

WPA Working Group on Medical Students Final Report

The Working Group on Medical Students was established in December 2020.

Members: Professor Muhammad Waqar Azeem (Chair), Professor Howard Liu (Co-Chair), Professor Nazish Imran, Dr. Bernardo Ng, Dr. Khalid Bazaid, Professor Pronob Kumar Dalal, Professor Mohan Isaac, Dr. Sridevi Sira Mahalingappa
Advisor: Professor Afzal Javed (President WPA)

The remit of this working group includes:

1. To identify various area of promoting psychiatry as a career among medical students and develop recommendations for WPA's involvement in research, education and service development relevant to medical students.
2. To identify organizations, centers and individuals interested and willing to participate and promote WPA's action plan in promoting psychiatry among medical students.
3. To liaise with other WPA Action Plan Working Groups with a view to ensure that action plan regarding medical students are considered in the work of these group.
4. To support medical students around the world.

Meetings: Total 17 meetings including 2 in person meetings at World Congresses. Inaugural meeting on 21st December 2020, attended by Professor Afzal Javed. In addition, numerous subcommittees meetings.

Following are the salient accomplishments and activities of the Working Group:

Web Page:

Web page for Working Group on Medical Students was created on the WPA Web site. The web page includes Remit of the working Group, Members bios and pictures and salient activities of the Working Group.

<https://www.wpanet.org/wg-on-medicalstudents>

Videos:

Working Group released 2 videos:

"Why Psychiatry" Video conveys the relevance of Psychiatry in Medicine. The video includes presenters from this Working Group, medical students and psychiatry residents from around the world. Video is in English, Spanish, French and Russian.

www.wpanet.org/post/why-psychiatry-medical-student-group-video-now-available-online

Second Video is on **"Stigma and Mental Health"** and features medical students from Australia, Brazil, Canada, Ecuador, Egypt, Ghana, Indonesia, Nepal, Portugal, Thailand, Turkey and South Africa, discussing the impact of stigma on pursuing a career in psychiatry. Video was released in English, Spanish, French and Russian.

<https://www.wpanet.org/post/wpa-medical-student-working-group-release-second-video>

Modules:

The Working Group created 3 modules:

1. Medical students wellbeing and selfcare
2. Stigma in psychiatry – barriers and solutions
3. Introduction to psychiatry – what and why of psychiatry

These modules were developed by international teams of psychiatry faculty and medical students and are available on the WPA Education Portal.

<https://www.wpanet.org/post/new-education-modules-from-medical-students-and-psychiatry-series-available-on-wpa-education-portal>

Medical Students Essay Competition for WPA Congress 2022 Bangkok and WPA Congress 2023 Vienna:

For WCP22 medical students essay competition, there were 147 entries from 39 different countries on the topic of “Breaking the silence: how is stigma a barrier to mental health”. The 2 winners were awarded \$1000 each to support their participation at the 22nd WPA World Congress of Psychiatry in Bangkok.

<https://www.wpanet.org/post/wpa-travel-award-winners-announced>

For WCP23, medical students essay competition on “Interface of physical and mental health”, 640 entries from 234 medical schools, 41 countries and 6 continents were received. The winner was awarded \$2000 scholarship to attend the 23rd WPA World Congress of Psychiatry in Vienna.

<https://www.wpanet.org/post/wpa-travel-award-winners-announced-for-wcp23>

Ebooks:

Following the success of the WCP22 and WCP23 medical students essay competition, the WPA Working Group on Medical Students have released two eBooks containing a compilation of the competition essays, including the winning submissions.

https://842ec8b1-b9f5-4ba5-8bd5-99ef14e52367.usrfiles.com/ugd/842ec8_37c44814408c4f42ac2df80f39b0b5eb.pdf

https://842ec8b1-b9f5-4ba5-8bd5-99ef14e52367.usrfiles.com/ugd/842ec8_1485d10bac6a4d3297ca907cc78b2e8c.pdf

Clinical Handbook in Psychiatry:

Clinical Hand Book in Psychiatry was released on WPA website in September 2023 by WPA WG on Medical Students. Authors of this book are: Khalid Bazaid, Kien Crosse, Alexander Simmons, Jessie Montanaro, Esther Lee, Kelsi Ou. The book is an excellent resource for medical students, trainees and primary care practitioners globally. It is freely available on WPA website.

