



EPA TELEMENTAL HEALTH SECTION REPORT 2020

SECTION COMMITTEE MEMBERS:

Chairperson: Prof. Dr. Umberto VOLPE

Co-chairperson: Dr. Defne ERASLAN

Secretary: Dr. Laura ORSOLINI

Councillor: Dr. Thomas GARGOT

Councillor: Audrey FONTAINE

Councillor: Maria LADEA

LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 01/06/2020

Venue: An in-person Section business meeting was not allowed due to the COVID-19 situation in 2020. An open electronic ballot vote was established on June 1-2, 2020 by email, in which a new board was elected: Umberto VOLPE (Chair), Defne ERASLAN (Co-chair), Laura ORSOLINI (Secretary), Audrey FONTAINE (Councilor for surveys in TeleMental Health), Thomas GARGOT (Councilor for research in TeleMental Health) and Maria LEDEA (Councilor for networking in TeleMental Health).

ACTIVITIES OF THE SECTION IN 2020:

Meetings/events

Section Business Meeting

Description:

- An in-person Section business meeting was not allowed due to the COVID-19 situation in 2020. An open electronic ballot vote was established on June 1-2, 2020 by email, in which a new board was elected: Umberto VOLPE (Chair), Defne ERASLAN (Co-chair), Laura ORSOLINI (Secretary), Audrey FONTAINE (Councilor for surveys in TeleMental Health), Thomas GARGOT (Councilor for research in TeleMental Health) and Maria LEDEA (Councilor for networking in TeleMental Health).
- During the electronic ballot vote, 22 out of 37 active Section members casted their vote online (59.4% majority). All voting members approved unanimously the proposed candidates. Elections results were also communicated to all Section members and to the Task Force for Sections, by email on June 4, 2020.



- The Section Chair (UV), as agreed during the last Section business meeting held at the 27th European Congress of Psychiatry in Warsaw on April 6-9, 2019, established a collaboration with the EPA Early Career Psychiatrists Committee Chair (MPdC) and discussed about establishing a permanent counselor post for a young psychiatrist designated by EPA ECPC.

Location: Virtual, via email

Start date: 01/06/2020

End date: 02/06/2020

Attendance: 22

Virtual Section Board Meeting

Description:

A virtual Section Board Meeting was scheduled on December 9, 2020, after an agreement with all section board members. However, Co-chair (DE) and councilors (AF and TG) did not join the virtual meeting due to unpredictable clinical duties occurring the day of virtual meeting. However, the chair (UV) discussed the main points of agenda with secretary (LO) and other councilor (ML), by asking for incenting international collaborations and activities of networking. Councilor (ML) talked about the rapid implementation of TMH in Romania and about several congress and didactic activities disseminated in Romania during the 2020.

Location: Virtual via Zoom

Start date: 09/12/2020

End date: 09/12/2020

28th European Congress of Psychiatry

Description:

Joint Section Symposium (Section on Telemental Health and Section on Neurodevelopmental Disorders Across the Lifespan), entitled "E-Mental Health Across the Lifespan" and chaired by Section Chair (UV) and J. Antoni Ramos-Quiroga (Spain)

Location: Virtual, Madrid, Spain

Start date: 04/07/2020

End date: 07/07/2020

28th European Congress of Psychiatry



Description:

Previous Section Secretary (VB) chaired the ECPC Symposium on “Why Should Digital Psychiatry Be Taught to Psychiatric Trainees?”

Location: Virtual, Madrid, Spain

Start date: 04/07/2020

End date: 07/07/2020

28th European Congress of Psychiatry

Description:

Section Chair (UV) co-directed and organized a CME Course entitled “Covid-19: How to implement Telemental Health Care during Pandemics”

Location: Virtual, Madrid, Spain

Start date: 04/07/2020

End date: 07/07/2020

Publications

InnerHour: Solving The Treatment Gap in Mental Health. Using technology to disrupt the mental health landscape

Journal:

L’Information Psychiatrique” (Editor-in-chief: Cécile Hanon)

Authors:

A. Malik, A. Kalidhar, C. Hanon

(Expected) Publication date: 24/06/2020

Acknowledged as official Section publication? No

Presentations at non-section events

Digital Health Summit

Setting:

Amsterdam (Holland)

Presenter: Previous Section Secretary (VB), in collaboration with the American Association for Technology in Psychiatry (AATP) and the American Association of Psychiatric Administration and Leadership (AAPAL) from the American Psychiatric



Association (APA), the Section of Informatics and Telecommunications of the World Psychiatric Association (WPA) and The Netherlands Psychiatric Association (NPA)

Event Start date: 06/10/2020

Event End date: 09/10/2020

Acknowledged as official Section presentation? No

The essential role of Digital Revolution in Mental Health: focus on Telemental Health (Panel Session "COVID-19: The biological disaster of our century: trauma caused, measured taken, lessons learned")

Setting:

WPA Thematic Congress on Intersectional Collaboration "Psychological Trauma: Global burden on mental and physical health", held in Greece (Virtual)

Presenter: Section Secretary (LO)

Event Start date: 10/12/2020

Event End date: 12/12/2020

Acknowledged as official Section presentation? No

"Practical tips and essential tools for Addiction ECPs in the era of COVID-19 pandemic: bridging the Digital Gap" - Symposium "COVID-19 and Addiction Medicine: Perspectives from NECPAM members"

Setting:

WPA Thematic Congress on Intersectional Collaboration "Psychological Trauma: Global burden on mental and physical health", held in Greece (Virtual)

Presenter: Section Secretary (LO)

Event Start date: 10/12/2020

Event End date: 12/12/2020

Acknowledged as official Section presentation? No

Other Section activities

Description:

- Section Chair (UV) established a good and fruitful collaboration with the Chair of WPA Section on Informatics (Professor Reinhard Krausz) who supported and helped us in building and disseminating an online survey supported by our EPA TMH Section, in collaboration with WPA section on Informatics, WPA and EPA



ECPC Section and UEMS Section of Psychiatry, about the main determinants of the choice of telepsychiatry.

- The survey was run on December 20, 2020 and is still ongoing.

Event Start date: 20/11/2020

Event End date: 20/12/2020

Description:

In 2020, councillor (TG) participated in the EuVsVirus Hackathon organized by the European Commission.

Event Start date: 24/04/2020

Event End date: 26/04/2020

Description:

In 2020, Section Chair (UV) was included in the Editorial Advisory Board of the Tasman's textbook of Psychiatry to serve as editor for the Section XIII of the book covering "Digital Mental Health Services and Technologies". Section Secretary (LO), and one of the section Councilors (TG) were included as co-authors of chapter 13.5 "Devices and mobile health" - Section XIII of the book covering "Digital Mental Health Services and Technologies" - Tasman's textbook of Psychiatry.

Event Start date: 03/11/2020

Event End date: 15/03/2021

Description:

Section Chair (UV) was involved in a national project aimed to the development of an "app" dedicated to the treatment of major depression.

Event Start date: 01/01/2020

Event End date: 31/12/2020

Description:

In 2020, Section Chair (UV) was appointed to chair and coordinate the task force on "e-Mental Health" at the Italian Society of Social Psychiatry, with a group of other Italian colleagues, including Section secretary (LO).



Event Start date: 26/10/2020

Event End date: 28/10/2020

Description:

In 2020, Councillor (ML) was involved in several national activities of implementation and training in TMH in Romania.

Event Start date: 09/12/2020

Event End date: 09/12/2020

Description:

Several members raised once more the issue of changing the current name of the into “Section of e-mental health”, given that telemental health is one of many areas of e-mental health, a field that has significantly expanded over the recent years. The issue will be discussed with EPA Section Secretary and the relevant EPA Board officers.

Event Start date: 01/06/2020

Event End date: 02/06/2020

FUTURE ACTIVITIES:

Meetings/events

29th European Congress of Psychiatry

Description:

The Section Chair (UV) will chair the Section Symposium “e-Mental Health and the future of psychiatric diagnosis” which will be held at the 29th European Congress of Psychiatry, Virtual, on April 10-13, 2021. During the same symposium, Section Secretary (LO) has been invited as speaker with the presentation “Digital Phenotyping in Psychiatry” and Councilor (TG) has been invited as speaker with the presentation “Diagnostic automated algorithms in neurodevelopmental disorders: focus on automatic motor assessment”.

