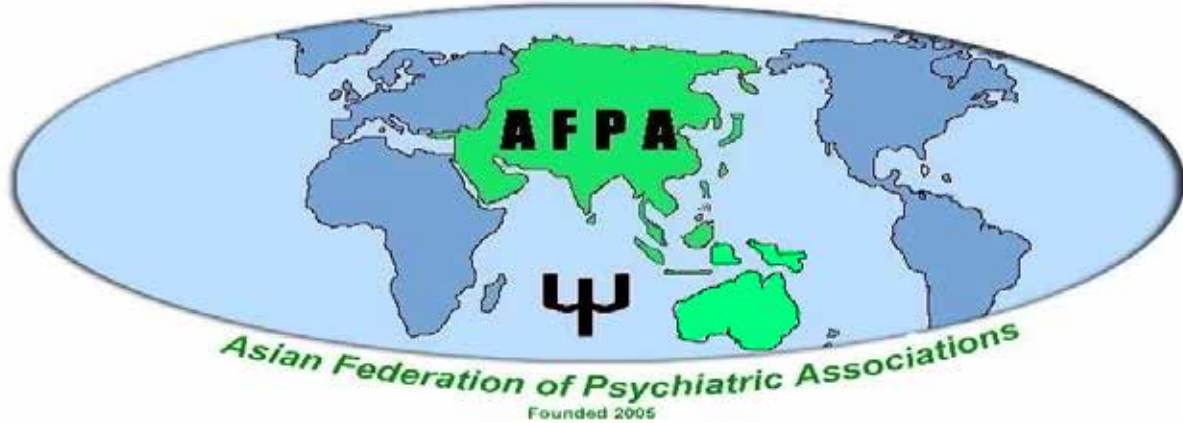




The Bulletin of the AFPA

The Winter 2024 Issue



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The International Congress of the AFPA and SAARC-PF in Abu Dhabi, UAE, 1-2 June, 2024

2024 International Conference of Asia, Asia Pacific, SAARC and Middle East Psychiatric Federations

'NEW FRONTIERS OF PSYCHIATRY'

01 - 02 June, 2024 • Intercontinental Hotel, Abu Dhabi, UAE

The Asian Federation of Psychiatric Associations (AFPA) is delighted to announce the upcoming International Conference of Asia, Asia-Pacific, and Middle East Psychiatric Federations. Supported by Abu Dhabi Convention and Exhibition Bureau and REEM Neuroscience Centre, this International Congress is cosponsored by the AFPA and SAARC- Psychiatric Federation, and will take place, 1-2 June, 2024, at the Intercontinental Hotel in Abu Dhabi, United Arab Emirates.

The IC is to bring together renowned experts, researchers, and mental health professionals from across Asia, the Asia-Pacific region, and the Middle East to foster collaboration and exchange knowledge in the field of psychiatry. It will provide a unique platform for attendees to share their expertise, present cutting-edge research findings, and engage in stimulating discussions on a wide range of psychiatric topics.

At this press time, the whole scientific and social programmes are still at the planning stage. Under the the



The Bulletin of the AFPA

A newsletter for the Asian Federation of Psychiatric Association®

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The Asian Federation of Psychiatric Associations® (AFPA®) was registered in Tokyo, Japan on 12 December, 2016.

theme “New frontiers of psychiatry,” key highlights of the IC will include:

- **Plenary sessions and keynote speeches:**

Renowned experts will deliver thought-provoking plenary sessions and keynote speeches, shedding light on the latest developments, trends, and challenges in psychiatry.

- **Scientific presentations:**

Researchers and clinicians will have the opportunity to present their original research findings through oral and poster presentations, showcasing advancements in psychiatric practice and evidence-based interventions.

- **Panel discussions and workshops:**

The delegates can engage in interactive panel discussions and workshops led by experts, addressing contemporary issues, innovative treatment approaches, and emerging trends in mental health care.



The Emirates Palace

- **Networking opportunities:**

The participating delegates have the opportunities to connect with colleagues, build professional relations and exchange ideas with like-minded professionals from diverse cultural backgrounds, fostering collaborations and partnerships.

We encourage all psychiatrists and all mental health professionals to mark their calendars for this significant event.

Please stay tuned for updates on the IC at AFPA Bulletin (www.afpa.asia/en/bulletin.htm) and our official conference website (www.menaconference.com). We look forward to welcoming you in Abu Dhabi for a stimulating and enriching conference experience. (Besides promoting attending this IC, the authors declare no other potential conflicts of interest.)



Sheikh Zayed Grand Mosque

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(Editor's notes: Rao is APPA president, 2022-2024 and Saha is the immediate past president of SAARC-PF. Please contact Wilfredo Basilan <wilfredo@menaconference.com> for any travel and lodging-related problems of nternation congress in Abu Dhabi, UAE.)

AFPA President's Messages



Dear esteemed colleagues of the Asian Federation of Psychiatric Associations!

I trust this correspondence finds you well, as we welcome the vibrant hues of the spring season. It is my pleasure to extend to you an update on the recent endeavours and achievements of our esteemed AFPA community.

I am thrilled to announce the successful implementation of our AFPA-World Psychiatric Association initiative, a concerted research effort aimed at identifying psychiatric issues among children and adolescents. Guided by the expertise of distinguished professors such as Ahsan Sethi from Qatar, Afzal Javed, and Nor Zaida from Malaysia, and myself, our collaborative research endeavours have spanned across the breadth of the AFPA region.

In a significant milestone, the AFPA council convened during the WPA congress held in Vienna, September 26-31, 2023. Our esteemed AFPA presidents actively participated in an inter-sectional symposium during the congress, showcasing our collective research efforts. The presentations from AFPA member countries garnered notable acclaim and appreciation from the audience.

Moreover, our presence was felt at the South Asian Association for Regional Cooperation (SAARC) Psychiatric Federation (SAARC-PF) congress, where the AFPA symposium centered on the theme of "Psychiatric Practice Post-COVID Pandemic," held November 6-9, 2023. The insightful contributions from AFPA SAARC-PF members were instrumental in enriching the discourse at the congress.

Currently, we are diligently compiling our research findings for publication and anticipate submitting our work for dissemination in the scholarly arena at the earliest opportunity. Additionally, I am delighted to share that our research has garnered recognition at prestigious conferences such as the Royal Australian and New Zealand College of Psychiatrists (RANZCP) Congress, Philippines Psychiatric Association, and the Indian Psychiatric Society ANCIPS 2024.

Looking ahead, I am pleased to extend a cordial invitation to you and all members of the AFPA Federation to participate in the forthcoming international conference, jointly organised by the AFPA, SAARC Psychiatric Federation, and Middle East Psychiatric Federation, scheduled for June 1-2, 2024. This collaborative endeavour aims at fostering dialogue and exchange among professionals across our regions, with a special session dedicated to young psychiatrists. We are optimistic about the potential for this event to be co-sponsored by the WPA, further enhancing its significance and impact.

Your continued support and active participation are invaluable to the growth and success of our endeavors. We eagerly anticipate the opportunity to share further updates on our progress with you in the near future. (The author declares no conflicts of interest in writing this message.)

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(Editor's note: Rao is APPA president, 2022-24. He is also a member of planning committee of the World Psychiatric Association.)

Andi J. Tanra Becomes AFPA President-elect



Andi Jayalangkara Tanra was born in 1955 in Ujung Pandang (Makassar), a port city of Sulawesi, in eastern part of Indonesia. He received medical education at Faculty of Medicine Hasanuddin University, Makassar, Indonesia, and got an M.D. degree in 1986. Then he took a research student in field of Psychopharmacology in 1991 and continue to take graduate course and obtain his Ph.D degree in 1995 at Department of Psychiatry at Hiroshima University, Japan. He returned to work as a biological psychiatrist and psychopharmacologist at Department of Psychiatry at his alma mater effective 2005. While in Hiroshima, Shegeto Yamawaki was one of Tanra's major mentors.

After obtaining the Ph.D, he had short practice in Department of Psychiatry Shimane University, Shimane Prefecture, Japan, he returned to Makassar to be a chair professor of Department of Psychiatry, Hasanuddin University from 2013 to 2019.

Tanra has involved actively in basic and clinical studies in schizophrenia, symptoms of psychotic diseases, psychopharmacology, and has published more than 100



papers in scientific journals. He has also written a book *Schizophrenia* in Indonesian language.

Tanra has also actively been participating in national and international organisations. He has been a board member of the Pacific Rim College of Psychiatrists since 2019. He has also been presidents of Indonesian Association (2022-25), Asian College of Schizophrenia Research (2013 -15), Asian College of Neuropsychopharmacology (2017-19).

Tanra has been elected president-elect of the Asian Federation of Asian Psychiatry (AFPA), 2022-24 in September 2023. He will become the president of the AFPA to succeed G. Prasad Rao after the close of the 10th World Congress of Asian Psychiatry (10th WCAP), December 5-7, 2024, in Bali, Indonesia. He will organise the 10th WCAP and invite delegates from AFPA-affiliated national psychiatric societies. Please see the announcement of the 10th WCAP elsewhere in this issue of *the Bulletin of the AFPA*. (The author declares no conflicts of interest in writing this news feature.)

Masatoshi Takeda

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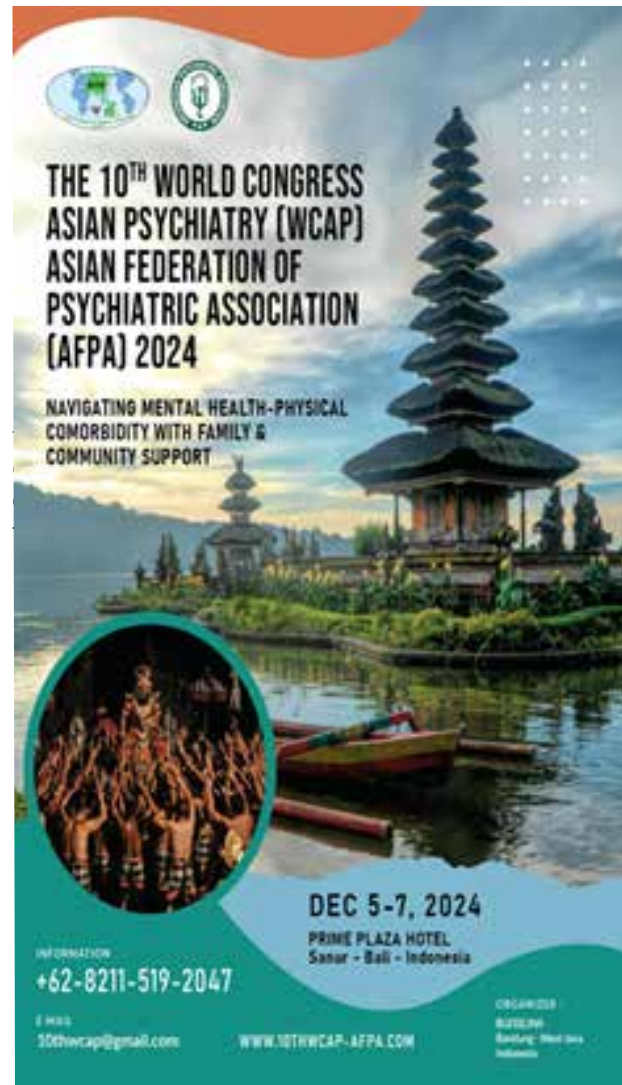
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(Editor's note: Takeda is a past president of the JSPN and a past secretary for meetings of the World Psychiatric Association. Diah Setia Utami of Indonesia was originally elected to be the AFPA president-elect, 2022- 2024. [See the announcement in the winter 2023 issue of the Bulletin of the AFPA, Vol, 10, No. 1.] But Utami later requested to be replaced for this position due to her health problem.)

The 10th WCAP to Be Held in Bali, Indonesia, December 5-7, 2024

With great pleasure, we extend our warmest welcome to the 10th World Congress of Asian Psychiatry (WCAP), to be held on December 5-7, 2024, at Prime Plaza Hotel, Sanur, Bali, Indonesia, as organised by Indonesian Psychiatric Association (IPA or PDSKJI).

As we embark on this journey of knowledge exchange and collaboration, we are thrilled to announce a dynamic programme designed to inspire, engage and empower participants from diverse disciplines and background. The 10th WCAP serves as a platform for scholars, researchers, policy makers and practitioners to come together, share insight, and address pressing



challenges facing our society today. With a rich tapestry of presentation, workshop and networking opportunities, We aim to foster interdisciplinary dialogue and forge meaningful connection that transcend geographical boundaries.

Throughout the congress, attendees will have the opportunity to delve into cutting-edge research, explore innovative methodologies and contribute to the collective pursuit of solution to complex global issues. From the keynote addresses by eminent thought leaders to interactive panel discussion and poster sessions showcasing groundbreaking work, every aspect of the program is meticulously curated to ignite inspiration and spark transformative change.

As we navigate the ever-evolving landscape of academia and beyond, the WCAP congress stands as beacon of intellectual curiosity and collaborative spirit. Together, let us embark on this exiting journey of discovery, innovation and mutual enrichment.

Please plan extra days to explore Bali as island of the God, Bali is destination that transcend the ordinary, offering a blend of natural beauty, rich cultural and spiritual serenity, through enchanting paradise.



One sample of scenic photo on the beach in Bali, Indonesia



Another sample of scenic photo on the beach in Bali, Indonesia

We eagerly anticipate your participation and look forward to the enlightening conversation and connection that will undoubtedly ensure at the 10th WCAP. (Besides promoting the attendance of congress delegates, the author declares no other conflicts of interest in writing this announcement.)

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(Editor's note: Tanra is the chairperson of organising committee of the 10th WCAP. Tanra's biography is printed elsewhere in this issue of the Bulletin of the AFPA.)



FROM THE PRESIDENTS OF AFPA NATIONAL PSYCHIATRIC SOCIETIES

Position Statements on Trans and Gender Diverse People and Veterans and Defence Force Service Members Published by the RANZCP

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) has recently published a number of new position statements and resources. These position statements provide guidance to RANZCP members, governments and services on how to meet the needs of these population groups and will be the foundation for future College advocacy for improving resourcing and mental health support for these population groups.

The RANZCP has recently updated its position statement in working with Trans and Gender Diverse (TGD) people in Australia and New Zealand and the role of psychiatrists in responding to their mental health needs. In all cases, TGD people should be provided with person-centred, evidence-informed mental health care in a supportive, ethical, non-judgmental, and culturally safe manner should they seek and require it. TGD people have rights to equal access of safe and quality mental health care.

Psychiatrists should always interact with all patients, their families and whānau in a courteous and respectful way, with referral to an appropriately skilled clinician who is able to provide timely care as needed. More information at: www.ranzcp.org/clinical-guidelines-publications/clinical-guidelines-publications-library/role-of-psychiatrists-working-with-trans-gender-diverse-people.

The RANZCP has also updated its position statement in working to improve the mental health of veterans and defence force service members. Among the recommendations to governments are to provide targeted and seamless support for current service members, veterans and their families through government bodies working in unison and with appropriate levels of resourcing. (The author declares no conflicts of interest in announcing this annual congress of the RANZCP.)

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(Editor's note: Moore is the president of the RANZCP. Sharon McGowan in the new chief executive officer of the RANZCP. Her e-mail is <ceo@ranzcp.org>)

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A Wrap-up Report of the Annual Meeting of the TSOP

The 62nd annual meeting of the Taiwanese Society of Psychiatry (TSOP) was held from November 5 to 6, Saturday to Sunday, at 2023, Chung Shan Medical University in Taichung. Under the theme of this year's annual meeting "New Challenges in Psychiatry: Focusing on Policy and Technology," we explored the future directions and challenges of psychiatry in the era of rapid policy and technological changes. Due to an increased membership and enthusiastic participation, we for the first time extended the duration of the annual meeting to accommodate richer and more diverse programme. The 2023 annual meeting had 32 special topic discussions, 5 workshops, 8 educational lectures, and 160 submitted poster presentations.

On Saturday afternoon, a special lecture titled "The Great Future of Mental Health Care" was delivered by Liang-Yu Chen from the Department of Mental Health, Ministry of Health and Welfare, Taiwan focusing on the theme of the TSOP annual meeting and revealing important plans for future domestic mental health policies. We also invited John Torous, director of the Digital Psychiatry Division at Beth Israel Deaconess Medical Center (BIDMC), affiliated with Harvard Medical School, to deliver a keynote speech on "Digital Mental Health in 2023: New Technology, Clinical Services, and Marketplace Trends." Having successfully established a digital psychiatry clinic at BIDMC, Torous has remarkably enhanced the accessibility and quality of



A group photo after the academic achievement award lecture given by Yang Back line from Left: Chwen Cheng Chen, Yu Chia Liu, Chien-Lin Wu, Tsung-Hua Lu, Tzu-Yun Wang, Chieh Liang Huang, Tsung-Yu Tsai, Po See Chen, Cheng-Tsung Lin, Hsiang-Yi Tsai, Ya-Chu Hsieh, and Chia Ning Lee

Front line from left: Tzu-Hsuan Sung, Huai-Hsuan Tseng, I Hui Lee, Tung-Ping Su (moderator), Yen Kuang Yang, Mu Ying Yang, Pei-Ting Chen, Lan-Ting Lee, and Shuo-En Hsu
Lan-Ting Lee, and Shuo-En Hsu

mental health services through introducing innovative digital technologies and strategies. We look forward to the benefits of having been inspired our TSOP members with innovative thinking in digital healthcare, to give a platform for exchanging practical experiences, and to continuously explore the endless possibilities of digital technology in the field of mental health.

The TSOP annual meeting also included seminars on technology applications such as "Cross-domain Applications of Smart Technology in Mental Health Care" and "The Application of Natural Language Processing in Psychiatry," anticipating more brainstorming to occur. Additionally, we arranged special lectures and workshops in various academic fields including addiction medicine, brain stimulation techniques, military psychiatry, geriatric psychiatry, child and adolescent psychiatry, psychosomatic medicine, community psychiatry, psychotherapy, neuroimaging, and brain stimulation research, as well as psychiatric writing. Furthermore, an educational lecture on preventing sexual harassment in medical settings was presented. To optimise the residency training program, Cheng-Sen Chen, chairman of the TSOP Education Committee, shared his experience on the introduction of competence-based medical education into specialist doctor training in the afternoon of the second day of the annual meeting, eagerly inviting participation from training hospitals and trainees. We believed these diverse and practical special lectures and workshops could have given a rich intellectual feast for all attendees of the annual meeting.

During the conference, various academic awards were presented to the winners, including "the TSOP Academic Achievement Award" to Yen Kuang Yang; "the His Chin Tsai Memorial Scholarship" to Yu-Hsiu Lin; "the Paul Yang Schizophrenia Research Paper Award" to Po-Yu Chen and Tian Yun; "the Professor Tsung-Yi Lin Paper Award" to Pei-Lun Chung; "the Annual Outstanding Paper Award" to Ming-Chi Huang and Jin-Hong Chen; and "the Professor Yin-Kung Yeh Excellence in Research Award" to Shu-Sen Chang. Following Yen Kuang Yang's special lecture on the Academic Achievement Award in Saturday afternoon, the members' meeting was held, providing an important opportunity for members to understand, care about, and participate in the discussion of the TSOP's affairs. (The author declares no conflicts of interest in writing this report.)



A group photo of six awardees for their best posters out of 160 presenters
From left: Ming-Hsuan Lu, Ko Yen, Wen-Yin Chen, Yin Yin Hsu,
Po See Chen, Ting-Hui Liu, Chang-Jer Tsai, An-Nie Chun, Yen-Feng
Lin, and Yi-Chiao Chen

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*(Editor's note, Chen is chairman of TSOP academic
organising committee.)*

The Wrap-up Report of the 51st Thai Annual Congress of Psychiatry, November 9-10, 2023

The 51st Thai Annual Congress of Psychiatry took place on November 9-10, 2023, at Asawin Grand Convention Hotel, Bangkok. The congress, uniting experts, practitioners, and researchers across Thailand was co-hosted by the Royal College of Psychiatrists of Thailand, the Psychiatric Association of Thailand, and the Department of Mental Health, aimed to address critical issues and promote advancements in psychiatric care.

The chosen theme resonated with the current global context, emphasising the need for mental well-being in an increasingly complex and uncertain world. Participants explored strategies to foster resilience, coping mechanisms, and effective interventions to maintain mental health amidst societal challenges.

Keynote address by Surakiart Sathirathai who is a former Deputy Prime Minister of Thailand, a former Minister of Foreign Affairs, and a former Minister of Finance, delivered an insightful keynote address, "How Global Social Change Affects Thai Society," provided thought-provoking perspectives on the interplay between global dynamics and mental health within the Thai context.

The annual congress featured a diverse range of sessions, each contributing to the collective knowledge and practice of psychiatry, notable example sessions are: New paradigm for psychosis, Thailand's National Suicide Surveillance system, The Thai clinical practice guideline for insomnia, and challenges of care in neurocognitive disorders.

The congress also provided a platform for early-career psychiatrists and those in academic training to showcase their research findings. Presentations, poster sessions, and networking opportunities facilitated knowledge exchange and collaboration. The congress was well-received with Thai psychiatrists and psychiatric residents from across the country expressing their appreciation for the well-



received with Thai psychiatrists and psychiatric residents from across the country expressing their appreciation for the well-organised event in the post-congress survey. (The author declares no conflicts of interest in writing this feature.)



A group photo after Sathirathai's lecture

From left: Pongsatorn Netrakom, Chawanun Charnsil, Surakiart Sathirathai, Manit Srisurapanont, Buranee Kanchanatawan

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(Wannarit, Supanya, and Charnsil are chairman for international affairs, secretary-general, and president, respectively, of the PAT.)

IPA (PDSKJI) Psychiatrists Met Indonesian Minister of Health, Budi Gunawan Sadikin November 30, 2023

The office-bearers of the Indonesian Psychiatric Association (IPS, or PDSKJI) were received by the Minister of Health, Budi Gunawan Sadikin, for about one hour, 14: 00 to 15: 30, November 30, 2023 in the Ministry of Health meeting room in Jakarta, Indonesia.

Issues discussed by the IPA president Tantra with the Minister Sadikin included the shortage of psychiatrists in

Indonesia, both in quantity and distribution. Currently, the country has only around 1,400 psychiatrists, with 60% of them located on the island of Java. This may be related to the limited availability of specialist psychiatric education programmes. Currently, only a few universities in Indonesia offer specialist psychiatric education programmes, and the quotas are still limited.

In addition to the uneven distribution of psychiatrists, a shortage of sub-specialist psychiatric personnel also exists. This issue includes several sub-specialties that do not have formal education in Indonesia, and to establish sub-specialist programmes without official consultants is difficult.

Apart from human resource issues, particularly specialists in psychiatry or mental health, there are still some mental health disorders not covered by the National Health Insurance. This issue creates difficulties for psychiatrists who give services in claiming reimbursement for the services provided. The representatives also suggested that conditions such as self-harm, suicide, and disorders due to substance abuse be covered by the National Health Insurance.

The Minister and IPA officers expressed the expectation for modern mental health services, digitalization of data, intelligence technology improvement, adequate facilities, and good standard psychiatric equipment.

Regarding to the fulfillment of human resources, the request was for psychiatric residents, fellowships, acceleration of hospital-based programmes, and the equitable distribution of comprehensive, high-tech, modern, and human rights-compliant mental health services in mental hospitals or special hospitals as the highest referral centres.

Besides the uneven distribution of psychiatrists, a shortage of sub-specialist psychiatric personnel also exists. This issue includes several sub-specialties that do not have formal education in Indonesia, and to establish sub-specialist programmes without official consultants is difficult.

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A group photo of the meeting on November 30, 2023

From left: Agung Friyanto, Suzy Yusna, Vensya Sihotang, Nova Riyanti Yusuf, Budi Gunawan Sadikin (the Minister of Health), Damar Susilaradeya, Siti Khalimah, Endang Sumiwi, Andi J. Tantra and Fransiska Kalig

who give services in claiming reimbursement for the services provided. The representatives also suggested that conditions such as self-harm, suicide, and disorders due to substance abuse be covered by the National Health Insurance.

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The Minister of Health, who was enthusiastic about this audience meeting, provided a positive response. According to him, the Ministry of Health is currently making efforts to improve access and the quality of mental health services. Due to the high prevalence and various types of mental disorders, priorities must be set for the limited time remaining in the minister's term.

The Minister stated that based on discussions with WHO secretary-general Tedros, two diseases with high prevalence that should be anxiety and depression. Therefore, the current priority of the Ministry of Health is on these two types of diseases, along with schizophrenia.

The Ministry of Health's priority is to prevent mental disorders, provide early diagnosis and management, with primary services at Community Health Centers. The Ministry of Health is striving for all community health centers in Indonesia can continuously implement mental health services promoting, preventive, curative, and rehabilitative measures. Currently, the Ministry is developing a screening system to detect these above-noted three priority diseases, making it easy for the general public and community health center staff to implement through digital screening mechanisms.

The Minister of Health hopes that the IPA can contribute to the development of this screening, including agreeing on screening tools, how the screening system works, and proposing actions to be taken if mental health issues are identified in the community. The Ministry also expects the IPA to act as an expert in developing mental health programmes, which are currently the responsibility of the director-general of public health, the director of mental health, and the director of the national narcotics agency. Thus, the rôle and collaboration of the IPA are expected to enhance mental health services in Indonesia.

Regarding to fellowship and specialist education based on the collegium, the collegium is expected to prepare and organise these programmes. But it must be accurately assessed how great the need for psychiatrists in Indonesia is so that the collegium can plan how to implement collegium-based education.

In detail, the Ministry of Health is currently formulating plans for the implementation of three mental health services:

- Mental health services at community health centers: how the screening model works, what tools are used, how to create digital screening, and how to make accurate diagnoses. Those improvements can help organise data for mapping the current conditions and their development.
- How the therapy model for the three priority mental disorders (anxiety, depression, and schizophrenia) works at each level of services.
- What are the human resource needs at each level of service? The IPA is expected to play a rôle in these three aspects through providing expertise to the Ministry of Health's implementation team, to insure comprehensive interventions.

The meeting concluded that the Minister of Health expressed support for the development of mental health services in Indonesia, and that the IPA expressed the support for the programmes. (The author declares no conflicts of interest in writing this report).

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(Editor's note: Andi J. Andi, Agung Frijanto, and Srimpi Indah are president, president-elect and public relations officer, respectively, of Indonesian Psychiatric Association.)

The RANZCP Members Took Part in Sydney Mardi Gras Parades on March 2, 2024



Many RANZCP members took part in this Pride Parade in Sydney including RANZCP trainee Yoon Kwon Choi (Photo courtesy of Pride in Medicine)



The Royal Australian and New Zealand Congress of Psychiatrists (RANZCP) joined many other medical specialist colleges to participate in a special "Pride in Medicine" float on March 2, 2024 as part of the Mardi Gras 2024 parade in Sydney.

The medical community, including our own members, march in support of LGBTIQ+ health, reaffirming our RANZCP commitment to safe, inclusive and respectful health care for all. (The author declares no conflicts of interest in announcing this annual congress of the RANZCP.)

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(Editor's note: Moore is the president of the RANZCP. Sharon McGowan is the new chief executive officer of the RANZCP. Her e-mail is <ceo@ranzcp.org>)



A photo of the Kaohsiung City Public Library

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(Editor's note: Chen is chairperson of the TSOP academic organising committee.)

The TSOP Spring Meeting To Takes Place in Kaohsiung City Public Library April 28, 2024

The title of the 2024 spring meeting of the Taiwanese Society of Psychiatry is "The Crossroads of Mental Health Care and Justice: Revisions to the Mental Health Act, Psychiatric Assessments, and Issues, Debates, and Challenges of the Civil Court." The meeting will be held on April 28, 2024, on the seventh floor of the main building at the Kaohsiung City Public Library.

This spring academic meeting will cover a wide range of topics, from mental health care institutions and community treatment support systems to the protection of the rights of people with mental illnesses and the review system for compulsory hospitalization under the mental health law.

We are honoured to have Director Liang-Yu Chen from the Department of Mental Health, Ministry of Health and Welfare, and Director Zhi-Zhong Huang from the Kaohsiung City Health Bureau as our keynote speakers. Insights and experiences from the Judicial Yuan will also enrich our discussions with diverse perspectives.

This event is co-organised by the Taiwan Association for Forensic Psychiatry and the Kaohsiung Municipal Kai-Syuan Psychiatric Hospital, aiming at facilitating this conference as a means to enhance our comprehension of the intricate relationship between mental health care and the judicial system. (The author declares no conflicts of interest in making this announcement.)

The Annual Congress of RANZCP To Be Held in Canberra, Australia, May 19-23, 2024



I am delighted to announce that the annual Congress of the Royal Australian and New Zealand College of Psychiatrists will be held May 19-23, 2024 in Canberra, Australia. The scientific programme will explore the theme "Excellence and Empathy, Knowledge and Kindness," and showcase the excellence of psychiatric research, and how, as psychiatrists we engage with empathy, knowledge and kindness with those receiving mental healthcare and the community.

This congress represents the 60th anniversary of the first RANZCP Congress in Canberra in 1964. Congress 2024 will also have options to access the programme

content remotely including live streamed sessions and on demand presentations. If unable to attend, we encourage colleagues from across the region of the Asian Federation of Psychiatric Associations to join us for the virtual program. More information at: <https://congress.ranzcp.org>. (The author declares no conflicts of interest in announcing this annual congress of the RANZCP.)



Canberra Australian Parliament House at night (Photo courtesy of Mlenny)

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(Editor's note: Moore is the president of the RANZCP. Sharon McGowan in the new chief executive officer of the RANZCP. Her e-mail is at <ceo@ranzcp.org>)

The JSPN Annual Meeting To Be Held in Sapporo, June 20-22, 2024



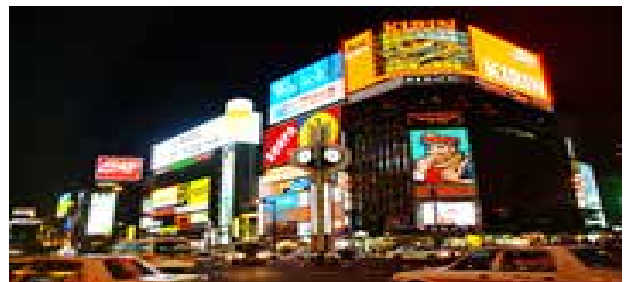
I am delighted to announce that the 120th annual meeting of the Japanese Association for Psychiatry and Neurology will be held at Sapporo Convention Center in Sapporo from 20 June to 22 June. As of this writing, the world situation is becoming increasingly chaotic, which makes us anxious about the future.

In Japan, suicides have increased for the first time in a decade under the pandemic of COVID-19 in 2020, and suicide rate has fluctuated since then. Suicide is the most tragic consequence of mental health problems caused by distress from the social environment, personal

and constitutional risk to individuals. I believe, that those of us who are fortunate enough to maintain our profession as interpersonal support professionals, should not only strive to do our daily work in the face of these historical events but should also ask ourselves about the meaning of our existence and our roles. We must seriously consider how we should deal with the situation in our communities, with increasing number of people with mental health problems, mental illness, and suicide risks, and what we can do to reform our social system. Thus, I have chosen "In View of Practical Approaches to Future Psychiatry" as the theme of this annual meeting.

The scope of mental health and psychiatric care is becoming increasingly broad and psychiatric research supports these activities. Research methods and content, as well as medical techniques, are becoming more sophisticated and segmented, which is reflected in the organization of the Society and the programs of recent annual meetings. It is necessary to address the challenges in advancing science. It can be especially difficult to make others understand where basic research is going during the process. At the meeting, I would like to ask the participants to clearly describe their research orientation, why they remain committed to it, and what dreams they have for the future. This JSPN annual meeting will be a forum for discussing the question of where/how we should "advance and develop the science" of psychiatry in clinical practice and community mental health care.

The scientific programme consists of 6 plenary lectures, more than 150 symposia 9 workshops, and more than papers. The special symposium on the measure for The Noto Peninsula Earthquake will be urgently prepared. We hope that you will spend a meaningful and fulfilling time in the cool and refreshing Sapporo. Please visit our website, https://www.c-linkage.co.jp/jspn120/index_en.html. We hope that you will spend a meaningful and fulfilling time in the cool and refreshing Sapporo. (The author declares no conflicts of interest in writing this announcement.)



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(Editor's note: Chiaki Kawanishi is the president of the 120th JSPN annual meeting. Masaru Mimura in the JSPN president.)



FROM PRESIDENTS OF AFPA-AFFILIATED PSYCHIATRIC SOCIETIES

World Bipolar Day: March 30 From Asia to the World



On August 22, 2013, a council meeting of the Asian Network of Bipolar Disorder (ANBD) was held in Bangkok, Thailand. This council meeting was chaired by me on behalf of ANBD. Willem Nolen of The Hague, The Netherlands, on behalf of the International Society for Bipolar Disorders (ISBD) was also invited to attend this council meeting.

During the meeting, I proposed "30 March" of every year to be the "World Bipolar Day" (WBD) for bringing world awareness to bipolar disorder. The reason to choose 30 March because it is the birthday of Vincent van Gogh, who was believed that he suffered from bipolar disorder. Both ISBD and ANBD agreed with this proposal [1], and International Bipolar Foundation (IBPF) was invited to join this event.

Vincent van Gogh was born on 30 March 1853 in Zundert, the Netherlands. Van Gogh drew as a child and was serious, quiet and thoughtful, but showed signs of mental instability. During his life, he had lived in many countries in Europe such as France Belgium and Spain. Some of his famous works are "Sunflowers" and his "Self-portrait." He died by killing himself on July 29, 1890 at the age of 37 years after long suffering from bipolar disorder.

In March 2014, ISBD, ANBD, and IBPF together with ISBD chapters in various countries launched WBD events for the first year. At that time, less than 15 countries participated in this activity. But more and more organisations in various countries around the globe have later joined to celebrate this event. The vision of WBD which is to bring global attention to



The picture "Sunflowers" by van Gogh (from Wikipedia)

bipolar disorder and to eliminate social stigma, this vision has grown and extended to many advocacy organisations, and even individuals to do something in recognition of WBD.

According to ISBD, up to 2021, more than 136 documented events of WBD held by over 50 organisations in at least 38 countries have been reported (a personal communication with G.S. Malhi).

This year (2014) which marks the 10th anniversary of WBD celebration, so we would like to invite all member societies of the Asian Federation of Psychiatric Associations to organise any useful activities to celebrate WBD together with us. Through international collaboration, bringing diverse information about bipolar disorder will educate, and improve sensitivity towards the illness, including access to the latest knowledge and best treatments. (The author declares no conflicts of interest in writing this article.)

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The picture "Self-portrait" by van Gogh (from Wikipedia)

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(Editor note: Udomratn is current vice president of the World Association for Psychosocial Rehabilitation (WAPR). He is also past chairman of ANBD, past vice president of ISBD, and past president of the AFPA. Willem Nolen is a past president of ISBD.

The Report of the World Congress of Psychiatry in Vienna, Austria, from September 28 to October 1, 2023

The 23rd World Congress of Psychiatry took place in Vienna, Austria from September 28 to October 1, 2023. With the theme "Psychiatry: current knowledge and perspectives for action," the congress examined and discussed all the critical issues in psychiatry and mental health today and in the future. Nearly 4,000 registered participants from 118 different countries joined us this week, and I am delighted that we have yet again managed to offer such a diverse programme of content. With 230 sessions, over 350 speakers spanning 15 different streams, 104 accepted symposia, 79 short oral e-poster sessions, and a wealth of state-of-the-art sessions, we all profited from four days filled with up to date.

The World Psychiatry Association (WPA) outgoing president, Afzal Javed thanked all the participants for their support to the WPA. He mentioned in his opening speech that it was indeed a pleasure to start my term as president in October 2020 and to lead this prestigious organisation during these three years. It was also a rewarding experience to represent our membership who have worked together to strengthen our profession, especially during this difficult and challenging period. Looking back over the triennium, he was impressed and overwhelmed the way WPA worked and stayed in action with its distinct global functioning in various areas of diversity, equality, and the spirit of inclusion.

Mental health is currently facing several challenges, and although our profession may be seen as being under threat, there are many opportunities that can help us consolidate psychiatry as an inspiring branch of medicine. The WPA is the umbrella organisation for psychiatrists worldwide and therefore has a major responsibility for leading the profession. This leadership can only be achieved through the full participation of our members and the engagement of our professional colleagues. It has not been easy to navigate through these challenging years, but we have come together and achieved so much. Our commitment to progress also extended to our day-to-day operations with several different ongoing activities.

To summarise this amazing work of the triennium (2020-2023) WPA have released a comprehensive book detailing the wide-ranging activities and accomplishments during these three years. This publication aims to shine a spotlight on the invaluable contributions made by WPA components while outlining future directions for the association's global initiatives. A copy of this publication can be downloaded from the WPA website www.wpanet.org.

Following a successful General Assembly held during the WPA's World Congress of Psychiatry in Vienna, the WPA has officially announced the results of its 2023 elections, revealing the new leadership that will guide the global psychiatric community over the next triennium.

The election, conducted among WPA members from around the world, saw an engaged participation, reflecting the organisation's commitment to promoting mental health and advancing the field of psychiatry.

Danuta Wasserman (Sweden) will start her role as president of the WPA and results of elections for all open executive committee positions are shown below:

- President elect: Thomas G. Schulze (Germany)
- Secretary general: Saul Levin (USA)
- Secretary for finances: Paul Summergrad (USA, continuing from preceding triennium)
- Secretary for education and publications: Norbert Skokauskas (Norway)
- Secretary for meetings: Edmond Pi (USA, continuing from preceding triennium)
- Secretary for scientific sections: Armen Soghoyan (Armenia)

The WPA extended its appreciation to all candidates who participated in the election, as well as its members for their active engagement in the voting process. This election marks another step forward in the organisation's mission to provide leadership and resources for psychiatrists and mental health professionals worldwide.

With the newly elected leadership team in place, the WPA poised to continue its vital work in advancing mental health research, education, and advocacy on a global scale under the presidency of Danuta Wasserman. She and her colleagues are ready to face the challenges of a rapidly changing world and strive for a future where mental health is a priority for all. (The author declares no conflicts of interest in writing this report.)

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(Editor's note: Javed is a past president of the Asian Federation of Psychiatric Associations. He is also an immediate past president of the WPA.)



The 35th CINP World Congress of Neuropsychopharmacology will be taking place from



May 23 to 26, 2024 at the iconic venue Tokyo International Forum in Japan's captivating capital, Tokyo. CINP World Congress is recognised worldwide as one of the most important and influential annual congresses in neuropharmacology, psychiatry, and neuroscience. The website of the 35th Tokyo CINP Congress 2024 is www.cinp2024.org/.

The congress provides the opportunities for the delegates to dive into the vibrant discussions and cutting-edge discoveries under the main theme of "New wave of Neuropsychopharmacology toward wellbeing." The congress program contains 7 plenary lectures given by Virginia Lee (U.S.A), Joshua A. Gordon (U.S.A), Haruo Naito (Japan), Wolfgang Fleischhacker (Austria), Belinda Lennox (U.K.), George Koob (U.S.A) and new CINP president-elect, 25 symposia, 11 spotlight sessions (pipeline and newly launched medications, global networking communities, world-wide guidelines, neuroscience-based nomenclature, euthanasia and psychedelics, Asian College of Neuropsychopharmacology, Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology, and the Philippine College of Psychopharmacology), 2 meet the expert sessions (focusing on obsessive compulsive disorders and treatment resistant depression), over 700 oral/poster presentations, 30+ co-sponsored sessions, 10+ exhibitions, and one Public Symposium.

The opening reception and farewell party are complementary and will provide networking chances for the delegates. This Congress also provides welcome desks at the Narita and Haneda International Airports and several Japanese culture exchange programmes for the delegates. The online registration deadline is May 10, 2024 and the late/onsite registration is available at the venue, May 23-25, 2024. May is the best month to visit Japan.

The 35th CINP 2024 Tokyo Congress will be truly an outstanding intercontinental platform to hear about the latest research advances and new treatments, new clinical needs, and problems, and communicate, collaborate and network with a large international audience. (The authors declare no conflicts of interest in making this announcement.)



Tokyo Station with the background of skyscrapers (an Internet photo)

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(Editor's note: Ikeda is CINP president-elect. Ikeda, Moriyama and Ide are the chair, public relations officer, and secretary-general, respectively, of the local organizing committee of the CINP 2024 Tokyo Congress. An article about a history of CINP written by those three authors is also printed elsewhere under the column of Commentaries in this issue of the Bulletin of the AFPA.)

TSBPN Will Hold the Spring 2024 Congress on May 24, 2024 at the Tokyo Venue of the 35th CINP World Congress

The 35th CINP Congress 2024 will take place in Tokyo between 23 and 26 May, 2024. About 100 Taiwanese psychiatrists and neuroscientists will join the congress. As a member nation, the Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN) will hold the spring 2024 TSBPN congress on 24 May, 2024, with the CINP World Congress in Tokyo.

To encourage young psychiatrists and neuroscientists in Taiwan to attend the CINP 2024 World Congress, TSBPN offers CINP-TSBPN travel awards for 10 young researchers. The awardees will give an oral presentation at the spring 2024 TSBPN congress in Tokyo.

Ten Taiwanese awardees are Chih-Ming Cheng, Gi-Wei Li, Kah Kheng Goh, Yu-Chi Hou, Chun-Yi Liu, Yuan-Zhi Hsueh, Cheng-Ying Wu, Tsu-Yu Lin, Kai-Ting Chen, and Shu-Hao Hsu. The research topics include prefrontal stimulation and treatment-resistant depression, childhood trauma and oxytocin, neurofilament light chain and delirium, and childhood neglect and cognitive function. (The authors declare no conflicts of interest.)



Tokyo Tower and skyscrapers at night (an Internet photo)

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COMMENTARIES

(The opinions expressed here are authors' personal opinions, and they do not necessarily reflect on those of any organisations.)

Awakening of the AFPA from the Forced Hikikomori caused by COVID-19 Pandemic: Recollection from 2020 to 2023

All over the world, people suffered from COVID-19 pandemic. The reported case of the first COVID-19 patient was from Wuhan, China on December 1, 2019 [1]. The first case of COVID patient reported in Japan was in January 2020. After the outbreak of the epidemic, all meetings and travelling stopped for more than three years. The strict regulation was lifted only in May 2023 in Japan. The Asian Federation of the Psychiatric Associations (AFPA) underwent a very difficult time. Since the First Congress of Asian Psychiatry (1st WCAP) was held in Goa, India in 1997, the AFPA enjoyed the steady development supported by national psychiatric societies in Asia and Pacific.

In February 2019, the 7th WCAP in Sydney was hosted by the Royal Australian and New Zealand College of Psychiatrists (RANZCP). Malcolm Hopwood was elected the president and Prasad Rao as the president-elect. The 7th WCAP was a great success represented by more than 30 national psychiatric societies in Asia and the Pacific. Participants enjoyed a high quality scientific programme and friendship. But the rosy future of the AFPA was shattered by the sudden outbreak of COVID-19 pandemic. The 8th WCAP was scheduled to take place in Kolkata, India, in January 2021 hosted by the Indian Psychiatric Society (IPS). However, due to the global corona epidemic and resulting travel restrictions, it became impossible to hold the conference with large delegations. Therefore, the meeting was held as a half day Web-meeting in September 2021. The IPS is one of the largest psychiatric associations in the world with not only large number of members in India, but also in the United States, the United Kingdom, Australia, Canada and all over the world. We were extremely grateful to the IPS to hold the 8th WCAP and to keep the light of the AFPA on during the difficult period.

As the tide of COVID-19 pandemic became under control in many Asian countries, the AFPA organised the 9th WCAP in September 2022 in Hyderabad, India. The 9th WCAP was supported by the Indian Psychiatric Society (IPS) and the South Asian Association for Regional Cooperation (SAARC) Psychiatric Federation. The congress was a great success. It provided an excellent opportunity for colleagues in Asia and the

Pacific to get together once again to work in promoting promoting mental health care, education, training, and research among member states. The congress was both exciting and rewarding.

During the World Psychiatric Congress (WPC) in Vienna, Austria, an AFPA board meeting was convened on 29 September 2023, chaired by Prasad Rao, and was attended more than 20 national representatives and the AFPA board members. Rao welcomed Andi J. Tanra, president of Indonesian Psychiatric Society, as the president-elect, who will host the 10th WCAP in Jakarta, Indonesia in 2024.

After the long hibernation, 2024 will be a promising year to the AFPA. The AFPA will play a key rôle in promoting mental health services, research and training for psychiatry in Asia and the Pacific. The AFPA plans to organise the June 2024 International Conference of Asia, Pacific, with SAARC-Psychiatric Federation from June 1 from 2, 2024 in Abu Dhabi, United Arab Emirates.

Along with WCAP, the AFPA also organised Regional and International Congresses of Asian Psychiatry during the year when there were no WCAPs. In May 2016, the AFPA collaborated with the Sri Lanka College of Psychiatrists (SLC Psych) in organising the International congress in Sri Lanka with the theme "New Horizons in Asian Psychiatry," Samudra Kathriarachchi, then president of SLC Psych, was the host. In 2018, AFPA also collaborated with the Philippines Psychiatric Association (PPA) to organise the international congress with the theme "Advances, Impacts and Future Directions of Psychiatry-the Asian experience." René M. Samaniego, then the president of PPP hosted the lively congress.

Both AFPA international congresses were very successful with the large number of representatives from Asia and the Pacific. In particular, participants enjoyed friendly and warm atmosphere of the meetings. The 2024 International Congress to be held in Abu Dhabi, 1-2 June, 2024 will be an another excellent opportunity for Asian mental health workers to strengthen their friendship.

The AFPA has a bright future to come. We are certain the AFPA has awakened from the forced Hikikomori (a Japanese term for "phobia to meet persons") [2] caused by COVID-19 pandemic and will be more active in coming years. We are grateful to Malcolm Hopwood, then president, and then Prasad Rao president-elect, for their tireless effort to sustain the visibility of the AFPA during the difficult period.

Also Afzal Javed, WPA president (2020 - 2023) provided strong support to the AFPA. His encouragement was vital for AFPA's survival. (The author declares no conflicts of interest in writing this commentary.)



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(Editor's note: Shinfuku is the founding president of the AFPA. Although the Dubai IC was announced as an International Conference, the editor considers conference, congress, and meeting as synonyms as Shakespeare said, rose is a rose...)

A Brief History of SAARC Psychiatric Federation

The South Asian Association for Regional Cooperation (SAARC) Psychiatric Federation (SPF) is an international association that was founded at Lahore, Pakistan in September 2004. The first SPF meeting was jointly chaired by J. K. Trivedi (India), then president of Indian Psychiatric Society (IPS) and Khalid A Mufti, past president of Pakistan Psychiatric Society. The meeting was attended by Afzal Javed (Pakistan), Haroon Rashid Chaudhry (India) and Dr Roy Abraham Kallivayalil, then secretary general of the IPS. Many senior psychiatrists from Pakistan, India, Sri Lanka and Bangladesh. George Christodoulou (Canada), secretary, Sections of the World Psychiatric Association participated as observer and gave valuable suggestions. Abdul Malik (Pakistan) was elected as the founding president and Roy Abraham Kallivayalil was the founding secretary general, respectively, of the SPF.

The SPF has philanthropic, scientific, and humanitarian objectives. The activities of the SPF extend to whole of the SAARC region consisting of India, Pakistan, Bangladesh, Sri Lanka, Nepal, Maldives, and Bhutan (Map 1).

The first special SAARC Psychiatric Federation Session was held for the first time at Chandigarh, India on January 30, 2005, during annual national conference



Map 1. Map of SAARC countries (Photo courtesy of *Banglapedia, National Encyclopedia of Bangladesh*)

of Indian Psychiatric Society (ANCIPS 2005). The aim of the SPF is to foster collaboration between psychiatrists of SAARC member countries, and the objectives are to promote the subject of psychiatry and allied sciences in all their different branches and to promote the improvement of mental health of the people, promote mental health research and mental health education in this region with cooperation at all levels between the countries included in this federation. Additional objectives include protection of rights of the mentally ill, to promote the highest ethical standards in clinical practice, to encourage research in mental health in South Asia, to foster co-operation at all levels between the countries of the federation and to further international understanding and collaboration in mental health.

The First International Conference of SPF, a landmark in the history of the SPF, was held at Agra, India, December 2-4, 2005. Subsequently, the Second international conference of SAARC Psychiatric Federation was held at Kathmandu, Nepal from November 17 to 19, 2006 followed by the 3rd SPF conference at Colombo, Sri Lanka from November 2 to 4, 2007, the 4th SPF conference at Dhaka, Bangladesh from November 1 to 3, 2008, the 5th SPF conference at Lahore, Pakistan from March 25 to 27, 2011, the 6th SPF conferences from October 16 to 18, 2011 in Dhaka, Bangladesh, the 7th SPF conference in Mysore, India on November 29, 2013 and the 8th SPF conference was held in Lumbini, Nepal from November 27 to 29, 2015.

The 9th SPF conference was held at Islamabad, Pakistan from March 4 to 6 2016, the 10th SPF conference was held at Kolkata, India from December 15 to 17, 2017, the 11th SPF conference was held at Colombo, Sri Lanka from October 13 to 15, 2019, the 12th SPF conference was held at Kolkata, India from December 16 to 18, 2021, the 13th SPF conference was held from September 29 to 30, 2022 at Chattogram, Bangladesh, and the 14th SPF conference was held at Kathmandu, Nepal, from November 7 to 8, 2023. The SPF

organised the WPA Regional Congress 2023 from April 14 to 16, 2023 at Kolkata, India.

The SPF published the first edition of the Journal of SAARC Psychiatric Federation in 2023, edited by Sandeep Grover (India). The SPF also published three editions of Beyond Borders, a cultural magazine. This is a fantastic initiative, edited by Gulbahar Sidhu (India) and Rajashree Ray (India) which brought together stories, poems, paintings, memoirs, travelogues and local cuisines written by psychiatrists and their families. In recent years, the SPF established 19 sub-committees to assist the office bearers with three standing committees for continuing medical education (CME), research and post-graduate education. During the COVID pandemic, regular online webinars and CMEs were organised in collaboration with different international organisations, with the key objective of post-graduate medical education and research initiatives in collaboration with the member countries of the Federation.

The past presidents include eminent psychiatrists from the region including Abdul Malik (Pakistan), Indla Ramasubba Reddy (India), Indira Sharma (India), Harishchandra Gambheera (Sri Lanka), Golam Rabbani (Bangladesh), V. D. Sharma (Nepal), S. M. Sultan (Pakistan), Noboraj Koirala (Nepal), M. S.V.K. Raju (India), Sudarshan Pradhan (Nepal), Gautam Saha (India) and Sheehan Williams (Sri Lanka). Our esteemed past honourable general secretaries include Roy Abraham Kallivayalli (India), V. D. Sharma (Nepal), Haroon Rashid Chaudhry (Pakistan), Sheehan Williams (Sri Lanka), Waziul Alam Chaudhury (Bangladesh), R. R. Ghosh Roy (India), Nirmal Lamichane (Nepal), Imtiaz Dogar (Pakistan) and Md. Tariqul Alam (Bangladesh). (The author declares no conflicts of interest in writing this article.)

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Evolution of Neuropsychopharmacology: A Brief History of CINP

The Collegium Internationale Neuro-Psychopharmacologicum (CINP) was established as a

platform for the exchange of basic and clinical research and practice in psychopharmacology following the advent of psychotropic drugs in the 1950s [1]. The inaugural congress took place in Rome in 1958, with distinguished past presidents including Arvid Carlsson, a Nobel laureate, and Paul Janssen, the founder of Janssen Pharmaceutica. As we prepare for the 35th congress in Tokyo from 23 to 26 May, 2024, it is timely to revisit the history of the CINP International Congress.

The early 20th century marked significant advancements in psychiatry, with contributions from figures such as Kraepelin, Bleuler, Jaspers, and Schneider, the establishment of the world's first psychiatric research institute in Germany, and the founding of the Maudsley Hospital in London. In that period, we also witnessed the emergence of physical treatments like malaria fever therapy, prolonged sleep therapy, lobotomy, insulin shock therapy, and electroconvulsive therapy, sparking debates about their invasiveness. In psychopharmacology, the use of bromides and barbiturates transitioned to the discovery of chlorpromazine's significant benefits for psychotic symptoms in 1952, and the effectiveness of reserpine in 1954, spotlighting psychopharmacology as a critical therapeutic field beyond physical treatments. The formation of CINP was encouraged by discussions at three preceding international conferences.

Initially, CINP mainly attracted European participants, leading to the use of Latin for its name to avoid competition with other societies. The first congress was held in Rome under the presidency of Ernst Rothlin, with the attendance of Pope Pius XII. It featured four symposia and three plenary sessions discussing the psychopathological differences between endogenous and drug-induced psychosis, the impact of psychotropic drugs on psychiatric care, and included topics such as neurotransmitters, the mechanisms of hallucinogens like LSD, and electroconvulsive therapy.

After the first congress, the CINP International Congresses became biennial events, first held across Europe and then expanding to North America with the fifth congress in Washington. The global spread continued with the 13th congress in Jerusalem and the 15th in San Juan, Puerto Rico. A tradition where scholars from the host city are elected as the next president for two years post-congress facilitated further internationalisation. The participation of Asians was surged in the 1970s, with the 17th congress in Kyoto, Japan, the 27th in Hong Kong, and the 30th in Seoul. The COVID-19 pandemic in 2019 led to the 32nd CINP World Congress in 2021 being held virtually. The 33rd and 34th hybrid or in-person CINP World Congresses took place in Taipei in 2022 and Montreal in 2023, respectively.

Amid the global easing of international travel restrictions of the post-COVID-19 pandemic, the year 2024 is poised to host a multitude of significant international conferences. Among these, the 35th CINP Congress, is to take place in Tokyo at the Tokyo International Forum from 23 to 26 May stands out as a prominent event. This congress is expected to attract a wide



array of participants from around the globe, encompassing researchers and industry professionals alike, showcasing the diverse community engaged in the field of neuropsychopharmacology. (All authors declare no conflicts of interest in writing this commentary.)

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(Editor's notes: Moriyama and Ide are public relations officer and secretary-general, respectively, of the CINP 2024 Tokyo Congress, and Ikeda of the current president-elect of the CINP. The announcement of the CINP 2024 Tokyo Congress is printed elsewhere in this issue of the Bulletin of the AFPA.)

A Brief History of the Pan Arab Psychiatrists Federation

The Arab world has shown a medical scientific renaissance that includes many aspects of medical science, such as early awareness of mental illnesses, especially in the 8-10th century A.D. Arab and Muslim doctors already treated psychiatric patients with enlightened thought and humanitarian care, which the European capitals were devoid of those kinds of care at the time. Many reputed books indicated the existence of the building blocks of contemporary understanding of the causes and treatment of many mental disorders. This prosperity began to fade after the wars and invasions of various Arab regions during various times, which led to deterioration of the general health situation, including mental health, which was destined to be at the bottom of the list of health authorities' concerns for Arab governments due to the lack of human and material resources and the spread of communicable and fatal diseases in the early 20th century.

The need to establish an Arab medical link arose with the establishment of the Arab Doctors Union in Cairo in

1962 with the membership of 21 countries aiming at activating scientific research, unify medical education curricula, support union work and Arab medical societies. The position of secretary general was occupied by Abdel Moneim Aboul Fotouh.

In an early initiative, the first joint Arab medical conference was held in cooperation with the Egyptian Medical Association established in 1920 with Baghdad Medical Association established in 1921 in Baghdad during Eid al-Adha February 1938. It bore the title of the First and Tenth Arab Medical Conference of the Egyptian Medical Association headed by Ali Ibrahim Pasha, of Cairo Medical College and Saeb Shawkat of the Royal Iraqi College of Medicine, with the participation of 400 Arab and foreign doctors. At that Conference, the formation of a committee was approved for the Arabisation of medical terminology in cooperation with the well-known poet Ali Al-Garm, the undersecretary of the Egyptian Ministry of Education and the representative of the Egyptian Linguistic Society. The heads of medical societies in Lebanon, Syria and Palestine also had an active rôle in reaching a joint Arab medical representation.

The First and Tenth Arab Conference of the Egyptian Society was held at the Capital Secretariat Building in Baghdad, Iraq on February 20, 1938. After the expansion and development of the mental health system in most Arab countries and in times ranging from the fifties to the seventies, the idea of establishing an Arab association of psychiatrists emerged from the Arab Physicians Union by calling for an introductory meeting in Baghdad 1974 followed by a later meeting in Bahrain 1975. In 1976, the members of the Arab Physicians' Union agreed at its 15th annual meeting in Khartoum, Sudan to establish the Arab Psychiatric Federation. After amendments were made to the internal regulations in 1989 and re-established in 2010, the Federation obtained a membership seat in the World Psychiatric Association.

