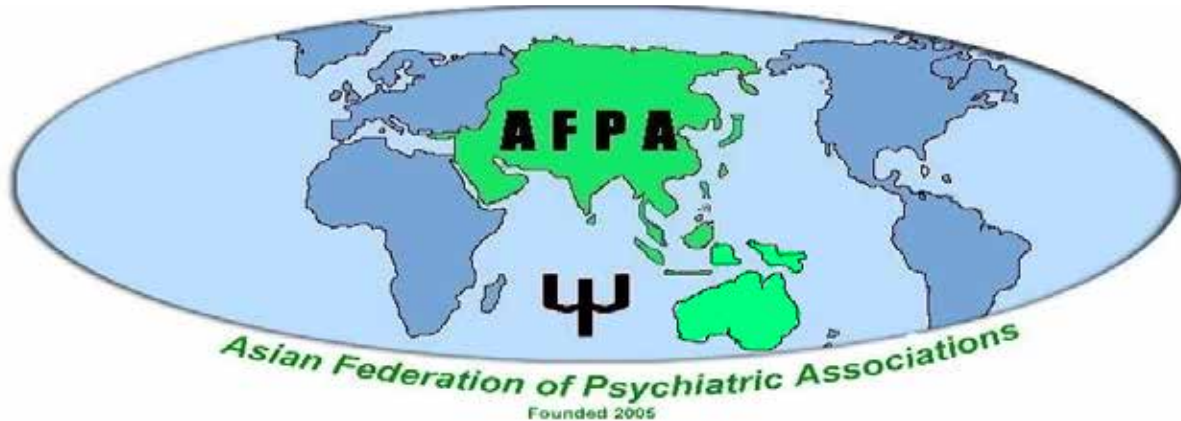


The Bulletin of the AFPA

The Winter 2025 Issue



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AFPA President's Messages



Dear esteemed members of the Asian Federation of Psychiatric Associations (the AFPA)! With great honour and responsibility, I extend my deepest appreciation for the trust you have placed in me to serve as the President of the AFPA for the 2024-2026 term. This is both a privilege

and a significant responsibility, one that I will uphold with dedication and commitment.

I would also like to express my heartfelt gratitude to all my colleagues who attended and supported the 10th WCAP Congress in Bali, Indonesia on December 5-7, 2024, ensuring that the event ran smoothly and was a great success. This achievement is a testament to our collective efforts and dedication to advancing mental health in the AFPA region.

During my tenure as the president of the AFPA, I am committed to strengthening collaboration, particularly among the regions within the AFPA and rest of the globe, in our shared mission to enhance the quality of mental health services in our communities. Additionally, I am targeting at fostering a more inclusive, dynamic, and productive environment for all members. Together, we will continue to uphold the vision and mission of our association, drive innovation, and expand our positive impact on the AFPA community and society at large.

I firmly believe that the success of this association does not rest solely on leadership but on the active engagement of every member. Therefore, I encourage all members to share their ideas, actively participate, and work together to create meaningful change for the advancement of mental health across the AFPA region and rest of the world.

Let us make this leadership term a pivotal moment for growth and progress, striving for even greater achievements. I look forward to working closely with each



The Bulletin of the AFPA

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

of you and hearing your valuable insights to help elevate AFPA to new heights.

Thank you for your unwavering support. I am ready to work alongside all of you to achieve our shared vision and mission. (The author declares no conflicts of interest in writing these messages.)

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(Editor's note: Tanra is the president of the AFPA, 2024-2026. His brief biography is printed in the winter 2024 issue of the Bulletin of the AFPA.)

Summary Report of the 10 th WCAP at Bali, Indonesia December 5-7, 2024

The 10th biannually held World Congress of Asian Psychiatry was organised by Indonesian Psychiatric

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Associations, at Bali, Indonesia December 5-7, 2024. The Congress was preceded on a one-day pre-Congress workshop. On December 4, 2024 (Wednesday), there was a pre-Congress training workshops, including educational lectures, qEEG, schizophrenia colloquiums meeting, and young career psychiatrist session. and Besides three workshops, we also had a three-hour programme on REAP studies, on psychiatric prescribing patterns across Asia Pacific studies were conducted, and there were discussions on polypharmacy, its patterns, the comorbidity prescriptions Three best research works by young career psychiatrists were selected by jury, were awarded with a prize and presented.

On December 5, 2024, the inaugural ceremony of the 10th was opened by the organising chair Andi Jayalangkara Tanra (Indonesia). There were welcome beautiful dances in traditional Indonesian style.

Gundugurti Prasad Rau (India), the president of the AFPA 2024 delivered the presidential address highlighting the activities over the previous three years. He emphasized the need to academically look into the mental health issues in crises war regions in Asiatic regions, conflicts and impacts in mental health issues which AFPA is well-seized with.

Danuta Wasserman (Sweden), the president of the World Psychiatric Association opened the Congress and gave her inaugural address, and key note address, highlighting the three-year plan for the next three years of the WPA to focus on well-being of all psychiatric patients from physical well-being by adopting the good diet, exercise and preventive method by population in general to promote positive mental health across world.

Wasserman stressed the prevention of suicide measures as public mental health policy of all countries early identification of risk for suicide and preventive methods and use of media is important. She also exhorted that the AFPA can do a lot to contribute to the world psychiatry.



A photo of opening ceremony of the 10th WCAP: hitting the gong mark
From left: Andi J. Tanra (Indonesia), Danuta Wasserman (Sweden), and
G. Prasad Rau (India)

We had 630 delegates registered for the 10th WCAP. The programme included 6 presidential lectures and symposia, 16 invited symposia, as well as 6 workshops, totally having 42 oral presentation, besides 45 poster presentations. There were busy 6 session and 5 plenary lectures by experts which was rich in academic

camaraderie. The delegates were from 21 countries of Asia Pacific regions, 28 of them were from United States of America USA and United Kingdom. (The author reports no conflicts of interest in writing this feature.)

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(Editor's note: Tanra J. Tanra (Indonesia) is the AFPA president, 2024-2026. Danuta Wasserman (Sweden) is the president of the World Psychiatric Association, 2023-2026. Rao is immediate past president of the AFPA president, 2021-2024. He is also a member of planning committee of the WPA.)

Highlights of the 10th WACP at Bali, Indonesia, December 5-7, 2024

The 10th World Congress of Asian Psychiatry (WCAP) was successfully held from December 5-7, 2024, at Prime Plaza Hotel Sanur, Bali, Indonesia. Organised by the Asian Federation of Psychiatric Associations (AFPA) in collaboration with the Indonesian Psychiatric Association (PDSKJI), the congress was focused on the theme "Navigating Mental

Health-Physical Comorbidity with Family and Community Support." The 10th WCAP successfully fostered discussions on mental health and physical comorbidities, enhancing knowledge and collaboration in the field of psychiatry.



A group photo of a participating delegate and three speakers after the symposium "Hikikomori and Cognitive Deficit Mental Disorders" From left: Sprimpi Indah Zulaicha (Indonesia), Takahiro A. Kato (Japan), Hsien Yuan Lane (Taiwan), and Chieh-Hsin Lin (Taiwan)

The 10th WCAP featured keynote sessions, plenary lectures symposia (parallel and language-specific), expert meetings, panel discussions, free paper competitions (oral and poster presentations).

The event welcomed a total of 630 participants, including:

- 425 from Indonesia (270 psychiatrists, 20 psychologists, and 134 general practitioners)
- 205 international participants from 21 countries.

