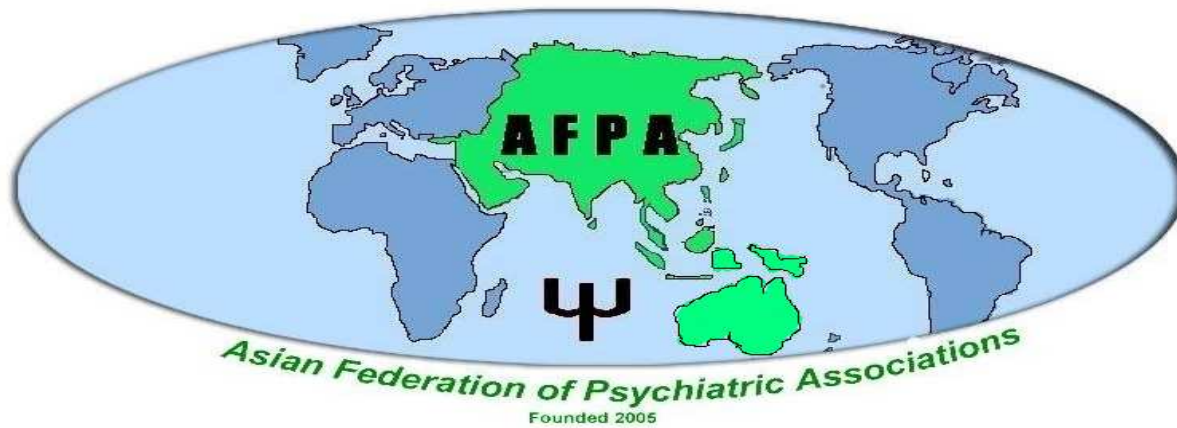


The Bulletin of the AFPA

The Winter 2019 Issue



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AFPA President's Messages



Welcome and greetings!

It is indeed a pleasure for writing these messages for the winter 2019 issue of the Bulletin of the Asian Federation of Psychiatric Association. Let me first express my sincere thanks to all of you for supporting the AFPA and contributing to the Bulletin of the AFPA with your activities. The Bulletin has become an important communication sharing news, views, and reports about different activities in psychiatry among Asian and Pacific countries. No doubt, our Bulletin

has come up as an important communication tool for promoting collaboration, and links among mental health professionals in our region. We are grateful to Winston W. Shen for his efforts in this regard.

The year 2018 has seen AFPA emerging as a true representative body of Asian psychiatrists and our rôle in the uplift of mental health in Asian is assuming an important place both at national and at regional levels. Our links and affiliation with the World Psychiatric Association (the WPA) are another milestones of our activities during this year. This of course depends on the enthusiastic input of our board members and the officers of the AFPA who are working hard to achieve our AFPA's goals very effectively. During 2018, the AFPA has continued with several activities:

- Our continuous contact with our member societies is keeping our interaction with different member societies and we are exploring many options for reinforcing such links.
- Our website is receiving an increasing number of "hits" and we are getting very good feedback about the current website and its range of communication features. Thanks to Naotaka Shinfuku for his superb work!



The Bulletin of the AFPA

A newsletter for the Asian Federation of Psychiatric Associations®

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

- Our networking with the WPA and other professional organisations are getting strengthened day by day. Presence of the WPA and its executive committee members at our meetings add further support to these relations.
- We have started some joint with the WPA in the areas of teaching and training in psychiatry. Our secretary for educations (Prasad Rao) and Roger Ng (WPA secretary for education) are currently involved in conducting a survey and formulating some training modules with his counterpart at WPA.
- AFPA's initiatives and continuous support to the research of antipsychotic drug (REAP) studies is opening new avenues for collaborative research among Asian countries. Well done Prof. Shinfuku for your leadership in this area! Many of our valued professional colleagues have been participating in REAP studies and getting their work published in peer reviewed journals.
- Our work for supporting young psychiatrists is gaining more popularity and organisation of special sessions at our meetings is taken as a step forward in this important area of research, teaching, and training.
- Increasing number of AFPA co-sponsored meetings and conferences have also been a salient feature of our activities.

We are grateful to Philippines Psychiatric Association for organising an international congress in February 2018 as well as Indian Psychiatric Society and Indian Association of Private Psychiatrists for an international seminar in November 2018. Those meetings were well-attended and well-organised,

and attracted many delegates from different Asian countries. We had a noticeable presence of young psychiatrists at those congresses. Special training sessions for the young psychiatrists were a prominent feature of those meetings. We also received a lot of support for conducting and supporting special sessions and workshops from our member societies, and many other organisations including World Association for Psychosocial Rehabilitation, Royal Australian and New Zealand College of Psychiatrists, Royal College of Psychiatrists of the United Kingdom, non-governmental organisations working in the field of mental health.

- Our consultation and collaboration with the Pacific Rim College of Psychiatrists (PRCP) is going on along with our plans for having a joint journal. We achieved an outstanding success in this regard by launching this initiative with the PRCP at Philippines Congress. We are currently discussing further steps with the PRCP and Wiley (the publishers of the journal) for linking our members for free access to this journal. Prof. Shinfuku will contact you with further details.
- After the success of our seminar on postgraduate Education at Abu Dhabi in 2018, Mohan Isaac was successful in getting a scientific publication from this seminar. We are grateful to Norman Sartorius for his guidance for this project.
- We have almost finalised arrangements for our 7th World Congress of the AFPA (WCAP 2019 at Sydney). Salient features of the WCAP 2019 are participation of renowned speakers from across the region, pre-congress workshops (on "Professionalism, Health and Well-being for the Medical Practitioner," and "Mindfulness-based Therapy and Counselling" developed from Thailand, and teaching programmes for young psychiatrists), plenary sessions by eminent speakers (including Henry Brodaty (Australia), Eric Chen (Hong Kong), Helen Hermann (Australia), Shigenobu Kanba (Japan), Dan Lubman (Australia) and Norman Sartorius (Switzerland). Concurrent sessions in different streams include child and adolescent psychiatry, service issues and responses to disaster, clinical psychiatry, ageing and physical and mental health, and women's mental health.

In addition, there will also be three AFPA presidential symposia (Training and Workforce in Psychiatry, Mental Health Promotion and Suicide Prevention). We also have a plan to hold special strategy meetings with the AFPA board on mental health legislation, rights of persons with Disabilities (discussions about UN CRPD guidelines) and developing

partnership with other stake holders in mental health like non psychiatrist professionals, patients and family groups. These breakfast sessions will help our member societies for developing strategies and policies in these important areas. You will also find a feature on the 7th WCAP in Sidney, 21-24 February, 2019 in this issue of the Bulletin. I am pleased that our member society (RANZCP) has played an important rôle in organising this Congress.

I once again thank you all for your support to the AFPA and look forward to receiving further patronage to AFPA activities in coming years. See you in Sydney at AFPA 2019 WCAP! With kind regards. (The author declares no conflict of interest in writing this feature.)

