



2006/07 Annual Report

The International Society for Affective Disorders (ISAD) exists to promote research into the affective disorders through all relevant scientific disciplines

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Letter from the President

Dear Colleagues

I am pleased to present my first annual report at a time of continuing growth in the membership, stature and influence of the Society. ISAD is now into its 7th year – we have held 3 successful conferences in Sicily, Cancun and Lisbon, the Journal of Affective Disorders goes from strength to strength, our educational mission is well on track, and advocacy continues to be at the forefront of our activities.



Dr Roger Pinder

We are increasingly being asked to give our official approval and imprimatur to conferences, publications and educational initiatives. For much of this success we have to thank our tireless and efficient Administrator, Caroline Holebrook, who makes the running of the office and its myriad of diverse activities seem effortless.

Successful elections were held in 2007 for the vacant position of ISAD Secretary. I was delighted to welcome Dr. Sagar Parikh to the Executive Committee, which doubles the Canadian representation on the EC. He joins an energetic and efficient EC, and I wish to thank all members for their help and hard work. I would also welcome for the next round of elections in 2008, nominations for other international researchers – ISAD was born in the UK of largely British stock, and despite being a UK-registered charity it is now a truly international organisation.

ISAD was represented officially and participated in a number of international congresses – ISBD in Edinburgh, CINP in Chicago and WFSBP in Chile – and we will again hold a special symposium at ISBD's forthcoming conference in India in January 2007 when Dr. Ray Lam has organized a timely session on chronobiology. The ISAD Annual General Meeting will be held in Vienna during the ECNP

Congress, and members who are delegates to the Congress are urged to attend the AGM. ISAD fellows have also initiated a number of educational activities in 2007, including a Bipolar Disorder in Primary Care slide kit, a Latin American E Learning Bipolar Project and two chronobiology meetings.

ISAD's interaction with advocacy groups is still growing, and from the several proposals for advocacy symposia in Cape Town one was chosen by the Scientific Programme Committee. I would like to thank the members of that Committee for their excellent and painstaking work for the next Conference, and especially its Chairman Bernard Lerer who faced a very tough task of coordinating global teleconferences and guiding the Committee with a firm hand to select a few outstanding from the many very good proposals. The programme for Cape Town is excellent – in addition to the 3 plenary lectures and 13 official ISAD symposia, we have a psychotherapy workshop and a guest symposium from the IPA. A massive total of 167 abstract submissions have been made, ensuring that the Programme Committee will again have its work cut out. Finally, I am delighted to inform you that the European Accreditation Center in CNS (EACIC) will be giving 22 CME credits for attending the Cape Town Meeting. Book early to avoid disappointment!

Dr Roger Pinder

Reference and administrative details

Official title:

The International Society for Affective Disorders

Registered Charity Number:

1105075

Registered Company Number:

05031434

Registered office:

The International Society for Affective Disorders
Institute of Psychiatry
King's College London
PO72, De Crespigny Park
Denmark Hill
London, SE5 8AF, UK

Charity Trustees & Officers

Dr Roger Pinder	President Executive Committee ISAD Company Director
Prof Chris Thompson	Immediate Past President ISAD Company Director
Prof Cornelius Katona	ISAD Executive Committee ISAD Company Director Co Editor of the <i>Journal of Affective Disorders</i>
Dr Sagar Parikh	Secretary ISAD Executive Committee ISAD Company Director
Prof Ray Lam	Treasurer ISAD Executive Committee ISAD Company Director
Prof Jan Scott	ISAD Executive Committee ISAD Company Director
Caroline Holebrook	ISAD Administrator

Governance and management

History

In 2000 a steering group of leading researchers was invited to become foundation fellows of ISAD and to join the steering committee. This original committee has now evolved into the structure ISAD has enshrined in the constitution and which forms the basis of our status as a company.

