



EPA DIGITAL PSYCHIATRY SECTION REPORT 2025

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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 2025:

Meetings/events

Section Business Meeting

Description:

An in-person Section business meeting was organized on April 7th, 2025, during the 33rd EPA Congress which was held in Madrid from April 5th-8th, 2025. Minutes of the Section business meeting have been then disseminated by email to all members on April 27, 2025. 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.



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- Section Chair (UV) mentioned the activities carried out by Section officers and members during the past year (listed in the 2024 EPA Section Annual Report which has been attached and sent out by email together with the current minutes, to all section members) and those within the current 33rd European Congress of Psychiatry (CME Course, Inter-Section Symposium, Workshop). 2024 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 34th European Congress of Psychiatry which will be held in Prague (Czech Republic) on 28-31 March, 2026 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.
- UV reported the renewed interest of attendees who joined the third edition of the EPA DP Section CME course on the digital tools and interventions applied in the field of the assessment and treatment of Hikikomori (i.e. juvenile social withdrawal). However, despite the great number of attendees also for the 2025 edition, he received also a proposal by LO (and Section Chair of EPA Section on Addictive Disorders, SA) for a joint intersectional CME course in collaboration with the EPA Section on Addictive Behaviours about Digital Addictions and web-based psychopathologies with a focus on assessment, diagnosis and innovative treatments also involving digital interventions. He proposed then to support this joint intersectional course to be submitted for the next 34th EPA Congress. UV confirmed that for this course has already obtained the full support by Section Chair of EPA Addictive Behaviours, Sophia Achab. All attendees unanimously agreed.
- Other initiatives/proposals for the 34th EPA Congress 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 but also regulamentations also in psychotherapy (JW; DE, TG); b) symposium or workshop on technical skills, training on DMH/DP, potentially in collaboration with ECPC (AVL, AS, GL), c) an intersectional symposium/workshop together with the Section on MHID about Digital Tools and Interventions for those patients with special needs (KK), d) The use of Natural Language Processing in Psychiatry, particularly in contexts of psychiatric crises (AS), e) Digital Biomarkers in Psychiatry (AVL), f) an intersectional symposium/workshop on Digital tools and interventions in Mental Disorders in comorbidity with Physical conditions (DE), g) workshop/symposium on VR applications in different fields of psychiatry and psychotherapy (LO, BL), h) CME Course on AI applications in psychiatry (JLC), even though UV suggested to wait for more evidence-based studies before proposing a structured course on AI in psychiatry.
- Further initiatives proposed by attendees during the business meeting included: a) Rules and regulamentations at European level about digital tools and interventions, with a particular focus on security and quality criteria (NA). UV suggested for this proposal to evaluate whether working to a paper or rather a survey or again both modalities. b) guidance paper on how we can implement digital tools in psychiatry (both positive and negative experiences at European level) (TG). c) research proposal/survey on the use of different types of AI (generative, predictive, ect) in routine clinical practice in psychiatry by clinicians at European level (UV, NA). UV also suggested involving the EPA Ambassadors'/NPAs network for this initiative. For the abovementioned proposals and initiatives, UV commented that it required the submission and approval by the EPA Publication Committee as well as EPA board before further proceeding.
- Section Chair (UV) updated attendees with the latest figure of Section membership (reporting a further increase from 97 members in 2024 to current 118 members, to date). The Section Chair (UV) discussed



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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.

- AVL proposed to update and integrate the Telepsychiatry toolkit, as DMH is an everchanging and dynamic field and all psychiatrists should be trained for DMH/DP as innovations and skills are time-dependent. Some ideas proposed by attendees were to collaborate with EFPT and ECPC to address this training gap (DE). FMT proposed to work on a guidance paper about those digital tools and interventions approved by EPA, to build a sort of EU consensus supported by EPA to be applied across all European countries. UV commented that for this type of initiative it is required the submission and approval by the EPA Publication Committee as well as EPA board before further proceeding. DE proposed to build networking facilities to increase the active participation and engagement of clinicians and researchers interested in DMH/DP, such as a WA group useful also to advertise all members about new innovations in DMH/DP, including recent publications and researches. Other initiatives included writing a consensus paper about regulations of using AI in psychiatry and psychotherapy.

Location: 33rd EPA Congress 2025, Madrid (April 5-8th, 2025)

Start date: 07/04/2025

End date: 07/04/2025

Attendance: 25

Section CME Course entitled “Hikikomori, pathological social withdrawal and modern-type depression: assessment, intervention and novel therapeutic approach using digital technologies”

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), with talks by Section secretary (LO).

Location: 33rd EPA Congress 2025, Madrid (April 5-8th, 2025)

Start date: 05/04/2025

End date: 08/04/2025

ECPC-supported Symposium entitled “Innovations in psychiatry - what will be next?”

Description:

- In 2025, an ECPC-supported Symposium entitled “Innovations in psychiatry - what will be next?” chaired by Sinan Guloksus and Ramaswamy Viswanathan, with a talk by Section Secretary (LO) entitled “Innovation in digital psychiatry for treating emerging clinical syndromes: the case of Hikikomori”



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Location: 33rd EPA Congress 2025, Madrid (April 5-8th, 2025)

Start date: 05/04/2025

End date: 08/04/2025

Section Case-based workshop entitled “Artificial Intelligence in clinical psychiatric practice”

Description:

- A Section Case-based workshop entitled “Artificial Intelligence in clinical psychiatric practice” chaired by Section Chair (UV) and Section Councilor (DE), with a talk by Section councilor (EC) entitled “History and definitions of AI”, a talk by Section Chair (UV) “What can AI do for mental health care”, a talk by Section Co-chair (TG) entitled “AI solutions for adolescent psychiatry”, a talk by Section councilor (DE) entitled “AI for psychiatric training and education”.

Location: 33rd EPA Congress 2025, Madrid (April 5-8th, 2025)

Start date: 05/04/2025

End date: 08/04/2025

Section Symposium entitled “Virtual Reality and other digital interventions in psychosis”

Description:

- A Section Symposium entitled “Virtual Reality and other digital interventions in psychosis” was chaired by Section Chair (UV) and Merete Nordentoft

Location: 33rd EPA Congress 2025, Madrid (April 5-8th, 2025)

Start date: 05/04/2025

End date: 08/04/2025

Section Debate entitled “Impact of smartphone and social media use on mental health of youth: use of smartphone and social media under 15 years should be forbidden/regulated”

Description:

- A Section Debate entitled “Impact of smartphone and social media use on mental health of youth: use of smartphone and social media under 15 year should be forbidden/regulated” was chaired by Section Chair (UV)

Location: 33rd EPA Congress 2025, Madrid (April 5-8th, 2025)

Start date: 05/04/2025



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End date: 08/04/2025

Other Section activities

Description:

- In 2025, a paper in collaboration with the WPA working group on Digital Psychiatry was authored by Section Chair (UV) entitled “Risks of digitalization in mental health care” and published in Neuropsychiatr journal (doi: 10.1007/s40211-025-00551-5).
- In 2025, a paper authored by Section Chair (UV) entitled “AI in scientific writing and publishing: A call for critical engagement” was published at Eur Psychiatry journal (doi: 10.1192/j.eurpsy.2025.10061).
- In 2025, a paper authored by Section Chair (UV) and Secretary (LO) entitled “Psychosocial Interventions in the Rehabilitation and the Management of Psychosis and Schizophrenia: A systematic review on digitally-delivered interventions” was published in Actas Esp Psiquiatr journal (doi: 10.62641/aep.v53i2.1851).
- In 2025, a paper authored by Section Chair (UV) and Secretary (LO) entitled “Digital mental health in Italy: findings from the multicentric DIGIT-PSY study” was published in Front Psychiatry (doi:10.3389/fpsy.2025.1642455).
- In 2025, a paper authored by Section Chair (UV) and Secretary (LO) entitled “Digital therapeutics in depression and bipolar disorder: a comprehensive systematic review” was published in Minerva Psychiatry (doi:10.23736/S2724-6612.25.02637-5).
- In 2025, a paper authored by Section Chair (UV) and Secretary (LO) entitled “Digital interventions in sport psychology and psychiatry: a bibliometric analysis” was published in Sports Psychiatry journal (doi:10.1024/2674-0052/a000119).
- In 2025, a chapter entitled “Digital Psychiatry for the Treatment of Comorbid Disorders” authored by Section Chair (UV) and Secretary (LO), was published within the book “Comorbidity between Mental and Physical Disorders”, Springer (doi: 10.1007/978-3-031-81802-8_20).
- 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 for mental health care, as well as exploring the new emerging issues/solutions in the technological era (such as AI).
- 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 context, in 2025, a CME Course entitled “How to integrate telemedicine and artificial intelligence in digital psychiatric practice”, co-directed by Section Chair (UV) together with Wolfgang Gaebel (as course director, Chair of the WPA working group on Digital Psychiatry) was presented at the 25th World Congress of Psychiatry, held on October 5-8, 2025 in Prague (Czech Republic).
- 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.



EUROPEAN PSYCHIATRIC ASSOCIATION



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Event Start date: 01/01/2025

Event End date: 31/12/2025

FUTURE ACTIVITIES:

FUNDING IN 2025

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