Afzal Javed

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(Editor's note: Javed is AFPA president 2017-2019. He is also president-elect of the WPA 2017- 2000.)

A Report of One Day AFPA's International Meeting in Hyderabad, India, 28 November, 2018

Asian Association of Psychiatric Associations' International Congress was held at Taj Krishna Hotel, in Hyderabad, India, 28 November, 2018.

The programme was started at 9: 00 with inauguration speeches, given by eight dignities - Prasad Rao G. (India), E. Mohandas (India), Afzal Javed (Pakistan), Malcolm Hopwood (Australia), Helen Herrman (Australia), M. S. Reddy (India), Ajit V, Ghide (India), and Mrugesh Vaishav (India).

Then there were six 30-minute lectures:

- "AFPA Planning Action: Supporting Better Mental Health for People in Adverity" by Helen Herrman, president of the World Psychiatric Association
- "Future of Psychiatry: Meeting the Changes and Dispelling the Myths" by Afzal Javed, president of AFPA, and president-elect of the WPA.
- "The History of Antidepressant Development" by E. Mohandas
- "Asian Psychiatry and Asian Journal of Psychiatry" by Rajiv Tandon (USA)
- "Pharmacotherapy of Mood Disorder: ANZCP

Guidelines Experiences" by Malcolm J, Hopwood, president-elect of the AFPA

- "Bullyings: Antecetants and Consequences – A Psychiatric Perspective" by Ajit V. Bhide (India)

After the lunch, there was a three-hour panel discussion on "Globalization of Mental Health: Asian Perspective" discussed by Malcolm J. Hopwood, Nishant Goyal (India), René Semmeniega (Philippines), Samia Abul (United Arab Emirates), Gautam Saha (India), and M. S. V. K. Raju (India) (The author declares no conflicts of interest in writing this report.)



A photo taken at the Hyderabad International Meeting, 28 November, 2018.

From left: Mrs. Ramani Prasad (India), René Semmeniega (Philippines), Helen Herrman (Australia), M. S. Reddy (India), Afzal Javed (Pakistan), Prasad Rao G (India), and Parmod Kumar (India).



Another photo taken at Hyderabad International Meeting, 28 November, 2018.

From left: Afzal Javed (Pakistan), K. Chandrasekhar (India), K. A. Kuruvilla (India), and Nimesh Desai (India)

Prasad Rao G. §

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E-mail: Prasad Rao G. <prasad40@gmail.com>
(Editor's note: Rao is the organising chairperson for this AFPA International Meeting. He is also the secretary for the AFPA, 2017-19. He is president of Indian Association of Private Psychiatrists, and was president of Indian Psychiatric Association 2016-17.)



The Asian Federation of Psychiatric Associations (AFPA) invites you to participate in the next World Congress of Asian Psychiatry (WCAP 2019) being held in Sydney, Australia 21–24 February 2019. The theme of Congress is “Mental Health Care Across Asia: Union in Diversity.”

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) is honoured to be hosting WCAP 2019 in Sydney, Australia – a vibrant and lively city, situated on the beautiful Sydney harbour and full of cultural heritage. On behalf of the Local Organising Committee of WCAP 2019, I am delighted to offer a comprehensive scientific programme with an outstanding array of speakers from across the region. Preliminary programme highlights include:

Pre-Congress workshops (21 February, Thursday 1- 5 p.m.)

- “Professionalism, Health and Wellbeing for the Medical Practitioner” by Kym Jenkins (Australia)

- “Mindfulness-based Therapy and Counselling Developed from Thailand” by Yongyud Wongpiromsarn (Thailand).

Eminent keynote speakers - including Henry Brodaty (Australia), Eric Chen (Hong Kong), Helen Hermann (Australia), Shigenobu Kanba (Japan), Dan Lubman (Australia) and Norman Sartorius (Switzerland) - will lead the programme sharing their expertise.

We have also planned an exciting line up of concurrent sessions in different streams including: child and adolescent psychiatry, service issues and responses to disaster, clinical psychiatry, ageing and physical and mental health, and women's mental health.

In addition, there will also be three AFPA Presidential symposiums:

- “Training and Workforce in Psychiatry” (22 February, Friday)
- “Mental Health Promotion” (23 February, Saturday)
- “Suicide Prevention” (24 February, Sunday)

More information and the complete programme is available on the WCAP 2019 website at www.afpa2019.com. We look forward to working with you to make this a truly memorable event. (The author declares no conflicts of interest in writing this report.)

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(Editor's note: Hopwood is president-elect of AFPA, 2017-19, and will become present president of AFPA 2019 - 21 at the close of 7th WCAP.)

FROM THE OFFICE OF AFPA

Malcolm J. Hopwood to Become AFPA President



Malcolm John Hopwood will become the president of the Asian Federation of Asian Associations, 2019-2021, to succeed Afzal Javed (Pakistan) at the close of the 7th World Congress of Asian Psychiatry at Sidney, Australia, 14-17 February, 2018.

Hopwood was graduated from the University of Melbourne, Australia in 1986 with a Bachelor of Medicine and Bachelor of Surgery (MBBS), and gained his fellowship of the Royal Australian and New Zealand College of Psychiatrists in 1994, along with a Master of Psychological Medicine from Monash University. In 1997, he also completed a Doctor of Medicine (MD) from the University of Melbourne.

After working in the public health-care system for many years, Professor Hopwood now holds the positions of Ramsay Health Care Professor of Psychiatry at the University of Melbourne and Clinical Director, Professorial Psychiatry Unit at the Albert Road Clinic.

Hopwood's research areas of interest include clinical aspects of mood and anxiety disorders, psychopharmacology, and psychiatric aspects of neurological disability including acquired brain injury.

Hopwood has contributed to many committees, including the Victorian Department of Human Services Bushfire Psychosocial Recovery Evaluation Advisory Committee, the Victorian Psychosurgery Review Board, the Commonwealth Department of Veterans' Affairs National Clinical Advisory Group, the Multidisciplinary Panel for the Revision of the Australian NHMRC Guidelines for Acute Stress Disorder and Posttraumatic

Stress Disorder. He also chaired the recent Commonwealth Department of Health Medicare review Committee for Psychiatry, which reviewed all of the national government insurer's funding of psychiatric services. He is also a member and previous chairman of the Board of the Summer Foundation, which provides advocacy, support, and sector development for young people with acquired brain injuries living in nursing homes, as well as a Board member of Phoenix, a national organisation involved in the response to trauma-related mental health.

Within the RANZCP, Hopwood has held many rôles, including as Victorian Branch Chair (2009-2013). He was a member of the binational General Council (2007 - 2009), and a Member of the Board of Research for 10 years. He is also a member of the Faculty of Psychiatry of Old Age and the Section of Neuropsychiatry.

