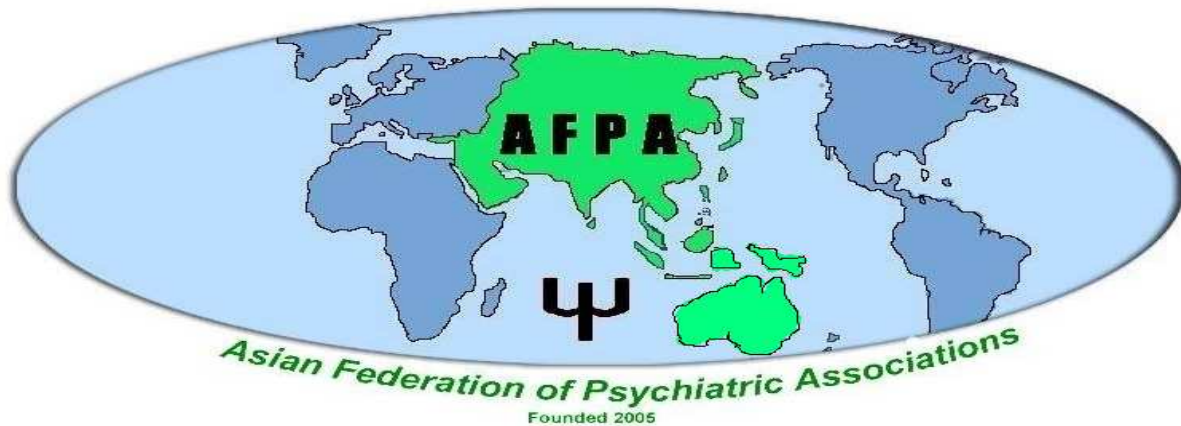


# The Bulletin of the AFPA

## The Winter 2022 Issue



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### AFPA President's Messages



Dear readers of *the Bulletin of the AFPA*. My very best wishes to everyone and I hope that you are beginning to safely emerge from COVID-19 pandemic to at least some degree. For those of you still leaving in badly affected areas I wish you remain safe.

In recognition of the improving situation, it is my great joy to inform you of the 2022 9th World Congress of Asian Psychiatry (9th WCAP)! On behalf of the Asian Federation of Psychiatric Associations (AFPA [www.afpa.asia](http://www.afpa.asia)), I would like to extend our warmest invitation

to you to participate in AFPA's next world congress (9th WCAP 2022), being held 16-18 September in Hyderabad, India. I want to sincerely thank our co-sponsoring organisations the Indian Psychiatric Society (IPS) and the South Asian Association for Regional Co-operation (SAARC) Psychiatric Federation for their support. I am sure that the 9th WCAP will be a great successful meeting.

The AFPA is extremely pleased to be able to host this meeting for all our Asian colleagues after the long period of enforced hibernation through the COVID-19 pandemic, which sadly resulted in having to change the originally intended 8th WCAP in Kolkata from in-person attendance to an online congress. To get together again with colleagues and continue AFPAs work in promoting mental health care across Asia will be both exciting and rewarding.

The 9th WCAP is to be held at the beautiful Westin Hyderabad Mindspace Hotel in the historic city of Hyderabad. With its excellent facilities, the venue is placed within the many sights of Hyderabad including parks, lakes, and many sites of interest. With a population of nearly seven million, Hyderabad is India's 4th largest city. A historic part of the Mughal Empire, Hyderabad has become a hub for biotechnology and pharmaceuticals, creating the unique blend of old and new that so characterizes much of Asia.

After the success of our 7th WCAP in Sydney in 2019, where more than thirty Asian societies were represented, we hope that the 9th WCAP in Hyderabad will be

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## **The Bulletin of the AFPA**

**A newsletter for the Asian Federation of Psychiatric Association®**

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

another successful get-together for Asian psychiatrists and other mental health professionals in 2022. Asia, where most of the world population lives, continues to have great diversity concerning mental health problems, including in population need in regard to mental health and its various national responses. These include variability in levels of stigma, resourcing including workforce and in mental health legislation and policy. The sharing of experiences at previous AFPA Congresses in areas such as the need for better education and training for the mental health workforce

have led to significant contributions to each of our member nations and their development. Of course, the increased challenge of delivering mental health services during the COVID-19 pandemic and dealing with the increased need for mental health services during this time are highly relevant.

For many of us, the 9th WCAP represents an excellent opportunity to re-emerge, re-establish old links, forge new ones and re-energise in confronting these challenges. I look forward to seeing all of you in Hyderabad and keenly anticipate your active contributions to what will be a rich programme. (The author reports no competing conflicts of interests in writing the message.)

