



EPA DIGITAL PSYCHIATRY SECTION REPORT 2023

SECTION COMMITTEE MEMBERS:

Chairperson: Prof. Dr. Umberto VOLPE

Co-chairperson: Dr. Defne ERASLAN

Secretary: Dr. Laura ORSOLINI

Councillor: Dr. Thomas GARGOT

Councillor: Alexinschi OVIDIU EUGEN

Councillor: Samuela KRASTEVA

LIST OF SECTION MEMBERS:

Ayodele ADEBAYO, Preston, United Kingdom

Herta AGAJ, Lezhe, Albania

Miguel Angel ALVAREZ DE MON, Madrid, Spain

Marina ANTONIOU, Nicosia, Cyprus

Taha ARİK

Kezban Burcu AVANOGLU, Ankara, Türkiye

Valentina BASILE, Orselina, Switzerland

Anzhela BAZZAEVA, г. Санкт-Петербург, Russian Federation

Julian Neil BEEZHOLD, Great Yarmouth, United Kingdom

Mohamed BENOUIOUA, Geneva, Switzerland

Samrat Singh BHANDARI, Gangtok, India

Marc BLOM, Den Haag, Netherlands

Myrna BOBET, Pensacola, United States

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Homayon Reinhardt CHAUDHRY, Zürich, Switzerland

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EPA DIGITAL PSYCHIATRY SECTION REPORT 2023

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Ozge KILIC, Istanbul, Türkiye
Volodymyr KOROSTIY, Kharkiv, Ukraine
Theodoros KOUTSOMITROS, Thessaloniki, Greece
Samuela KRASTEVA, Varna, Bulgaria
Fabian KRAXNER, Hedingen, Switzerland
Krzysztof KRYSTA, Bytom, Poland
Desiree LACIDA, Davao City, Philippines
Maria LADEA, Bucharest, Romania
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Vissam MAHASNEH, Damascus, Syrian Arab Republic
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Jan WISE, London, United Kingdom
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Nikola ŽAJA, Zagreb
Rashid ZAMAN, Cambridge, United Kingdom
Zvi ZEMISHLANY, Petah Tikva, Israel

LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 02/06/2022

Venue: In 2022, Section Board Elections have been virtually performed on June 1-2, 2022 by email. The Section Board was confirmed also in the period 2022/2024 (UV as Section Chair, DE as Co-Chair, LO as Secretary, TG as Councilor for research in Digital Psychiatry). OEA was appointed as Councilor for networking in Digital Psychiatry and SK as Councilor for surveys in Digital Psychiatry.

ACTIVITIES OF THE SECTION IN 2023:

Meetings/events

Section Business Meeting

Description:

An in-person Section business meeting was organized on March 26th, 2023, during the 31st EPA Congress which was held in Paris from March 25th-28th, 2023. Minutes of the Section business meeting have been then disseminated by email to all members on April 15, 2023. The main points are summarized here:

- Section Chair (UV) welcomed attendees and listed apologies received by other Section members. UV read out the agenda, which was unanimously adopted.
- Section Chair (UV) mentioned the activities carried out by Section officers and members during the past year (listed in the 2022 EPA Section Annual Report which will have been attached and sent out by email together with the current minutes, to all section members) and those within the current 31st European Congress of Psychiatry (CME Course, Inter-Section Symposium, Workshop). 2022 EPA DP Annual Report



EPA DIGITAL PSYCHIATRY SECTION REPORT 2023

was approved unanimously by all EPA DP Section members.