Hopwood was elected to the RANZCP's inaugural Board as President-elect in 2013 and served as President (2015 - 2017). He completed his two-year term presidency at the close of RANZCP annual congress 30 April - 4 May, 2017 in Adelaide. As part of his presidency, Hopwood strongly pursued the RANZCP's strategic aim of developing further relationships across Asia.

Since 2013, Hopwood has been actively participating in AFPA as a delegate, a speaker, and as a faculty member for training workshops in teaching young psychiatrists at various AFPA congresses. In 2017, he was elected as president-elect of the AFPA at the executive council meeting at 6th WCAP in Abu Dhabi, United Arab Emirates, 23-26 March, 2017. (The author declares no conflicts of interest in writing this feature.)

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



FROM PRESIDENTS OF AFPA NATIONAL PSYCHIATRIC SOCIETIES

The Report of the TSOP 57th Annual Meeting at Taichung, 3 - 4 November, 2018

The Taiwanese Society of Psychiatry held a successful 57th annual meeting at Chung Shan Medical University, Taichung, Taiwan, 3-4 November, 2018. This annual meeting had sessions of 25 panel discussions, 8 workshops, 5 educational speeches, and 169 poster presentations.

The theme of the annual meeting theme was “e-Health Care and Psychiatry.” To elaborate the meeting theme, the programme committee carefully arranged three sessions consisting of three keynoters to elaborate the meeting theme:

- “Artificial Intelligence” in Health Care,” by Yu-Chuan Li (College of Medical Science and Technology, Taipei Medical University)
- “AI for Behaviour Computing: Case Studies in Healthcare Applications,” by Chi-Chun Lee (Department of Electrical Engineering, National Tsing Hua University, Hsinchu, Taiwan)
- “Recent Advances in Electroencephalography-based Major Depressive Disorder Detection,” by Yi-Hung Liu (Department of Mechanical Engineering, National Taipei University of Technology, Taipei, Taiwan)

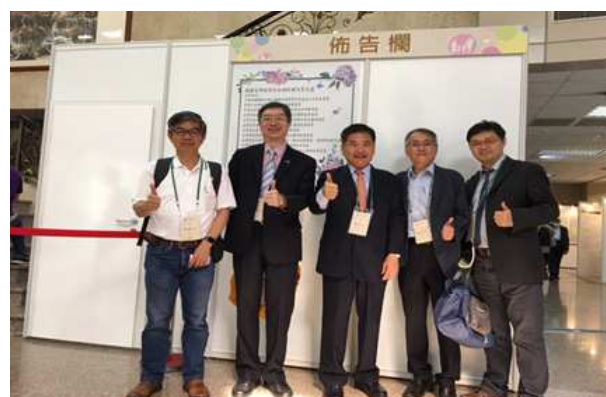
To echo the main theme for e-health care, we invited several tech companies to exhibit various advanced therapy and health monitoring devices - including transcranial magnetic stimulation, heart rate variability, bio-feedback, neuro-feedback, as well as system for health data analysis and management.

Regarding the important course of ethics and medical regulations, Po-Chang Lee, the director-general, National Health Insurance Administration gave a talk of “Rational Use of Medical Resources: Improving Medical Ecology.” Besides, issues of long-term care, mental health act, mental health in army, training programs, medical practice in psychiatric clinic, and atypical career guidance for psychiatrist were scheduled in many symposia throughout the annual meeting. As usual, continuing necessity exists to enhance understanding and learning on essential topics in geriatric psychiatry, child and adolescent psychiatry, psychosomatic medicine, psychotherapy, precision medicine, changes in diagnostic

system, epidemiology in psychiatry, big data research and analysis, and medical education in psychiatry, there were many abundant and practical special lectures and workshops at the meeting. In addition, an educational course “Quit Smoking,” an important topic covering both physical and mental health, was co-organised by Taiwanese Association of Family Medicine.

At the annual meeting, the Academic Achievement Award was issued to Ton-Ping Su to recognise his life-time eminent accomplishment. Su also gave a speech to recount his research effort at the annual meeting.

This year, we had more than 1,300 participants, taking part at the 57th annual meeting 2018. All experts, attendees at the conference, believed to gain a lot of profits from the knowledge obtained from the annual meeting. (The authors declare no conflicts of interest in writing this report.)



A photo taken at the venue of the annual meeting of the Taiwanese Society of Psychiatry

From left: Shi-Chin Guo, Li-Jong Shen, Te-Jen Lai, Ching-Yen Chen, and Chia-Ming Chang

Ching-Yen Chen[§]

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(Editor's note: Lai is the second two-year term TSOP president, 2017-19. Chen is a TSOP council

member who chaired the programme committee of the
2018 TSOP annual meeting.)



The Royal Australian and New Zealand College of Psychiatrists (RANZCP) invites you to join us at the RANZCP 2019 Congress to be held in Cairns, Queensland, Australia, 12–16 May 2019. The theme of Congress is “Continuity in a World of Change: Culture, Diversity and Mutual Learning.”

Cairns is a hub for tropical, rural, and remote psychiatry, the ideal setting to explore innovation, basic and translational research and clinical practice through the broader lens of culture and continuity. The Organising Committee and Scientific Programme Committee of the RANZCP has planned a strong programme of eminent keynote speakers - Ernest Hunter (Australia), Felice Jacka (Australia), Patricia Resick (USA), Mark Taylor (Australia), and Naomi Wray (Australia).

Our esteemed local and international keynote speakers will be joined by a diverse range of speakers participating in panel discussions, debates, symposia and other oral presentations. There will be a Pacific Mental Health Forum to discuss strategies to better support mental health practice in the Pacific region and a joint symposium with the Japanese Society of Psychiatry and Neurology “Innovations in psychiatric continuing professional development.”

The programme will also feature clinical updates on forensic psychiatry, neuropsychiatry and child and adolescent psychiatry, providing a detailed review of recent findings, advances and trends.

More information is available on the RANZCP 2019 Congress website at www.ranzcp2019.com.au. We look forward to welcoming you to this event. (The author declares no conflicts of interest in writing this report.)

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(Editor's note: Kym Jenkins is the RANZCP president
2017-2019.)



The 115th annual meeting of the Japanese Society of Psychiatry and Neurology will be held at Toki Messe/ Hotel Nikko Niigata at Niigata Prefecture in Japan, 20-22 June, 2019. The theme of the 2019 meeting is “Psychiatry to Bridge Human, Mind, and Brain: Beyond Time and Current Matters.”

The president of the 2019 annual meeting is Toshiyuki Someya of Department of Psychiatry, Niigata University Graduate School of Medicine and Dental Science, Niigata, Japan.

The whole scientific programme is still at the early planning stage. Please check the website at www.c-linkage.co.jp/jspn115/en/index.html for announcement of programme and registration information. I am looking forward to meeting or see you at the annual meeting. (The author declares no conflicts of interest on writing this report.)

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(Editor's note: Kanba is the president of the JSPN,
2017-20, and a past president of Asian Federation of
Psychiatric Associations' president, 2015-17.)