Governance

ISAD is managed by the Executive Committee consisting of the company directors:

Dr Roger Pinder	President
Prof Chris Thompson	Immediate Past President
Prof Ray Lam	Treasurer
Dr Sagar Parikh	Company Secretary
Prof Cornelius Katona	
Prof Jan Scott	

These take advice from the council, consisting of:

1. The Executive Committee

2. Six regional representatives

from:

(a) North America (USA & Canada)

Dr John Rush

(b) Australasia (includes the South Pacific)

Dr Ian Hickie

(c) Asia (includes Japan and the Indian sub-continent)

Prof Tetsuya Hirose

(d) Europe (includes the UK)

Prof Johan den Boer

(e) Latin & Central America (includes Mexico)

Dr Gustavo Vazquez

(d) Africa & the Middle East

Dr Elizabeth Peter Ross

3. The immediate past president

4. Three ex officio members from the Journal of Affective Disorders:

Two editors in chief and the publishing editor

Prof Hagop Akiskal, Prof Cornelius Katona & Phil Bishop, Elsevier

5. Up to 3 co-opted members

Prof Norman Sartorius, Dr Kay Wilhelm & Dr Ajit Avashti

The Executive Committee has also established four further committees:

1. The Membership Committee
Chair: Dr Roumen Milev
2. The Education Committee
Chair: Dr Sagar Parikh
3. An External Affairs Committee
Chair: Dr Roumen Milev (Acting)
4. The Programme Committee
Chair: Prof Bernard Lerer

One member of the Executive Committee serves on each of the above committees. The Administrator, under the guidance of the President and Executive Committee carries out the day-to-day running of the Society.

Decision making

The President, Secretary and Treasurer are elected by the Fellows for a two year term of office.

The Fellows currently meet annually at the annual general meeting to discuss the strategy and management of the Society.

Objectives and activities

Objects of ISAD

ISAD's objects are; the advancement of education, the relief of sickness and the benefit of the public in order to promote a better understanding of affective disorders among professionals and the public; to improve the recognition and treatment of affective disorders leading to better health outcomes; to promote education and research into the affective disorders.

Mission Statement

The International Society for Affective Disorders (ISAD) exists to promote research into the affective disorders through all relevant scientific disciplines

ISAD Strategy 2005-2007 – Our progress

During the ISAD AGM held in Cairo in September 2005 Prof Chris Thompson outlined an ambitious strategy for ISAD's future development. He proposed that ISAD should aim to become the leading network of researchers, clinicians and advocates internationally in order to provide unbiased information on Affective Disorders to the widest possible audience and to contribute to our members' efforts to advance research, reduce stigma and improve services.

To achieve these aims Prof Thompson proposed the following objectives with measurable targets.

Objective 1: Increase participation

- *Measurable targets – by 2007*

Fellowship growth:

- Double the fellowship (full scientific members)
- A total of 20 advocacy group partners
- 150 clinical affiliates
- 150 young research affiliates

2005 Figures

New members:	19
Renewals:	110
Distinguished Fellows:	25
Active members total:	154
Advocacy Groups:	4
Outstanding renewals:	80
Total:	238

Progress to date:

2007 Figures

New members:	10	Total: 416
Renewals:	99	
Distinguished Fellows:	25	
Active members total:	134	
Advocacy Groups:	11	
Advocacy Affiliates:	4	
Outstanding renewals:	133	

ISAD still has some way to go to reach all its targets but is working hard to achieve them.

Objective 2: Conferences

- *Measurable targets – by 2007*

Meetings:

- Hold our Third International Conference
- Hold our Second Regional meeting

Regional Thematic Meeting

Topic and workshop based around an agreed theme

Should be low cost – small – key opinion leaders

Output for publication in JAD

Format should attract sponsorship. Event should be linked to a larger conference i.e. WPA, ECNP etc

Proposed theme: Links between disadvantage and depression

Progress:

Third International Conference

ISAD held its 3rd Biennial Conference in Lisbon, Portugal in March 2006.

The conference attracted around 300 delegates from across the globe reflecting ISAD's truly international appeal.