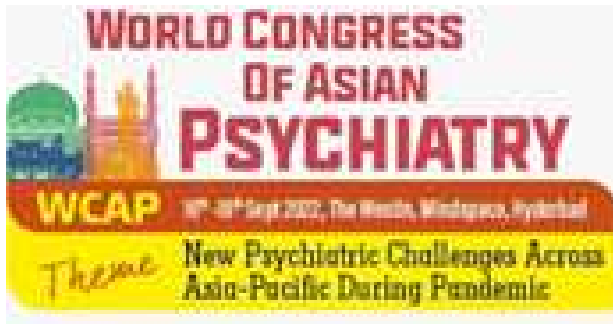
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*(Editor's note: Hopwood is the president of the Asian Federation of Psychiatric Associations, 2019-2022. Customarily, a term of AFPA presidency was two years. Hopwood's term is three years due to COVID-19 pandemic. Read more about the 9th WCAP and the primary programme in Hyderabad on page 3 in this issue of the Bulletin of the AFPA.)*



We are pleased to announce the 9th World Congress of Asian Psychiatry (WCAP2022) of the Asian Federation of Psychiatric Association (AFPA). The 9th WCAP is co-sponsored by Indian Psychiatric Society and Psychiatric Federation of the South Asian Association for Regional Cooperation (SAARC). The 9th WCAP 2022 will take place 16 -18 September, 2022 at Hotel Westin, Mindspace Hyderabad, India. It is our privilege to extend a warm invitation to you for your valuable participation to extend a warm invitation to you for your valuable participation.

We at WCAP 2022 are committed to enhancing scientific knowledge and enriching the experience of delegates. Internationally renowned faculty shall be available for scientific deliberations and various platforms of social interactions. The 9th WCAP is intended to aim at bringing together mental health professionals from across the globe to interact and forge new relationships. The city of smiles, endearingly called the Pearl City, Hyderabad offers various tourist attractions ranging from Heritage monuments, Lakes and Parks, Gardens and Resorts, Museums to delectable cuisine and a delightful shopping experience. Hyderabad offers a fascinating panorama of the past, with a richly mixed cultural and historical tradition spanning 400 colourful years.

Hyderabad is the capital of southern India's Telangana state. A major centre for the technology industry, it's home to many upscale restaurants and shops. Its historic sites include Golconda Fort, a former diamond-trading centre that was once the Qutb Shahi dynastic capital. The Charminar, a 16 century mosque whose 4 arches support towering minarets, is an old city landmark. Owing much of its fame to the historical Nizam's culture, it is hard not to agree when Hyderabad is often referred to as the New York of India. Be it the racing lifestyle, the young crowd, modern-day culture, old traditions, historical attractions, or the local population, these glorious places to visit in Hyderabad will take you

through the length and breadth of the city, beyond the city's much-hyped biryani scenes. And without a doubt, travellers can totally look forward to having a time of their lives.

Situated in the heart of Hyderabad's city centre, the Westin Hyderabad Mindspace provides easy access to Raheja Mindspace IT Park, Hitech City, major technology corporations, and the Hyderabad International Convention Center (HICC). The hotel also lies within close proximity to Durgam Cheruvu one of the popular sight-seeing places of Hyderabad. The hotel offers an array of food and beverage options at our award-winning restaurants.

Please check the website at [www.wcap.co.in](http://www.wcap.co.in) for registration and for your information for viewing the preliminary program when available. Come and join us for an incredible psychiatric Congress in India.



The Westin Hyderabad Mindspace Hotel

G. Prasad Rao<sup>§</sup>  
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*(Editor's note: Rao is organising chairperson the and a past president of Indian Psychiatric Society. Gautam Saha is organising secretary. Chyanya Deepak and Rajashree Ray-Bandyopadhyay are joint organising secretaries. Being president-elect of the AFPA 2019-2022, Rao will become the president of the AFPA at the close of the 9th WCAP.)*



A bird's eye's view of Hyderabad



## FROM THE OFFICE OF THE AFPA

### Current National Psychiatric Societies of the AFPA

Asisan Federation of Psychiatric Association (AFPA) is a federation of national societies and associations on the continent of Asia who support the goal to achieve the excellence in Asian psychiatry:

#### South East Asia

- Indonesian Psychiatric Association
- Malaysian Psychiatric Association
- Myanmar Medico-Psychological Society
- Philippine Psychiatric Association
- Psychiatric Association of Thailand
- Singapore Psychiatric Association
- Mental Health Association of Cambodia (MHAC)
- Vietnam Psychiatric Association

#### Eastern Asia

- Chinese Society of Psychiatry
- Hong Kong College of Psychiatrists
- Japanese Society of Psychiatry and Neurology
- Korean Neuropsychiatric Association
- Mongolian Mental Health Association
- Taiwanese Society of Psychiatry
- Macao Psychiatric Association

#### Southern Asia

- Bangladesh Association of Psychiatrists
- Indian Psychiatric Society (IPS)
- Psychiatrists Association of Nepal
- Sri Lanka College of Psychiatrists

- Psychitric Association of Bhutan

#### Central and Western Asia

- Emirates society of mental health
- Armenian Psychiatric Association(ArPA)
- Iranian Psychiatric Association
- Pakistan Psychiatric Society
- Iraqi Society of Psychiatrists

#### South Pacific

- Papua New Guinea Psychiatric Association
- The Royal Australian and New Zealand College of Psychiatrists

Please refer to national society presidents 2015 for the details at the website at [afpa.asia.org](http://afpa.asia.org). (The author declares no conflicts of interest in writing this report.)

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## FROM THE PRESIDENTS OF AFPA NATIONAL PSYCHIATRIC SOCIETIES

### The Wrap-up of the Fall Congress of the KNPA in Busan 22-23 October, 2021

Korean Neuropsychiatric Association (KNPA) held the annual fall congress in Busan, Korea, 22-23 October, 2021 through a semi-virtual way. Busan is the second largest city in Korea located on the southeastern tip of the Korean peninsula.

