychiatry journal into Russian. Latest issue (Volume 17(1) 2018 Feb) is translated and is currently being corrected.



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North Africa and Middle east

A Memorable ECPs experience in the 14th International Congress on Psychiatry " Innovation in Psychiatric Practice", Ain Shams University, Egypt

By Fairouz Tawfik, Assistant Lecturer of Psychiatry, Institute of Psychiatry, Ain Shams University. Co-chair Early Career Psychiatrists Section, WPA. Contact: fairouz.tawfik8587@gmail.com

At the Ain Shams' 14th International Congress of Psychiatry recently held in the beautiful city of Cairo, Egypt from 24th -26th April 2018, the WPA ECPs section had two activities. The first activity was the section symposium, speakers from different world regions. Dr Fairouz Tawfik (section co-chair, Egypt) chaired the session with the section committee member Dr Satti Raja Sitanggang (Indonesia), with the honorary participation of Prof. Thomas G. Schulze (WPA Secretary for Sections) and Dr Hussien Elkholy (Past chair of the WPA ECPs Section). Dr Tawfik started the session with a presentation on the section titled " The past, the current and the future" followed by Dr Satti Raja Sitanggang who brilliantly elaborated the impact of shackling in his presentation "Pasung: The practice of shackling and imprisoning the mentally ill". From Portugal, Dr. Guida da Ponte shared her work on "Narcolepsy in prostate cancer patients: what's the role of orexin?", while Dr Xenia Margarita Duran (El Salvador) discussed "Experience in two foster homes of a third world country: Factors related with depression in adolescents of a post war era; El Salvador; Central-America".

Moreover, the participation of Professor Schulze reflected a supportive spirit for ECPs. After the session, Prof. Schulze had a meeting with ECPs to discuss their needs and how the WPA believes in investing in the future generations.

The second activity was an intersectional one in collaboration with WPA section on Religion, Spirituality and Psychiatry section. This was a debate session titled "Should Religious Aspects Be



Included in Psychiatric Practice?"

The main speakers were the past co-chair of the section on Religion, Spirituality and Psychiatry; Prof. Nahla Nagy (Ain Shams University, Egypt, and the WPA Zonal representative for North Africa) and Asst. Prof. Marwa El Missiry (Ain Shams University, Egypt). Session was moderated by Dr Hussien Elkholy (Section on Religion,

Spirituality and Psychiatry committee member) and Dr Tawfik on behalf of the ECPs section. The speakers highlighted spoke on definitions of religion and spirituality; religion and psychiatric clinical practice; religion and therapeutic approaches in Depression, Anxiety and Obsessive-Compulsive Disorders; and the importance of religious aspects during history taking and psychotherapy. This was followed by an open discussion and participation of the attendees.

On the social side, nine ECPs fellowship winners from different countries (Malaysia, Indonesia, India, Nigeria, El Salvador, Slovenia, Portugal and Nepal) participated in the scientific program. There was a great platform to share their work and a good chance for networking with ECPs in Egypt and other countries as South Africa, Tunisia, Japan and Switzerland.



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On behalf of the congress committee, it was a pleasure welcoming all ECPs who participated, and we look forward to welcoming more in upcoming events.

MENTAL HEALTH STATUS IN EGYPT

Abdelaziz Zeid, GSMH; Mental Health Specialist (Psychiatrist) at Médecins Du Monde
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The final report of the National Survey for Mental Health in Egypt was released on the 18th of April 2018 by the General Secretariat of Mental Health (GSMH). This was a one-year community survey to measure the prevalence of common mental disorders in Egypt. It was conducted by the research unit in GSMH and funded by WHO-EMRO research grant in 2017.

The goal of this national survey was to provide the GSMH with data on current status of mental health problems, which would be helpful in fulfilling its primary aim of establishing accessible mental health services covering the whole population.

