

International Society for
Affective Disorders
World Psychiatric Association
Section for Affective Disorders



Update report 2006

The International Society for Affective Disorders (ISAD) represents the World Psychiatric Association Section for Affective Disorders. ISAD is hosted at the world renowned Institute of Psychiatry, King's College London. The ISAD Administrator, Caroline Holebrook, also serves as the secretary of the section. ISAD Fellows, Prof Cornelius Katona and Dr Sagar Parikh are co-chairs of the section.

ISAD is a registered UK Charity and a UK company limited by guarantee. As such ISAD has a formal executive committee structure which ensures clear, responsible governance for the Society.

ISAD and therefore the section have undergone a number of changes and improvements. Perhaps the most obvious improvement is the ISAD logo which has been given a modern, contemporary feel and is now well recognised within the community.

During the 3rd Biennial Conference in March 2006, Prof Chris Thompson, founding President of ISAD stood down and Dr Roger Pinder was inaugurated as President.

ISAD Recent Activities

ISAD and its Fellows have been incredibly active during 2006.

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, in Milan and Basel.

The Chronotherapeutics group has a dedicated micro site within the ISAD website at: <https://www.isad.org.uk/ccad.html>

Educational accreditation

- "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 April 2007.

Journal of Affective Disorders

Editors-in-Chief:

C. Katona, H.S. Akiskal

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.

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.

- **Electronic access**

During 2005 ISAD worked hard behind the scenes to allow ISAD Fellows to access the Journal of Affective Disorders via the website. This improvement brings a variety of benefits to the Fellowship. ISAD can now give Fellows seamless access to the Journal of Affective Disorders online via the ISAD secure site. Fellows will be able to search the archive of JAD online. Electronic delivery makes long runs

of back copies cluttering your office a thing of the past. Electronic, online delivery is environmentally friendly. There is no wasted paper and no wasted delivery miles. The Journal table of contents is emailed to Fellows so they never miss an important article or issue

- Publication of Reviews of ISAD events
The ISAD regional meeting held in Argentina in August 2005 generated three papers which will be published in the Journal of Affective Disorders in January 2006.

Biennial Conference 2006

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,

Regional Meetings 2005/06

- Argentina 2005

The 1st Regional Meeting of the International Society for Affective Disorders and 1st Ibero-Latino-American Meeting on Bipolar Disorders was organized by the Argentine Society of Biological Psychiatry (AAPB) with an unrestricted educational grant of GlaxoSmithKline Laboratories and academic support of the International Society for Bipolar Disorders (ISBD).

It took place in the Estancia "Villa María" at Buenos Aires (Argentina) on August 27th 2005. It was a closed event (by invitation only) with a total of 40 participants highly specialized on affective disorders from Latin-America, Spain and Italy. The general structure was organized on 3 round tables with a coordinator that presented the actual state of the problem and a 10 minutes presentation of each speaker with his personal position on the matter. The general program has had the following titles and speakers:

- 1) Costs and challenges of bipolar disorders in our region, coordinated by Sergio Strejilevich (counselor for Latin-America of the ISBD) (Argentina), with Valentin Gentil (Brazil), Eduardo Correa (Chile), Anibal Goldchluk (Argentina) and Lorenzo Villalba (Paraguay)
- 2) Bipolar Depressions: What are we doing?, coordinated by Eduard Vieta (Spain), Rodolfo Zaratiegui (Argentina), Alvaro D'Ottone (Uruguay), Gerardo García Bonetto (Argentina) and José Luis Ayuso Gutierrez (Spain)
- 3) Bipolar Disorders I, II, III, IV, VI: How far does the spectrum go?, coordinated by Gustavo Vázquez (regional representative of ISAD for Latin-America) (Argentina), Marcelo Cetkovich-Bakmas (Argentina), Leonardo Tondo (Italy), Alejandro Lagomarsino (Argentina).

This meeting was a mixture of high quality presentations from the speakers and discussion of the rest of the participants. The horizontal format of the meeting has resulted in an excellent level of discussion and interchange of knowledge on the affective clinical and therapeutic field.

A report on this meeting will appear in the Journal of Affective Disorders in the New Year.

- Chile 2006

The 2nd ISAD Regional Meeting was held in Chile in September 2006 as part of 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

Building Membership

ISAD has been working hard to engage with new members by participating in conferences, making new partnerships and promoting the Journal of Affective Disorders.

Creating links

- Advocacy – partners & affiliate members
ISAD has a growing number of advocacy partners such as the Mood Disorders Society of Canada, ABRATA and PRIMHE. ISAD is working with these societies to improve access to new research and collaborate on educational projects.
- WPA Sections
ISAD hopes to attract many WPA members to Cape Town in 2008 to participate in the 4th Biennial Conference. ISAD enjoys cross disciplinary appeal which is vital for building networks across the specialisms. ISAD aims to encourage multidisciplinary approaches wherever possible.
- ISAD Participation in other conferences – 2006
ISAD has been active during other society's events, reflecting its multidisciplinary outlook. ISAD had an exhibition stand at both the CINP Chicago Congress and ISBD Regional Meeting in Edinburgh during 2006. ISAD also held a symposium during the ISBD meeting. This reciprocal arrangement is now well established and continues the theme of collaborative working which ISAD is renowned for.

- Future participation
ISAD has a symposium during the forthcoming World Federation of Societies of Biological Psychiatry congress in Santiago de Chile in April 2007. ISAD regional representative, Dr Gustavo Vazquez successfully proposed the symposium and ISAD President, Dr Roger Pinder will travel to Chile to Chair the session.

Ongoing projects

- Suicide CME Programme
An initiative developed by the ISAD Education Committee during the 3rd Biennial Conference, Lisbon, 2006.
The committee agreed that ISAD has a primary role in offering education and training to health professionals. The committee felt the most effective method to accomplish this was to develop a templated seminar series which could be delivered locally. The topic of the first module in the series will be “suicide prevention”.
- Widening participation
ISAD continues to reach out to as many groups as possible. The ISAD website will be re-launching in the New Year with greater functionality and a new emphasis on its collaborative activities. ISAD exists to promote research collaborations throughout the scientific community by engaging with researchers and scientists and the wider public through our advocacy activities.
- Building networks
ISAD is continually working with likeminded organisations such as the ISBD, CINP and the WPA to create academic links. Our biennial and regional meetings draw in participants from across the disciplines.

Future Events

Conference 2008

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

The ISAD 4th Biennial Conference will take place at the Arabella Sheraton Grand Hotel in Cape Town, South Africa. Often regarded as one of the world's most beautiful cities, Cape Town is famous for its harbour as well as such well-known landmarks as Table Mountain and Cape Point.

The conference hotel is situated at the entrance to the historic Victoria & Albert Waterfront. This ideal location is within easy walking distance of Cape Town's endless attractions, including a wide choice of restaurants, bars, interesting architecture and monuments, museums, shopping centres and the numerous tourist highlights in and around this vibrant city.

Cape Town International Airport serves both domestic and international flights and is a short distance from the city centre.

International Anxiety Disorders Conference 2008

The ISAD conference will run in conjunction with the MRC Unit on Anxiety and Stress Disorders and their 2008 Conference which will take place at the Arabella Sheraton Grand Hotel, 17-18 March 2008.

Finally...

ISAD has had a very productive 2006 and is looking forward to an even more exciting 2007 and 2008. There is an enormous amount of work to do to continue building on the Society's successes and securing funding for all the projects we wish to embark on.

Caroline Holebrook
Section Secretary
12/12/06