We had 1 Keynote address, 2 special lectures, 24 symposia, 3 luncheon symposia, 41 sessions, 3 continuing medical education (CME) sessions, 2 workshops, 2 forums, 1 case conference, 2 oral presentations, and 70 E-poster presentations in 7 separate rooms.

Totally 1,435 participants were presented and 36 booths joined the annual meeting. With the theme of "Integration and convergence in psychiatry," the KNPA prepared the meeting discussing future plan in the context of "Living with COVID-19."

Lectures, including keynote address, "2030: What we know of ADHD?" and special lecture prepared as "Digital psychiatry: From virtual reality to digital therapeutics," were delivered in great success. Another lecture with "The future of psychiatry facing artificial intelligence" also got a lot of interest from the audience.

Numerous symposia were prepared to introduce and draw dynamic discussion on "Current research state on developing digital therapeutics" and "The development and validation of advanced convergence medical technologies in the field of psychiatry."



A photo of a symposium during the fall congress in Busan

Under the perspective of "Living with COVID-19," average numbers of 160 participants were participated in the session, which showed possibility of bright future for bi-directional interaction through digital technologies.

It was a forum for conversation without sugar-coat above harsh reality. The participants shared the truth about their own threats and their clinical experiences, leading to answer of "responding with resilience."

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*(Editor's note: Park is president of the KNPA, 2021. Hong is chief director of external cooperation and public relation committee of the KNPA, and Kim is executive secretary of external cooperation and public relation committee of the KNPA.)*

### The Wrap-up of the 2021 TSOP

#### Annual Meeting, 6-7 November, 2021

The Taiwanese Society of Psychiatry (TSOP) was originally planned its 60th annual meeting at Kaohsiung Medical University, 6-7 November, 2021 to celebrate 50 years of the TSOP under the theme "Amazing sixties: tradition and innovation."

Due to COVID-19 pandemic, the annual meeting of the possible hybrid (on-site plus on-line) meetings, was changed into online meeting entirely. We were able to have simultaneous meetings going on. The first plenary lecture in this virtual annual meeting was to review the modern history of psychiatry in Taiwan as well as development of TSOP, in the context of East Asian psychiatry. The second plenary lecture was to focus on current and future practice of smart hospital. Other lectures included psychiatric practices in the near future, artificial intelligence, big data analysis, tele-medicine, robot, and wearable/Internet of Things (IoT). The attendees were also impressed by a informative virtual



meeting venue interface design, where they could join online symposium, online poster presentations, and social talk to friends online in the “metaverse”!

We have planned that the hybrid TSOP annual meeting with on-site venue in Kaohsiung again to celebrate its 60 + 1 years on 5-6 November, 2022. (The authors declare no conflicts of interest in writing this announcement.)

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*(Editor's note: Lee and Liao were president and secretary-general, respectively, of the Taiwanese Society of Psychiatry, 2019-2021.)*

## HKCPsych Helps Train

### Peer Support Buddies

#### for Medical Doctors in Hong Kong

The arrival of the fifth wave of COVID-19 pandemic in Hong Kong has exerted a heavy toll on the lives of the elderly and the sick in Hong Kong. The official statistics reported that over 1.5 million of Hong Kong citizens have been infected with omicron variant of COVID-19, but the statistical models developed by the universities in Hong Kong have suggested that over four million of Hong Kong citizens have been infected.

Due to the low vaccination rate of around 15% among the elderly aged over 70 at the time of the beginning of the fifth wave, there was a significant mortality among them. Over 8,500 people, predominantly the elderly without adequate vaccination, have passed away due to COVID-19 and its related complications.

Due to sudden surge of infected cases in the fifth wave and limited preparedness of the government for the arrival of the fifth wave, there was an unprepared increase in demand of hospitalisation with subsequent pressure on healthcare resources. Many healthcare

professionals experience stress in face of surging clinical demands and feel helpless about taking care of patients being left unattended outside emergency rooms in public hospitals during the peak of the fifth wave in early March of 2022.

Many voluntary agencies have set up hotlines to support professionals with mental health issues during the fifth wave. But there is a general impression that doctors are less likely to seek help outside medical communities than other health professional groups.

Besides, the Hong Kong Academy of Medicine has recently conducted a survey of all medical specialists, who are also Academy fellows, in Hong Kong and found that there was a high prevalence of mental health problems. As such, the Hong Kong Academy of Medicine has set up a task force of mental wellbeing of Academy fellows comprising representatives from clinical psychology field, clinical psychiatry, young and senior fellows of the Academy.

The president of Hong Kong College of Psychiatrists is also a member of the task force.

The task force has come up with a range of strategies to enhance mental wellbeing of the Academy fellows including mental health information in the designated webpage in the Academy website, conducting mindfulness workshops for fellows, and setup of a peer support buddy system within sister colleges in the Academy.

Hong Kong College of Psychiatrists takes the lead to deliver training to all interested peer support buddies from different medical colleges. The aim of the training is to ensure that the peer support buddies can recognise mental health problems among their own college fellows and provide early intervention and referral to appropriate mental health resources.

The training of each peer support buddy comprises of two parts: (a) a four-hour didactic lecture followed by (b) a four-hour face-to-face interactive skills building workshop. The content of the lecture covers stressors and risks specific to medical professions, obstacles of medical professionals in seeking mental health care, and brief mental health intervention strategies that can be delivered by the peer support buddies. The interactive skills building workshop consists of skills in identifying mental health issues, assessing and managing suicidal risks, and delivering simple but effective mental health intervention strategies including simple cognitive behavioural strategies.

