



EPA PREVENTION OF MENTAL DISORDERS SECTION REPORT 2025

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Damla YILDIRIM
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Nafiye Selcan YILDİRIM, İstanbul, Türkiye
Davide ZANI, Chur, Switzerland

LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 2024
Venue: Virtually via emails

ACTIVITIES OF THE SECTION IN 2025:

Meetings/events

15th International Conference on Early Intervention and Prevention in Mental Health (IEPA)

Description:

The symposium "Deepening the Understanding of Emerging First-Episode Psychoses: New Insights into Basic Symptoms" was held on 8 September 2025 at the 15th International Conference on Early Intervention and Prevention in Mental Health (IEPA) in Berlin, Germany. Chaired by Frauke Schultze-Lutter, the symposium focused on advancing the conceptual and empirical understanding of basic symptoms in the early stages of psychotic disorders. The single presentation - "Basic symptoms in the community" delivered by Frauke Schultze-Lutter addressed the occurrence and clinical relevance of basic symptoms in non-clinical populations, highlighting their potential role in the early identification of emerging first-episode psychoses and in informing preventive and early intervention strategies.

Location: Berlin, Germany

Start date: 07/09/2025

End date: 11/09/2025

Attendance: symposium held within an international conference (IEPA 2025)

DGPPN Kongress

Description:

The symposium "Sind kognitive Basissymptome doch der Königsweg zur Schizophrenie-Prädiktion?" was held on 29 November 2025 at the DGPPN Congress 2025 in Berlin, Germany. Co-chaired and presented by Frauke Schultze-Lutter, the session focused on the role of cognitive basic symptoms versus Ultra-High Risk (UHR) criteria in predicting schizophrenia. The single presentation - "Kognitive Basissymptome- oder Ultra-Hochrisiko-Kriterien: die aktuell alternativen Ansätze in der Schizophrenie-Prädiktion", highlighted current alternative approaches and emerging evidence for early identification of individuals at risk for psychosis.



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Location: Berlin, Germany

Start date: 26/11/2025

End date: 29/11/2025

Attendance: symposium held within an international conference

Formation aux outils d'évaluation des symptômes de bases chez l'enfant et l'adolescent (SPI-A/SPI-CY) Description:

Two-day workshop providing in-depth training on SPI-A and SPI-CY instruments for assessing basic symptoms in children and adolescents. Participants gained practical experience in administration, scoring, and interpretation of these tools, enhancing competence in early detection of psychosis in younger populations.

Location: Nancy, France

Start date: 15/10/2025

End date: 16/10/2025

Attendance: not recorded

Early detection of psychosis using basic symptom criteria. Introductory training in the Schizophrenia Proneness Instrument, Child & Youth (SPI-CY) and Adult (SPI-A) versions.

Description:

Online introductory course on the Schizophrenia Proneness Instrument for Child & Youth (SPI-CY) and Adult (SPI-A), providing participants with foundational knowledge and practical skills in early detection of psychosis using basic symptom criteria.

Location: Half-day online course

Start date: 04/11/2025

End date: 07/11/2025

Attendance: not recorded

The clinical master-class 'Healing the Storm: Integrative Approaches to Affect Dysregulation in Refugee Trauma' Description:

Natalia Grinko attended the clinical master-class 'Healing the Storm: Integrative Approaches to Affect Dysregulation in Refugee Trauma' at STARTTS (NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors) in Sydney, Australia, on 12 November 2025.



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Location: NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors, Sydney, Australia

Start date: 12/11/2025

End date: 12/11/2025

The Brain, Behaviour and Mind Fall Lecture

Description:

Natalia Grinko delivered a lecture at the Brain, Behaviour and Mind Fall Lecture organized by the American Psychiatric Association (APA) on 18 September 2025.

Location: online/virtual format

Start date: 18/09/2025

End date: 18/09/2025

Introduction to Heart Rate Variability Biofeedback in Clinical Practice (HRVB)

Description:

Natalia Grinko participated in the course 'Introduction to Heart Rate Variability Biofeedback in Clinical Practice (HRVB)' at STARTTS in Sydney, Australia, during the period 27 May – 11 August 2025.