842ec8_650f11f26388482c95cddb1d7dd23b0.pdf (usrfiles.com)

Publications:

- A Hankir, A Tom, H Ibrahim, AH Rifai, D Shahwar, A Youseff, MW Azeem, A Javed, ZK Imam, R Zaman. A World Psychiatric Association initiative to increase interest in psychiatry as a career in Qatar medical students: A pilot study. *Psychiatria Danubina* 2020; 32 Suppl. 1: 135-138

- Ibrahim H, Tom A, Youssef A, Shahwar D, Imam Z, Rifai AH, Hankir A, Zaman R, Javed A, Azeem MW; The World Psychiatric Association Inaugural Student-Led Mental Health Conference to Increase Interest in Psychiatry as a Career in Qatar: A Pilot Study. JAACAP; 59(10): S206
- Imran N, Haider II, Mustafa AB, Aamer I, Kamal Z, Rasool G, Sharif MI, Azeem MW, Javed A; The hidden crises: COVID-19 impact on mental health of medical students in Pakistan. Middle East Current Psychiatry 2021; 28:45
- Bazaid K, Simas K, Bezzahou A. Impact of a virtual and traditional psychiatry clerkship on medical student attitudes. Academic Psychiatry 2021; 45 (6):738-741
- Azeem MW, Liu HY, Imran N, Ng B, Bazaid K, Dalal PK, Issac M, Javed A. WPA Working Group on Medical Students: current initiatives and future priorities. World Psychiatry (2022) 21 (2):328-330
- Karim Z, Javed A, Azeem MW. The effects of COVID-19 on Medical Education. Pak J Med Sci (Jan-Feb 2022) 38 (1)320-322
- Tahir SM, Imran N, Haider II, Mustafa AB, Rehman A, Azeem MW, Javed A. A study to evaluate the impact of COVID-19 on lifestyle of medical students. Pak J Med Sci (2022) 38(7): 1730-1736
- Liu H, Azeem MW, Imran N, Ng B, Bazaid K, Dalal PK, Issac M, Mahalingappa S, Javed A. WPA Working Group on Medical Students: new accomplishments and online resources. World Psychiatry (2023) 22(3): 491–492

Events:

- Medical Students Conference to look at psychiatry as a career (Lahore, Pakistan; 2020)
- Qatar's Inaugural Medical Students Conference to promote psychiatry among medical students. Doha, Qatar; 2020
- Promotion of Psychiatry among undergraduate students. Ahmedabad, India; 2020
- "The Hidden Crises: Medical Students Mental Health" Virtual Seminar by WPA and IFMSA-Pakistan King Edward Medical University, Lahore, Pakistan, January 2021
- Promoting Psychiatry among Medical Students: WPA Initiative. Session at WPA Regional Conference Russia; May 2021
- Medical Students paper competition at the XXVII Congress of Mexican Psychiatric Society, Mexico City, Mexico, September 2021
- Medical Students Event on emotional wellbeing. King Edward Medical University, Lahore, Pakistan, September 2021
- Medical Students event on well-being and promotion of resilience and personal fulfilment. KEMU, Lahore, Pakistan, November, 2021
- Medical Students Session on emotional wellbeing and burn out at Faculty of Medicine Siriraj Hospital, Mahidol University. 22nd WPA World Congress of Psychiatry Bangkok, Thailand, August 2022
- Medical Students Session "Promotion of Psychiatry for Undergraduate Medical Students". WPA Thematic Conference, Hyderabad, India, September 2022
- Medical Students event on building emotional intelligence & resilience. KEMU, Lahore, Pakistan, September, 2022