The training will be delivered by an appointed senior fellow and young fellow pairing up together to provide perspectives from psychiatrists of two different generations. As of now, over 50 fellows from different specialty colleges have volunteered to apply to become peer support buddies. The first series of training will be delivered in early May and the second series in June 2022. It is anticipated that the training will equip the peer support buddies in providing timely support to fellows who have been under distress due to their care and service to citizens afflicted with COVID-19 in Hong

Kong. (The author declares no conflicts of interests in writing this article)

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*(Editor's note: Ng is the current president, Hong Kong College of Psychiatrists; secretary of training, the Asian Federation of Psychiatric Associations; and the current secretary of education, the World Psychiatric Association.)*

### **The PAT Hosted a Talk Show Live on World Bipolar Day on 29 March, 2022**

The Psychiatric Association of Thailand (PAT) organized and hosted a live educational public discussion on “bipolar disorders” on 29 March, 2022, the World Bipolar Day, through Facebook Live for the public and members of the PAT. This was aimed at increasing public awareness of bipolar disorders.

The event attracted thousands of live and recorded viewers who participated through questioning the panel about bipolar disorders.



A photo of Facebook lives was organised by PAT members  
From left on the top panel: Suttha Supanya and Pichai Ittasakul  
On the bottom panel: Keerati Pattanaseri

We also would like to take this opportunity to congratulate Pichet Udomratn, the past president of PAT, who the International Society for Bipolar Disorders

(ISBD) has selected him as the winner of the 2021 ISBD Kupfer-Frank Distinctive Contribution Award due to him being the proposer of 30 March as the World Bipolar Day.

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

### **The Spring Congress of the KNPA in Seoul, 7-8 April, 2022**

Korean Neuropsychiatric Asiation (KNPA) held the Annual spring congress in Seoul, Korea, 7-8 April, 2022.

We had 2 key note addresses, 3 special lectures, 33 symposia, under the theme of "Psychiatry, for happy life and healthy world." This congress was held on site participation with strict guideline for preventing the spread of COVID-19.

KNPA actively delivered the congress under the new president, Kang Seob Oh, and shared a white book to cherish the memory of a deceased one, “Se-Won Lim.”



KNPA audience listening to a plenary lecture

We had special lecture to expand the scientific understanding of COVID-19 pandemic, “RNA, virus and



vaccine" by Narry Kim, and another one by Wootack Jeon, "Trials to healing society: The role and potential power of psychiatrist" to provide practical perspective in clinical practice.

Three special lectures, including "Digital health care from the investment point of view," "Designing the future happy society, through prediction using machine learning" and "Medicine and metaverse" were delivered to participants with vigorous discussion.

Totally, 1,374 participants gathered together with joy and exchanged opinions. Winners were invited to present at this congress as well as receiving a memento of their academic achievement.



KNPA members participating in the annual spring congress

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*(Editor's note: Oh is currently the president of KNPA, Hong is chief director of external cooperation and public relation committee of the KNPA, and Kim is executive secretary of external cooperation and public relation committee of the KNPA. The KNPA has two congresses every year. The spring congress is always held in Seoul, and the fall congress is held in a city in Korea other than Seoul.)*

## The Wrap-up Report of

### the TSOP Spring Meeting on April 24, 2022

The spring meeting of the Taiwanese Society of Psychiatry (TSOP) was originally planned to be held on 24 April 2022 in-person at Chang Gung Memorial Hospital, Chiayi, Taiwan. But it was suddenly changed to have a virtual meeting due to the outbreak of COVID-19. The attendees were registered as 500 + registrants online.

Under the theme "Advances in Precision Psychiatry and Primary Care Practice," this TSOP spring meeting had five plenary lectures on topics of brain imagining, psychiatric genetics, forensic psychiatry, how to open up a psychiatric clinic, as well as interior designs and blue print designs for office space in a psychiatric clinic. The speakers for the first four topics were chosen from the experts from members of Association of Taiwan Psychiatric Clinics (ATPC). The fifth speaker, Hsin-Chih Huang on interior design and blue print is a professional interior designer, who has designed several psychiatric clinics. At the end of the programme, Le-Chun Fang of ATPC moderated a symposium with three symposium paper presenters to examine the issues of opening up, maintaining, and facing challenges in a psychiatric clinics from experienced ATPC members.

According to Le-Chun Fang, the ACPC membership has been growing rapidly from 355 in 2016, to 545 in 2022. (The total member in the TSOP is estimated as 2,053.) The pandemic stops neither the pace of life, nor the progress of the TSOP. This TSOP spring meeting gave us an excellent time to unite and learn. (The author declares no conflicts of interest in reporting this feature.)

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

## News from the RANZCP

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) has recently published a number of new position statements and resources.



The RANZCP has recently updated its Position Statement on Minimising, and where possible, eliminating seclusion and restraint in mental health services. The position statement emphasises the importance of minimising, and where possible, eliminating the use of seclusion and restraint which can be traumatising for patients, their family and staff. The document highlights that restrictive practices should only be used within appropriate circumstances and emphasises the importance of supporting the recovery of the patient using trauma-informed practice principles.

In recognition that people with experience of mental illness and their carers and families have unique expertise to help shape mental health policy and practice, the RANZCP has recently updated two of its position statements. Partnering with people with a lived experience recognises that people with lived experience provide essential insight about how psychiatric care and services might be improved to become more equitable and choice-focussed. Similarly in Partnering with carers in mental healthcare the RANZCP affirms the importance and value of respectful and cooperative partnerships between psychiatrists and carers, and recognises that these partnerships are necessary to ensure the provision of an excellent standard of care.

The RANZCP has also developed a new resource on coping with a patient suicide for those in psychiatry training. The resource was developed to provide information for those in psychiatry training who experience a patient suicide during the training period. The resource was presented at the 2021 International Association for Suicide Prevention World Congress held in September on the Gold Coast, Australia.

And finally, I'm delighted to announce that our annual Congress will be held 15–19 May, 2022 in Sydney, Australia. The scientific program will explore the theme "Stronger bridges, safer harbours" and the interlinked concepts of connection, inclusion and creativity. The theme takes inspiration from Sydney's wonderful physical setting and we hope to have the opportunity to build stronger bridges and improve connections with colleagues from across the region after the events of the past 2 years have kept us physically apart. Congress 2022 will also have options to access the academic program content remotely including exclusive virtual only sessions. If unable to attend, we encourage colleagues from across the region to join us for the virtual program. More information at: [www.ranzcp2022.com.au](http://www.ranzcp2022.com.au). (The author declares no conflicts of interest in writing this article.)

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## The 22nd WPA Is Going to Be a Hybrid Congress, 3-6 August 2022

The Psychiatric Association of Thailand (PAT) is pleased to invite all member societies and associations to join us at the 22nd World Congress of Psychiatry (WCP) in Bangkok, Thailand, 3 - 6 August, 2022. This WCP is also co-sponsored by the Asian Federation of Psychiatric Association.

Due to the current pandemic situation, the WCP offers a hybrid congress in which delegates can either select to attend in-person at the Bangkok International Trade and Exhibition Center (BITEC) or online. We hope that this four-day congress will provide networking opportunities and the possibilities for collaboration to international attendees in all specialist areas of psychiatry.

Please visit the official website of the congress for the latest information at [www.wcp-congress.com/](http://www.wcp-congress.com/).

For more information regarding the COVID-19 regulations related to traveling to Thailand, please visit the websites at [www.businesseventsthailand.com/en/press-media/news-press-release/detail/1385-tceb-situation-update-covid-19-virus-on-28-february-2022](http://www.businesseventsthailand.com/en/press-media/news-press-release/detail/1385-tceb-situation-update-covid-19-virus-on-28-february-2022).

We look forward to welcoming everyone to Thailand. (The authors declare no conflicts of interest in announcing this news.)



Bangkok night along the Chao Phraya River

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



The International Conference on Psychiatry (ICP) is an official conference of Bangladesh Association of Psychiatrists (BAP) which is held every two years, since the year 2001 where all eminent psychiatrists and mental health professionals from all around the globe come together. It provides a great platform for exchanging knowledge and ideas, as well as making new connections and renewing old ones.

This year BAP is organising the 11th International Conference on Psychiatry (11th ICP) along with the 13th SAARC International Psychiatry Conference 2022, Bangladesh. The conference will be cosponsored by World Psychiatric Association (WPA), SAARC Psychiatric Federation (SPF) and Asian Federation of Psychiatric Associations (AFPA).

The theme of this year's conference is "Mental Health Care in Today's World: Challenges and Preventive Strategies." Lack of integration of community healthcare, inadequate budget and provision of psychotropic drugs, shortage of psychosocial intervention programmes and no central health information system are among the many challenges faced for years now, especially in the developing countries. To overcome these challenges, BAP felt the need to expand preventive strategies and implement mental health care at all levels, from community to primary, secondary and tertiary.

BAP chooses unique venues representing Bangladesh for every ICP. This year the conference will be held in Chattogram, the port city of Bangladesh. In the midst of the hill tracts and waterfalls lined by the seashore,

Chattogram city is a perfect blend of tranquility and natural beauty. The heavenly scenery will be truly inspiring and cathartic for the participants.

BAP invites you all to the 11th International Conference on Psychiatry (ICP) Bangladesh and 13th SAARC International Psychiatry Conference 2022, Bangladesh which will be held on 29-30 September, 2022 in Radisson Blu Chattogram Bay View, Chattogram, Bangladesh. You can see the conference details at [www.bap.psychiatristsbd.com/](http://www.bap.psychiatristsbd.com/). You can also register, submit abstract and participate in the oral presentation, poster, workshop or symposium.

We look forward to welcoming you all and having a wonderful interaction in Chattogram, Bangladesh. (The author declares no potential conflicts of interest besides promoting the attendance).



Chandanpura Masjid, a famous landmark in Chattogram renowned for its impressive architecture with multiple domes and steeples painted in bright colors.

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*(Editor's note: Alam is the general secretary of Bangladesh Association of Psychiatrists and an executive committee member of SAARC Psychiatric Federation (SPF). He is the executive editor of Archives of NIMH [the official journal of NIMH] and also an editorial board member of the Asian Journal of Psychiatry.)*

## FROM PRESIDENTS OF AFPA-AFFILIATED PSYCHIATRIC SOCIETIES

### The 16th Annual Meeting of the Japanese Society of Schizophrenia Research

The Japanese Society of Schizophrenia Research (JSSR) held the 16th annual meeting 20-21 March, 2022. This annual meeting was held entirely online to cope with the COVID-19 pandemic, and we are exploring a sustainable way of running our meeting every year.