Location: Virtual, Florence, Italy

Start date: 10/04/2021

End date: 13/04/2021



29th European Congress of Psychiatry

Description:

The Section Chair (UV) will chair as Course Director the Section supported CME Course entitled “How to implement Telemental Health Care in Clinical Psychiatric Settings” at the 29th European Congress of Psychiatry which will be held on 10-13 April, 2021, virtual.

Location: Virtual, Florence, Italy

Start date: 10/04/2021

End date: 13/04/2021

29th European Congress of Psychiatry

Description:

The Section Secretary (LO) will chair as Course Co-Director the Joint CME Course (Section on TeleMentalHealth and Early Career Psychiatrists Committee) entitled “Collaborative Internet-based Research in Psychiatry: an introductory course by Early Career Psychiatrists” at the 29th European Congress of Psychiatry which will be held on 10-13 April, 2021, virtual.

Location: Virtual, Florence, Italy

Start date: 10/04/2021

End date: 13/04/2021

29th European Congress of Psychiatry

Description:

The Section Chair (UV) has been invited as speaker at the ECPC Symposium entitled “Are you online?” with the presentation “Telepsychiatry and the psychiatrist of the Digital Era”.

Location: Virtual, Florence, Italy

Start date: 10/04/2021

End date: 13/04/2021

29th European Congress of Psychiatry

Description:

The Section Chair (UV) has been invited as chair (together with C. Hanon) and speaker at the Workshop entitled “Unmet Needs in Modern Psychiatric Practice: a Collaborative Workshop between the Committee on Education and EPA Scientific Sections”, with the presentation “Which is the Impact of Tele-mental Health and E-mental Health on



Educational Needs of Early Career Psychiatrists?" at the 29th European Congress of Psychiatry which will be held on 10-13 April, 2021, virtual.

Location: Virtual, Florence, Italy

Start date: 10/04/2021

End date: 13/04/2021

American Psychiatry Association (APA) Annual Meeting

Description:

The Section Secretary (LO) has been invited as speaker at the course entitled "Skills for internet-based research in psychiatry: a primer course by early career psychiatrists" at the American Psychiatry Association (APA) Annual Meeting which will be held on May 1-3, 2021.

Location: Virtual, New York, USA

Start date: 01/05/2021

End date: 03/05/2021

Other Section activities

Description:

- The section will stimulate education and debate on the use of digital health technology in mental health within the next Virtual European Congress of Psychiatry.
- Section officers aim to pursue the goals and the mission of the Task Force on E-Mental Health (TFEMH), chaired by EPA Past President (Prof. S. Galderisi), by implementing and developing digital application in mental health, with a particular focus on the implementation of telemental health across European countries, particularly due to the current COVID-19 related times.
- Section officers will offer their collaboration and technical advice in EPA activities related to the delivery of telepsychiatry, in preparing guidance and/or position papers on digital psychiatry applications and research. In particular, the Section officers (UV, LO, DE) aim to collaborate to produce an official EPA position paper on digital therapies in mental health settings, upon EPA Board acceptance.
- A specific aim of the Section will be to encourage ECP to join the section and become active members/officers.
- Moreover, the Section Chair (UV) and Section Secretary (LO), in collaboration with the WPA Section on Informatics and Telecommunications in Psychiatry (Chair:



Prof. M. Krausz) and the UEMS Section of Psychiatry, performed an online cross-sectional multicentre survey to investigate the main determinants about the choice of telepsychiatry in mental health settings across European Countries and worldwide. The survey was also supported by the EPA and WPA ECPC and capillary disseminated amongst expert psychiatrists working in TMH. The findings of the survey will help in providing relevant information useful to increase the implementation of TMH and telepsychiatry at European level. The findings will be shared through a publication.

- Section officers aim also to foster the collaboration with the WPA Section on Informatics and Telecommunications in Psychiatry (Chair: Prof. M. Krausz) and possibly organize joint Symposia, both at WPA and EPA upcoming congresses, together with research projects.

Event Start date: 10/04/2021

Event End date: 13/04/2021

FUNDING IN 2020

Income: None

Source(s) of funding: No funding received

Expenditure: None

Balance: None

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA: No