FROM PRESIDENTS OF AFPA ALLIED SOCIETIES

The 2018 TSSR Annual Symposium of TSSR Focusing on Imaging Studies in Schizophrenia

The annual symposium of Taiwanese Society for Schizophrenia Research (TSSR) 2018 was co-organised with the Consortium for Mental Disorders (CMD), Taiwan and Mental Health Foundation (MHF), Taiwan. The conference took place at the Sweetme Hotspring Resort, Beitou, Taipei, Taiwan, 25-26 August, 2018.

The theme of the conference was “Neuroimaging Research in Schizophrenia,” focusing on neuroimaging and relevant postmortem brain research in schizophrenia by international and domestic speakers. Recent advances in neuroimaging research provide possible biological mechanisms in complex mental disorders including schizophrenia, but in Taiwan, the research in this field is at the relatively early stage. This conference was aimed at promoting the research in this field and providing a platform for relevant researchers to communicate and collaborate.

Yasuto Kunii from Fukushima Medical University, Japan presented genetic neuropathology in schizophrenia using post-mortem brain and showed how their team has organised the brain bank in Japan. Niall Duncan from Taipei Medical University, Taiwan presented subcortical contributions to cortical dynamics in schizophrenia using fMRI from a basic science perspective to explore the possible mechanism of clinical psychopathology in schizophrenia. Tzung-Jeng Hwang from National Taiwan University, Taiwan presented tractography-based imaging markers for schizophrenia and its relationship with clinical course and treatment response.

The TSSR has a long history of collaboration with Japanese Society of Schizophrenia Research and other Asian research society related to schizophrenia. TSSR has initiated the travel award programme since 2017 to support young researchers to attend international conferences relevant to schizophrenia research.

At this meeting, we also invited the 2018 TSSR travel award winner, Hong-Hsiang Liu from National Taiwan University and another young researcher in the field, Hsiao-Lun Ku from Taipei Medical University to present their recent works. As in the past, the TSSR held a “The Positive and Negative Syndrome Scale (PANSS)”

training workshop, lectured by Chih-Min Liu from National Taiwan University, to promote the clinical and research skills of young psychiatrists and clinical researchers.

The conference has successfully brought together the academic and clinical researchers in schizophrenia research, and provided excellent chances for young researchers to build up their early experience presenting their works in domestic and international conferences in our neighbouring nations in Asia. In April 2019, we plan to hold a symposium in the first conference of Research and Education Center of Bridging Asian Mental Health and Psychiatry (REBAMP), Tainan, Taiwan to further promote the research connection with Asian countries and to encourage young psychiatrists and researchers to participate and to contribute. (The authors declare no conflicts of interest in writing this report.)



A photo taken at the 2018 annual symposium of Taiwanese Society of Schizophrenia Research at Beitou, Taipei

Back row standing from left: Jia-Chi Shan (Taiwan), Estefanía Eugui Anta (Spain), Chih-Yuan Lin (TW), Lu-Jun Tsai (TW), Nan-Ying Chiu (TW), Huai-Hsuan Tseng (TW), Mizuki Hino (Japan), Ching-Hua Lin (TW), Atsuko Nagaoka (JP), Hsiao-Lin Ku (TW), Ya-Mei Bai (TW), Ryuta Izumi (JP), Wen-Sung Lai (TW), Hong-Hsiang Liu (TW), Wen-Chen Ouyang (TW), Chi-Ming Liu (TW), Chen-Chung Liu (TW), Ming H. Hsieh (TW), Shyh-Yuh Wei (TW), and Ming-Hong Hsieh (TW)

Front row sitting from left: Shih-Ku Lin, (TW), Niall Duncan (TW), Yasuto Kunii (JP), Yen Kuang Yang (TW), Hai-Gwo Hwu (TW), Chia-Hsiang Chen (TW), Tzung-Jeng Hwang (TW), Po See Chen (TW), and Chun-Hsin Chen (TW)

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A Report of the Asia-Pacific Regional Congress of the WFSBP, 7-9 September, 2018

Asia Pacific Regional Congress of World Federation of Society of Biological Psychiatry (WFSBP) was held at Kobe Chamber of Commerce and Industry, 7-9 September, 2018, under the theme of “Science of Mind” organized by Ichiro Sora (Kobe University) as the Congress chair, and by me as chair of scientific programme.

The scientific programme covered six plenary lectures:

- “Dissecting our Mind: Based on Evolutionary Conservation” by Hiroshi Okamoto RIKEN, Japan
- “Do Atypical Antipsychotic Drugs Improve Positive, Negative, and Cognitive Symptoms by Modifying Synaptic Abnormalities and Restoring Synaptic Function?” by Herbert Meltzer, Northwestern University, USA
- “Clozapine with Schizophrenia: A Personal Perspective from Basic Laboratory Findings to Clinical Observation” by Yong Sik Kim, Dongguk University, Korea
- “Stem Cell-based Therapy for Parkinson’s Disease” by Jun Takahashi, Kyoto University, Japan
- “Cellular, Circuit, and Behavioral Homeostasis in Treatment-resistant Depression and Rapid-acting Antidepressants” by Carlos Zarate (National Institute of Mental Health, USA
- “Recovery for Psychoses: A Known Concept with a Potential for New Treatment Options” by Peter Falkai, Munich University, Germany

Two special lectures were “Staging Disease, Optimizing Treatment” by Yu Xin (Peking University, China), and “Anticraving Drugs for Alcohol Use Disorder: A Clinical Review” by Winston W. Shen (Taipei Medical University, Taiwan). The programme was rich with more than 20 symposia, 3 luncheon seminars, and 150 poster presentations.

The Congress was organised in conjunction with the Joint Meeting of the 40th Annual Meeting of Japanese Society of Biological Psychiatry (6-8

September 2018; chair, Shigenobu Kanba); and the 61th Annual Meeting of Japanese Society for Neurochemistry (chair, Kazunori Nakajima). Therefore, researchers and clinicians in this field could get together to present and exchange the newest findings in biological psychiatry and clinical neuroscience. We owe a lot to Kanba and Nakajima for the success of the Congress to attain more than 500 registrations to the congress.



A photo at the presidential dinner at Kobe Club

From left: N. Ozaki (Japan), T. Nishikawa (JP), A. Tanra (Indonesia), M. Yanagi (JP), J. Gordon (USA), I. Sora (JP), H. Okamoto (JP), A. Schaffer (Canada), M. Takeda (JP), K. Nakagome (JP), D. Dikeos (Greece), H. Meltzer (USA), L. Yatham (Canada), Y. Morimura (JP), M. Berk (Australia), A. Corrales (Argentina), S. Kanba (JP), K. Nakajima (JP), and T. Kato (JP).