The JSSR was established in 2005 with 108 members and has grown to more than 370 members as of 2021. JSSR's primary mission has been to promote basic and clinical research related to schizophrenia from its inception until now. In addition, since the beginning of the 2010s, JSSR has been revitalizing joint activities with people having a diagnosis of schizophrenia based on the idea of “co-production.” For example, JSSR has started to collaborate with a new self-help program called *Tojisha-Kenkyu* (i.e., self-directed research by the patients themselves), a self-help programme developed by members of the Bethel House in Hokkaido, Japan. Since 2019, we have welcomed people diagnosed with schizophrenia to join JSSR to develop research in cooperation. These efforts are aligned with the concept of patients and public involvement (PPI) that has recently gained a great deal of attention.

The theme of the 16th Annual Meeting was “dialogue for the democratization of research.” We incorporated many attempts at “co-production.” As the advisory board for the meeting programme, to create a polyphonic space, we recruited experts in schizophrenia research, family members of people with illnesses other than schizophrenia, researchers in neuroscience, etc.

We organised a series of novel symposia. Expanding on top10 priorities for research, a co-productive achievement of the James Lind Alliance in the United Kingdom, a symposium “Research priorities” was held to examine what kind of research the patients want. A symposium “Evidence and communication” brought experts and patients together to discuss the social implementation of research findings and medical practice. We held special programmes such as a special lecture by the patients and their families to share their insights through their experience of illnesses and personal recovery, and a symposium focusing on social inclusion or unresolved issues on schizophrenia.

The latest research findings accumulated throughout the country were also widely presented as oral or digital poster presentations. We held “the young researcher award,” which praised outstanding researchers. Researchers overseas who have received our travel

awards presented their research as an international collaboration activity.

We all hope that this meeting has contributed to the increasing vitality of schizophrenia research in the Asian and Pacific regions. The website of the 16th annual meeting website is at [www.jssr16.camphor.jp](http://www.jssr16.camphor.jp). We apologize that the website is only in Japanese. Please translate yourself to view it!



This logo of JSSR (as inserted in the left lower corner of the topic logo above) was created in 2017 by a family member of a person with schizophrenia through an open competition. Under this design, there is a Japanese *kanji* for JSSR. The creator designed this logo with a motif of a heart and a brain and put a wish that schizophrenia will become familiar to many people. The logo also represents the overlapping of the three goals of JSSR: to promote comprehensive research on schizophrenia, disseminate understanding of schizophrenia, and contribute to the development of psychiatry and psychiatric care and the enhancement of mental health. (The author declares no potential conflicts of interest in writing this feature.)

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(Editor's note: Sho Kanata is secretary of the JSSR. The president of the JSSR is Kiyoto Kasai, Department of Neuropsychiatry, University of Tokyo, Japan.)





## **An International Psychiatric Conference on Rehabilitation in International Psychiatry at Lahore, Pakistan, 30 July - 1 August, 2021**

Pakistan Psychiatric Research Centre organised an International Psychiatric Conference at Lahore, Pakistan, 30 July -August, 2021. This conference was co-sponsored by the World Psychiatric Association, the Asian Federation of Psychiatric Association, Pakistan Psychiatric Society, Fountain House New York, Club House International, and Club House Europe. The conference received support from pharmaceutical companies.

Several eminent speakers from all over Pakistan along with many international academic and clinical mental health professionals highlighted the importance of the conference theme "Club House Model, Innovations and Diversity in Mental Health Treatment."

The conference included deliberations from 120 speakers from 14 countries. The international speakers attended the meeting virtually, and around 500 registered participants from Pakistan attended in-person. Scientific sessions brought together various organisations, experts of the field, and enthusiastic young psychiatrists to explore and share views about global and local aspects of the rôle of rehabilitation in international psychiatry.

Conference president, Afzal Javed also president of WPA said "I am glad that this conference is also looking at strengthening collaborations among different mental health professionals. This will indeed prove beneficial in improving our links with all these groups." Despite the current COVID-19 pandemic, Nasar Sayeed Khan, chair of the organising committee and his team organised the event. Khalid Mufti and Imran Ijaz Haider, were chairpersons of the scientific committee have similarly put together an admirable programme with several international and national experts for their deliberations.



Organising committee met the media

From the left: Aafia Malik, Saqib Bajwa, Nasar Sayeed Khan, Amjad Saqib, Afzal Javed, Imtiaz Dogar, Khalid Mufti, Imran Haider, Ayesha butt, Imran Murtaza, and Ali Anjum

The event had plenary lectures, symposia, free paper sessions, and electronic poster presentations. Inaugural dinner took place in Fountain House in Lahore on 31 July (Friday) and was attended by mental health professionals and key civil society representatives. The organising committee thanks all participants and the supporters. We thank all the pharmaceutical companies for making this event successful. (I declare no conflict of interest in reporting this news.)

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## **The Wrap-up Report of the 7th Congress of AsCNP, 22-23 October, 2021**

The 7th Congress of the Asian College of Neuropsychopharmacology (AsCNP) was successfully held as a virtual congress hosted from Singapore, 22-23 October, 2021. The theme of the congress was "Advances in neuropsychopharmacology: Spotlights on progress and beacons to the future." More than 400 participants joined the congress. The congress had 3 plenary and keynote sessions, 3 meet-the-expert sessions, 4 special sessions, 12 symposia, 2 oral sessions, and poster sessions.