Location: Sydney, Australia

Start date: 27/05/2025

End date: 11/08/2025

The IV International Scientific and Practical Conference 'Resilience of Humans in Wartime: Health Care, Trauma Healing, and Strength of Community'

Description:

Natalia Grinko participated in the IV International Scientific and Practical Conference 'Resilience of Humans in Wartime: Health Care, Trauma Healing, and Strength of Community' in Lviv, Ukraine, on 16–17 May 2025.

Location: Lviv, Ukraine

Start date: 16/05/2025

End date: 17/05/2025

The Brain, Behaviour and Mind Spring Conference

Description:



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Natalia Grinko participated in the Brain, Behaviour and Mind Spring Conference organized by the American Psychiatric Association (APA) and the Center for the Study of Traumatic Stress on 23 April 2025.

Location: online/virtual format

Start date: 23/04/2025

End date: 23/04/2025

The Training of Trainers Programme 'Building Bridges: Methodology of Communities Needs Assessment for Recovery'

Description:

Natalia Grinko participated in the Training of Trainers Programme 'Building Bridges: Methodology of Communities Needs Assessment for Recovery' within the Erasmus+ CBHE project 'Service-learning for Higher Education in Ukraine (ServU)' in Kyiv, Ukraine, from 4 to 6 January 2025.

Location: Kyiv, Ukraine

Start date: 04/01/2025

End date: 06/01/2025

Trauma: Neurobiology, Mental Health and Prevention

Description:

Natalia Grinko participated in the ECNP Course 'Trauma: Neurobiology, Mental Health and Prevention,' organized by the Traumatic Stress ECNP Network, on 18 February 2025.

Location: Amsterdam, Netherlands

Start date: 18/02/2025

End date: 18/02/2025

Adlerian Approach to Personality Disorders

Description:

Natalia Grinko participated in the seminar 'Adlerian Approach to Personality Disorders' at Adler University, USA, on 13 February 2025.

Location: Adler University, USA

Start date: 13/02/2025

End date: 13/02/2025



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the Virtual Winter Conference organized by ICASSI (the International Committee of Adlerian Summer Schools and Institutes)

Description:

Natalia Grinko participated in the Virtual Winter Conference organized by ICASSI (the International Committee of Adlerian Summer Schools and Institutes) on 18–19 January 2025.

Location: online/virtual format

Start date: 18/01/2025

End date: 19/01/2025

Eeducational and preventive training activities for adolescents, teachers, and families, focusing on adolescent psychological distress, early identification of mental disorders, and the promotion of help-seeking behaviors

Description:

Antonella Litta, MD, PhD, contributed as a speaker to ongoing educational and preventive training activities for adolescents, teachers, and families, focusing on adolescent psychological distress, early identification of mental disorders, and the promotion of help-seeking behaviors, in collaboration with school institutions and third-sector organizations, with an emphasis on mental health literacy, stigma reduction, and community-based prevention strategies.

Location: Italy

Start date: 01/01/2025

End date: 01/01/2026

‘Youth in Mind’ initiative

Description:

Antonella Litta, MD, PhD, contributed as a speaker to the ‘Youth in Mind’ initiative promoted by Fondazione Progetto Itaca ETS in Puglia, Italy, delivering educational interventions aimed at enhancing mental health awareness among adolescents and adults in educational and caregiving roles, with a focus on emotional regulation, early warning signs of psychological distress, and preventive strategies.

Location: Puglia, Italy

Start date: 01/01/2025

End date: 01/01/2026



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'Journey to Ithaca'

Description:

Antonella Litta, MD, PhD, contributed to the conference 'Journey to Ithaca,' the final event of the pilot mental health prevention project 'Youth and Emotional Distress,' held in Grottaglie (Taranto), Italy, on 27 May 2025, organized by EDA Italia Onlus and the Local Health Authority of Taranto.

Final public dissemination event of a school-based pilot project on adolescent mental health prevention. The conference focused on strengthening collaboration between schools, families, and mental health services, promoting early recognition of emotional distress, and fostering a community-oriented preventive approach.