Nature power always dominates human activity. The Typhoon No. 21 (named Jebi) attacked Osaka-Kobe Area on 4 September with the maximum wind velocity over 58 meters/ second, which was the most powerful typhoon landed on Japan in recent 25 years, causing 13 dead and 912 injured. Electric power supply to more than 2.247 million houses was interrupted severely affecting the infrastructure of daily life of the people living in Kansai Area.

Kansai Airport was paralyzed by flood to the whole No. 1 runway and the No.1 terminal building. Furthermore, a tanker crashed the Kansai Airport Bridge leaving the Airport Island isolated with 3,000 passengers and 2,000 staff staying overnight. Due to the breakdown of the Kansai Airport function, many oversea congress participants were forced to bypass through other airports in Fukuoka, Takamatsu, Nagoya, Tokyo, etc. We were so thankful to the speakers and participants who sacrificed extra time and cost to overcome this inconvenience to fulfill their responsibilities. We were informed 70 preregistered participants could not actually join the congress due to this natural disaster. Another natural



disaster, Hokkaido Earthquake also happened on 6 September with Mj 6.7/ Mw 6.6, causing 41 dead, 749 injured, and 2,000 houses broken. Due to the blackout through whole Hokkaido Area, daily life of the people in this area were severely affected and some expected participants from Hokkaido could not come to the



A tanker crashed the bridge connecting Kansai Airport, 4 September, 2018

The executive committee of the WFSBP held in Kobe discussed this matter and has informed to those who could not come due to the traffic problems are eligible to transfer the registration to the next Vancouver WFSBP Congress. (See the announcement of the World Congress of the WFSBP in Vancouver, 2-6 June, 2019 in this issue of the Bulletin of the AFPA, by Lakshmi N. Yatham.) The application to this option has already closed and no more request can be accepted, because the account of Kobe Congress has been officially audited and closed.

We, human beings, are all easy to forget difficult things, keeping only good things in our memory. I am happy to contribute this feature thanking to many participants to Kobe Congress with whom we shared the difficult time to achieve the success of Kobe AP Congress of WFSBP. (The author declares no conflicts of interest in writing this report.)

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(Editor's note: Takeda is the WFSBP president, 2016 - 19. He is also a secretary for meetings, the World Psychiatric Association executive council., 2017 - 20.)

The 2018 WFSBP-TSBPN Joint Annual Symposium at Kobe

Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN) has always devoted to collaborating with international societies. We started the first oversee meeting at the 2016 International Congress of Neuropsychopharmacology (CINP) at Seoul, Korea. Since TSBPN has held oversee meeting at the 2017 Asian College of Neuropsychopharmacology (AsCNP) at Bali, Indonesia, and the 2018 Asia-Pacific Congress of the World Federation Society of Biological Psychiatry (WFSBP) at Kobe, Japan.

At the Kobe Congress, we invited seven Taiwanese researchers to present their state-of-art studies and exchange prestigious experiences with local and foreign colleagues. Unfortunately, the Super Typhoon Jebi destroyed Kansai Airport severely and disrupted all the flights from Taiwan. Many enthusiastic attendees changed their flights and landed at various Japanese airports - Haneda, Nagoya, Takamatsu, Fukuoka, and so on, (one even at Chitose in Hokkaido), but we were all heading for the same destination for Kobe. Finally, more than 40 Taiwan participants arrived at the venue safely and attended the Taiwan Symposium 8 September, 2018, accommodated by WFSBP Asia-Pacific Congress, Kobe, 6-9 September, 2018. (The author declares no conflicts in writing this report.)



A group photo taken after the 2018 WFSBP-TSBPN Joint Annual Symposium at Kobe Chamber of Commerce and Industry, 8 September, 2018.

Back row standing from left: Kao-Ching Chen (Taiwan), Chen-Jee Hong, Yi-Chyan Chen, Joseph Kuo, Chih-Cheng Chang, Cheng-Chen Chang, Nan-Wen Yu, Kuan-Pin Su, Hsiang-Hsiung Huang, Bo-Chung Chu, Poyu Chen, Chen-Ju Lin, Ming-Chyi Huang, Wen-Yu Hsu, Nan-Ying Chiu, Cheng-Dien Hsu, Ai T. M. Nguyen. (Vietnam), Chih-Lin Chiang, Cheng-Yen Yu, and Grace Chia-Min Huang.

Front row sitting from left: Cheng-Ta Li, Winston W. Shen, Ya-Mei

Bai, Tung-Ping Su, Katsu Ikeda (Japan), Tiao-Lai Huang, Chau-Hsiung Lee, Wan-Ju Cheng, and Chemin Lin

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*(Editor's note: Grace C. M. Huang, M. C. Huang, and
S. K. Lin are staff secretary, secretary general, and
president 2015-2018, respectively, of TSBPN.)*



The Asian College of Neuropsychopharmacology South East Asia (AsCNP-ASEAN) invites you to join us at the ASEAN International Congress of Neuropsychopharmacology to be held in Yogyakarta, Indonesia, one of the most cultural cities in Indonesia, 28 February - 2 March, 2019.

The theme of Congress is "Breakthrough in Neuropsychopharmacology Intervention, from AsCNP-ASEAN to Global Perspective," to improve the awareness and to foster the level of knowledge of the colleagues about neuropsychopharmacology, especially those in South East Asia.

The Congress is the ideal platform to exchange and to promote our innovative knowledge in neuropsychopharmacology of the most advanced field in psychiatry. This Congress proudly presents the speakers - Anthony Grace (USA), Winston W. Shen (Taiwan), Toshikazu Saito (Japan), Shigeto Yamawaki (JP), Jun Soo Kwon (South Korea), Ee Heok Kua (Singapore), Masatoshi Takeda (JP), Malcolm Hopwood (Australia), Kazutaka Ikeda (JP), Shih-Ku Lin (TW), Kazuyuki Nakagome (JP), Andi J. Tanra (Indonesia), Kim Q. Do (Switzerland), Edmond H. Pi (USA), and many others.

In addition, the Congress will include 2 welcome lectures, 4 morning lectures, 4 plenary lectures, 5 special workshops, 7 educational workshops, 20 parallel symposia, 2 expert meetings, young psychiatry award, oral and poster sessions on all topics related to biological psychiatry and neuropsychopharmacology. The AsCNP-ASEAN International Congress of Neuropsychopharmacology is expected to attract close to 500 delegates, mainly from ASEAN countries as well as those from Asia, and rest of the world.

Taking this wonderful opportunity, I encourage and invite you to experience the Congress and to take advantage, taking part in all scientific programmes. With your support and participation, we will make this Congress successful and remarkable.

More importantly, please make sure to spend more days to explore the beauty, miracle, culture, and hospitality of Yogyakarta. With open arms and warm regards, I look forward to meeting or seeing you in Yogyakarta, Indonesia, and interacting with you both socially and professionally.

More information is available on the ASEAN International Congress of Neuropsychopharmacology website at www.ascnp-asean2019.com. We look forward to welcoming you to this event. (The author declares no conflicts of interest in writing this report other than promoting this Congress.)