The 10th WCAP also hosted a Free Paper competition with 172 abstracts submitted. After a rigorous selection process, 50 abstracts were presented orally, while 122 were featured as posters.

(The author declares no conflicts of interest in writing this wrap-up report.)



Dancing ceremony for opening the 10th WCAP



A photo of a delegate in the audience interacting with the speaker on the stage during the Q & A session
From left: Ruma Bhattacharyya (India), Diah Setia Utami (Indonesia) and Danaedi Sosrosuhardjo (Indonesia)



A photo of musical band, orchestrating music for the professional Indonesian dancers



A photo of three speakers at the symposium "Enhancing Youth Mental Health"
From left: Chiyo Fujii (Japan), Takahiro Nemolo (Japan), and Tang Yu Zheng (Singapore)



A photo of the opening keynote lecture on "Advancements Shaping the Landscape of Suicidal Behavior"
From left: Danuta Wasserman (Sweden), the speaker of the lecture; and Andi J.Tanra (Indonesia), the chairperson of the lecture



A photo of a special symposium "Mongolian Initiative on Mongolian Initiative of an International Research Training Programme"
From Left: The presenter, Christina Hoven (USA), as well as discussants, George Musa (USA) and Battuvshin Lkhagvasuren (Mongolia) being not shown in the photo



A photo of two professional dancers entertaining the guests



A photo of "trio" at gala banquet
From left: Ming-Chyi Huang (Taiwan), Shih-Ku Lin (Taiwan) and Kazutaka Ikeda (Japan)



A photo of "table 2" at the gala banquet

From left: Azfal Javed (Pakistan), Mrs. Azfal (Pakistan), Gundugurti Prasad Rau (India), Malcolm J. Hopwood (Australia), and Winston W. Shen (Taiwan)

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*(Editor's note: Tanra is the co-chairperson of
organising committree of the 10th WCAP
and is the president of
the AFPA, 2024 -2026.)*

FROM THE OFFICE OF THE AFPA

Office Bearers of the AFPA

At the 10th World Congress of Asian Psychiatry (the 10th WCAP) of the Asian Federation of Psychiatric Association in Bali, Indonesia, December 5-7 (the 10th WCAP), there was a council meeting in the afternoon of December 6, 2024. The following office bearers of the AFPA were elected:

1. Executive committee members

President : Andi J. Tanra (Indonesia)
President elect : Takahiro A. Kato (Japan)
Immediate past President : Gunduguriti Prasad Rao (India)
Secretary general : Gautam Saha (India)
Secretary for science : Lin Lu (China)
Secretary for education and Training: Nasar Sayeed Khan (Pakistan)
Secretary for finance : Jarurin Pitanupong (Thailand)

2. Council members

Norman Sartorius (Switzerland)
Naotaka Shinfuku (Japan)
Pichet Udomratn (Thailand)
Shigenobu Kanba (Japan)
Afzal Javed (Pakistan)
Malcolm J. Hopwood (Australia)
Vinay Larka (Australia)
Samia Abul (UAE)
Kamonporn Wannarit,(Thailand)
Gina Anindyajaty (Indonesia)
Rajiv Tandon (U.S.A.)

3. Editor

Winston W. Shen (Taiwan)

4. Honorary fellows

Maria Tomasic (Australia)
Mohan Isaac (Australia/India)
Thirunavukarasu Manickam (India)
Yongyud Wongpiromsarn (Thailand)
Nor Zuraida Zainal (Malaysia)
Ng Roger (Hong Kong)
Rene M. Samaniego (Philippines)

5. Regional advisers

Western Asia: Wajid Ali Akhonzada (Pakistan)
South Asia: Laxmikant Rathi (India)
South East Asia: Jerome Goh (Singapore)
Western Pacific: Helen Herrman (Australia)
East Asia: Naotaka Shinfuku (Japan)

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*(Editor's note: Shinfuku is the founding president of
the AFPA.)*



Takahiro A. Kato,
President-elect of the AFPA, 2024-2026



Takahiro A. Kato was born in 1974 in Kagoshima (southern part of Kyushu), Japan. He received medical education at Faculty of Medicine Kyushu University, Fukuoka, Japan, and got an M.D. degree in 2000. Then he started psychiatric training at Kyushu University Hospital, Maki Hospital and Samejima Hospital.

Kato became a certified psychiatrist in 2005. Then, he started psychopharmacological basic research to clarify the microglia hypothesis of schizophrenia at Graduate School of Kyushu University (supervisors: Shigenobu Kanba and Akira Monji) and also started a training of psychoanalysis (supervisor: Osamu Kitayama). During his Ph.D. course, he joined the Japan Young Psychiatrists Organisation (JYPO), which was established by Naotaka Shinfuku and Norman Sartorius (Switzerland) in 2002. He contributed to the JYPO development as its vice-president (2007-2009).

After obtaining the Ph.D. degree in 2008, Kato continued microglia research as a postdoc based on the national grant of the JSPS Research Fellowship for Young Scientists (2008-2010). Then he had a young principal investigator position as assistant professor at Innovation Center for Medical Redox Navigation, Kyushu University, and he visited the Schizophrenia Center at Johns Hopkins University (Director: Akira Sawa), Baltimore, U.S.A. as Research Fellow of JSPS (2011-2012).

In 2011, Kato proposed the future pandemic of pathological social withdrawal (*hikikomori*) and modern-type depression from Japan (Kato, Shinfuku, Sartorius and Kanba, *Lancet* 2011). Just after coming back to Japan, he set up his lab at Kyushu University Medical Campus based on his biopsychosocial and reverse-translational research backgrounds. He

established the world-first *hikikomori* research clinic in Kyushu University Hospital with domestic and international collaborators to clarify the underlying multi-dimensional pathophysiology of *hikikomori* and modern-type depression. Recently, he is proposing the novel concept of pathological and non-pathological (happy) *hikikomori* and producing the global standard assessment system to evaluate and treat *hikikomori* (*World Psychiatry* 2018/2020/2023: *Current Opinions in Psychiatry* 2024).

Kato has published more than 200 scientific papers in international scientific journals and books (including more than 50 *hikikomori*-related papers). He became a psychoanalyst in 2021, and he has written several books for general public to eliminate the stigma toward mental illnesses in Japanese language.

Now, Kato is associate professor at Department of Neuropsychiatry, Graduate School of Medical Sciences, Kyushu University, and he is appointed chair professor at Department of Psychiatry, Hokkaido University Graduate School of Medicine, Sapporo effective April 2025.

Kato has also actively been participating in national and international organisations. He has been a board member of the Pacific Rim College of Psychiatrists (PRCP), East Asian Academy of Cultural Psychiatry (EAACP) and a secretary of Urban Mental Health Section of World Psychiatric Association (WPA). In addition, He is now a coordinator of the Research on Asian Psychotropic Prescription Patterns (REAP), which is the world-largest psychiatric research consortium established in 2000 by Naotaka Shinfuku, Chay Hoon Tan (Singapore), and later by Shih-Ku Lin (Taiwan).

Kato has been elected president-elect of the Asian Federation of Asian Psychiatry (AFPA), 2024-2026 in December 2024 at the 10th World Congress of Asian Psychiatry (10th WCAP), held in Bali, Indonesia. He will become the president of the AFPA to succeed Andi J. Tanra after the close of the 11th WCAP), October 2026, in Sapporo, Japan. He will organise the 11th WCAP and invite delegates from AFPA-affiliated national psychiatric societies. (The author declares no conflicts of interest in writing this feature.)