Location: Grottaglie (Taranto), Italy

Start date: 27/05/2025

End date: 27/05/2025

Publications

Rinaldi G, Lerch S, Schultze-Lutter F, Schmidt SJ, Cavelti M, Kaess M, Michel C. Investigating the associations between personality functioning, cognitive biases, and (non-)perceptive clinical high-risk symptoms of psychosis in the community.

Journal:

Eur Psychiatry.

Authors:

Rinaldi G, Lerch S, Schultze-Lutter F, Schmidt SJ, Cavelti M, Kaess M, Michel C.

(Expected) Publication date: 22/01/2025

Acknowledged as official Section publication? Yes

Association between Adverse Childhood Experiences and long-term outcomes in people at Clinical High-Risk for Psychosis.

Journal:

Schizophrenia (Heidelb).

Authors:

Tognin S, Catalan A, Aymerich C, Richter A, Kempton MJ, Modinos G, Hammoud R, Gorostiza I, Vassos E, van der Gaag M, de Haan L, Nelson B, Riecher-Rössler A, Bressan R, Barrantes-Vidal N, Krebs MO, Nordentoft M, Ruhrmann S, Sachs G, Rutten BPF; EU-GEI High Risk Study; Valmaggia L, McGuire P.

(Expected) Publication date: 20/02/2025

Acknowledged as official Section publication? Yes

Active treatment of affective disturbances may improve functional outcomes in patients in the early state of psychosis: Results of the PRONIA study.



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Journal:

European Psychiatry

Authors:

Salokangas RKR, Wenzel J, From T, Ilonen T, Armio RL, Laurikainen H, Tuominen L, Walta M, Ruef A, Bonivento C, Dwyer D, Brambilla P, Wood S, Upthegrove R, Borgwardt S, Meisenzahl E, Rosen M, Lichtenstein T, Ruhrmann S, Pantelis C, Lencer R, Bertolino A, Schultze-Lutter F, Riecher A, Kambeitz J, Kambeitz-Ilankovic L, Koutsouleris N, Hietala J; PRONIA consortium.

(Expected) Publication date: 01/10/2025

Acknowledged as official Section publication? No

Pathways to professional mental care in the Swiss young adult community: a case-control study.

Journal:

European Archives of Psychiatry and Clinical Neuroscience

Authors:

Osman N, Michel C, Schimmelmann BG, Schilbach L, Meisenzahl E, Schultze-Lutter F.

(Expected) Publication date: 15/08/2025

Acknowledged as official Section publication? No

Enhancing Early Detection and Treatment of Psychosis in Germany: A Protocol for the Health Economic Evaluation of an Artificial Intelligence-Guided Complex Intervention.

Journal:

BMJ Open

Authors:

Bommhardt T, Peschl J, Schultze-Lutter F, Koutsouleris N, Meisenzahl E, Köberlein-Neu J, CARE Study Group.

(Expected) Publication date: 18/06/2025

Acknowledged as official Section publication? No

Overlapping structural and functional connectivity disruptions in clinical high-risk for psychosis participants: A network analysis study

Journal:

NeuroImage: Clinical

Authors:

Paton A, Grent-'t-Jong T, Gajwani R, Gross J, Gumley AI, Lawrie SM, Schwannauer M, Schultze-Lutter F, Uhlhaas PJ.

(Expected) Publication date: 12/05/2025

Acknowledged as official Section publication? No

Sociodemographic and clinical predictors of depression in children and adolescents at clinical high-risk for psychosis: results of a two-year follow-up study.



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Journal:

Journal of Affective Disorders

Authors:

10.1016/j.nicl.2025.103803

Styss N, Michel C, Osman N, Walger P, Franscini M, Traber-Walker N, Schimmelmann BG, Flückiger R, Romanos M, Romer G, Schulte-Körne G, Greimel E, Meisenzahl E, Reissner V, Schultze-Lutter F.