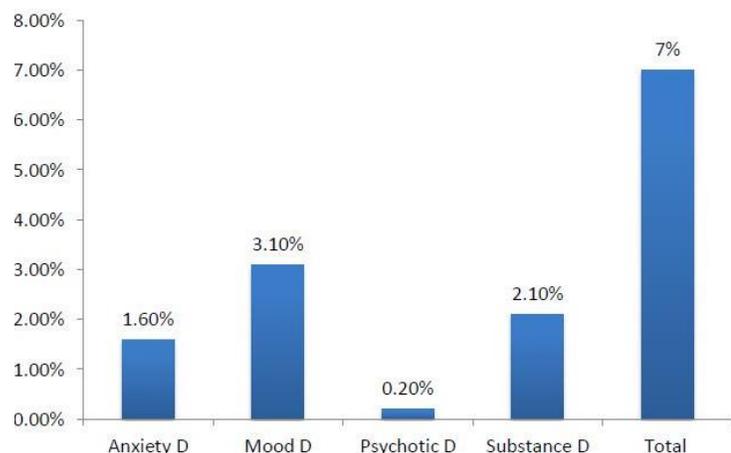
This was a cross-sectional survey of a random sample of adults residing in Egypt, using a standard assessment. The study employs a one-stage design aimed at detecting common mental disorders and sub-clinical conditions that require care in addition to their demographic correlates. It was designed to be representative with a confidence level of 95% and a permissible error of 3.5%.

The sample size was 22,000 households distributed in the urban and rural governorates proportionately with the size of families in the governorate. 45% of the sample was distributed to the urban population and 55% for the countryside. A total number of 31,639 subjects belonging to 18,411 families have been approached in the study. Only 25,095 (79.3%) have been included.

Data collection was done using a sheet for demographic data, the General Health Questionnaire (GHQ-28), the Mini-Plus International Neuropsychiatric Interview (M.I.N.I.), the Social Readjustment Scale (SRRS) and the Socioeconomic Status Scale. Data were validated by randomized double.

A family history of psychiatric disorders was found in 1.6% of the studied sample. The mood disorders (Depression, Anxiety) are the most frequently present. 7177 persons were interviewed by MINI PLUS. According to ICD10 criteria, 1.6% of them received the

Prevalence of Psychiatric Disorders in Egypt





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diagnoses of one type of anxiety disorders, 3.1% had mood disorders, 0.19% had psychotic disorders and 2.17% were having substance use disorder. Going more in depth major depressive disorders and substance use disorders were the most prevalent diagnosis among the sample (41%, 30% respectively).

The study revealed a number of significant findings regarding the psychiatric morbidity in Egypt such as prevalence of mental disorders was found to be almost 1 in 4 respondents (25%). People with mental disorder who are receiving treatment is quite low (0.4%). The prevalence of psychiatric disorders is more in rural than urban areas. The socioeconomic status was considered as one of the risk factors of psychiatric disorders being more prevalent in very low and low socioeconomic groups. Psychiatric morbidity is higher in the unskilled workers. The presence of family history of psychiatric disorders is one of most concurrence with psychiatric morbidity, while the practice of social activities was significantly associated with decrease in the psychiatric morbidity.

It is the hope that this study will provide policy makers with valuable indicators for planning mental health services and policies, as well as providing a useful and appropriate template for future studies of other regions in Egypt.

For further information download the full report at:
<https://drive.google.com/file/d/1ztLDRFhee7fuNkrp3AYf6DqiP9O1fgIF/view>

South Africa

Reflections of a Botswana's Early Career Psychiatrist training in South Africa

By Botho Pheto; training psychiatrist; University of the Witwatersrand

I started my postgraduate studies in psychiatry in the Republic of South Africa this year. Prior to that,



while working as a junior medical doctor in the only Psychiatric hospital in my home country of Botswana, it was increasingly becoming apparent to me that having passion for mental health alone was not enough. There was a growing urge to be more to (and do more for) my community. I needed to supplement this passion with additional qualification, skill and knowledge. With no psychiatry training at the school of Medicine in Botswana, I had to pursue these studies outside the

borders of my country.

