2004/2005 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 Colleague

I am delighted to be able to introduce our new format annual report, and would like to thank our administrator, Caroline Holebrook for her tireless work in bringing the society to its current state of development, as described in the text that follows.

It is now 6 years since a small group of us decided to bring together the resources of the Journal of Affective Disorders, its publisher Elsevier, the University of Southampton and other academic departments around the world to create a Society that would be inclusive and multi-disciplinary, but rigorously scientific and independent. It is worth reminding ourselves why we needed another society for this crucially important range of disorders - there is still no other organisation that is focussed on the affective disorders and is based in research across all relevant academic disciplines.

The society has made significant strides in the last year, establishing itself at the Institute of Psychiatry and becoming a UK registered charity. We are also working towards our biennial conference in Lisbon, which already at the time of writing has a healthy number of delegate registrations and sponsorships. We are in the middle of our first election for the senior officers, including the president. The Journal of Affective Disorders has also made great strides in the last year. It now has much improved publication speeds and has reasserted its dominant position as the journal of choice for publishing high quality research in affective disorders.

But we would like to do so much more and we need your help to do that. Our strategy for the next 2 years is clearly set out in this report and anticipates growth in the numbers and variety of memberships, and more partnership working to create educational and research support programmes that will add real value to the field. So please get involved with your society. It doesn’t take much to make a difference.

I would personally like to thank all the members and fellows who have made the last six years such an exciting journey, especially my fellow officers, David Beck, our first administrator, Caroline Holebrook our current administrator and of course our many sponsors especially Organon, who have been both generous, undemanding and thoroughly respectful of the society’s independent voice.

Chris Thompson

President 2002-2006
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

Prof Chris Thompson  President
Executive Committee
ISAD Company Director

Prof Cornelius Katona  ISAD Executive Committee
ISAD Company Director
Co Editor of the Journal of Affective Disorders

Dr Roger Pinder  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:

- Prof Chris Thompson  President
- Prof Ray Lam      Treasurer
- Dr Roger Pinder    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 Chris Thompson

4. The Programme Committee  
   Chair: Dr John Rush

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 meet at 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


During the ISAD AGM held in Cairo in September 2005 Prof Chris Thompson outlined the strategy for ISAD’s future development. He proposes 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

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

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

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.

Objective 5: Advocacy

By March 2007 ISAD will have
- recruited at least 20 advocacy groups to a Depression 2010 initiative
Achievements and performance

During 2005 ISAD has been able to consolidate its position after a long period in 2004 when there was “caretaker” administrative support for the organisation. Dave Beck, ISAD’s long serving administrator began his well deserved retirement shortly after the 2nd Biennial Conference in Cancun in March 2004. Caroline Holebrook the new administrator arrived until January 2005.

ISAD has now established a new headquarters at the Institute of Psychiatry, King's College London. The back log of administrative tasks has been cleared and the organisation of the 3rd Biennial Conference due to take place in Lisbon in March 2006 has begun in earnest. ISAD’s Programme Committee, Chaired by Dr John Rush have worked particularly hard on this.

Attendance at conference

ISAD has been actively promoting itself at several events during 2005 including the Sixth International Bipolar Conference in Pittsburgh, the World Psychiatric Association Conference in Cairo and the ECNP Conference in Amsterdam. ISAD also attended the first Anxiety Conference held in London, organised by the National Phobics Society.

Regional Meeting

ISAD held its first regional meeting in Buenos Aires, Argentina. The event was organised by Argentinean Fellow Dr Gustavo Vazquez in conjunction with the Argentine Society of Biological Psychiatry (AAPB) with an unrestricted educational grant from GlaxoSmithKline Laboratories and the additional academic support of the International Society for Bipolar Disorders (ISBD). This was a very successful event both in terms of intellectual exchange and collaborative working between international groups.

Annual General Meeting

ISAD’s AGM was held during the WPA Conference in Cairo in September 2005. The reduction in numbers felt during the conference due to world events was reflected in the attendance at the meeting. Despite the low turn out there was helpful discussion of the future strategy of ISAD.

Advocacy Partnership

ISAD’s External Affairs Committee has been actively promoting the development of links between ISAD and Advocacy groups. ISAD has now forged formal partnerships with; Primhe, UK, Balance NZ, New Zealand, The Black Dog Institute, Australia, The Mood Disorders Society of Canada, Aware, Ireland,
Bipolar Fellowship, Scotland and ABRATA the Brazilian Society for Affective Disorders to name just a few.

The scheme aims to promote awareness of the conditions and disseminate research about treatments to health workers and the public. Linking up advocacy groups with scientists and clinicians lends credibility at a national and international level. The overarching aim of the scheme is to develop a robust network of organisations at a global level in order to become a major influence on national governments and other large policy making organisations.

Membership

New categories:
- Junior Researcher
- Affiliate Clinician
- Advocacy – Group & Individual membership
- Student

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

Total: 238
ISAD Website Developments

The ISAD website has been undergoing some behind the scenes changes during 2005.

Fellows Forum
There is now an additional function to the Fellows Forum. When a Fellow submits a post to the Forum the list will circulate the posting to all Fellows via an email.

ISAD Fellows Committees
There is also a new ISAD Committees section where special interest groups can develop pages with literature citations and useful links. To date the Chronotherapeutics Committee and the Cochrane Group have both built pages. The Chronotherapeutics Committee have published their report on wake and light therapy in affective disorders as an Editorial in *Psychological Medicine* in the June 2005 issue. This report is also available from the Committee’s mini site on the main ISAD website.

Journal of Affective Disorders

Backlog & publishing speed

Prof Akiskal and Prof Katona, in their editorial in the July 2005 issue of the Journal of Affective Disorders, were able to announce that the Journal had successfully met the commitment undertaken at the 2nd Biennial Conference in Cancun in March 2004 to eliminate the backlog of papers awaiting publication.

“...This has not been just the work of the editors, though we have had to become very stringent in accepting only the very best papers submitted to us. Elsevier has kindly provided a significant boost to the number of pages we publish per year. Authors have been flexibly responsive to the Editors' invitation to produce more succinct prose and organization of their papers. We have thus been able to reach a “steady state” in terms of the number of papers we do accept without backlog, and without sacrificing quality, originality or breadth. In addition, now that we are a fully electronic journal with online submission and peer review at [http://ees.elsevier.com/jad](http://ees.elsevier.com/jad), publication times will be even faster.”

*Journal of Affective Disorders; Volume 87, Issue 1, Pages 1-2 (July 2005)*

The *Journal of Affective Disorders* now has a much improved publishing speed. An editorial time mean of around 25 weeks. It is important to stress that this includes time for authors to revise papers based on reviewers' comments. Production time, that is, time from receipt at Elsevier until print publication, is around 17 weeks for recent issues of the journal. Total publishing speed from first submission to appearance in print is now down to around 45 weeks.
When compared to some other key psychiatry journals the Journal of Affective Disorders is extremely competitive. For example the American Journal of Psychiatry had a total publication speed of 70 weeks in 2004, with 32 weeks production speed. The Archives of Psychiatry has nearly 57 weeks total publication speed and 25 weeks production time. Molecular Psychiatry has 45 weeks total publication speed and 27 weeks production speed.

Electronic access

After some serious work to the behind the scenes technology ISAD has enabled the website to give Fellows seamless access to the Journal of Affective Disorders. From 2006 Fellows will now access their subscription to the JAD using their login from the website.

Converting to online, desktop access to the JAD has several benefits.
- ISAD can now give Fellows seamless access to the Journal of Affective Disorders online via the Fellows secure site.
- Fellows will be able to search the entire archive of JAD online.
- Fellows will no longer have long runs of back copies to store.
- Online delivery is environmentally friendly. No wasted paper. No wasted delivery miles.
- The table of contents will be emailed to Fellows as an alert.

It will, of course, still be possible to have the hard copy of the Journal. There will be an additional charge for this to cover the print cost and postage.

ISAD Logo

The update was needed for several reasons. Firstly to improve the reproduction of the logo this, previously, was blurred and difficult to identify. Secondly it gives the Society’s image a more contemporary look. The image retains the globe and the suggestion of the eyelid sweeping round which is intended to symbolize the global nature of ISAD. The image retains the all important “ISAD” acronym which is becoming such an important recognition factor. ISAD has also kept the blue colour scheme which is so distinctive. ISAD now has an exhibition stand in the new livery which you can see when ISAD travels to conferences.

Other activities

ISAD is keen to promote the activities of its Fellows and this year two of our Chilean Fellows, Fernando Ivanovic-Zuvic and Eduardo Correa-Donoso have founded the Journal Trastornos del Animo (Mood Disorders). The journal is a product of the Bipolar Disorders Unit of the University Psychiatric Clinic of the University of Chile. The journal is an attempt to respond to the need for a Spanish language journal for
investigators and professionals in the field who want to publish their work and reflections on the area of Mood Disorders.

Cover image of the first issue of *Journal Trastornos del Animo*
Financial Review

Financial report

- Accounts
ISAD’s accountant has prepared our accounts for the period up to 28th Feb 2005. These will be submitted to the Charities Commission, Companies House and the Inland Revenue. Copies of the accounts are available on request.

- Organon
Organon has continued its support of ISAD with an unrestricted educational grant with a donation of $25,000 (£13,500) for 2005 and $25,000 for 2006

- Financial Statement

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Future developments

Plans for the future

The World Bank, World Health Organisation and Harvard University report “The Global Burden of Disease” predicts that depression will be the second most common cause of major disability by 2020 Is it possible to challenge this?

ISAD president, Prof Chris Thompson has proposed that the theme of ISAD’s conference in 2010 mark the progress of this target.

_Depression 2010 - Are resilient communities the antidote to depression?

Prof Thompson envisages bringing together organisations with a major interest in depression: Professional groups, government organisations, WHO and advocacy groups to examine the existing circumstances and to work together to improve the future prospects for suffers and their families.
Fellowship application for the International Society for Affective Disorders
You may also join on-line at www.isad.org.uk
Please complete all boxes * of the application form below.

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<th>* Title:</th>
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<td>Fax:</td>
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Two Most Recent Research Papers
These are a requirement for Fellowship

**Title:**

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<tr>
<td>Date:</td>
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<tr>
<td>Issue:</td>
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<td>Pages:</td>
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<td>Volume:</td>
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**Title:**

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<td>Issue:</td>
</tr>
<tr>
<td>Pages:</td>
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<tr>
<td>Volume:</td>
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* ISAD Fellowship for 2006 at £120.00 with an electronic subscription to the Journal of Affective Disorders

*ISAD Fellowship for 2006 at £145.00 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 Account: International Society for Affective Disorders
Palmerston Road Branch Account No: 1715012
2-4 Palmerston Road Sort Code: 30 93 04
Southsea Hampshire, PO5 3QH, UK

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: __________________________
# International Zones and Membership Rates

## Zone reductions 2005

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<td>Zone C - 50% reduction</td>
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<td>Zone D - 60% reduction</td>
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**Zone 1**
- Australia
- Austria
- Belgium
- Canada
- Cyprus
- Denmark
- Finland
- France
- Germany
- Greece
- Hong Kong-China
- Iceland
- Ireland
- Israel
- Italy
- Japan
- Korea
- Kuwait
- Luxembourg
- Netherlands
- New Zealand
- Norway
- Portugal
- Qatar
- Singapore
- Spain
- Sweden
- Switzerland
- United Kingdom
- United States

**Zone 2**
- Argentina
- Bahrain
- Barbados
- Brazil
- Chile
- Croatia
- Czech Republic
- Hungary
- Malaysia
- Mauritius
- Mexico
- Poland
- Saudi Arabia
- Slovak Republic
- Slovenia
- South Africa
- Taiwan
- Uruguay

**Zone 3**
- Albania
- Belarus
- Bolivia
- Bulgaria
- Colombia
- Costa Rica
- Cuba
- Dominican Republic
- Ecuador
- Egypt
- El Salvador
- Estonia
- Georgia
- Guatemala
- Indonesia
- Iran
- Jordan
- Kazakhstan(*)
- Latvia
- Lebanon
- Lithuania
- Macedonia
- Morocco
- Papua-New Guinea
- Panama
- Paraguay
- Peru
- Philippines
- Romania
- Russian Federation
- Syria
- Thailand
- Tunisia
- Turkey
- Ukraine
- Venezuela

**Zone 4**
- Armenia
- Azerbaijan
- Bosnia-Herzegovina
- China
- Ghana(*)
- Honduras
- India
- Iraq
- Kyrgyz Republic(*)
- Nigeria(*)
- Nicaragua
- Pakistan
- Senegal(*)
- Yemen
- Yugoslavia

(*) The WPA Executive Committee, as part of an Institutional Program, has reduced by $25US the dues of Individual Members from Sub Saharan Africa & Central Asia countries in categories C and D. ISAD adheres to this policy.

If you have any questions please do not hesitate to contact ISAD at isad@isad.org.uk