(Expected) Publication date: 01/08/2025

Acknowledged as official Section publication? No

Most Influential Symptoms in the Early Detection of Clinical High Risk for Psychosis in Indonesia: A Basic Symptom Network.

Journal:

Asian Journal of Psychiatry

Authors:

Ambarini TK, Hartini N, Surjaningrum E, Schultze-Lutter F, Arifianto D, Syulthoni ZB, Puspitasari IM, Adiati RP, Chusairi A.

(Expected) Publication date: 15/04/2025

Acknowledged as official Section publication? No

Clinical prediction model for transition to psychosis in individuals meeting At Risk Mental State criteria.

Journal:

Schizophrenia (Heidelb)

Authors:

Bonnett LJ, Hunt A, Flores A, Tudur Smith C, Varese F, Byrne R, Law H, Milicevic M, Carney R, Parker S, Yung AR; IPPACT Study Group which also includes Shah J, Pruessner M, Malla M, Ziermans T, Durston S, Chang WC, Morrison A, Shiers D, van der Gaag M, McFarlane W, Welsh P, Tiffin P, Riecher-Rössler A, Studerus E, Schultze-Lutter F, Ruhrmann S, Klosterkötter J, An SK, Qurashi I, Huasain N, Chu S, Amminger P, Kotlicka-Antczak M, Addington J, Rigucci S, Verma S, Chan CT, Katsura M, Matsumoto K, Takahashi T, Gaspar P, Castillo R, Corral S, Mayol-Troncoso R, Maturana A, Uhlhaas P. Rüsç N.

(Expected) Publication date: 27/02/2025

Acknowledged as official Section publication? No

Choroid plexus morphology in schizophrenia and early-stage psychosis: A cross-sectional study.

Journal:

Schizophrenia Research

Authors:

Brunner G, Gajwani R, Gross J, Gumley A, Timmerman RH, Taylor T, Krishnadas R, Lawrie SM, Schwannauer M, Schultze-Lutter F, Uhlhaas P, Fracasso A.

(Expected) Publication date: 15/01/2025

Acknowledged as official Section publication? No



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Three-year Course of Clinical High-Risk Symptoms for Psychosis in the Community: A Latent Class Analysis.

Journal:

Epidemiology and Psychiatric Sciences

Authors:

Michel C, Osman N, Rinaldi G, Schimmelmann BG, Kindler J, Schultze-Lutter F.

(Expected) Publication date: 13/01/2025

Acknowledged as official Section publication? No

Investigating the associations between personality functioning, cognitive biases, and (non-)perceptive clinical high-risk symptoms of psychosis in the community.

Journal:

European Psychiatry

Authors:

Rinaldi G, Lerch S, Schultze-Lutter F, Schmidt SJ, Cavelti M, Kaess M, Michel C.

(Expected) Publication date: 22/01/2025

Acknowledged as official Section publication? No

Do coping strategies mediate the effects of childhood adversities and traumata on clinical high-risk of psychosis, depression, and social phobia? A cross-sectional study on patients of an early detection service.

Journal:

BMC

Psychiatry

Authors:

Chang Z, Osman N, Doll C, Lichtenstein TK, Rosen M, Meisenzahl E, Kadel H, Kambeitz J, Vogeley K, Schultze-Lutter F.

(Expected) Publication date: 07/01/2025

Acknowledged as official Section publication? No

Früherkennung und Frühbehandlung von Psychosen vor ihrer Erstmanifestation.

Journal:

DNP – Die Neurologie & Psychiatrie

Authors:

Schultze-Lutter F, Wrulich M.

(Expected) Publication date: 15/06/2025

Acknowledged as official Section publication? No



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Bilingual side effect: a case of foreign language syndrome following chlorpromazine-induced neuroleptic malignant syndrome.

Journal:

Annals of General Psychiatry

Authors:

Andric Petrovic S, Maric NP.