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*(Editor's note: Tanra was the past president AsCNP,
2017-18.)*

The World Congress of WFSBP, Vancouver, 2-6 June, 2019

We are delighted to invite you to attend the 14th World Congress of Biological Psychiatry, a biennial conference of the World Federation of the Societies of Biological Psychiatry (WFSBP), in Vancouver, Canada, one of the most beautiful cities in the world, 2 to 6 June, 2019.



The theme of the world congress “Neuroscience Discoveries and Translation to Clinical Practice” was chosen to address two major challenges plaguing the field of mental health - slow progress in new discoveries, and barriers to evidence-based application of new discoveries in day-to-day clinical practice.

The congress will feature cutting edge plenaries and debates on contemporary and clinically-relevant topics. The conference is very proud to feature

- Nobel Laureate Elizabeth Blackburn (USA) will give a plenary on her ground breaking work, “Telomeres: What They Do – and Don’t – Tell us.”
- Plenary 2 at the opening ceremony, “Systems Biology and its Application to Precision Medicine in Psychiatry,” will be given by Leroy Hood (USA), a world-renowned systems biologist.
- Plenary 3 is to be lectured by Evan Snyder (USA), a renowned stem cell researcher, talking about “Stem cells and their potential for drug discovery for psychiatric disorders.
- Plenary 4 speaker is George Koob (USA), Director of the U.S. National Institute on Alcoholism and Alcohol Abuse, providing his perspectives on “Neurobiology of Addictions,”
- Plenary 5 lecturer is Brenda Pennix(Netherlands) discussing the provocative statement, “Immunometabolic Depression is Ready for Personalized Medicine.”

The World Congress will also include debates on “Early Intervention for Psychosis: Is It Worth the Investment,” “Bipolar II Disorder Is a Myth,” “Gut Microbes are a Future of Psychopharmacological Revolution,” and “Cannabis Legalization: Does It Make

Sense?”

In addition, the congress will feature close to 70 symposia and workshops on all topics related to biological psychiatry. This World Congress of the WFCBP is expected to attract close to 2,000 delegates from around the world.

Finally, come experience Vancouver in all its natural beauty. Surrounded by water and a spectacular mountain range, for many years Vancouver has been voted as one of the top 5 most livable cities in the world. The weather in June is usually sunny with an average temperature of 23 degrees Celsius, making it very pleasant for exploring the many sights and delights of our cosmopolitan city.

The deadline for abstract submission for posters is 15 January, 2019 and for discounted early registration is 23 January, 2019. So, please submit abstracts to present your research work and make use of the early discounted registration.

We very much look forward to seeing you in Vancouver. (The authors declare no conflicts of interest in writing this report other than promoting the World Congress of WFCBP.)

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(Editor's note: Lakshmi N. Yatham and Masatoshi Takeda
are president-elect and president, respectively,
of the WFSBP.)



The 6th Congress of Asian College of Neuropsychopharmacology (AsCNP) will be held in Fukuoka International Congress Center, Fukuoka, Japan, 11-13 October, 2019. The AsCNP 2019 will be joint with 49th Annual Meeting of Japanese Society of Neuropsychopharmacology and 29th Annual Meeting of Japanese Society of Clinical Neuropsychopharmacology. The website address of this Congress is at www2.aeplan.co.jp/ascnp/.

Speakers of plenary lectures of AsCNP 2019 are Masayo Tada (Japan), George Koob (USA), Hailan Hu (China), Siegfried Kasper (Austria), Pierre Blier (Canada), Lakshmi Yatham (Canada), Makoto Suematsu (Japan), and other famous researchers are speakers of symposia.

The registration of abstracts for oral and poster presentation and participation in AsCNP 2019 is open from January to May 2019. (The author declares no conflicts of interest in writing this announcement.)

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(Editor's note, Ikeda is the AsCNP president, 2017- 19.)



Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN) has successfully won the rights to host the 2020 World Congress of the International College of Neuropsychopharmacology (CINP) in Taipei, Taiwan, 25-28 June, 2020. This is a big event for psychiatrists around the world, and an exciting news for psychiatrists in Taiwan. TSBPN will make the greatest efforts to promote the conference attracting foreign researchers and psychiatrists to come to Taiwan to participate.

To publicise the 2020 CINP Congress, we plan to mobilise TSBPN members to attend the AsCNP-ASEAN Congress, in Yogyakarta, Indonesia, 28 February - 3 March, 2019 and International Congress at Yogyakarta, Indonesia and the World Congress of WFSBP Congress at Vancouver, Canada, 2-6 June, 2019. (The authors declares no conflicts of interest in writing this report.)

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(Editor's note: Grace C. M. Huang, M. C. Huang, and
S. K. Lin are staff secretary, secretary general, and
president 2015-2018, respectively,
of TSBPN. Yen Kuang Yang has been elected to be
TSBPN president 2018-2021
in an election in November 2018.)



LETTERS - TO - THE EDITOR

Recruiting Early Career Psychiatrists to the WPA

The early career psychiatrists section of the World Psychiatric Association is aimed at promoting the role of ECPs, addressing their shared needs, and strengthening their roles in the WPA. The section is furthermore intended to be a “low-threshold point-of-entry” for the ECPs worldwide who are interested in active participation in and contribution to the WPA. The section is closely collaborating with the leadership of the WPA and the existing scientific sections. The main purpose of the section is to promote networking and enhance professional exchange among ECPs worldwide, specifically, through addressing training, services, and research needs. As the section is not restricted to a specific area of psychiatry, the section develops an action plan every three years (i.e. through every new committee triennium) to work on a specific area of need in collaboration with other sections of the WPA.

The first mandate year of the board which started in the 2017 WPA Congress in Berlin, has passed by. The year was full of exciting activities, networking, hard work, but also fun. We are happy and proud for all we have done so far, and looking forward to the exciting years ahead. Establishing international and interdisciplinary collaboration, making scientific research, organising expert events, delivering information, learning from each other, helping our members - especially when it comes to learning and working possibilities, as well as position of trainees and young psychiatrists worldwide... But the far most satisfying has been having the opportunity to see the section of the ECPs grow, colleagues from all over the world share their experiences, help each other, and work together.



A group photo of early career psychiatrists taken at the International Congress of the WPA in Mexico City, September 27-30, 2018

From left standing: Tanay Maiti (India), Kabir Garg (India), Irena

Rojnić Palavra (Croatia), Sidharth Arya (India), Ramya Vadivel (New Zealand), Bitā Vahdani (Iran), Joshep Revilla (Peru), Camille Noel (Belgium), Miguel Antonio Salas (Argentina), Joselyn Paredes (El Salvador), Kazione Kulisewa (Malawi), Mohammadreza Shalbafan (Iran), Tando Melapi (South Africa), Demian Rodante (Argentina), Francisco Antonio García (El Salvador), and Pavel Trancik (Czech Republic)

From left sitting: Argentina Zamudio (Mexico), Xenia Duran (El Salvador), Mariana Pinto da Costa (Portugal), Magdalena Dumitru (Romania), Catherine Muburi (Kenya), Liao Yanhui (China), and Jairo M. González (Colombia).

Having nothing to lose basically and so much to gain, we encourage all psychiatric trainees and ECPs to join us. Do not miss this opportunity! More at: www.wpanet.org/detail.php?section_id=11&content_id=1703. (The author declares no conflicts of interest in writing this message.)

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(Editor's note, Mariana Pinto da Costa is section chair
of the ECPs of the WPA. The International Congress
of the WPA will be held in Lisbon,
Portugal, 21-24 August, 2019.)

Afzal Javed Receives a National Award in Moscow, Russia

On 5 October, 2018, Afzal Javed, the current president of Asian Federation of Psychiatric Association received the national award “Harmony” at the Mental Health Congress, held in Moscow, Russia. This is a prestigious national award of Russia given to most

distinguished professional fields including public health, psychiatry, psychology, etc., to recognise their significant contributions to mental health.

The national ceremony “Harmony Award” is held biannually on the World Mental Health Day, a day dedicated to raising awareness on mental health issues around the world and mobilizing efforts in support of mental health.

Afzal Javed was selected to receive this award due to his outstanding commitment and great contribution for the better care of mentally ill patients. His expertise on psychosocial rehabilitation has been recognized around the globe. The documentary of his work can be found at the weblink of the congress <http://www.mental-health-congress.ru/en/2018/page/harmony/>.

Naotaka Shinfuku, the Founding president of the AFPA wrote “This award is not only Dr. Javed’s award, but it also brings honor and pleasure to the AFPA.”

Our heartfelt congratulations to him for this deserved award! (The author expresses no conflicts of interest in writing the feature.)



Upper photo: Afzal Javed (Pakistan) at the podium giving a comment after receiving the Harmony Award. Lower photo: A group photo after the award ceremony. From left: Roy Abraham Kallivayalil (India), Norman Sartorius (Switzerland), Afzal Javed, Helen Herman (Australia), Wolfgang Gaebel (Germany), and Zarif Ashurov (Uzbekistan)

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(Editor note: Udomratn was a president of the AFPA,
2013-2015, and the 5th WCAP president.)

Sidra Medicine – WISH Sponsored a Child, Adolescent and Perinatal Mental Health Event in Auditorium in Doha, Qatar, 15 November, 2018

On 15 November, 2018, Sidra Medicine, a premier hospital and research center located in Doha, Qatar alongside the World Innovation Summit for Health (WISH) hosted a successful event. The event started with Afzal Javed (Pakistan) who lectured at Sidra Medicine’s Department of Psychiatry’s Grand Rounds, entitled “The Future of Psychiatry: World Psychiatric Association and Its Action Plan,” followed by a panel on “Global Perspectives on Child, Adolescent and Perinatal Mental Health.”

As the president-elect of the WPA, Javed discussed the WPA’s objectives, mission, challenges and opportunities as well as proposed action plans. This grand round was well-attended by guests from national and international institutions including Sidra Medicine, WISH, Hamad Medical Corporation, the American Embassy, and the Qatar Foundation.

During the panel, experts from around the world shared their experiences with initiatives and challenges facing child, adolescent and perinatal mental health providers who aimed at providing the best patient-centred care possible. The panel highlights included Muhammad Waqar Azeem, sharing how Qatar is developing excellent services to help individuals with autism spectrum disorder; Afzal Javed speaking about international mental health strategies and goals; Bibi Alamiri, (founder of Almanara, a child and adolescent mental health center in Kuwait), and Chithramalee De Silva, (director of Mental Health in Sri Lanka), discussing how challenges even with limited resources can be overcome successfully. Felice Watt, Sidra Medicine’s Division Chief of Women’s Mental Health, advocated for early intervention with pregnant women. Sultana Afdhal, Chief executive officer of the WISH,



also shared her thoughts on the public mental health understanding in Qatar. The discussion sparked interest amongst audience members to ask how the world can better serve women and children in their own community as well as internationally.

To conclude, M. W. Azeem (Chair, Sidra Medicine's Department of Psychiatry, Weill Cornell Medical College in Doha, Qatar), Afdhal (chief executive officer, WISH), and Iain Tulley (National Lead for Mental Health and Well-being of Qatar) presented a memento to Afzal Javed in recognition of his outstanding service and leadership in the field of psychiatry. (Salma Malik helped draft this feature. The author declares no conflicts of interest in writing this report.)



Photo 1. Afzal Javed (Pakistan) receives a memento at the Sidra

Medicine-WISH panel,

From left: M. W. Azeem (Qatar), Afzal Javed, Sultana Afdhal, (Qatar), and Iain Tulley (Qatar).



Photo 2. Photo taken after the Sidra Medicine - WISH Panel, Doha, Qatar, 15 November 2018.

From left: Salma Malik (Qatar), Karen P. Lim (Qatar), Sawssan Ahmed (Qatar), Felice Watt (Qatar), C. De Silva (Sri Lanka), Afzal Javed (Pakistan), Sultana Afdhal (Qatar), Bibi Alamiri (Kuwait), Iain Tulley (Qatar), and M. W. Azeem (Qatar)

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COMMENTARIES

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

Learning Autism Management for Autistic Children: A Report of a One-day Training in Peshawar, Pakistan

One-day training organised by Horizon, a nongovernmental organization, for management of autistic children was well-attended by psychiatrists, psychologists, educationists, and parents of autistic children as target population.

The purpose of the training was to mobilise the strengths and human resource of social support workers for autistic children. In this one-day training, Afzal Javed, the president-elect of the World Psychiatric Association, and The President Asian Federation of Psychiatric Association started to outline the objectives of this training in his keynote speech. Then, Noor us Sahar Shabnum, a special education expert from Canada, and Ali Ahsan Mufti (the executive board member of Horizon and Ibadat Hospital in Peshawar, Pakistan) did the training.

Pre-and post-training tests were administered on target population of the training and longitudinal comparisons of the test results, favouring the effective learning outcomes of diagnostic aspects addressed by Ali Ahsan Mufti, educating autistic children entitled by Ms. Noor us Sahar Shabnum a Canadian Special education expert. This activity was highlighted and given mass media coverage for public awareness. Afzal Javed insured that this activity will be further highlighted at international forums and some experts of child psychiatry will collaborate with Horizon in future trainings. He stressed the need for giving proper attention to mental health issue at the school level because teachers-being in close contact with the children can play a big role in identifying the problems. He said that school-based mental health facilities are non-existent in Pakistan. Khalid Mufti as chosen very important topic which is very much needed.

Afzal Javed said that a study carried out in England revealed that spending a pound sterling on the school mental health could save the country 14 pounds spent on the treatment of a mentally ill person at a later

stage. Our policy makers must try to understand this strategy.

