



## 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 <i>Journal of Affective Disorders</i>
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 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

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 2<sup>nd</sup> 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 3<sup>rd</sup> 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 over arching 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.

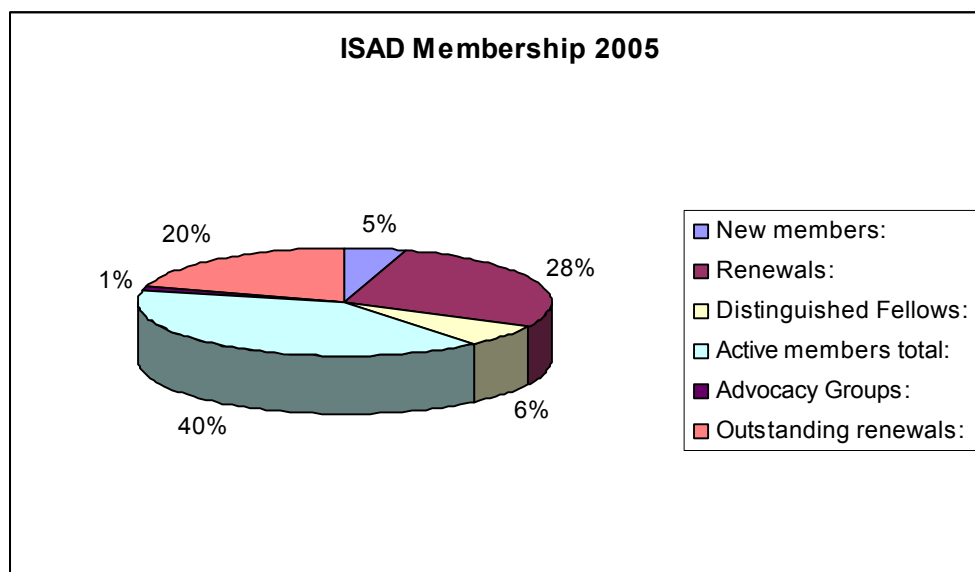
## Membership

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 2<sup>nd</sup> 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>, 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*

Accountant	£998.75
Affiliations	£30.00
Office equipment	£109.89
BT Conference Calls	£347.75
Cairo	£11,875.07
Conference Lisbon 2006	£1,663.84
Choice	£2,500
Companies House	£31.00
Elsevier	£17,261.25
Fed Ex	£57.72
Hypercom	£253.64
IT Costs	£5,292.80
JPA - Bookcase	£243.23
KCL – (Salary, office, post, etc)	£10,513.59
Logo re-design	£884.77
Nomadic Display	£1,817.63
Office Depot	£320.89
Solicitors	£1,703.16
Stationary – Design&Printing	£1,945.61
Training	£130.00
Travel & Expenses	£2393.86
Vodaphone	£253.59
Total	£60,628.04

## 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 sufferers and their families.

## Fellowship application for the International Society for Affective Disorders

You may also join on-line at [www.isad.org.uk](http://www.isad.org.uk)

Please complete all boxes \* of the application form below.

\* Title:

\*First Name:

\*Last Name:

Job Title:

\*Address 1

\*Address 2

\*Address 3

\*Address 4

\*Town

\*Post/Zip Code

\*Country:

\*Email Address:

Telephone:

Fax:

Professional  
Qualifications

Two Most Recent  
Research Papers

**Title:**

Journal:

Date:

Pages:

**Title:**

Journal:

Date:

Pages:

These are a requirement for Fellowship	
Date:	Issue:
Pages:	Volume:
Date:	Issue:
Pages:	Volume:



\* 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  
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: \_\_\_\_\_

## International Zones and Membership Rates

### Zone reductions 2005

Zone A - Full Subscription	£120
Zone B - 25% reduction	£90
Zone C - 50% reduction	£60
Zone D - 60% reduction	£48

#### 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 Arab Emirates	
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
Yemen	Yugoslavia		Senegal(*)

(\*) 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](mailto:isad@isad.org.uk)