(Expected) Publication date: 02/01/2025

Acknowledged as official Section publication? No

Mental health stigma and its consequences: a systematic scoping review of pathways to discrimination and adverse outcomes

Journal:

EClinicalMedicine

Authors:

Kågstöm A, Guerrero Z, Aliev AA, Tomášková H, Rüsch N, Ouali U, Thornicroft G, Sartorius N, Winkler P

(Expected) Publication date: 15/11/2025

Acknowledged as official Section publication? No

Implementation of mental health policies and plans across the WHO European Region: barriers and facilitators

Journal:

Cambridge Prisms: Global Mental Health

Authors:

Guerrero Z, Kågstöm A, Tomášková H, Aliev A, Yon Y, Lazari L, Redlich C, Winkler P

(Expected) Publication date: 22/10/2025

Acknowledged as official Section publication? No

Mental health in Central and Eastern Europe: a comprehensive analysis

Journal:

The Lancet Regional Health–Europe

Authors:

Winkler P, Guerrero Z, Kågstöm A, Petrášová M, Pashoja AC, Qirjako G, Hristakeva V, Germanov D, Kuzman MR, Kuharić DB, Havlíková L.

(Expected) Publication date: 01/10/2025

Acknowledged as official Section publication? No

Psychiatric morbidity in people with autoimmune arthritides as a model of inflammatory mechanisms in mental disorders.



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Journal:

BMJ Mental Health.

Authors:

Formánek T, Mladá K, Mohr P, Lim MF, Olejárová M, Pavelka K, Winkler P, Osimo EF, Jones PB, Hušáková M

(Expected) Publication date: 22/03/2025

Acknowledged as official Section publication? No

Scaling up mental health services within the PHC approach: lessons from the WHO European Region (WHO report)

Journal: WHO Policy brief

Authors:

WHO Team

Centre for Primary Health Care (KAZ) (PHC)

Key contributors/authors include:

Melitta Jakab – Head of the WHO European Centre for Primary Health Care (Kazakhstan)

Ledia Lazari – Regional Adviser on Mental Health, WHO Regional Office for Europe

Jonathan Campion – Contributor

Petr Winkler – Contributor

(Expected) Publication date: 09/04/2025

Acknowledged as official Section publication? No

Implementing lifestyle interventions in mental health care: third report of the Lancet Psychiatry Physical Health Commission.

Journal:

The Lancet Psychiatry

Authors:

Scott B Teasdale, Katarzyna K Machaczek, Wolfgang Marx, Melissa Eaton, Justin Chapman, Alyssa Milton, Adawele L Oyeyemi, Dicky C Pelupessy, Felipe B Schuch, Grace Gatera, Helal Uddin Ahmed, Hervita Diatri, Ibrahim M Jidda, Miguel Gutiérrez-Peláez, Mohamed Elshazly, Muhammad Abba Fugu, Natalia Grinko, Pillaveetil Sathyadas Indu, San San Oo, Suhavana Balasubramanian, Jeroen Deenik, Davy Vancampfort, Brendon Stubbs, Evan Matthews, Philip B Ward, Jackie Curtis, Lamiece Hassan, Samuele Cortese, Simon Gilbody, Joseph Firth, Simon Rosenbaum

(Expected) Publication date: 15/09/2025

Acknowledged as official Section publication? No

Mental Health Literacy in Italy: Validation of the MHLq-YA and Implications for Targeted Interventions.

Journal:

Current Social Sciences

Authors:



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1. Pastore F, Amelio E, Domenicone E, Domeneck L, Maiorano L, Litta A.

(Expected) Publication date: 19/09/2025

Acknowledged as official Section publication? No

Promoting adolescent mental health through school-based literacy initiatives: beyond the stigma.

Journal:

Psychiatr Danub.

Authors:

Litta A, Vacca A, Mino MV, Franza F, Pastore F.

(Expected) Publication date: 15/09/2025

Acknowledged as official Section publication? No

Presentations at non-section events

Beyond Ultra High Risk for psychosis: the basic symptoms criteria.

Setting:

Chaired the EPA course at the 33rd European Congress of Psychiatry held in Madrid, Spain, from 5 to 8 April 2025.

Presenter: Frauke Schultze-Lutter, Andrea Raballo

Event Start date: 05/04/2025

Event End date: 08/04/2025

Acknowledged as official Section presentation? Yes

Promoting understanding of emerging psychosis: new findings on basic symptoms.