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(Editor's note: Shinfuku is the founding president of
 the AFPA.)

FROM THE PRESIDENTS OF AFPA NATIONAL PSYCHIATRIC SOCIETIES

Wrap-up Report of the 2024 KNPA Annual Fall Congress

The Fall Congress of the Korean Neuropsychiatric Association (KNPA) Autumn Congress took place on October 18-19, 2024, at the Yeosu EXPO Convention Center, Korea. The theme was “Over the Rainbow: Embracing Neurodiversity and Positivity – The Waves of Hope Quietly Ripple in the Darkness of Yeosu’s Night Sea.” We focused on exploring diversity and positivity in neuropsychiatry. The congress featured a plenary lecture by Jae-Jin Kim from Yonsei University College of Medicine, titled “The Limitations and Future of Digital Therapeutics for Mental Disorders.” This session provided insights into the current status and future prospects of digital therapeutics in mental health treatment.

Special lectures were presentations from leading experts:

- Dae-Jin Kim from the Catholic University of Korea, discussed “Digital Transformation and Artificial Intelligence (AI) in the Healthcare of Psychiatry,” highlighting the impact of digital advancements on psychiatric care.
- Jae-Min Kim from Chonnam National University delivered a lecture on “Biomarker Discovery in Depression,” exploring the latest research trends in depression biomarkers.
- Jin-Joo Kim presented “The Meaning of Togetherness,” emphasizing the importance of social solidarity and cooperation in mental health.

The scientific programme had 22 symposia, 3 luncheon symposia, 1 plenary session, 2 special lectures, and 2 workshops. Workshops covered hands-on clinical applications, including “Various Techniques of Psychodrama Easily Applicable in Clinical Settings” and “Sedation and Stabilization Treatment for Agitated Acute Psychiatric Patients.”

A total of 879 participants attended through pre-registration and on-site registration, engaging in lively discussions and networking opportunities. Oral and poster presentations contributed to academic exchange, with awards presented for one Best Oral Presentation, four Excellent Oral Presentations, and 14 Outstanding Posters. The KNPA thanks all attendees and contributors for making the congress a success.

The KNPA looks forward to continued academic collaboration at the 2025 KNPA Spring Congress on April 17-18 at Lotte Hotel Sogong-dong, Seoul, and the 2025 KNPA Autumn Congress on October 17-18 at Lahan Hotel, Gyeongju. (The author declares no conflicts of interest in writing this feature.)



A photo of Jae-Jin Kim’s plenary lecture

Kim of Yonsei University gave the lecture titled “The Limitations and Future of Digital Therapeutics for Mental Disorders.”

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*(Editor’s note: Wang is director of external affairs
of the KNPA.)*

The KNPA Held a Successful Mind Health Talk Talk Festival at Jeongdong, Korea, October 27, 2024

The Korean Neuropsychiatric Association (KNPA), led by president, Yong-Min Ahn, successfully held the 2024 Mind Health Talk Talk Festival on October 27 at Jeongdong 1928 Art Center, under the slogan “Introducing My Friend.” Celebrating World Mental Health Day, the event featured six expert lectures in the “Modern Mental Health Class” and a talk concert attended by over 150 psychiatrists, patients, and members of the public.



Photos of the events

Left: Yong-Min Ahn, gave his welcoming speech

Upper right: Participants in front of the Art Center

Lower right: The scene of the lecture inside the Art

The “Modern Mental Health Class” covered key mental health topics, including attention deficit/hyperactivity disorder (ADHD) communication strategies, severe mental illness in families, geriatric depression and cognitive impairment, depression, anxiety disorders, as well as addiction. Eight psychiatrists delivered engaging lectures, drawing strong interest across age groups.

The talk concert provided a unique platform for psychiatrists and patients to share their experiences together, emphasizing the importance of trust and empathy in mental health treatment. Over 50 psychiatrists participated, fostering meaningful dialogue that resonated deeply with the audience.

• Stories of Resilience and Recovery

Ms. K, who overcame panic disorder, shared how her psychiatrist’s encouraging words — “Everyone experiences panic, but recovery is possible.”— helped shift her mindset. Through exercise, reading, and playing instruments, she turned coping mechanisms into hobbies. Her psychiatrist, Hae-Kook Lee, praised her remarkable growth, inspiring the audience.

Mr. N, a patient with schizophrenia, once required hospitalisation but now works as a peer supporter, helping others on their recovery journey. Jong-Woo Baek expressed deep pride, noting that these shared experiences provide hope for both doctors and patients alike.

A journalist with PTSD described overcoming trauma and successfully completing military service. Now fully recovered, he remains close with his psychiatrist, showing how psychiatric care fosters lasting support.

The event concluded with Mental Health Korea chief executive officer, Yeon-Woo Choi and youth advocates reflecting on their recovery journeys. They emphasized that a doctor’s simple words—“I am here with you.”— can be the most powerful source of encouragement.

• A New Approach to Mental Health Dialogue

Hae-Kook Lee, chair of the KNPA Public Relations and External Affairs Committee, stated, “This event shifted away from physician-centred talks to a more relatable, patient-inclusive discussion.” He highlighted the value of sharing both professional insights and lived experiences and expressed plans to continue such discussions regularly.

• Strengthening Psychiatrist-Patient Relationships

The KNPA president, Yong-Min Ahn, along with leaders from psychiatric and mental health organisations, expressed strong optimism about fostering mutual support between psychiatrists and patients. They emphasised that this event marks a new movement in mental health advocacy, reinforcing that patients and doctors are partners in the journey to recovery. (The author declares no conflicts of interest in writing this wrap-up report.)

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(Editor’s note: Yong-Min Ahn and Sheng Ming Wang are the president and director of external affairs, respectively, of the Korean Neuropsychiatric Association.)

The Wrap-up Report of the 63rd Annual Meeting the TSOP November 2-3, 2024 in Taipei

Under the theme “A New Era of Community Psychiatry, from De-institutionalization to Community Re-integration,” the 63rd Annual Meeting the TSOP took place November 2-3, 2025 in Hyatt’s Hotel in Taipei. The 2024 annual meeting of the TSOP had 3 plenary lectures, 36 symposia, 6 workshops, 8 educational lectures, and 154 postal presentations.

One of the highlights of the meeting was the special theme lecture “Experiences and Evidence for Community Mental Health Teams,” delivered through a video by Sir Graham Thornicroft, at the Institute of Psychiatry, Psychology, and Neuroscience, King’s College London, United Kingdom. In a companion keynote, Hai-Gwo Hwu of National Taiwan University presented “A Key to the New Era of Community Psychiatry: Mental Development by Neuroplasticity.” Both lectures provided valuable insights into innovative models of community mental health care.

The TSOP Academic Achievement Award was presented to Winston W. Shen of Taipei Medical University. Shen reflected on his experiences in public relations, legislative advocacy, and journalistic training through programmes of the American Psychiatric Association in the 1990s. As the Editor-in-Chief, he also shared his first-hand experience in editing *the Taiwanese Journal of Psychiatry* and *the Bulletin of the Asian Federation of Psychiatric Associations*.