Autism management training was an annexation of Horizon's 2014 activities to address child mental health problems. After Army Public School massacre in Peshawar, Pakistan, inclusively hands on training one on one and group therapies were provided to victim family. A series of child protection management trainings was carried by Horizon in preamble of 2017 as an intervention approach to cope a raising wave of child abuse. Horizon intends to organise more activities to address mental health problems of children at local and national level. (The author denies any conflicts of interest in writing this article.)

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(Editor's note: Khalid A. Mufti is representative of the World Psychiatric Association Zone 15 [Central and Western Asia].)

Clinical Trial Education and Language Translation: Two Recent JYPO Activities

Japan Young Psychiatrists' Organization (JYPO) is a certified non-profit organisation aiming at improving young psychiatrists' skills and broadening their perspective around psychiatric field. In this report, we introduce two of our main activities - clinical trial education and language translation:

Clinical Trial Education (led by Moriou Aki)

The workshop on clinical trial education is an annual popular event of the JYPO. The recent workshop was held on 9 December, 2018 at Kyoto University. We invited some professors or young researchers to be



lecturers and to conduct workshops. At the workshop at Kyoto University, the lecturers were Toshi A. Furukawa (Department of Health Promotion of Human Behavior, Kyoto University), Aran Tajika (Department of psychiatry, Graduate School of Medicine, Kyoto University), and Koji Kawakami (Department of Pharmacoepidemiology, Graduate School of Medicine and Public Health, Kyoto University).

Furukawa is one of Japanese front-line researchers of evidence-based medicine (EBM) on psychiatry, and has done various meta-analysis studies and meta-trials such as “Meta-analysis of New Generation Antidepressants (MANGA study),” “Comparative Efficacy and Acceptability of First- and Second-generation Antidepressants in the Acute Treatment of Major Depression: a Network Meta-analysis (GRISELDA study),” and “Optimising First- and Second-line Treatment Strategies for Untreated Major Depressive Disorder (SUN©D study).” He lectured about the history of EBM on psychiatry, and the prospected flow of researches which will appear in next 5-20 years.

Tajika is a researcher who was in Toshi A. Furukawa’s laboratory, and he also did a multi-centre randomised clinical trial (RCT) which took place after “Adding Smartphone-based Cognitive-behavior Therapy to Pharmacotherapy for Major Depression (FLATT project).” His lecture was about the backyard of RCTs, where he has paid attention to the motivation of doctors participating in the study. We also learned its difficulty in workshop style lecture.

Kawakami is an epidemiologist who broadens the frontier of real world data research in Japan. He has shown us the evidence of observational research’s strength rather than RCTs, and introduced database research using medical check-ups for school students. He is now striving for the collection of wasted data of health check-ups in schools, in an attempt to find the connection of the data to each person’s life-long database.

Through this programme, we have learned the situation surrounding psychiatric EBM, and have gained a future prospect of psychiatric clinical trials. We hope that many young psychiatrists in Japan would be motivated to improve the clinical situation through clinical research.

Language Translation from English to Japanese (led by Ryo Sawagashira)

Language translation from English to Japanese is one of the core activities of the JYPO. In the past,

the JYPO contributed to translate the English version of “Positive and Negative Symptom Scale (PANSS)” into Japanese language and the proposed International Classification of Diseases (ICD) 11 diagnostic guideline into Japanese. Many psychiatrists in Japan have popularly used the Japanese version of PANSS, so it is indispensable in daily practice and clinical research.

Since 2004, several young psychiatrists in Japan have translated parts of articles published in *World Psychiatry* into Japanese. As you know, *World Psychiatry* is published every four months and contains many sophisticated articles contributed from all over the world. Unfortunately, few psychiatrists read all contents of articles in this journal carefully in Japan. Therefore, articles in Japanese language are highly welcomed by Japanese psychiatrists. For one issue, about 10 young psychiatrists contribute to translation from English to Japanese. We actively discuss the contents of articles and brush up them repeatedly. Before finalising our manuscripts, Tsuyoshi Akiyama (the director of department of neuropsychiatry, the Nippon Telegraph and Telephone (NTT) Medical Center in Tokyo, and a member of the international committee of the Japanese Society of Psychiatry and Neurology), kindly supervises them. Thanks to him, we young psychiatrists can have these precious opportunities to improve our language translation skills and psychiatric knowledge through translation activities. Finalised translated manuscripts are accessible on the JSPN website three times a year. We believe that language translation of *World Psychiatry* has two benefits:

- to broaden the latest scientific findings to psychiatrists in all over Japan. This can contribute to improving the level of skills and knowledge of psychiatrists in Japan.
- to give opportunities for early career psychiatrists to gather various skills and knowledge in language translation itself, which is a fascinating activity for young motivated psychiatrists. Therefore, we strongly think language translation activity is indispensable for the JYPO. (All authors declare no conflicts of interest in writing this report.)

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

Mental Health Issues of Asylum Seekers, Refugees, and Emergency Service Personnel

In recent months, I have been honoured to represent the Royal Australian and New Zealand College of Psychiatrists (RANZCP) at various conferences in Asia. In October 2018, I was one of the keynote speakers at the International Congress of the Pacific Rim College of Psychiatrists in Myanmar and presented about "Pathways and Progress in Addressing Physician Mental Health and Wellness." In November, I was honoured to present the keynote lecture at the 46th Thai Annual Congress of Psychiatry on "Professionalism, Ethics and Self-care for Psychiatrists," and in mid-December, I was one of the keynote speakers at the 2018 Hong Kong College of Psychiatrists International Mental Health Congress delivering a lecture "Looking after the Mental Health of Vulnerable Minority Groups." I was pleased to be able to strengthen friendships with colleagues from a number of Asian and Pacific organisations.

The RANZCP has continued to be active in its work on addressing asylum seeker and refugee mental health. We have updated our position statement on the mental health needs of child asylum seekers and refugees which strongly advocates our opposition to the detention of child asylum seekers. We have also produced a

webinar on medico-legal assessment and report writing for asylum seekers and refugees which provides practical guidance on how to deal with some of the challenges of working with asylum seekers and refugees including obtaining medical records, constructing medico-legal documents and balancing clinical objectivity whilst responding to high levels of distress and trauma.

As part of the work and partnerships that the RANZCP has developed to help improve mental health outcomes for current and former serving members of the Australian and New Zealand defence forces and veterans, the RANZCP has begun to extend this work to the mental health of police and emergency services personnel. We have met with a number of police and emergency services commissioners to invite them to work with the RANZCP to address the individual and collective mental health of their personnel.

Finally, we are looking forward to strengthening our relationship with the AFPA by hosting the 7th World Congress of Asian Psychiatry, 21 - 24 February, 2019 in Sydney, Australia. The World Congress of Psychiatry will support AFPA's mission to promote mental health in the Asian region. More information at www.afpa2019.com. (The author declares no conflicts of interest in writing this report.)

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