



EPA DIGITAL PSYCHIATRY SECTION REPORT 2024

SECTION COMMITTEE MEMBERS:

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Co-chairperson: Dr. Thomas GARGOT

Secretary: Dr. Laura ORSOLINI

Councillor: Dr. Defne ERASLAN

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Zvi ZEMISHLANY, Petah Tikva, Israel

LAST SECTION COMMITTEE ELECTIONS HELD:

Date: 08/04/2024

Venue: In 2024, Section Board Elections have been performed in-person during the 32th EPA Congress in Budapest, on April 8th, 2024. For the mandate 2024/2026, the Section Chair (UV) and Section Secretary (LO) were confirmed, TG was appointed as Co-Chair, while DE was appointed as first councilor for networking in Digital Psychiatry. Two new board members were appointed as second and third councilors (EC, for research in Digital Psychiatry, and FK, for surveys in Digital Psychiatry).

ACTIVITIES OF THE SECTION IN 2024:

Meetings/events

Section Business Meeting

Description:

An in-person Section business meeting was organized on April 8th, 2024, during the 32th EPA Congress which was held in Budapest from April 6th-9th, 2024. Minutes of the Section business meeting have been



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then disseminated by email to all members on May 2, 2024. 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 2023 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 32th European Congress of Psychiatry (CME Course, Inter-Section Symposium, Workshop). 2023 EPA DP Annual Report was approved unanimously by all EPA DP Section members.
- The Section Chair (UV) reminded attendees about requirements and deadlines for submission for the next 33th European Congress of Psychiatry which will be held in Madrid (Spain) on 5-8 April, 2025 and encouraged all Section members to propose educational and/or scientific initiatives. Several proposals have been already received, ahead the business meeting, by individual Section members and other EPA sections also manifested their will to submit joint proposals for the upcoming EPA Congress.
- Section Chair (UV) reported the renewed great interest of attendees who joined the second edition of the EPA DP Section supported CME course on the digital tools and interventions applied in the field of the assessment and treatment of Hikikomori (i.e. juvenile social withdrawal) and he proposed to submit it again for the third edition at next 33th EPA Congress. All attendees unanimously agreed.
- Other initiatives/ideas/proposals for the upcoming 33th EPA Congress, as collected during the business meeting were the following: a) workshop on chatbots/Artificial Intelligence applications in the field of psychiatry, with a particular focus on ethical issues/implications (JW, DE, UV); b) intersectional symposium/workshop together with the Section on Addictive Disorders about Digital Addictions and the role of the web/digital tools in the treatment of digital addictions (UV, LO); c) workshop/symposium on Serious Games (OK, DE).
- Further initiatives proposed by attendees during the business meeting included: a) guidebook on evidence-based digital interventions in Europe with the support of ECPC, EFPT and EPA section on DP (FK); b) guidance paper on quality standards and ethics for acceptability (demand for psychiatry, quality specifiers, and so forth) through a thematic analysis (Delphi methodology) (TG). All attendees unanimously agreed and UV asked the proposers to send an official draft for such initiatives to be properly followed-up.
- Section Chair (UV) updated attendees with the latest figure of Section membership (reporting a further increase from 79 members in 2023 to current 97 members, 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, particularly among ECPC members.
- Section Chair (UV) communicated to all attendees the applications officially received for the 2024-2026 Elections of the Section. As all attendees unanimously accepted the candidacies and no objection was received, the Section Chair (UV) and Section Secretary (LO) were confirmed, TG was appointed as Co-Chair, while DE was appointed as first councilor for networking in Digital Psychiatry. Two new board members were appointed as second and third councilors (EC, for research in Digital Psychiatry, and FK, for surveys in Digital Psychiatry).

Location: 32th EPA Congress (April 6th-9th, 2024), in Budapest



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Start date: 08/04/2024

End date: 08/04/2024

Attendance: 10

32th 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).