It was therefore a delightful and sobering feeling to receive an offer to psychiatric training at the University of Witwatersrand in the neighbouring South Africa. This is an opportunity to fulfill not only my personal ambition but one to grow the small pool of psychiatrists available in my country of birth. As can be expected, moving out of one's comfort zone is not always so easy. I suddenly become aware of my



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insecurities. What if I was not good enough? Would I still be able to play a meaningful role in the still infant Botswana Psychiatric Association from South Africa? Would I really cope with four years of study in a foreign country as a self-funded student with no Scholarship?

Despite these unanswered questions, I took a leap of faith and started my studies in early 2018. The experience so far has been nothing short of incredible. The environment has been most welcoming. An extensive and thorough orientation assisted me to hit the ground running and not feel “too new” as it were. South African and Botswana being neighbours, language and Culture are somewhat similar, so there has not been too much of a culture shock. The support, teaching and supervision is incredible and it has hit home that there is so much to learn, so much potential to do and be more. This is something that I have been yearning for. The privilege to be exposed to and listen to talks by international visiting guests to the University is one not taken for granted; it has been a marvel to listen to and learn from leading experts in their areas of work and research in Psychiatry. I have made it a point to grab every opportunity to attend free workshops offered by societies such as SASOP, one of the most recent workshops centering on the role of healthcare workers in patient advocacy.

The journey has only just begun. The firm, yet gentle, reassuring and constructive push and challenge by my seniors is appreciated. The hurdles and challenges lying ahead will surely be overcome. The work that is still to be done in my country calls for this.

WHO ECP UPDATE

Network of Early Career Professionals Working in Addiction Medicine (NECPAM) symposium in the 14th International Congress on Psychiatry

By Noha A. Saad, Assistant Lecturer of Psychiatry, Addiction Unit, Institute of Psychiatry, Ain Shams University

Tomohiro Shirasaka MD. Ph.D; Teine keijinkai hospital Japan

Nirvana Morgan MBBCh, FCPsych(SA), MMed, PhD Fellow; University of the Witwatersrand

Hussein Elkholy MSc., MD, MRCPsych, Lecturer in Psychiatry; Ain Shams University

Mirjana Delic

Dzmitry Krupchanka MD, MSc, PhD; National Institute of Mental Health



The Network of Early Career Professionals Working in Addiction Medicine (NECPAM) had the honor of participating in the recent 14th International Congress on Psychiatry organized by the Institute of Psychiatry, Ain Shams University in Cairo, Egypt from the 24th to the 26th of April 2018. The network members organized a symposium titled “Workforce development and training needs in addiction medicine” chaired by Dr Dmitry Krupchanka (NECPAM chair) and co-chaired by Dr Hussien Elkholy (NECPAM Secretary General).

According to the WHO data, about a third of countries globally have no availability of postgraduate training and continued professional development in the area of substance use disorders (SUD) prevention and treatment. This was outlined in the presentation by Dr



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Krupchanka who talked about the general needs of workforce development in the area of addiction medicine, and the necessity to close the gap between training needs and supply. This was followed by presentations from five different countries representing four world regions.

Dr Tomohiro Shirasaka's talk addressed issues of substance use disorders and addiction medicine development in Japan; the nationwide survey assessing the prevalence of alcohol dependence syndrome estimated that the number of individuals with alcohol dependence syndrome was 1.09 million. However, alcohol policy and prevention programs have not developed adequately yet in Japan. He introduced Japanese education in the area of addiction medicine which came into effect in 2006. Although addiction education is provided, it would require the revision of curriculum and better focus. Dr Nirvana Morgan talked about the birth and development of NECPAM and on access to addiction medicine training in South Africa. She highlighted the challenges faced by early career addiction medicine professionals worldwide and the urgent need for an organization such as NECPAM to play an active role globally and in the context of South Africa. Dr Noha Saad's talk highlighted the current situation of access to training and its pathways in Egypt, reflected on available services for substance use disorders in the country, as well as advocated for more proficiently trained work force. Dr Mirjana Delic presented the situation with training in Slovenia, discussed the burden of substance use disorders there as well as available career pathways in addiction medicine.

At the end of the session the protocol for the study on training needs in addiction medicine was presented. We would like to warmly invite new early career professionals to join the network. There are a number of options for collaboration, including the data collection for the training needs project.