- The Section Chair (UV) reminded attendees about requirements and deadlines for submission for the next 32nd European Congress of Psychiatry which will be held in Budapest, Hungary on 6-9 April, 2024 and encouraged all Section members to propose educational and/or scientific initiatives. Several proposals have been already received, including Digital Psychiatry-related activities in collaboration with the EPA ECPC which will be planned during 2023.
- Section Chair (UV) talked about the great interest of attendees who joined the EPA DP Section supported CME course on the digital tools and interventions applied in the field of the assessment and treatment of Hikikomori (Social Withdrawal) and proposed to submit it again as section supported course for the next 32nd EPA Congress. All attendees unanimously agreed.
- Section Chair (UV) communicated to all attendees that the project about the video toolkit on Telepsychiatry in collaboration with EPA Committee on Education has been completed and will be released and available for all EPA members through the EPA Education platform, after the 31st EPA Congress (already advertised through the EPA Congress App and newsletter) at the following link: <https://elearning.europsy.net/enrol/synopsispaypal/index.php?id=10>.
- Section Chair (UV) updated all attendees about the further developments and collaboration of the EPA Section on Digital Psychiatry within the task force on the digitalization of the World Psychiatry Association (WPA) and in the task force on digitalization of the European Psychiatry Association (EPA), to the aim for the section to actively contribute to define a roadmap for digitalization across all European countries.
- Section Chair (UV) talked also about the possibility to plan, within the activity “Help the helpers” by the Secretary for Sections Martina Rojnic, a webinar outside the EPA Congress about to increase the digital engagement.
- Other initiatives/ideas/proposals collected during the business meeting were on workshop/symposium proposals for the upcoming 32nd EPA Congress: a) a joint symposium with Cultural Psychiatry section (e.g., in the form of a case-based workshop on how to implement DP in times of emergencies/crisis such as war)(UV); b) a joint symposium/workshop about digital rehabilitative interventions (UV, KK); c) a joint symposium/workshop together with the Section on Addictive Disorders about Digital Technopaties and the role of the web/digital tools in the treatment of digital addictions (LO); d) a course or a workshop about implementation strategy/methodological strategies, limitations/barriers on carrying out research studies in the field of DP (by proposing also a possible involvement of ECPC)(TG, LO); e) a workshop on Serious Games by involving speakers from UCL (ideators of Brain Explorer app)(SK).
- Other initiatives/ideas/proposals collected during the business meeting were on designing research studies or collection of data coming from shared digital platforms/tools (SK), even though it was also discussed the difficulty in homogeneously collecting some data from section members with limited financial resources or without access to these tools. SK proposed a multicentric study whose design will be shared with all board members and then to section members about a short survey addressed to patients affected with severe mental illness (i.e., schizophrenia spectrum disorders, mood disorders, etc.) about smartphone ownership, smartphone usage (average daily screen time), attitude towards digital therapeutics, expected benefits, main concerns, and so forth.
- Section Chair (UV) communicated to all attendees that together with the ECPC, particularly the Task force on Communication and Publication chaired by EC have been organized an ECPC-supported online talk activity with UV as “expert” speaker, EC and LO as chairs of the session about Telepsychiatry and



EPA DIGITAL PSYCHIATRY SECTION REPORT 2023

Digital Psychiatry. The initiative was disseminated through the EPA website and through the ECPC and many ECPs joined the initiative and showed great enthusiasm on the topic. Moreover, several joint symposia together with the ECPC have been organized during the current 31st 2022 EPA Congress and further requests and collaborations will be implemented with ECPC. Furthermore, section Chair (UV) stimulated all attendees to involve more ECPCs as active members of the section also in research activities in this field.

- The secretary of the Section (LO) updated attendees with the latest figure of Section membership (reporting a further increase from 57 members in 2021 to 73 active members in 2022 to current 79 members up to date). The Section Chair (UV) discussed strategies to increase a more active participation of members at the EPA DP section (also research) activities and during the EPA Congress. SK and KK proposed to design some multicentric research studies, easy to be
- SK and KK proposed some strategies to achieve funding (research grants? EU-funded applications/projects) for supporting DP-related section activities, particularly multicentric research studies on the topic of digitization and digital interventions.

Location: 31st EPA Congress (March 25th-28th, 2023), in Paris

Start date: 26/03/2023

End date: 26/03/2023

Attendance: 6

31st European Congress of Psychiatry

Description:

- Section CME Course entitled “Hikikomori, pathological social withdrawal and modern-type depression: assessment, intervention and novel therapeutic approach using digital technologies”, was organized and co-directed by Section Chair (UV) together with Takahiro A. Kato (as course director) and Section Secretary (LO) as speaker on case vignettes.