The plenary sessions were presented by Lakshmi N. Yatham, University of British Columbia, Canada; Andrea Cipriani, University of Oxford, UK; and Roger McIntyre, University of Toronto, Canada. Meanwhile, the meet-the-expert sessions involved John Kane, Zucker Hillside Hospital, USA; Eduard Vieta, University of Barcelona, Spain; and Toshi A. Furukawa, Kyoto University, Japan. One of the meet-the-expert sessions was sponsored by Otsuka and special sessions were sponsored by Sumitomo, Servier, Hyphens and Lundbeck. We would like to thank the sponsors for their generous support that made these sessions possible.

The congress also hosted the AsCNP Lundbeck Science Award Session. We congratulate Tadfumi Kato on winning the Clinical Science Award and Zhong Chen on winning the Basic Science Award.

The congress provided prizes for young investigators and best oral and poster presentations. Awards were made to the Kotaro Hatta for Best Oral Presentation, Mariko



Nakamura for Best Young Clinician, Hajime Miyanishi for Best Young Scientist, Naomi Hasegawa for Best Poster and Ming-Chyi Huang for Poster presentation.

The congress was supported by the Pharmacological Society (Singapore), the College of Psychiatrists, Academy of Medicine Singapore, and the Departments of Pharmacology and Psychological Medicine, Yong Loo Lin School of Medicine, National University of Singapore. Thanks for generous sponsorship from Lundbeck, Sumitomo, Otsuka, Hyphens, Servier, Pfizer, and DKSH. Also thanks to all of the participants, speakers, sponsors, organising partners, and the local and international organising committee members. (The authors declare no conflicts of interest in writing this report.)

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*(Editor's note, Dawe is the local organising committee  
chair of the congress. Tan is president of the AsCNP.)*

## Recent Activities of the JYPO

The Japan Young Psychiatrists Organization (JYPO) is a certified non-profit organization in Japan since 2002. The goal of the JYPO is focusing on leadership development, global perspective cultivation, and service of local mental health for the young psychiatrists in Japan. Around 100 psychiatrist members around Japan are working on various events and academic activities domestically and internationally. The JYPO and our members and graduates have long been kindly supported by AFPA. Today I will inform to you our recent activities of the JYPO.

### Change of JYPO President

The JYPO has a six-year graduation system for continuously juveniling organisation, and our ex-president, Nozomu Oya, accomplished his rôle and stepped down in June 2021. He had a great leadership in this difficult era with COVID-19 pandemic.

At Kyoto University, I am now serving as the new president of the JYPO. I have worked as a psychiatrist for five years and mainly had clinical work in rural area (Toyo-oka city, the northern part of Hyogo Prefecture

in Japan, a three-hour train trip from large cities like Osaka or Kyoto.) Poor resource of Japanese psychiatric situation in countryside has driven me to act locally on the clinical work, and to think widely and globally on our mission of psychiatry.

Now I am doing clinical work on the same hospital, while as a graduate student of Kyoto University I started my research on brain imaging on fMRI. As the president of the JYPO, I am putting effort, intending to seek and new values of our JYPO's activities on the context of the COVID-19 pandemic. I truly appreciate the kind attention to our work from the Asian Federation of Psychiatric Associations.

### The 2nd JOIN meeting was held 24-25 February, 2022

After COVID-19 pandemic has prevailed, our meet ups have had to be postponed or cancelled. The biggest event for the JYPO was the Course for Academic Development of Psychiatrists (CADP), which had been annually held since 2002, and we invited around 40 psychiatrists from all over the world, including Norman Sartorius (Switzerland).

Now we plan an alternative event called JYPO Online International Networking (JOIN) Meeting, in which young psychiatrists gather together through the connection of a conference software, and develop skills for academic circumstances like presentations or conversations. This year we raised the theme "how to collaborate in international projects," and tried to experience research planning and presentation making in online working groups. We also invited Norman Sartorius and Tsuyoshi Akiyama (president-elect of the World Federation of Mental Health) as honourable lecturers. As many as 31 young psychiatrists (10 from overseas) gathered online.

Non-Japanese psychiatrist participants were Renato de Filippis (Italy), Enjeline Hanafi (Indonesia), Nicholas Pang (Malaysia), Era Catur Prasetya (Indonesia), Frilya Rachma Putri (Indonesia), Andres Roman (Ecuador), Belly Sutrisna (Indonesia), Papan Vadhanavikkit (Thailand), Maria Francisca Padez Vieira (Portugal), and Michael Wallies (Switzerland).

Someone participated from his workplace, someone with their children, or someone with COVID-19 infection as if the meeting were on the extension of our usual life. We learned a new way and possibility of academic meeting from the management of this event. In order not to de-celerate international academic development due to COVID-19 pandemic, we continuously hold international conferences.

### Local online meet-ups have been activated these days

With our mission of service for local mental health in Japan, we had many regional events like clinical conferences or social gatherings with nearby members. Although we cannot participate in such events with face-to-face contact, we have started planning them online using a conference software or spatial chat, and making networks beyond the boundaries of moving restrictions or infectious risks. After the COVID-19 pandemic, as we

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A sample of 35 photos of those who participated in the JYPO online international networking (JOIN) meeting, 24-25 February, 2022  
Non-Japanese psychiatrist participants in the photo were Norman Sartorius (Switzerland), Michael Wallies (Switzerland), Belly Sutrisna (Indonesia), Era Catur Prasetya (Indonesia), Renato de Filippis (Italy), and Papan Vadhanavikkit (Thailand).

conferences or beyond-regional information exchanges rather increases these days. Young psychiatrists are flexible and eager to learn in various ways. Adapting ourselves to our new normal tools, we are going to facilitate young psychiatrists' development and meet the demand of members.