- Medical Students Session “Well-being and Burnout among Medical Students: Challenges and Solutions”. WPA Thematic Conference, Karachi, Pakistan March 2023
- Medical Students Session on Undergraduate Psychiatry Awareness. WPA Thematic Conference, Kolkata, India, April 2023
- Medical Students Videography Competition on the theme of Importance of psychiatry in the Medical Field. WPA Thematic Conference, Kolkata, India, April 2023
- Medical Students Essay Competition for Gulf / Middle East on “Reflections on Current and Future Innovation in Mental Health”. WPA Thematic Conference, Abu Dhabi, UAE, May 2023
- Medical Students Session on promoting Psychiatry. WPA Thematic Conference, Yerevan, Armenia, June 2023
- Medical Students Session to promote Psychiatry and address burn out. 23rd WPA World Congress of Psychiatry 2023 Vienna, Austria, September 2023

Presentations:

- “The World Psychiatric Association Inaugural Student-Led Mental Health Conference to Increase Interest in Psychiatry as a Career in Qatar: A Pilot Study”; Presentation at the 67th Annual Virtual Conference of American Academy of Child & Adolescent Psychiatry, USA; October 2020
- “The US experience with free, open access clinical simulation modules in psychiatry”; Presentation at the Association of University Teachers of Psychiatry Annual Conference, United Kingdom; February 2021
- “Using a student run mental health conference to assess attitude towards mental illness amongst healthcare students in Qatar”; Presentation at 20th WPA World Congress of Psychiatry; March 2021
- “Education in Psychiatry”; Presentation at the 20th WPA World Congress of Psychiatry; March 2021
- “Initiatives of WPA Action Plan Working Group on Medical Students” Presentation at the Presidential Symposium on Undergraduate Education in Psychiatry, 21st WPA World Congress of Psychiatry, October 2021
- “Impact of COVID-19 on Medical Students around the Globe” Symposium, 21st WPA World Congress of Psychiatry, October 2021
- Symposium presentation “Importance of Psychiatry in Graduate Medical Education and as a Career” 22nd WPA World Congress of Psychiatry, Bangkok, Thailand, August 2022
- Symposium presentation “Promoting Psychiatry among Medical Students” 22nd WPA World Congress of Psychiatry Bangkok, Thailand, August 2022
- Symposium presentation “Virtual Learning in Psychiatry” 22nd WPA World Congress of Psychiatry Bangkok, Thailand, August 2022
- Original Film presentation on “Why Psychiatry” 22nd WPA World Congress of Psychiatry Bangkok, Thailand, August 2022
- Session on Action Plan: Medical Students. 23rd WPA World Congress of Psychiatry Vienna, Austria, September 2023

- Panel on Undergraduate Teaching in Psychiatry. 23rd WPA World Congress of Psychiatry Vienna, Austria, September 2023

Canvass of Mental Health Art Competition:

The art competition for students and trainees was held at WPA Thematic Conference, Lahore, Pakistan in March 2022. Coverage on WPA web site as YouTube presentation.

<https://www.youtube.com/watch?v=rbyJPku3bWM>

Ottawa Psychiatry Enrichment Program (OPEP):

OPEP is successfully conducted in 2021, 2022 and 2023 to promote psychiatry among medical students at University of Ottawa. Program is rated highly by medical students.

https://www.wpanet.org/files/ugd/842ec8_b34f12feb13d4695b112d136e12e9afc.pdf

https://www.wpanet.org/files/ugd/842ec8_cdca82915a1240c695f6a37711954b2b.pdf

https://mcusercontent.com/98a9ff0b264d6f7c78f9f1019/files/96f8729a-baf9-c42e-a274-57070d07b936/WG_Medical_Students_Ottawa_Psychiatry_Enrichment_Program_.pdf

WPA Position Statement on Promotion of Psychiatry among Medical Students:

WPA Working Group on Medical Students and International Faculty prepared and submitted the very much needed WPA Position Statement on Promotion of Psychiatry among Medical Students.

Survey on Psychiatry Curriculum among Undergraduate Medical Education :

WPA Working Group on Medical Students prepared and collected surveys from different countries around the globe on psychiatry curriculum among undergraduate medical education. Data analysis is in progress.