In addition, a special course on psychiatric education was held on the morning of November 2, featuring Cheng-Sheng Chen of Kaohsiung Medical University. He shared his expertise in designing competency-based medical education curricula for residency training and evaluating teaching quality. On the morning of November 3, Fu-Chang Tsai from National Taiwan



A photo of Hai-Gwo Hwu of National Taiwan University presented a lecture “A Key to the New Era of Community Psychiatry: Mental Development by Neuroplasticity.”



A group photo of Winston W. Shen of Taipei Medical University-Wan Fang Medical Center and his colleagues and family after the award lecture at the lecture stage

Back row standing (from left): Wen-Shun Hou, Mong-Liang Lu, Yi-Hsun Chan, Mong-Tso Yu, Chun-Yuan Ko, Nellie H. Shen, Winston W. Shen, Susan Kao, Chien-Chih Pan, and Mao-Hsiu Hua

Front row sitting (from left): Ting-Wei Lin, Yuan-Jung Chen, Chia-Yue Hsu, and Chun-Hsin

University College of Medicine led a medical ethics and quality regulation session titled “Ethical and Medical Considerations in geriatric Care.” He explored the balance between ethical principles and legal frameworks in geriatric psychiatry to ensure patient rights and dignity. Additionally, for the first time, the conference featured an open panel discussion with the Mental Health Nursing Association, addressing key topics such as “Nurse-to-Patient Ratios in Psychiatric Wards” and “Psychiatric Home Care.” These discussions were intended to foster professional dialogues, build consensus, and improve the quality of psychiatric care.

The next TSOP annual meeting is scheduled to take place at in Tainan in November 2025, promising further advancements in psychiatric research and practice. (The author declares no conflicts of interest in writing this report.)

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(Editor’s note, Chen is chair of TSOP scientific programme committee. Susan Kao is the chair of the TSOP academic achievement awardee committee. She is also the chairperson for Shen’s award lecture.)



The Wrap-up Report of the PAT Annual Congress of Psychiatry, November 7-8, 2024

The 52nd Thai Annual Congress of Psychiatry concluded successfully with record-breaking attendance, showcasing the collaborative efforts of the Royal College of Psychiatrists of Thailand (RCPsychT), the Psychiatric Association of Thailand (PAT), and the Department of Mental Health (DMH). The two-day congress featured an extensive program of plenary lectures, symposia, panel discussions, and free paper presentations.

Building on the success of previous years, this year's congress saw increased participation compared to the 51st Congress, attributed to enhanced promotional strategies across multiple channels including social media platforms, email communications, and the official websites of both RCPsychT and PAT. Pichet Udomratn, the honorary editor of *the Journal of Mental Health of Thailand*, further amplified the congress's visibility through a dedicated editorial article.

Notable highlights included a special lecture on "Let's Cultivate Mental Well-being for All" by the Governor of Bangkok, H.E. Chadchart Sittipunt. The international perspective was enriched by Eric Chen from the University of Melbourne, who delivered a plenary lecture on "Early Intervention to Improve Outcomes for Psychosis: Implementation Science."

During the annual meeting, the PAT president presented significant initiatives undertaken to support Thai psychiatrists. These included the "Restore Your Quality of Life" workshop addressing burnout among practitioners, and the launch of "Ask PAT," an innovative online application connecting members with experts for workplace-specific consultations. The association also announced the publication of "Psychotherapy 2024," a comprehensive resource featuring various psychological intervention approaches and case studies contributed by experienced psychotherapists.



A photo of two presidents

From left : Chawanun Charnsil and Mani Srisurapanot

Post-congress feedback was overwhelmingly positive, with participants highlighting the educational value, networking opportunities with experts and colleagues, and the overall informative nature of the sessions. The success of this year's congress demonstrates the continuing evolution and vitality of Thailand's psychiatric community. (The authors declare no conflicts of interest in writing this feature.)

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(Editor's note: Wannarit, Supanya, and Charnsil are chairman for international affairs, secretary-general, and president, respectively, of PAT)

Position Statement on Prevention and Treatment of Gambling-related Harm by the RANZCP and the RACP

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) and the Royal Australasian College of Physicians (RACP) have recently and conjointly released a position statement on Prevention and Treatment of Gambling-Related Harm.

This position statement outlines the impact of gambling-related harm and the need for evidence-based preventative measures and therapeutic interventions. The purpose of this position statement is to outline the position on gambling-related harm and its impact on individuals, family and support networks (including carers). It highlights the need for stronger regulation to address the increasing burden of harm caused by gambling in Australia and New Zealand. It also outlines the need to address barriers preventing help-seeking and the need for assessment, diagnosis, treatment of harmful gambling behaviour. Read the position statement at website at www.ranzcp.org/clinical-guidelines-publications/clinical-guidelines-publications-library/

gambling-related-harm. (The author reports no conflicts of interest in writing this announcement.)

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(Editor's note: Moore is the president of the RANZCP.)

Position Statement on the Provision of Mental Health Services for Asylum Seekers and Refugees by the RANZCP

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) presents this position statement to reflect its standpoint on the provision of mental health services to asylum seekers and refugees, and the governance framework under which care is provided.

The RANZCP is concerned about the inadequate provision of mental health services to asylum seekers and refugees and calls for policy change to improve mental health outcomes.

This position statement aims to provide psychiatrists with guidance for providing care to asylum seekers and refugees and outlines some of the important ethical details in this unique field. The position statement also contains recommendations for the construction and operation of immigration systems and processes regarding the provision of health care.

Read the position statement posted at website at: www.ranzcp.org/clinical-guidelines-publications/clinical-guidelines-publications-library/the-provision-of-mental-health-services-for-asylum-seekers-and-refugees. (The author reports on conflicts of interest in writing this announcement.)

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The TSOP Spring Meeting Is to Be Held in Taipei, on April 27, 2025

The title of the 2025 spring academic meeting of the Taiwanese Society of Psychiatry is "The Retrospective and Prospective Aspects of Early-onset Psychiatric Diseases." Co-sponsored with Taiwanese Society of Child and Adolescent Psychiatry, this spring meeting will be held on April 27, 2025, on the fifth floor of the auditorium at Ministry of Transportation at number 24, Hanchow South Road, Taipei.

The topics of this meeting will include:

- "A study early of interventions of early-onset psychiatric diseases in Taiwan: a national planning and preliminary results" (by Tsao-Wei Hsu)
- "Early interventions of early-onset psychiatric diseases in United Kingdom" (by Po-Yu Chen)
- "Early interventions of early-onset psychiatric diseases in Japan" (by Li-Ju Shi)
- "Examining early and sustained efficacy of Okedi" (by Hui-Lian Yang)
- "Early interventions of early-onset psychiatric diseases in U.S.A." (by Yen-Lin Chen)
- "The interventions of risk for psychosis and oarly onset of schizophrenia" (by Ching-Shu Tsai)
- "Early interventions of early-onset psychiatric diseases in Japan" (by Li-Ju Shi)
- "The prescriptions of antipsychotic drugs in child and adolescent patients" (by Kuo-Ping Lee).



A Wikipedia photo of Huashan 1914 Creative Park or Huashan 1914 Park in Taipei (It was renovated from an old Taipei wine factory.)

At this TSOP spring meeting, we will provide an in-depth review of Taiwan's national early intervention programme for psychiatric diseases, including the preliminary results of its implementation. In addition, international perspectives from the UK, Japan, and the USA will be highlighted to examine best practices and treatment outcomes in early intervention strategies.

At this spring meeting, the focus will be on identifying and managing individuals at high risk for psychosis and early-onset schizophrenia, offering practical guidelines on the prescription of antipsychotic medications for children and adolescents, and assessing the current execution of Taiwan's Severe Emotional and Behavioural Disabilities Mental Healthcare Accessibility



Improvement Program, which addresses challenges in accessing psychiatric care and proposes strategies to enhance healthcare availability and service quality.

With this TSOP spring meeting, we expect to serve as a valuable platform for knowledge exchange and collaboration among professionals in the field of psychiatry. By integrating expert insights and diverse perspectives, we are intending at to advance mental health care practices, strengthen early intervention frame works, and promote psychological resilience in the next generation. We anticipate that the discussions and findings presented at this meeting will contribute significantly to the ongoing development of mental health policies and treatment strategies in Taiwan and beyond. (The authors declare no conflicts of interest in making this announcement.)

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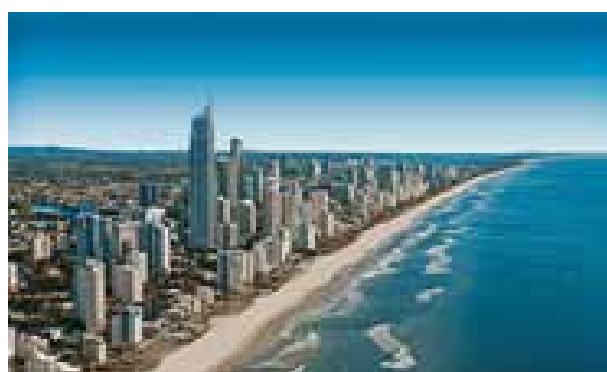
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(Editor's note, Chen is chairman of TSOP academic organising committee. Lin is the president of Taiwanese Society of Child and Adolescent Psychiatry.)

The 2025 RANZCP Congress shines a light on new ideas to enlighten us and facilitate the sharing of novel ideas and new developments under the bright lights of the Gold Coast. The theme also reminds us that some big ideas in psychiatry are provided with so many bright lights that we may forget to scrutinise them properly. To progress, we need to test our ideas and reject our ideologies by shining a light on them.

Congress 2025 will also have options to access many sessions virtually, 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 is at the website at: congress.ranzcp.org. (The author reports no conflicts of interest in writing this announcement.)



A photo of skyline of Gold Coast, a Wikipedia photo

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(Editor's note: Moore is the president of the RANZCP.)



The Congress of the Royal Australian New Zealand College of Psychiatrists will be held at Gold Coast Convention and Exhibition Centre, in Gold Coast, Queensland, May 4-8, 2025. The Congress theme is "Bright Lights and Big Ideas."



On behalf of the Organising Committee and the Hong Kong College of Psychiatrists, we are pleased to extend a warm invitation to you for the 2025 HKCPsych International Mental Health Congress. This Congress is

scheduled to take place from June 27-29, 2025 (Friday to Sunday) at the Hong Kong Convention and Exhibition Centre. The overarching theme of this congress is "Towards Mental Health for All: Translating, Transforming, and Transcending."

We are privileged to have a group of distinguished experts in the field who will share their expertise and insights with our Congress participants, along with a selection of local / regional clinicians and academics who will present the latest advances and address the challenges in the field of mental health care, which we believe will significantly enhance the discussions and overall experience for all attendees.

Keynote speakers are listed below in alphabetical order:

- Peter Falkai of Germany. He is the, immediate past president, European Psychiatric Association
- Lin Lu, of China. He is president of the Chinese Society of Psychiatry.
- Elizabeth Moore of Australia. She is the president the Royal Australian New Zealand College of Psychiatrists.
- Pak Sham of the University of Hong Kong
- Shubulade Smith of United Kingdom. She is the president of the Royal College of Psychiatrists.
- Danuta Wasserman of Sweden. She is the president of the World Psychiatric Association

(The speaker list is subject to change without prior notice.)

We have recently extended our deadline for abstract submission to March 31, 2025. Please ensure you take advantage of the early bird deadline by registering on or before April 30, 2025. For further details, please visit our Congress website at www.psy2025.hk.

We Look forward to reconnecting with friends and colleagues, as well as forging new connections for potential future collaborations at the 2025 HKCpsych International Mental Health Congress in June 2025.



A photo of Exterior of the Hong Kong Convention and Exhibition Centre (Photo courtesy of the Centre)

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(Editor's note: Chang is the chairman, organising committee of this congress, and the president of the HKCpsych.)

The Activity Report of the JSPN for the Year 2024

Introduction

The Japanese Society of Psychiatry and Neurology (JSPN) is the second-largest psychiatric society in the world after the American Psychiatric Association (APA). We are committed to maintaining strong collaborations with member societies of the Asian Federation of Psychiatric Associations (AFPA).

In Japan, as the spread of COVID-19 pandemic has gradually subsided, the country faced a new challenge in January 2024 with the Noto Peninsula Earthquake. In light of the mental health concerns associated with post-COVID pandemic and disaster-related stress, strengthening mental health measures for the public has become an urgent issue. Additionally, 2024 marks a significant turning point for psychiatric medicine, public health, and welfare in Japan, with the implementation of the Basic Act on Dementia in January and the revised Mental Health and Welfare Act in April.

Amid these changes, as reported in the summer and winter issues of The Bulletin of AFPA, the 120th JSPN Annual Meeting in Sapporo was successfully held. I would like to express my heartfelt gratitude to Chiaki Kasai, the president of the JSPN annual meeting, as well as the Scientific Meeting Planning Committee and all other individuals involved in organising this important event.

The JSPN Logo

This emblem of the JSPN logo (Figure 1) was designed by Yoshihito Tokuda, a JSPN member, and its initial draft was finalised by the end of 1965.

Organizational Structure of the JSPN

The leadership of the JSPN is as follows: president, Masaru Mimura; vice presidents, Tomohiro Nakao, Shinji



Figure 1. The JSPN logo. It represents two butterflies, symbolising the psyche, depicting the use of two infinity symbols (∞). At the center, the letter ψ , the first letter of Psyche (Greek: $\psi\upsilon\chi\eta$), is stylised as part of the design.

Hosoda, and Toshiya Murai. The board consists of 19 directors, including 1 for financial affairs, and 2 auditors.

The society has 65 committees and 8 divisions, categorised as follows:

- 15 Academic and Educational Committees
- 11 Psychiatric Specialist Certification Committees
- 20 Mental Health, Medical, and Welfare Committees
- 6 Legal and Ethical Committees
- 13 International, Public Relations, Publications, and General Affairs Committees

In 2024, the total numbers of the JSPN were over 20,000. Among them, certified specialists were over 12,000, and the training supervisors were over 8,000. Figure 2 shows the trends of those members from 2011 to 2024.

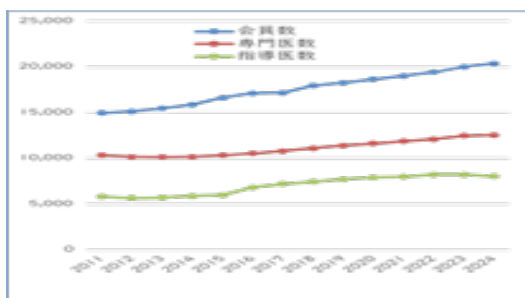


Figure 2. The trends of JSPN members. The upper blue line represents the number of total members. The middle red line and lower green line represent those numbers of certified specialists and training supervisors, respectively.