Location: Paris, France

Start date: 25/03/2023

End date: 28/03/2023

31st European Congress of Psychiatry

Description:

- A Section Symposium entitled “Digital transcultural psychiatry in times of crisis” was chaired by Iris T. Graef-Calliess and Section Chair (UV).



EPA DIGITAL PSYCHIATRY SECTION REPORT 2023

Location: Paris, France
Start date: 25/03/2023
End date: 28/03/2023

31st European Congress of Psychiatry

Description:

- A Section Symposium entitled “Psychological trauma in the digital era” was organized and chaired by Section Chair (UV) and Section Secretary (LO), with a talk by LO entitled “Digital Trauma Load: from online videogaming to the new forms of digital social networking”.

Location: Paris, France
Start date: 25/03/2023
End date: 28/03/2023

31st European Congress of Psychiatry

Description:

- An ECP Programme Debate entitled “Can digital psychiatry improve patient outcomes as much as in-person psychiatry does?” was chaired by Section Chair (UV) and Asilay Seker.

Location: Paris, France
Start date: 25/03/2023
End date: 28/03/2023

31st European Congress of Psychiatry

Description:

- An ECP Programme Symposium entitled “Remote work by psychiatrists in a variety of settings: what we can learn for clinical and academic practice” was organized by ECPC and chaired by Section Chair (UV) and Egor Chumakov.

Location: Paris, France
Start date: 25/03/2023
End date: 28/03/2023



EPA DIGITAL PSYCHIATRY SECTION REPORT 2023

31st European Congress of Psychiatry

Description:

- An ECP Programme Symposium entitled “Innovations in Psychiatry: Scientific Progress or Already Clinical Practice?” was organized by ECPC with a talk by LO entitled “Are we ready to be techno-digitalicus psychiatrists?”.

Location: Paris, France

Start date: 25/03/2023

End date: 28/03/2023

31st European Congress of Psychiatry

Description:

- A workshop entitled “Social Media&Psychiatry: effects of social media on users, research, advocacy, networking and intervention opportunities” was organized with a talk by Section secretary (LO) entitled “Social Media as DTx in psychiatry? Current opportunities and pitfalls”.

Location: Paris, France

Start date: 25/03/2023

End date: 28/03/2023

31st European Congress of

PsychiatryDescription:

- A State-of-the-Art Lecture entitled “Digital Psychiatry: Dream or Reality?” was chaired by Section Chair (UV) and Philip Gorwood.

Location: Paris, France

Start date: 25/03/2023

End date: 28/03/2023



EPA DIGITAL PSYCHIATRY SECTION REPORT 2023

Other Section activities

Description:

- In 2023, the EPA Telepsychiatry Toolkit, supported by DP Section and teamed up by our Section Chair (UV) together with Professor Donald Hilty, was officially released within the EPA online learning programme (<https://elearning.europsy.net/enrol/synopsispaypal/index.php?id=10>) since April 2023. The EPA Telepsychiatry Toolkit was built up with the aim to provide mental health professionals with the basic standards of telemental health care. The up-to-date scientific literature and practical hints provided will give participants an overview of the components of high quality telemental health care services in different settings.

Event Start date: 01/04/2023

Event End date: 31/12/2024

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 Section on Digital Psychiatry, by developing programs and solutions in mental health, with a particular focus on the implementation of digital health interventions, the definition of e-mental health policies, the study of smartphone-based, virtual reality/augmented reality, digital therapeutic interventions for mental health care.
- Section Chair (UV) was invited to join, within the EPA long-term plan, the task force on Digitalization.
- A specific aim of the Section remains to encourage a more active involvement of ECPs within the Section activities and organizing more joint educational activities with the EPA ECPC.

Event Start date: 01/01/2023

Event End date: 31/12/2024

FUTURE ACTIVITIES:

FUNDING IN 2023

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