We welcome colleagues with an interest in education, training, research, and meeting each other to make contact with NECPAM through: contact@necpam.com

ASIA

INDONESIAN ECP LIFTS OFF

By: Dr. Theresia Citraningtyas, MWH, PhD, SpKJ, Krida Wacana Christian University
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I didn't know what being an "ECP" truly meant until my transitional crisis from a resident to a specialist. As my life had been centered around educational settings from kindergarten to PhD then specialization, entry into "the real world" daunted me like The Shawshank Redemption. Yet when pushed out of the nest, I was pleasantly surprised to find myself in a flock. My first Indonesian ECP gathering was 2016 in Semarang, Central Java, just three days after my national board exam. The friendly welcome to be myself, warts and all, was a gust of fresh air under my wings. We shared similar struggles, insecurities and learning needs – starting a practice, working through administration, creating a niche. Being connected gave us support and courage to venture into the unknown.

The Indonesian ECP group grew from September 2012 at the WPA Regional Conference in Bali. ECP group hosted a course on Leadership and Professional Development of Young Psychiatrists, in collaboration with the Association for the Improvement of Mental Health Programmes directed by Prof Norman Sartorius. Sixteen participants from Indonesia, Malaysia, Japan, India, Nepal, Bangladesh, Egypt, Russia learned from Prof Norman Sartorius, Prof Graham Thornicroft, Prof Harry Minas, Prof Sasanto Wibisono, and Dr. Albert Maramis. The next batch was in August 2016 in Semarang, where 18 participants from Indonesia, Singapore, Philippines, Malaysia, Thailand, Cambodia, Vietnam, and Pakistan, learned from Prof Norman Sartorius, Prof Harry Minas, and Dr. Carla Marchira. In September



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2017 in Banjarmasin, 17 participants from Indonesia, Singapore, Malaysia, Thailand, Myanmar, Nepal, India, Bangladesh, learned from Prof Norman Sartorius, Prof Mohan Isaac, and Dr. Hervita Diatri – who is now leading Indonesian ECPs for the second 3-year term, with Dr. Azimatul Karimah as vice. Indonesian-ECPs also organized workshops on: effective presentation (2014), how to develop clinical pathways (2015), understanding LGBT-I (2016) and leadership (Malang, March 2017 and at the Asian Conference for Neuropsychiatry in Bali, April 2017). Annual gatherings are held in different cities across Indonesia (photo: Banjarmasin, 2017). Indonesian-ECPs also sent delegations to several international events, including the 5th Young Psychiatrists' Network Meeting in Greece. Our next symposium will be in November 2018, where we will look at career pathways, life balance and social media.

The group aims to facilitate non-clinical career development by improving service quality through reflective, inclusive, supportive, inspiring, and collaborative networking activities. Members come from across Indonesia from the nine educational centers: Universitas Sumatera Utara (Medan), Universitas Indonesia (Jakarta), Universitas Padjajaran (Bandung), Universitas Gadjah Mada (Yogyakarta), Universitas Diponegoro (Semarang), Universitas Negeri Surakarta (Solo), Universitas Airlangga (Surabaya), Universitas Udayana (Denpasar) and Universitas Hassanuddin (Makassar). As of April 2018, there were 409 members – and more to come.

Beyond that, by reaching out to residents, especially in their final stages, ECP groups could play a crucial role in facilitating the process of becoming a psychiatrist. It helps to not feel alone in an important “developmental stage”. After ECP, 38 members belong to the Senior-ECP group... for yet another transition.

WPA CONGRESS

Are you a ECP attending WPA in Mexico? Take part in the 3 Minutes presentation competition

This will be an interactive session with a series of short presentations aiming to improve presentation skills of early career psychiatrists (ECP) and facilitate and exchange of among us. Each presentation should only have 1 slide and last 3 minutes. The presentation will be followed by up to 3 minutes of Q&A from the audience.

Check more information at the Congress website.



**18TH WPA WORLD
CONGRESS OF PSYCHIATRY**
MEXICO CITY, 27-30 SEPTEMBER, 2018



Want to submit an article

Email the Editor (Tando Melapi) at: wpa.ecp.section@gmail.com