Official Journals of the JSPN

The JSPN currently publishes three official journals: *Psychiatry and Clinical Neurosciences (PCN)*, *Psychiatry and Clinical Neurosciences Reports (PCN-R)*, and *the Japanese Journal of Psychiatry and Neurology*.

As of 2022, *PCN* achieved an impact factor of 11.9, ranking the 8th worldwide in the field of psychiatry. Although its impact factor has since declined, it remains one of the leading psychiatric journals in Asia. We warmly encourage AFPA members to submit their research manuscripts to this esteemed journal. *PCN-R*

was launched in 2022 to support *PCN*. Despite being a relatively new journal, it has already obtained an impact factor and is experiencing a steady increase in submissions. *The Japanese Journal of Psychiatry and Neurology* is a Japanese-language academic journal that also serves as a public relations platform influencing the entire psychiatric field. It is committed to improving content quality and ensuring rigorous and fair peer review. While primarily in Japanese, its articles are translated into English and published electronically on the JSPN's English website.

JSPN Policy Proposals

The JSPN has issued several policy proposals in the past 12 months (Table 1). Additionally, a research report was published on the role of psychiatric medicine and psychiatrists under the Eugenic Protection Law.

Table 1. Dates of policy proposal

April 1, 2023	Promoting Research for Overcoming Mental Disorders and Supporting Disabilities
May 1, 2023	Basic Guidelines for Compliance with the Ethical Code of Psychiatrists
May 20, 2023	The Ideal Future of Psychiatric Medicine, Public Health, and Welfare in Japan
July 20, 2023	Request Regarding the Rising Cost of Food Supplies in Medical Institutions and Inpatient Meals (Joint Meeting of Seven Psychiatric Organisations)
November 15, 2023	Request for the Stable Supply of Lithium Carbonate Tablets
November 15, 2023	Opinion on the "Patient's Wishes" as a Criterion for Electroconvulsive Therapy (ECT)
January 17, 2024	Proposal on Eating Disorder Treatment
February 1, 2024	Statement on the Eugenic Protection Law

Guidelines and Appropriate Use Recommendations

The JSPN has overseen or issued several guidelines and appropriate use recommendations (Table 2).

Table 2. Guidelines and appropriate use recommendations

September 20, 2023	Revised Guidelines for the Appropriate Use of Repetitive Transcranial Magnetic Stimulation (rTMS)
September 20, 2023	Guide to the Use of Rocuronium and Sugammadex in Modified Electroconvulsive Therapy (m-ECT)
September 21, 2023	Revised 3rd Edition of the Amyloid PET Imaging Agent Appropriate Use Guidelines
September 30, 2023	Revised 3rd Edition of the Amyloid PET Imaging Agent Appropriate Use Guidelines

Other JSPN Activities

To encourage medical students and junior residents to explore psychiatry, JSPN has been organizing the Psychiatry Summer School annually since August 2013. We believe that increasing the number of highly skilled

psychiatrists is essential for ensuring high-quality psychiatric care. The 2024 Summer School was held in Sendai at the end of August.

.. Additionally, to enhance public understanding of psychiatry, we regularly hold study sessions for members of the press.

Conclusion

This report provides a brief overview of JSPN's current status and activities. We hope it serves as a valuable reference for AFPA member societies. Moving forward, we aim to continue fostering strong collaborations with AFPA and its affiliated professionals, contributing to the advancement of global mental health. (The author reports no conflicts of interest in this writing.)

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*(Editor's note: Masaru Mimura is the president
of the Japanese Society of Psychiatry and Neurology,
2024 – 2026.)*



The 121st annual meeting of the Japanese Society of Psychiatry and Neurology (JSPN) at Kobe International Conference Center, Kobe International Exhibition Hall, and Kobe Portopia Hotel in Kobe, June 19-21, 2025. The theme of the this annual meeting is “Enhancing and Developing Psychiatry and Neurology: Issues to Be Addressed.”

Established in 1902, the JSPN is one of the oldest societies for Japanese psychiatrists, and certifies psychiatrists by the Japanese Specialty Board. JSPN 2025 annual meeting will feature new sessions added

to the programme to address areas that early-career psychiatrists often struggle to learn, building on the achievements of past annual meetings as a hub organisation of the psychiatry and neurology community. We will also incorporate sessions to help psychiatrists develop a stronger professional identity. To be specific, the sessions are designed to reconfirm the importance of psychiatry and neurology as a field of medical sciences, increase our awareness of the meaning of being a psychiatrist, and help us reaffirm our professional identity. Finally, we will present sessions to consider the rôles of psychiatrists in society. As specialists of mental health, we are also responsible for speaking up on behalf of socially vulnerable, mentally handicapped people, while educating the public on psychiatric care.

We invited young members to join the programme committee to ensure we cover the latest information necessary for modern-day psychiatric care. Seeking to add to the successful track record of the past annual meetings, we will ensure that the forthcoming meeting provides a forum for exploring the path that next generation psychiatrists should follow. The conference contents include special lectures, symposia, workshops, and presentations from members. Examples of the sessions include: “Thinking about drug discovery of the central nervous system,” “From the cradle to living for more than 100 years,” and “How successful is basic research on mental disorders?” There will also be a special movie session to mark the 30th anniversary of the 1995 Great Kansai Earthquake. Several international sessions, such as “Fellowship Awards Symposia” and “Leaders Round Table,” will be held. For more details, visit our website at www.congre.co.jp/jspn121/en/index.html.

More than 9,000 JSPN members (including those attending remotely) are expected to join this Kobe meeting. We look forward to seeing you in Kobe. (The author declares no conflicts of interest in this announcement.)



Website photos of Kobe International Conference Center and Hôtel Portopia

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*(Editor's note: Ueno is the president of the 121st JSPN
annual meeting. Masaru Mimura is the JSPN president.)*



FROM PRESIDENTS OF AFPA-AFFILIATED PSYCHIATRIC SOCIETIES

The 2025 Activities of the JYPO

JYPO's Vision for 2025

In 2025, the Japan Young Psychiatrists Organization (JYPO) aims to achieve further growth and development. With a restructured board of directors, I, Akihisa Iriki, am honour to be appointed to be the president. We will continue striving to realize JYPO's vision: fostering leaders in mental healthcare, cultivating a global perspective, and improving societal mental health. To achieve these goals, we have established new initiatives, such as the Future Vision Committee.

Our activities will also focus on the following key principles:

- **Cherishing** We will honour and respect the thoughts and opinions of each individual, embracing diverse experiences while fostering meaningful and supportive connections.
- **Having humor** By incorporating humor, creativity, a playful spirit, flexible thinking, and unconventional ideas, we aim to create an engaging and innovative environment that complements serious learning and activities.
- **Being organised** We will strengthen our organisational foundation to ensure that our activities and projects are accessible, rewarding, and effectively managed, making participation seamless for our members.

Main Schedules Activities for the Year of 2025

1. The 22nd CADP

The 22nd Course for Academic Development of Psychiatrists took place in Iwaki City, Fukushima from February 8-10, 2025, chaired by Ken Suzutani.

This year, we anticipate a significant increase in international participants. Under the guidance of Norman Sartorius (Switzerland), young psychiatrists from Japan and abroad will have the opportunity to learn together, gain an international perspective, and engage with diverse cultures and values.

2. PRCP and WACP Joint Congress 2025 Tokyo

The Pacific Rim College of Psychiatrists and WACP Joint Congress will be held in Tokyo in September 2025. The JYPO will lead the Young Psychiatrists Symposium and host a special event with Norman Sartorius. This congress represents a vital opportunity to showcase JYPO's presence and contributions on the global stage.

3. Active Member Exchange and Committee Activities

- **Enhancing Regional Activities:** We will expand the scope of our activities through face-to-face, online, and hybrid formats, fostering connections across regional groups and throughout the

- **Upgrading Communication Tools:** Collaboration and information sharing among members will be further streamlined.
- **Leveraging AI Technology:** We will integrate AI into activities such as translation, education, and collaborative research support, enhancing both the quality and efficiency of our work.



A group photo taken at the JYPO General Meeting held in Sapporo city, Japan on June 20, 2024.

Front row, seated from left: J. Kitaoka, T. Shimizu, A. Iriki, M. Aki, F. Miyano, K. Suzutani

Second row standing left, H. Yamaguchi, K. Deriha, N. Simpuku, M. Koda, M. Kuroda, Y. Yamamoto

Third row standing from left, T. Horinouchi, K. Harumoto, Y. Nozawa, R. Kawagishi, Y. Ishijima, N. Oya

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(Editor's note: Iriki is the president of JYPO.)

The TSBPN Spring Congress Is to Be Held in Taipei, on March 22, 2025

The 2025 spring congress the Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology will be held on March 22, 2025, on the 10th floor of the Jung Fa Chang's Foundation Building in Taipei. Co-sponsored by Taiwanese Society of Schizophrenia

Research, the TSBPN spring congress will have the topics as followed:

- (A) Educational lectures: current and future status of antipsychotic drugs
- “Practice guideline for antipsychotic drugs (by Yo-Lin Chao)
 - Clinical drug trial of Gly-T1 inhibitor (by Shi-An Chang)
- (B) The developments of antipsychotic drugs in Taiwan
- “A Novel NMDA Receptor Modulator RS-D7 for the Treatment of Schizophrenia-related Symptoms (Chi-Ming Liu)
 - “New drug development for schizophrenia and related cognitive disorders: based on NMDAR regulation” (by Hsuen-Yuan Lane)
 - Data blitz (by selected five authors from poster presentations)
- (C) The training course for repetitious transcranial magnetic stimulation
- “The theory, mechanism, and safety of rTMS (by Chi-Ming Cheng)
 - “Theory and mechanism of TBS (by Cheng-Ta Li)
 - “Clinical application of TBS (by Ching-Hua Lin)
 - Clinical application in neurology (by Ming-Kuei Leu)
- (D) The training course for clinical treatment for patients with schizophrenia
- Enhancing visual working memory in schizophrenia: effects of frontoparietal theta tACS in low-performing patients (by Chun-Kai Fang)
 - Focused ultrasound stimulates the prefrontal cortex and prevents MK-801-induced psychiatric symptoms of schizophrenia in rats (by Yi-Ju Pan)
 - Predominant negative symptoms and EEG functional connectivity in patients with schizophrenia: a randomized, double-blind, controlled trial (by Sheng-An Chang)
- (The author declares no conflicts of interest in this report.)

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(Editor's note, Chen is president of TSBPN, 2024-2026)

CINP's World Congress of Neuropsychopharmacology, recognised as one of the premier events in the field of neuroscience, will return to Australia, this year for the first time in nearly 30 years. The 2025 Congress will be held as a joint meeting with the Asian College of Neuropsychopharmacology and will focus upon the theme “Advancing Intelligent Horizons towards Brain Health.”

An impressive globally recognised experts will be speaking at this CINP World Congress, include Gabriella Gobbi (Canada), Guy Goodwin (United Kingdom), Patrick McGorry (Australia) and Allan Young (United Kingdom).

Various new session formats have been incorporated to provide increased opportunities for delegates to present and participate. Those formats including Meet the Experts sessions on OCD, PTSD, mood disorders and schizophrenia, offer delegates the opportunity to present their own cases to globally well-known specialists.

CINP's community connects biologists, researchers, psychiatrists, neurologists, pharmacologists and psychologists worldwide, can make clinicians to hear about the latest advances in research and novel treatments, and researchers to learn about new clinical needs and challenges. Alongside top-quality science, there will be ample opportunities to network, so do not miss this unique opportunity to connect with your peers from around the world.

CINP are also seeking ambassadors to promote the event to their networks in return for free registration – please contact info@cinp.org if you're interested in this opportunity.

The 36th World Congress of Neuropsychopharmacology will be run in conjunction with the AsCNP annual congress at the Melbourne Convention and Exhibition Centre from Sunday, June 15th to Wednesday, June 18th, 2025. (The authors declare no conflicts of interest in writing this announcement)

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(Editor's notes: Hide, Sundram, and Ikeda are the executive secretary, council member, and president, respectively, of CINP. Sundram and Ikeda are the co-chairs of the CINP-AsCNP 2025 Melbourne Congress.)





COMMENTARY

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

A History of the Asian Federation of Psychiatric Associations (AFPA)

Introduction

Asia comprises around 60% of the world population. But the majority of people suffering from mental and neurological problems are unable to receive the proper psychiatric care which are scientific, culturally relevant, and humane. Also, there has been a lack of communication among psychiatrists in Asia. In the past decades, East Asia, ASEAN, South Asia has seen the growing opportunities of collaborations among each regional group. It is felt necessary to form a unified platform to promote the scientific communications among all Asian regions.

The Asian Federation of Psychiatric Associations (AFPA) is the Federation of national psychiatric societies and associations on the continent of Asia who support the goal to achieve the excellence in Asian psychiatry. The authors are reviewing the history of the AFPA here.

A Chronological Brief History the AFPA

2002

Discussions about that Asian psychiatrists need more exchange of viewpoints were started in the World Congress of the World Psychiatric Association (WPA) at Yokohama, Japan in 2002.

2005

This communication was continued during the WPA's congress was held at Cairo, Egypt in 2005. The participants from different parts of the Asian region met at a special session and announced the formation of AFPA with Naotaka Shinfuku (Japan) Afzal Javed (Pakistan) as coordinators to start working on the launch of this association.

2007

The AFPA was launched in Lahore, Pakistan, in February 2007, with the blessing of leading international and national psychiatric societies. The list included World Psychiatric Association (WPA), World Federation of Mental Health (WFMH), World Association for Psychosocial Rehabilitation (WAPR), American Psychiatric Association (APA), The Royal College of Psychiatrists (RCP), ASEAN Federation for Psychiatry and Mental Health (AFPMH), and Indian Psychiatric Association Society (IPS). AFPA was welcomed in Asia.

Harmony, friendship and consensus were stressed as a guiding principle of AFPA. Shinfuku and Javed were informally elected first president and secretary of this newly established association.

2007

The first World Congress of Asian Psychiatry (1st WCAP) was held August 2-5, 2007 in Goa, India. (To be more correct, the designation of the 1st WCAP was coined in 2009 in Taipei, Taiwan.) Indian Society of Biological Psychiatry and South Asian Association for Regional Cooperation (SAARC) Psychiatric Federation hosted the Congress. More than 300 psychiatrists and mental health workers attended and mostly from countries in South Asia.