Nationalities represented included;

UK, USA, Germany France, Chile, Kuwait, Finland, Israel, Mexico, Canada, Portugal, Spain, Australia, Norway, Argentina, Italy, Switzerland, Hungary, Denmark, The Netherlands, France, Algeria, Brazil, New Zealand, Serbia & Montenegro, Turkey, Greece, Japan, Sweden, South Korea,

Second Regional Meeting

The 2nd ISAD Regional Meeting was held in Chile in September 2006 as part of the IV Conferencia Internacional Trastornos del Animo at the Clínica Psiquiátrica Universitaria, Universidad de Chile.

Presentations included;

- Treatment of Depression and Anxiety: Advances
Ari A. Albala, University of California at San Diego
- STAR*D Update, Sidney Zisook, University of California at San Diego
- Treatment delays in bipolar disorders. Outcome and consequences
Leonardo Tondo, University of Cagliari & Harvard

Objective 3: Communication

- *Measurable targets – by 2007*

Methods of communication

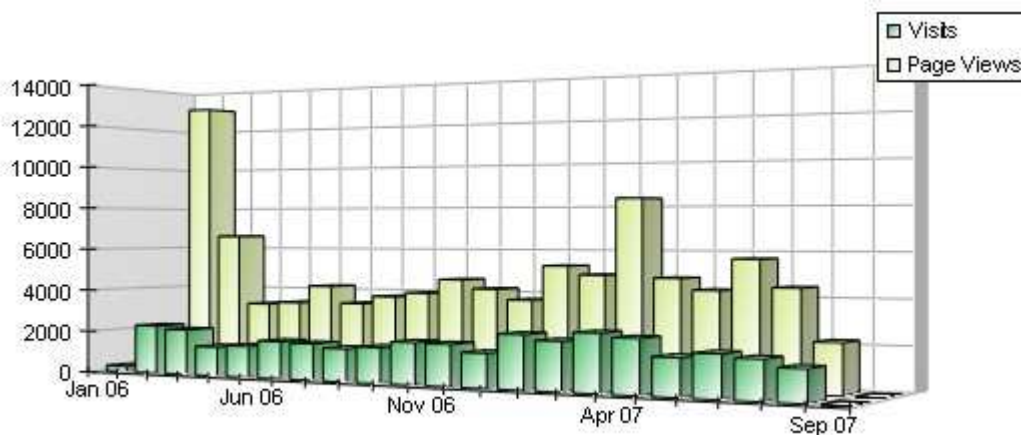
- 7 Newsletters
- Increase JAD online activity by 500
- Doubled the number of hits on the ISAD website

Progress:

ISAD has switched its communications from paper based newsletters to electronic delivery. Newsletters, notices, WPA communications, Electronic Tables of Contents and calls for abstracts are now all generated as electronic documents and delivered via email. This has enabled quicker, easier communication with the Fellowship and sharply reduces costs.

To ensure there is not an email overload for the Fellowship ISAD has moved to a quarterly newsletter during 2006. In addition there are WPA newsletters and the regular table of contents from the Journal of Affective Disorders.

The new ISAD website was launch in March 2007 with improved features for our public audience. There has been a general upward trend in the monthly hits on the site.



Top 10 Visitor Nations

Rank	Country	Page Views	Visits	Hits
1	United States	22384	14268	197395
2	United Kingdom	18891	2992	178942
3	N/A	3111	2006	29818
4	Canada	1611	589	29929
5	Netherlands	1450	365	27066
6	Australia	1219	335	21671
7	Germany	822	232	14493
8	Israel	771	108	8572
9	Japan	745	258	14969
10	Italy	641	224	15034
Total		51645	21377	537889

Objective 4: Education

Measurable target

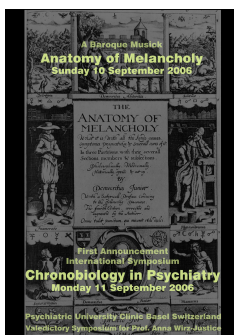
By March 2007 ISAD will have developed one education programme about an affective disorder with professional and public components and found a sponsor to implement it.

Progress:

ISAD Special Interest Committees & Meetings

The Committee on Chronotherapeutics in Affective Disorders (CCAD) was formed in 2004 by ISAD to review Chronotherapeutics (light and wake therapy) in affective disorders. The committee's report has been published as an Editorial in Psychological Medicine.

Since this initial report the Chronotherapeutics group have held two meetings, both free to attend, the first in Milan and the second in Basel.



The Chronotherapeutics group has a dedicated micro site within the ISAD website at:

https://www.isad.org.uk/committees/chrono_therapy.asp

"Bipolar Disorder in Primary Care" slide kit

ISAD Fellow Dr. Roumen Milev, Clinical Program Director of the Adult Treatment & Rehabilitation Services Program Ontario Canada developed this programme following a needs assessment exercise conducted during the 5th Annual Mood & Anxiety Disorders Conference. The exercise identified Bipolar Disorder as the most crucial topic to be addressed.

The learning objectives included;

1. To define Bipolar Disorder.
2. To examine the significance of Bipolar Disorder and its recognition.
3. To review the current therapeutic options for treatment of Bipolar Disorder.

DGPPN Collaboration

ISAD Fellow, Prof Mathias Berger, stimulated a collaboration between ISAD and the DGPPN (Deutsche Gesellschaft für Psychiatrie, Psychotherapie und Nervenheilkunde) German society for psychiatry, psychotherapy and neurology, during their congress in Berlin with an ISAD sponsored 2 day CBASP Workshop led by Dr. James P. McCullough, Jr., Professor of Psychology & Psychiatry of Virginia Commonwealth University.

Latin American E Learning Bipolar Project

ISAD Fellow and Regional Representative Dr Gustavo Vasquez submitted this ambitious E Learning project which ISAD was delighted to be able to endorse. The aim of the course is to update the psychiatrist in order to improve diagnosis and therapy of bipolar disorder. The course will be delivered in Spanish. The first broadcast is scheduled for October 2007.

Objective 5: Advocacy

By March 2007 ISAD will have

- recruited at least 20 advocacy groups to a Depression 2010 initiative

Progress:

ISAD has been successful attracting partners and new working relationships with:

Irish Association of Suicidology
South African Depression and Anxiety Group
MDF The Bipolar Organisation
Equilibrium The Bipolar Foundation
Papyrus

We have forged strong links with the Depression & Bipolar Support Alliance (DBSA) and GAMIAN Europe

ISAD is now a full member of the World Federation for Mental Health

Achievements and performance

2006/07 has been a very productive year for ISAD with the 3rd Biennial Conference in Lisbon and many other meetings as previously mentioned. In addition to these meetings there have been many other activities;

Attendance at conference

ISAD has participated in many events during 2006 including the CINP conference in Chicago at which ISAD hosted an exhibition stand attracting new Fellows and promoting the 2008 Biennial Conference.



ISAD @ CINP 2006 Chicago
From left to right:: Dr Mike Mitchell, Dr Roger Pinder, ISAD President, Phil Bishop, Caroline Holebrook, ISAD Administrator & Dr David Hackett

ISAD Symposium at the World Federation of Societies of Biological Psychiatry congress in Santiago, Chile

Dr Roger Pinder, ISAD President, Co-Chaired "*The Challenge of Suicidality in Adolescents*", organised by ISAD Fellow Gustavo Vazquez and held appropriately in a mixture of Spanish and English - a packed hall of 200 people, with speakers from Argentina, Chile, Spain and the USA. Dr Pinder also contributed a free communication on "*Wine and Cognition*", a particularly appropriate topic in the context of Chile.

Regional Meeting

ISAD held its second regional meeting in Chile in September 2006 as part of the IV Conferencia Internacional Trastornos del Animo at the Clínica Psiquiátrica Universitaria, Universidad de Chile, chaired by ISAD Fellow Dr Eduardo Correa

Annual General Meeting

ISAD's 2006 AGM was held during the 3rd Biennial Conference in Lisbon.

Advocacy Partnership

ISAD's External Affairs Committee has been actively promoting the development of links between ISAD and Advocacy groups. In October 2006 Caroline Holebrook,

ISAD Administrator participated in a round table discussion hosted by Papyrus for Higher Education Administrators discussing responses to student suicide in the University environment. Caroline also attended the Primhe Conference at the University of Warwick. Primhe is a UK charity devoted to mental health and wellbeing in primary care and communities. <http://www.primhe.org/>. Caroline also represented ISAD at the advocacy sessions held during the 6th Bipolar Conference in Pittsburgh, USA.

There will be an advocacy symposium during the ISAD 4th Biennial Conference in Cape Town co chaired by Dr Roumen Milev and William Ashdown, Vice President of the Mood Disorders Society of Canada.

Membership

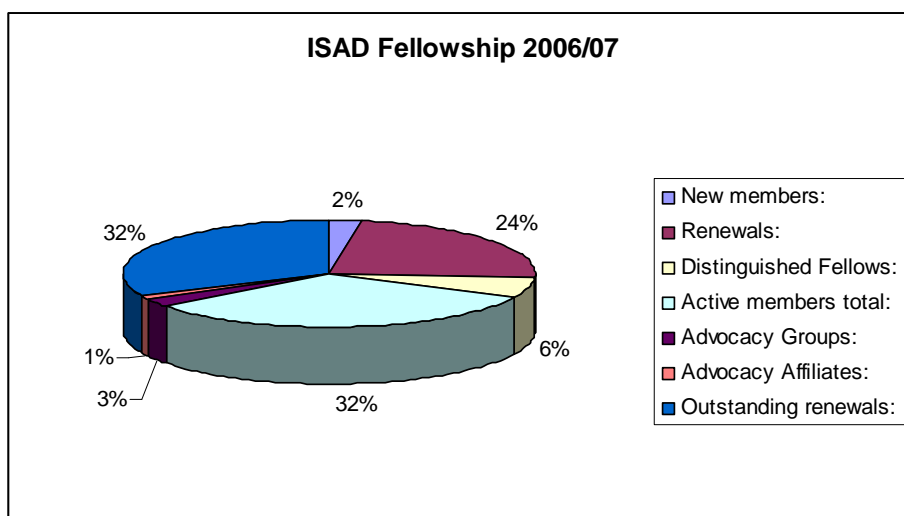
Categories:

- Distinguished Fellow
- Fellow
- Junior Researcher
- Affiliate Clinician
- Advocacy – Group & Individual membership
- Student

New members:	10
Renewals:	99
Distinguished Fellows:	25
Active members total:	134
Advocacy Groups:	11
Advocacy Affiliates:	4
Outstanding renewals:	133

ISAD is seeking ways to improve its Fellow's renewal rates.

Total: 416



ISAD Website Developments

The website was re-launched in May 2007 with improved navigation and exciting new content. The pages received a graphics update and some rationalisation to improve access to useful information.

Advocacy pages

New and improved content on these pages is now easily accessible from the ISAD homepage. The pages include useful links to groups from all over the world, some in English and many in the national language. There is also a growing selection of useful online resources such as toolkits for professionals and online mood monitoring tools for patients and families. ISAD has worked hard with our partners to build these pages and plans to continue development in the future. ISAD also promotes these pages to health professionals as a useful resource to assist them when searching for appropriate support material for their patients.

ISAD “Mobi” website

ISAD has registered www.isad.mobi domain name. Mobi sites are accessible via mobile telephones with Wireless Application Protocol or WAP. This is a developing technology set to develop in popularity and functionality. Registering the mobi domain name also ensures it cannot be used in a way which ISAD may find inappropriate and will prevent exposure to the disreputable use of our acronym. You can view the new mobi pages via your mobile phone if you have WAP capability.



Journal of Affective Disorders

The Journal continues to increase its impact factor and monthly download rate. It celebrates its 100th issue during 2007.

Editors-in-Chief:

C. Katona, H.S. Akiskal

The Journal of Affective Disorders publishes papers concerned with affective disorders in the widest sense: depression, mania, anxiety and panic. It is interdisciplinary and aims to bring together different approaches for a diverse readership. High quality papers will be accepted dealing with any aspect of affective disorders, including biochemistry, pharmacology, endocrinology, genetics, statistics, epidemiology, psychodynamics, classification, clinical studies and studies of all types of treatment.

Average monthly article downloads for this journal: 31,189*

* Figure is an average based on full text articles downloaded monthly via ScienceDirect between July 2005 and July 2006.

3.138 Impact factor 2006 Journal Citation Reports

Ranked **29th** out of the 95 journals in the ISI Psychiatry category and **28th** out of the 146 journals in the ISI Clinical Neurology category, the Journal is going from strength to strength.

Journal Citation Reports© 2007, published by Thomson Scientific

During 2007 the Journal published its 100th issue and has produced several special issues to celebrate.

In December 2006, (Volume 96, Issue 3, Pages 141-143) Prof Hagop Akiskal, introduced the *Special issue on circular insanity and beyond: Historic contributions of French psychiatry to contemporary concepts and research on bipolar disorder*

This special issue is thought to be the first to highlight the original contribution of two French psychiatrists, Falret and Baillarger, to the field of mood disorders. The work produced by these psychiatrists in 1854 has been unknown to the English speaking tradition although Kraepelin incorporated their ideas in his work some 45 years later.

This issue was guest edited by Prof Pierre Pichot, French National Academy of Medicine, Paris, France

The Journal celebrated its 100th volume with a special issue supplement

Advancing Understanding of the Effectiveness of Quetiapine in Acute Mania: Clinically Relevant Data From Controlled Trials (Volume 100, Issue , Supplement S1 (2007)) guest edited by Prof Terence Ketter, Stanford School of Medicine and supported by an unrestricted educational grant from Astrazeneca Pharmaceuticals

Prof Terence Ketter



Prof Akiskal contributed a special editorial *In Search of Aristotle: Temperament, human nature, melancholia, creativity and eminence* to the 100th issue, in which he explored the relationship between creativity and melancholia and how Aristotle may have been the first to describe bipolar disorder.

Volume 102 (Volume 102, Issues 1-3, Pages 1-288 (September 2007)) included a special section *Depression and Anxiety in Women across Cultures* guest edited by Prof Uriel Halbreich, University of Buffalo

ISAD Logo

The ISAD logo is now a registered trademark under UK law.

ISAD Fellows honoured

ISAD Fellows have been recognised around the world for their research contributions during 2007 winning major awards and accolades.

Dr Mario Juruena, Section of Neurobiology in Mood Disorders, Institute of Psychiatry, King's College London was awarded *The Senior Clinical Wyeth Psychopharmacology Award 2007* from the British Association for Psychopharmacology (BAP) in July 2007

The President and Council of BAP chose Dr Juruena's "*Treatment resistant depression: Relationship between prednisolone suppression test and the response to inpatient treatment*" Juruena MF, Cleare AJ, Papadopoulos AS, Poon L, Lightman SL, Pariante CM as the winning submission.

This study has also won the best paper in Clinical Neuropsychopharmacology by The European College of Neuropsychopharmacology (ECNP). The paper will be presented as a Hot Topic Symposium during the ECNP Congress in Vienna in October 2007.



Dr. Mario Juruena awarded "*The Senior Clinical Wyeth Psychopharmacology Award 2007*", from the President of the BAP Professor Thomas Barnes at the gala dinner in the summer meeting in Harrogate (22-25 July, 2007)

Dr Daniel Smith, Cardiff University was awarded The American Psychiatric Association-AstraZeneca Young Minds in Psychiatry International Award for Bipolar Disorder. The prize of a grant of \$45000 for a project entitled 'Genetic Dissection of the Unipolar-Bipolar Interface'. In brief, the project tests the association of new candidate genes for mood disorder with fundamental affective temperaments across a large sample of patients with depression and bipolar disorder, irrespective of their formal DSM-IV diagnosis. For more details on the award see:
<http://youngminds.astrazeneca.com/article/525233.aspx>.



Dr Daniel Smith



Prof Hagop Akiskal

And finally Prof Hagop Akiskal ISAD Distinguished fellow and Co Editor of *Journal of Affective Disorders* was honoured by the American Psychiatric Association with a life time achievement award during the American Psychiatric Association Conference in San Diego, 2007.

Financial Review

Financial report

- *Accounts*

ISAD's accountant has prepared our accounts for the period up to 28th Feb 2007. These will be submitted to the Charities Commission, Companies House. Copies of the accounts are available on request.

- *Organon*

Organon has continued to support ISAD with an unrestricted educational grant with a donation of \$25,000 for 2007

- *Financial Statement*

STATEMENT OF FINANCIAL ACTIVITIES

for the year ended 28th February 2007

	<u>Notes</u>		<u>2007</u>	<u>2006</u>
<u>Summary Income and Expenditure Account</u>		<u>Restricted Funds</u>	<u>Unrestricted Funds</u>	<u>Total</u>
INCOMING RESOURCES				
Membership Subscriptions		- 0 -	13,517	13,517
Donations		5,225	27,204	32,429
Bank Interest		- 0 -	2,326	2,008
		-----	-----	-----
Total Incoming Resources		5,225	43,047	48,272
		-----	-----	-----
RESOURCES EXPENDED				
Cost of Generating funds				
Fundraising and Publicity	2	- 0 -	19,683	19,683
Charitable Expenditure	3	3,795	65,862	69,657
Governance Costs	4	- 0 -	1,028	1,028
		-----	-----	-----
Total Resources Expended		3,795	86,573	90,368
		-----	-----	-----
Net Movement in Funds for the Year		1,430	(43,526)	(42,096)
		-----	-----	-----
Total Funds: Brought forward		- 0 -	170,977	170,977
		-----	-----	-----
Total Funds: Carried Forward		£ 1,430	£127,451	£128,881
		-----	-----	-----
			£170,977	£170,977

Future Events

4th International Biennial Conference 2008



To reflect ISAD's truly international outlook the 4th International Biennial Conference will be held on the African continent in Cape Town, South Africa.

The primary aim of ISAD's conferences is to promote research into the affective disorders through all relevant scientific disciplines, including neuroscience, psychopharmacology, genetics and the social and behavioural sciences. Inter-disciplinary research approaches are particularly highly valued by the Society.

ISAD also aims to promote networking, exchange of ideas and experiences, and advance awareness of the consequence of mental health to global health and human development. ISAD has a reputation for providing high level, well-balanced scientific programmes. The format of this 4th biennial conference is a series of parallel symposia held over 3 days with a keynote plenary lecture on each day.

The conference programme includes a strong emphasis on free oral communications and posters for which contributions are invited on the following themes:

- Causation of affective disorders.
- Primary and secondary prevention of affective disorders.
- Treatment of affective disorders

ISAD is holding the meeting in conjunction with the International Anxiety Disorder Symposium, Chair by Prof Dan Stein, MRC Unit on Anxiety Disorders, University of Cape Town



* ISAD Fellowship for 2007 at £120.00 with an electronic subscription to the *Journal of Affective Disorders*

*ISAD Fellowship for 2007 at £165.00 with electronic **and** hardcopy subscription to the *Journal of Affective Disorders*

*ISAD Affiliate Clinician membership for £85.00 (No JAD)

*ISAD Affiliate Clinician membership for £120 (including electronic subscription to JAD)

*** Please indicate your preference**

Membership details:

Name:

Email Address:

Payment type:

Cheque

I enclose a cheque payable to the "International Society for Affective Disorders" (If your cheque is not made out to Sterling please add £10 to cover bank charges.)

BACS/Wire

Lloyds TSB
Palmerston Road Branch
2-4 Palmerston Road
Southsea
Hampshire, PO5 3QH, UK

Account: International Society for Affective Disorders
Account No: 1715012
Sort Code: 30 93 04

Credit card

Please charge my credit card*

(*VISA or MasterCard ONLY, we do not accept American Express)

Cardholders name:

Card Number: _ _ _ _ _ - - - - - - - - - - - - - - - -

Card Security Code _ _ _

(Transactions cannot be processed without this information)

Expiry Date: mm/yyyy _ _ / _ _ - - -

Billing Address of Card:

House No: _____

Street: _____

Town: _____

Postcode/Zipcode: _____

Signed: _____