Location: Budapest, Hungary

Start date: 06/04/2024

End date: 09/04/2024

32th European Congress of Psychiatry

Description:

- A Joint Section Symposium in collaboration with the EPA Section on Mental Health and Intellectual Disabilities (MHID) entitled “Innovating mental healthcare for individuals with intellectual and developmental disabilities through digital technologies” was organized and chaired by Krzysztof Krysta (Chair of the EPA Section on MHID) and Section Chair (UV).

Location: Budapest, Hungary

Start date: 06/04/2024

End date: 09/04/2024

32th European Congress of Psychiatry

Description:

- A Joint Section Symposium in collaboration with the EPA Section on Addictive Behaviours entitled “Technology-delivered interventions in the field of the addictions: a game changer or still a challenge?” was organized and chaired by Section Secretary (LO) and Sophia Achab (Co-chair of the EPA Section on Addictions), with a talk by LO entitled “Digital interventions in the field of techno-based addictions”



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Location: Budapest, Hungary

Start date: 06/04/2024

End date: 09/04/2024

32th European Congress of Psychiatry

Description:

- A Section Symposium entitled “Innovative digital approaches for affective disorders” was chaired by Section Chair (UV) and Diego Hidalgo-Mazzei, with a talk by UV entitled “Digital treatments for affective disorders: an integrated overview”

Location: Budapest, Hungary

Start date: 06/04/2024

End date: 09/04/2024

32th European Congress of Psychiatry

Description:

- A Joint Section Symposium in collaboration with the EPA Section on Psychotherapy entitled “Psychotherapy in transition” was chaired by Section Chair (UV) and Councilor (FK)

Location: Budapest, Hungary

Start date: 06/04/2024

End date: 09/04/2024

32th European Congress of Psychiatry

Description:

- An Ask the Experts Lecture entitled “Future of information technology in psychiatry?” was chaired by Section Chair (UV)

Location: Budapest, Hungary

Start date: 06/04/2024

End date: 09/04/2024



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32th European Congress of Psychiatry

Description:

- A State-of-the-Art Lecture entitled “The Ever-Evolving Online World: exploring Pros&Cons for Mental Healthcare” was chaired by Section Chair (UV)

Location: Budapest, Hungary

Start date: 06/04/2024

End date: 09/04/2024

Publications

The growing need to integrate digital mental health into psychiatric and medical education

Journal:

European Psychiatry journal

Authors:

Lopez-Castroman J, Artés-Rodríguez A, Courtet P, Hanon C, Gondek T, Baca-García E, Volpe U.

(Expected) Publication date: 27/12/2024

Acknowledged as official Section publication? Yes

Practical application of digital therapeutics in people with mood disorders

Journal:

Curr Opin Psychiatry

Authors:

Orsolini L, Longo G, Volpe U.

(Expected) Publication date: 01/01/2024

Acknowledged as official Section publication? Yes

Chapter: Devices, Mobile Health, and Digital Phenotyping

Journal:

Tasman's Psychiatry book (5th edition), Springer (doi: 10.007/978-3-030-51366-5)

Authors:



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Volpe U, Elkholy H, Gargot T, Pinto da Costa M, Orsolini L.

(Expected) Publication date: 01/09/2024

Acknowledged as official Section publication? Yes

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 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.
- EPA Section on DP will continue to collaborate with the WPA working group on Digital Psychiatry to implement and build strategies to facilitate digitalisation across the globe, including European countries. Within this collaboration, two papers were published in 2024 and co-authored by Section Chair (UV) and Secretary (LO): a) "An international expert survey on the worldwide digitalization in psychiatry: Global findings from the WPA survey" published in Asian Journal of Psychiatry journal (doi: 10.1016/j.ajp.2024.104340); and, b) "The Current Status of Global Digital Mental Health Implementation: Results and Implications of a Web-Based Survey from all WPA Regions" published in the Journal of Technology in Behavioural Science (doi: 10.1007/s41347-024-00447-1).
- 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: 01/01/2024

Event End date: 31/12/2024

FUTURE ACTIVITIES:

FUNDING IN 2024

Income: None

Source(s) of funding:

No funding received

Expenditure: None

Balance: None

EPA Treasurer audit: No



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Confirmation that income / expenditure is via EPA: No