2009

The 2nd WCAP was held in Taipei November 7-10, 2009. The Congress was hosted by the Taiwanese Society of Psychiatry. The Congress had more than 700 participants, half from overseas and the rest from Taiwan. This became the largest international psychiatric congress ever held in Taiwan.

Shinfuku and Javed were formally elected as first president and secretary of this newly established association. At the first board meeting in Taipei, it was suggested to prepare the AFPA constitution in consultation with member societies and associations.

2011

The 3rd WCAP was held in Melbourne, Australia July 31 to 4 August 4, 2011. The congress was hosted by Indo-Australian Initiative. Many eminent Indian psychiatrists from overseas made the scientific program attractive. More than 500 psychiatrists attended the 3rd WCAP.

2013

The 4th WCAP was convened in Bangkok August 20-23, 2013 with full support by Department of Mental Health of Ministry of Public Health, Thailand, Psychiatric Association of Thailand and Thai Society for Geriatric Psychiatry and Neuropsychiatry. The Congress was attended by more than 1,200 participants coming from 43 countries. The Congress was opened by the royal highness of Princess Ubolratana Rajakanya of Thailand. AFPA board meeting attended by 16 presidents and representatives of national psychiatric society elected new office bearers and adopted the Bangkok resolution which stressed the unity and collaboration of psychiatric societies in Asia.

2015

The 5th WCAP was held March 3-6, 2015, Fukuoka, Japan in collaboration with Japan Society of Psychiatry and

Neurology. The 5th WCAP was attended by 502 participants from 37 countries. National psychiatric societies from 8 countries from Asia joined AFPA as new member societies (the Philippines, Vietnam, Myanmar, Nepal, Sri Lanka, Armenia, Papua New Guinea and Mongolia). Dinesh Bhugra (United Kingdom) received AFPA lifetime achievement award from Pichet Udomratn who was the congress president. AFPA. What's more, European Psychiatric Association had the mutual agreement to organize the symposium "Asia meets Europe: Lessons Learned" in both 5th WCAP and 23rd EPA congress.

2017

The 6th WCAP was held at Abu Dhabi, United Arab Emirates (UAE) March 24-26, 2017 in collaboration with Arab Federation of Psychiatric Societies. The congress was attended by more than 550 psychiatrists coming from over 40 countries in Asia. More than 20 presidents and representatives of national psychiatric societies in Asia contributed to the success of the congress. The congress was rich in scientific programmes.

2019

The 7th WCAP was held at Sydney, Australia February 21-24, 2019 in collaboration with the Royal Australian and New Zealand College of Psychiatrists. The congress was attended by more than 350 participants from more than 30 countries and areas in Asia, Pacific and all over the world. More than 20 psychiatric societies in Asia and Pacific contributed to the success of the congress.

2021

The 8th WCAP was scheduled to be held in Calcutta, India, in January hosted by the Indian Psychiatric Society. However, due to the global the COVID-19 pandemic and the resulting travel and transportation restrictions, it became impossible to hold the conference locally. Therefore, the meeting was held as a half-day web-meeting in September.

2022

The 9th WCAP) was held in Hyderabad, India, September 16-18, 2022, under the auspices of the Indian Psychiatric Society, as the the COVID-19 pandemic appears to be under control. More than 500 psychiatrists participated and enjoyed a rich scientific programmes.

2024

The 10th WCAP was held in Bali, Indonesia December 5-7, 2024 under the auspices of the Indonesian Psychiatric Association under the leadership of Andi Tantra (Indonesia), president elect of the AFPA. Then Tantra became the AFPA president after the end of congress. More than 800 mental health professionals participated and enjoyed a rich scientific programmes.

Discussion

During the formal launch of AFPA and after the successful initial few WCAP, many initiatives were taken to foster the unity among Asian psychiatrists through participation in national meetings of associations

and societies in Asia and organizing AFPA's regional congresses in many Asian countries. These efforts strengthened the collaboration and fostered more links among Asian psychiatrists. While the AFPA was in making, a need was felt for starting a periodic scientific journal belonging to and representing the breadth of Asian psychiatry.

While the AFPA was in making, a need was felt for starting a periodic scientific journal belonging to and representing the breadth of Asian psychiatry. Around 2010, this dream was achieved with the help of Elsevier and passionate rôle of AFPA leaders who launched *the Asian Journal of Psychiatry* as a general and comprehensive journal of psychiatry with the principal objective of addressing the significant knowledge gap in the awareness and dissemination of research findings and clinical practice through Asia both across Asia and to and from the rest of the world. Matcheri Keshavan (India) as its first editor and succeeded by Rajiv Tandon (India), this endeavour was supported by AFPA officers and *the Asian Journal of Psychiatry* became an important scientific journal in the field of Psychiatry. However, due to some difficulties and differences, AFPA and *the Asian Journal of Psychiatry* later separated and AFPA started working with *Asia-Pacific Psychiatry* that was focusing on the Asia and Pacific Rim region. This new collaboration helped in making this journal as the official Journal of the Pacific Rim College of Psychiatrists and the Asian Federation of Psychiatric Associations.

It is worth noting that with the creative, tireless and outstanding work from Winston W. Shen (Taiwan), the AFPA launched its newsletter, *the Bulletin of the AFPA* (www.afpa.asia/en/bulletin/htm) that has been published two times a year regularly since 2014. *The Bulletin* includes different activities of various member societies, new initiatives and highly informative articles about practice of psychiatry in Asian countries. The continuous and punctured publications of *the Bulletin* have cultivated *esprit d'corp* among leaders of national psychiatric societies, especially during the COVID-19 pandemic era.

Another remarkable achievement of the AFPA was the beginning of research work and setting up of close collaboration among young psychiatrists. Norman Sartorius, a well-known psychiatrist and an international mentor with a vast experience of working with many Asian psychiatrists and academicians, played a pivotal rôle in starting this initiative. This research is known as Research of Asian Psychotropic Prescriptin Patterns (REAP, www.reap.asia/index_en.html) which has carried out a series of international collaborative surveys in patients with schizophrenia, depression, bipolar disorder over the past 20 years. REAP has become the largest and lengthiest international collaborative research on psychiatric drug prescriptions in Asia. Under the patronage of Shinfuku and active supports from Takahiro Kato (Japan), Chay Hoon Tan (Singapore), and Shih-Ku Lin (Taiwan), REAP network has published more than 100 scientific papers in various peer reviewed journals.



It is a matter of pride and privilege that the AFPA has emerged as a true and representative organisation of psychiatrists in Asia. The AFPA has strengthened the unity of psychiatrists across Asia and set various standards that are extremely beneficial for promoting mental health and mental well-being in Asian countries. (The authors declare no conflicts of interest in this article.)

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Appendix

Table 1. A list of presidents of the AFPA

- Naotaka Shinfuku (Japan) and Afzal Javed (Pakistan) were appointed coordinators to start working on the launch and formal inauguration of AFPA in 2005
- Naotaka Shinfuku (Japan) 2009 -13
- Pichet Udomratn (Thailand) 2013-15
- Shigenobu Kanba (Japan) 2015-17
- Afzal Javed (Pakistan) 2017-19
- Malcolm Hopwood (Australika) 2019-21
- G.Prasad Rao (India) 2021-24
- Andi Tanra (Indonesia) 2024-26

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(Editor's note: Naotaka Shinfuku [Japan], Afzal Javed [Pakistan], and Pichet Udomratn [Thailand] were the AFPA presidents of 2009 - 2013, 2017-2019, and 2013-2015, respectively.)

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