Table 1. The list of 16 conferences the Arab Psychiatric Federation with the years, cities, and presidents

Conference	Year	City held	President
1st	1975	Cairo, Egypt	Mahmoud Sami Abdel-Gawad
2nd	1978	Cairo, Egypt	Mahmoud Sami Abdel-Gawad
3rd	1984	Amman, Jordan	Adnan Al-Tikriti
4th	1989	Sana'a, Yemen	Abdul Majeed Al-Khulaidi
5th	1992	Casablanca, Morocco	Driss Moussaoui
6th	1995	Cairo, Egypt	Ahmed, Okasha
7th	1997	Beirut, Lebanon	Fouad Antoun
8th	1999	Manama, Bahrain	Ali Matar
9th	2001	Tunis, Tunisia	Saida Douki
10th	2008	Cairo, Egypt	Ahmed, Okasha
11th	2010	Khartoum, Sudan	Abdullah Abdul Rahman
12th	2012	Dubai, UAE	Adel Al Karani
13th	2014	Beirut, Lebanon	Charles Session
14th	2016	Amman, Jordan	Nasser Al-Sharqi
15th	2018	Cairo, Egypt	Momtaz Abdel Wahab
16th	2022	Dubai, UAE	Samia AlKhoori

During these years, the constants of collective action were established. The most important of which was the necessity of holding a scientific conference every two years had been hosted by various Arab countries according to favourable circumstances. The president of the conference for that year became the president of the federation, while the remaining members of the executive committee are elected and the administrative and scientific tasks are distributed to the members and those who help them. Table 1 is a list of the psychiatry conferences, the year, the host city and country, and the presidents of the Arab Psychiatric Federation.

The Federation of Arab Psychiatrists includes the Arab Psychiatric Societies and specialized participants in psychiatry who form the general assembly. As a division of the Union of Arab Physicians, The Federation of Arab Psychiatrists orientations are consistent with the general objectives of the former, most notably strengthening the bonds of cooperation between these various associations in the areas of joint Arab scientific research and the exchange of personal and professional experiences between psychiatrists in Arab countries with an attempt to open up scientific and social dialogue with international associations of psychiatry by direct contact or by representing in international conferences.

The Federation also aims at advancing the status of psychiatry and spread awareness to the public through Arabic articles published in paper and electronic periodicals and through websites open to the public.

Among the main objectives also is giving the aspect of psychiatric education an importance parallel to the aforementioned goals as it is the best way to prepare future doctors, students of medical colleges and new trainees in the field of psychiatry by communicating with academics of psychiatry as they are professors in Arab universities and supervisors of postgraduate studies in the field of psychiatry in their own countries as well as members in the Executive Committee.

The members of the Federation strive to raise the level of mental health services by encouraging specialists in psychology, educational guidance, and nursing teams to participate actively by adopting supporting roles for psychiatric services.

The Federation consists of a collective membership of psychiatric societies and individual memberships (working members) by paying specific fees and submitting their CVs to the General Secretariat.

Federation bodies have general assembly, consisting of all working members and works to elect the board of directors and the executive committee and to formulate the general policy of the union. The board of directors consists of two representatives for each Arab country in which they reside and hold its nationality. They are elected by the members of the union.

The president of the Federation is considered the president of the council. The council also holds its meeting during the Arab Psychiatry Conference every two years, and the presidency ends by the next conference. The executive committee consists of the president, the previous conference president, secretary-general, former secretary-general, assistant secretary-general, financial advisor, scientific advisor, international relations consultant, conference affairs consultant, and editor-in-chief of the *Arab Journal of Psychiatry*.

The Federation issued a semi-annual periodical proofed and registered within the Middle East Directory, which is the *Arab Journal of Psychiatry* in Arabic and English with fifty-four issues 1989-2016 from its headquarters in Amman, Jordan, Adnan Al-Tikriti was the editor-in-chief followed by Walid Sarhan. From 2023, Hisham Rami was elected as the editor-in-chief, it included 460 scientific articles until 2017, covering multiple topics in the field of psychiatry and psychological sciences by Arab researchers and academics, in addition to some foreigners and prominent and valuable contribution from the heads and members of the Federation.

Over the past 26 years, the journal has maintained the permanence of the paper and electronic versions in recent years, despite the great financial and technical obstacles. The establishment of the Arab Psychological Sciences Network under the supervision of Jamil Turki in Tunisia in 2002 played an important rôle and supported the Federation in achieving its goals through its various electronic publications, including magazines, books and media platforms for dialogue, which succeeded in attracting many distinguished researchers in psychiatry and psychological sciences and contributed to spreading awareness and psychological culture in an effort that was continuous which made it the largest media front for the Federation's activities

The Federation approved a policy of working with scientific divisions of different specialties and monitoring annual awards bearing the names of pioneers and symbols in psychiatry granted to Arab psychiatric personalities as a reward for their scientific and administrative contributions in their countries and universally.

The Federation of Arab Psychiatrists also set its sights on a national, humanitarian, and scientific approach to help the waves of the forcefully displaced victims of regional and internal wars, and victims of armed violence, which afflicted some Arab countries in recent years.

A future road map has been established and included within the agenda of meetings of the executive committees, symposiums of scientific conferences and by contacting international relief organisations and Arab Red Crescent societies.

Coordination is taking place whenever permissible by security and political conditions, while these challenges are great and the path is beset by various difficulties. The will and insistence of psychiatrists on the sustainability of joint Arab action will overcome, God willing.

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(Editor's note: AIKhoori is the ESMH president. She is also the secretary for finance of the AFPA.)



FROM THE EDITOR OF *THE BULLETIN OF THE AFPA*

Personal Recollections of a Trip to Attend 6th WCAP, 2017 in Abu Dhabi, UAE

As an editor of *the Bulletin of the AFPA*, I started in 2016 to learn about Abu Dhabi, United Arab Emirates, after the 6th World Congress of Asian Psychiatry at Abu Dhabi, UAE, March 24-26, 2017 was announced. A map of UAE and six scenic pictures including Arabian Wildlife Park in Abu Dhabi, Ferrari-branded Theme Park, Corniche Beach, etc. have been printed in the winter 2017 issue of *the Bulletin*, Vol. 4, No. 1 [1].

Frank Huang-Chih Chou, then an immediate past president of the Taiwanese Society of Psychiatry, and two colleagues at Kaohsiung Municipal Kai-Syuan Psychiatric Hospital, Ching-Hong Tsai and Kai-Da Cheng as well as their family made a trip under a professional tour guide. They flew creatively and directly to Abu Dhabi without passing Dubai International Airport to attend the 6th WCAP at Abu Dhabi, UAE, March 24-26, 2017. I remember that Chou was invited by Azfal Javed, then president of the AFPA, to chair a symposium on psychiatric care of the elderly because his hospital, Kaohsiung Municipal Kai-Syuan Psychiatric Hospital, was just then certified as “older adults-friendly hospital” by the Taiwanese government. At the 6th WCAP, Hong delivered a talk on early identification of child and young adolescent abuse in Taiwan. Cheng gave a presentation of extrapolation of the personal and social Performance Scale (PSP) to the Positive and Negative Syndrome Scale.

I remember that His Excellency Sheikh Nahyan Mujbarak, then UAE Cabinet Member and Minister of Culture and Knowledge, delivered a gracious, touching welcome speech at the opening ceremony [2]. My wife and I stayed extra two days at Jumeirah at Etihad Tower Abu Dhabi to tour more sites of interest including a visit to an Arabian museum, to learn the contribution by Arab astronauts in space exploration. Then, we moved to Dubai for another five days to have good look at the city. We found that

delicious *sama* food was available at Carrefour grocery, that fast-food store Subway Sandwich in Dubai is bigger and more popular than McDonald’s or Burger King, as well as that Internet addition does exist in Arab countries [3]. Since this anecdotal experience, my amazement of Arabs’ interest in addiction has turned into a puzzle: The smart phone addiction has deluged to even UAE desert, and flooded up to the camel’s back. (Besides promoting the attendance for the International Congress of AFPA and SAARC-PF, June 1-2, 2024 at Abu Dhabi, UAE, the author declares no other conflicts of interest in writing this editorial.)



A photo at desert safari showing an unidentified Iraqi surgeon was busy with his smart cellphone even for a 20-minute camel ride (Reprinted from [3])

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