The JYPO will keep serving as a culture to develop international mental health. I appreciate it if you keep paying attention and giving advice to the members of the JYPO. (The author declares no conflicts of interest in writing this report.)

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The 2022 hybrid World Congress of Neuro-psychopharmacology (CINP) will be going on 9-12 June 2022 online and in-person in Taipei, Taiwan in such a difficult time of the COVID-19 pandemics. It is the first international neuroscience congress in nearly two years in Taiwan to welcome all participants to attend the conference in person.

Numerous international experts and researchers, including Francesco Benedetti (Milano, Italy), Masashi Yanagisawa (Tsukuba, Tochigi, Japan), Edward Bullmore (Cambridge, United Kingdom), Serena Spudich (New Heaven, Connecticut, USA), and Hailan Hu (Hangzhou, China) will join with us. Particularly, the Minister of Digital Technology and Information, Taiwan, Audrey Tang (Taipei, Taiwan) will give a plenary lecture on the issue of technology, the COVID-19 pandemic, and mental health in the afternoon of 10 June, 2022.

The topics of 2022 CINP World Congress include “international update on acute and long-term treatment of schizophrenia,” “advancing psychopharmacology research in autism spectrum disorder,” “strategies for precision prescribing in psychiatry,” “sex/gender differences in adolescent brain,” “behaviors and mental health,” “novel mechanisms linking stress and mental health,” “advancing drug discovery for unmet medical need in schizophrenia,” “opioid pharmacology updates,” “neurobiology of rapid antidepressant response,” “ketamine, MDMA and psilocybin,” and “racial/ethnic differences in pharmacogenetics.”

Pierre Blier (Ottawa, Canada), the CINP president, and Ya-Mei Bai (Taipei, Taiwan), the president of the Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN) invite you to the

33rd CINP World Congress online or in person. Let’s meet virtually or in-person in Taipei.

There will be 116 posters from Taiwan, and 55 of them are invited as oral presentations. Also an invited dinner reception will be held at the Garden Taipei on 11 June, 2022. This is a special arrangement by Taiwanese Society of Biological Psychiatry and Neuro- psychopharmacology. R.S.V.P. is required to Grace Hunag, the staff secretary of the TSBPN. (The authors declare no conflicts of interest in making this announcement.)

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*(Editor’s note: Chen is the secretary of TSBPN.)*



## FROM THE EDITOR

### Defining More Newsworthiness of a Feature during the COVID-19 Pandemic

After my sending out the page-made galley proof in PDF file of this issue of the Bulletin of the Asian Federation of Psychiatric Association to all contributing authors one by one, I just found that the last page of this publication was empty with only a postal logo. Therefore, I decided to write this editorial note to fill up the space on page 16.

In the front page of each issue of the Bulletin, there is a brief "Table of Contents" called "In This Issue." I have to choose six most newsworthy representative features of all included news to highlight features in this issue of the Bulletin. But each time, I keep wondering what are my criteria in choosing news items to be listed in "In This Issue"?

Since 2016, I have learned that "Man Bites Dog [1] is a brief version of a quick guideline of important feature selections for listing in "In This Issue." "Man Bites Dog" is to describe how an unusual occurrence (comparing to the situation as a dog biting a man) is more likely to be reported as news than an ordinary occurrence with similar consequences, such as a "Dog Bites Man."

In "In This Issue," of this winter issue of the Bulletin, I have included "The 9th WCAP in Hyderabad in September 2022," "HKCPsych Helps Train Support Buddies for MDs," "Talk Show Live on Bipolar Disorder in Thailand," "2022 11th Int. Psychiatric Conference in Bangladesh," "Conference on Psychiatric Rehabilitation in Lahore, 2011," and "JYPO Online International Networking Meeting" as representing samples in highlighting the contents of the features. I have not entered "The 22nd WPA Is Going to Be a Hybrid Congress in Bangkok, 3-6 August 2022, and "The 2022

Hybrid World Congress of Neuropsychopharmacology (CINP) in Taipei, 9-12 June, 2022" for listing under "In This issue."

The main reason is that those big congresses have been repeated in the same venues, in the same cities, by the same sponsorers, and often time by the same speakers because most convention centres or hotels offer the postponing the dates instead of returning the earnest deposits, and cancelling the convention contracts due to COVID-19 pandemic. Journalistically, the repeated occurrences in *the Bulletin of the AFPA* can lose their newsworthiness easily.

Despite the loss of newsworthiness, I predict that like it or not, repeated big international meetings at the same venue, in the same city, by the same sponsorers, and by the same speakers will be one of unforgettable shared reminiscence for some psychiatrists in the post-COVID-19 pandemic days. (The author declares no conflicts of interest in writing this editorial.)

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1. Shen WW: Defining features for the Bulletin of the AFPA: two "man bites dog" stories from my traveling to Sri Lanka. *Bulletin of the AFPA* (Tokyo) 2016; 3 (2): 49-50.

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