Setting:

EPA symposium at the 33rd European Congress of Psychiatry held in Madrid, Spain, from 5 to 8 April 2025

Presenter: Frauke Schultze-Lutter

Event Start date: 05/04/2025

Event End date: 08/04/2025

Acknowledged as official Section presentation? No

Indizierte Prävention von Psychosen – fit für die Praxis.

Setting:

Lecture at the Psychiatric Hospital, St. Elisabeth Gruppe Gmbh, Katholische Kliniken Rhein-Ruhr, Herne, Germany.

Presenter: Frauke Schultze-Lutter

Event Start date: 25/06/2025

Event End date: 25/06/2025

Acknowledged as official Section presentation? No



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Früherkennung von Psychosen – state-of-the-art.

Setting:

Lecture at the Institut für Klinische Verhaltenstherapie IKV am LVR-Klinikum Düsseldorf, Kliniken der Heinrich-Heine-Universität, Düsseldorf, Germany .

Presenter: Frauke Schultze-Lutter

Event Start date: 21/07/2025

Event End date: 21/07/2025

Acknowledged as official Section presentation? No

Real-world trends in benzodiazepine prescribing for maintenance treatment of bipolar disorder.

Setting:

Poster presentation at the 33rd European congress of psychiatry (EPA25) held in Madrid, Spain, 5-8 April 2025.

Presenter: Sanja Andric Petrovic

Event Start date: 05/04/2025

Event End date: 08/04/2025

Acknowledged as official Section presentation? No

Does empathy play a role in suicidality? Sex-specific findings from a community study.

Setting:

Poster presentation at the 38th ECNP Congress, held in Amsterdam, the Netherlands, 11-14 October 2025.

Presenter: Sanja Andric Petrovic

Event Start date: 11/10/2025

Event End date: 14/10/2025

Acknowledged as official Section presentation? No

Other Section activities

Description: Title / Activity: Früherkennung von Psychosen – Booster-Training Type: Full-day online course (CME certified) Date: 10 October 2025 CME Points: 10 Description: Online booster training focused on reinforcing knowledge and practical skills in early detection of psychosis. Participants revisited core instruments and procedures, enhancing their competence in identifying individuals at clinical high risk.

Event Start date: 10/10/2025

Event End date: 10/10/2025

Outcomes Reinforced participants skills in using early detection instruments for psychosis Consolidated knowledge on clinical high-risk assessment and interpretation Increased confidence in applying early detection strategies in clinical practice

Description:



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Natalia Grinko was a finalist in the Fulbright Research and Development Program 2025–2026 in the USA (Ukraine)

Event Start date: 01/01/2025

Event End date: 01/01/2026

Description:

Antonella Litta, MD, PhD, contributed to the pilot project 'Youth and Emotional Distress,' a school-based mental health prevention initiative targeting adolescents, teachers, and families, aimed at improving mental health literacy, reducing stigma, and supporting early help-seeking pathways through an integrated educational and clinical framework.

Event Start date: 01/01/2025

Event End date: 01/01/2026

FUTURE ACTIVITIES:

Meetings/events

EPA Congress Workshop 'Current Mapping of Psychotherapy Care across Europe'

Description:

Khutaija Noor will contribute as a speaker to the EPA Congress Workshop 'Current Mapping of Psychotherapy Care across Europe,' to be held at the EPA Congress (South Hall 2B) on 30 March 2026, where she will present a talk entitled 'The Silent Crisis: Unveiling the Global Health Burden of Psychotherapy Delays through the Mental Health Access Burden Index (MHABI),' focusing on access barriers, treatment delays, and their implications for prevention and early intervention in mental disorders

Location: Prague, Czech republic

Start date: 30/03/2026

End date: 30/03/2026

FUNDING IN 2025

Income: -

Source(s) of funding:



EUROPEAN PSYCHIATRIC ASSOCIATION



EPA PREVENTION OF MENTAL DISORDERS SECTION REPORT 2025

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Expenditure:

Balance: -

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA: