



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

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Co-chairperson: Dr. Anne-laure SUTTER  
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Maria Paz GARCIA-PORTILLA GONZALEZ, Oviedo, Spain  
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Nikolaos KOKRAS, Athens, Greece

Fabian KRAXNER, Hedingen, Switzerland

Anna KRUPA, Cracow, Poland

Levent KUEY, Istanbul, Türkiye

Haresh KUMAR, Khairpur Mirs, Pakistan

Tamás KURIMAY, Budapest, Hungary

Desiree LACIDA, Davao City, Philippines

Gilbert LEMMENS, Gent, Belgium

Aiste LENGVENYTE, Montpellier, France

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Antonella LITTA, Bari, Italy

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Anett Dorisz PELIKAN, Budapest, Hungary

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Nitin Pal SINGH, Kota, India



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Selin TANYERI KAYAHAN, Isparta, Türkiye  
Florence THIBAUT, Paris, France  
Shruti TIWARI, New York, United States  
Agata TODZIA-KORNAŚ, Warszawa, Poland  
Janet TREASURE, London, United Kingdom  
Thanos (Athanasios) TSOUMPRIS, London, United Kingdom  
Yasemin UENAL SAYALI, Marburg, Germany  
Ramachandra V., Edgware, United Kingdom  
Doina VACALIE, Frederikssund, Denmark  
Susanne WEGNER, Bramsche, Germany  
Angelika WIECK, Manchester, United Kingdom  
Hee YAN HAN, Letterkenny, Ireland  
Damla YILDIRIM, n/a, n/a  
İmran Gökçen YILMAZ KARAMAN, Eskişehir, Türkiye  
Nafiye Selcan YILDİRİM, İstanbul, Türkiye

### **LAST SECTION COMMITTEE ELECTIONS HELD:**

Date: 10 February 2022

Venue: : Annual General Women's Mental Health Section Meeting, Zoom

### **ACTIVITIES OF THE SECTION IN 2024:**

#### **Meetings/events**

#### **EPA Congress 2024**

#### **Description:**

Section Workshop



## EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024

Case-based Workshop: Acute mania in the third trimester of pregnancy: what are the management challenges and solutions?

07.04.2024 | 10:00 - 11:30 | Room F8

Chair: Tamas Kurimay (Hungary) , Pavel Mohr (Czech Republic)

- A woman with acute mania in the third trimester of pregnancy

Speaker: Marisa Casanova Dias (United Kingdom)

- Evidence-based sequential treatment steps for acute mania

Speaker: Pavel Mohr (Czech Republic)

- How do we need to adapt treatment choices for acute mania to a woman who is pregnant?

Speaker: Angelika Wieck (United Kingdom)

- How should we address the ethical and medico-legal issues in this case?

Speaker: Meryam Schouler-Ocak (Germany)

- Q&A

· Chairs: Tamas Kurimay, Pavel Mohr

· Speakers: Marisa Casanova Dias, Pavel Mohr, Angelika Wieck, Meryam Schouler-Ocak,

**Location:** Budapest, Hungary

**Start date:** 06/04/2024

**End date:** 09/04/2024



## EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024

### EPA Congress 2024

#### Description:

Section Symposium

Recent developments in perimenopausal depression

07.04.2024 | 15:00 - 16:30 | Room F8

Chair: Tamas Kurimay (Hungary) , Angelika Wieck (United Kingdom)

- Epidemiology and clinical presentation of perimenopausal depression

Speaker: Angelika Wieck (United Kingdom)

- How successful are hormonal treatments for the treatment of perimenopausal somatic symptoms and what progress have we made in assessing their risks?

Speaker: Nándor Ács (Hungary)

- Depressive disorders during the perimenopause: to what extent do we need to modify treatments?

Speaker: Michael Craig (United Kingdom)

- Q&A

**Location:** Budapest, Hungary

**Start date:** 06/04/2024

**End date:** 09/04/2024



## EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024

### Future activities

#### Description:

##### Publications:

Book chapter on perinatal psychopharmacology for Seminars in Perinatal Psychiatry, Cambridge University Press.

Clinical Practice Update in perinatal psychopharmacology for the British Journal of Psychiatry

Prevention and Treatment Perinatal Mental Disorders Guidance (in Hungarian)

Perinatal Psychiatry. Medicine journal

##### Lectures:

Masterclasses of the British Association of Psychopharmacology, various courses and conferences in perinatal psychiatry and women's mental health.

PSF 2024 (Paris, France)

French Mother and Baby Units bisannual congress (Bordeaux, France)

##### Organizing any conferences

French Mother and Baby Units biannual congress (Rennes, France)

Annual congress of the French Marcé society in Bordeaux, 30 may 2024

##### Other

Development of a cooperation with Euskadi (Spain) on training in perinatal psychiatry

Recommendation on perinatal psychiatry for the HAS (French Health Authority) finishing in 2024

**Location:** Virtual and various meeting venues

**Start date:** 31/12/2024

**End date:** 31/12/2024



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

### **Webinar Series**

#### **Description:**

FIRST WEBINAR SERIES

OF THE SECTION OF WOMEN'S MENTAL HEALTH

WITH EPA SPONSORSHIP

#### **BACKGROUND**

The topic of women's Mental Health is wide-ranging covering disorders unique to women and the many differences between men and women in the epidemiology and biopsychosocial causation of mental illness in general. It also includes differences in women's and men's experiences of mental disorders, how they respond to somatic and psychological treatments, their experiences of care delivered by mental health services and what they require from them.

Based on the recent growth of research evidence it is being increasingly recognized that a gender/sex-sensitive approach to mental health is one of the most significant contributors to developing individualized or 'precision' mental health care.

However, this awareness has largely not been translated into practice. Recent evidence shows that mental health professionals feel ill-equipped when they encounter gender/sex-related conditions or issues in their day-to-day practice and identify a lack of specific knowledge and skills (Rose et al 2011, Stanley et al, 2016, Bick et al 2017, Williamson et al 2020). At the same time, we also know from surveys that hardly any training is offered to mental health professionals and medical students on topics related to women's mental health (Rose et al, 2011, Stanley et al, 2016, Bick et al, 2017, Potter and Feder, 2018, Arulrajah et al, 2018, Williamson et al, 2020, Casanova Dias et al, 2022).

However, our experience shows that whenever mental health professionals are offered ad hoc scientific or CME events in women's mental health, they are oversubscribed, particularly among early career psychiatrists.

#### **PLANNING THE SERIES**

With this background in mind, we planned a pilot webinar series on Women's Mental Health with the aim of enhancing awareness and knowledge of recent evidence and its application in clinical practice. The target audience was any interested psychiatrist or allied mental health professional across Europe and further afield.

Since EPA Sections do not hold their own budget the WMH Section obtained permission from the EPA Board to organize, put on and finance the events themselves but using the logo of the EPA to indicate



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sponsorship. We set up a small company called Mehlowa (Mental Health of Women : Awareness and Continuing Professional Development for European Psychiatrists) to manage any financial transactions.

We were also able to obtain a one-time grant support from the University of Cardiff to cover expenses for a webinar on postpartum psychosis.

### TOPICS OF WEBINARS

We organized three events:

- Menopause - a neglected factor influencing women's mental health

Chair: Dr Angelika Wieck; Speaker: Prof Anita Riecher-Rossler

- Providing psychiatric care for Ukrainian refugees: early experiences with women and children

Chairs: Dr Liz McDonald; Dr Angelika Wieck; Speakers: Prof Meryam Schouler-Ocak; Prof Judit Balazs

- Postpartum psychosis: lived experience; research underpinnings; key implications for clinicians

Chair: Prof Ian Jones; Speakers: Dr Sally Wilson; Prof Ariana Di Florio; Dr Marisa Casanova Dias

### OUR EXPERIENCE

The webinars were very popular with several hundred colleagues registering for each event and up to 200 attending. Two of the three events were free. When we made the last webinar available online post-event over 970 further colleagues accessed the link. <https://www.youtube.com/watch?v=fA2ug9EDs3k>

Delegates gave enthusiastic feedback. 95-100% of their ratings of quality of the presentations were excellent or good and ratings of the organization were excellent or good in 89 – 98 %.

Comments included -

Great presentation on an important topic, very informative

I was very interested in this topic but I have never had the time to read about it and this webinar was informative and stimulating

Very moving account of experiences. Presenters have highly flexible approach to provide support for refugees. The q and a session added quite a bit of interesting information that didnt come out in the presentation, especially about how to maintain resilience in staff





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Thank you very much for organising the webinar. It was really informative and I enjoyed it very much. I look forward to the next event.

Seeing forward to further webinars

I enjoyed the session. I wish it could have been longer I was really interested

Excellent topic and Speaker and one that has been very timely

### **THE FUTURE**

Administrative and financial resources are an issue, but we are planning to simplify these and are hoping to commence a second series in the near future.

**Location:** virtual

**Start date:** 31/12/2024

**End date:** 31/12/2024

### **EPA Women's Mental Health Section Dinner**

#### **Description:**

"How to collaborate to raise the profile of women's mental health"

Presentations:

Welcome and Introduction: Prof. Tamas Kurimay, Chair of WMH Section.

Prof. FlorenceThibaut - Women's mental health is everybody's business: current challenges, some solutions.

Dr. Marisa Casanova Dias - UEMS and opportunities to mainstream women's mental health across Europe.

#### **Partners:**

The event was supported by the For Child and Family Foundation & Quick Help Foundation

**Location:** Budapest/ EPA Congress 2024

**Start date:** 08/04/2024

**End date:** 08/04/2024



## EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024

### Section's Board Meetings

#### Description:

During the year 2024, four Board meeting took place to evaluate previous activities, discuss ongoing projects, and indicate future directions for the Section.

Dates of the meetings: 9/1/2024, 11/3/2024, 10/10/2024, 02/12/2024

**Location:** On-line platform (zoom)

**Start date:** 01/01/2024

**End date:** 31/12/2024

**Attendance:** T. Kurimay, M. Casanova Dias, A.L. Sutter, A. Wieck, A. Szczegielniak, E. Sonmez

### In person WMH Section Meeting

#### Description:

Agenda:

1. Introductions, Tamas Kurimay 5 min
2. Approval of minutes of last meeting, Tamas Kurimay 5 min
3. Elections, Marisa Casanova Dias 5 min
4. Section sessions at 2024 Congress, Angelika Wieck 5 min
5. European Exam curriculum, Angelika Wieck 10 min
5. Position statement on the importance of women's mental health, Marisa Casanova Dias 5 min
6. Future direction of the Section: Webinars in WMH, publications, other activities, Anne-Laure Sutter-Dallay 10 min
7. Collaborations: with EPA committees and Sections, NPAs; external partners, Tamas Kurimay 10 min
8. Any other business 5 min

**Location:** EPA Congress 2024; room G13-14, 1.30-2.30 pm CET

**Start date:** 07/04/2024

**End date:** 07/04/2024



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

### **PERINATAL CARE PRECONFERENCE**

#### **Description:**

On April 5, 2024 a preconference related to the European Congress of Psychiatry (EPA) conference at Saint John's Central Hospital Budapest will be organized. The presentations will provide an opportunity to gain insight into the work of European perinatal centres, international experience and recent research results. At the end of the preconference, participants will have the opportunity to join a guided tour at the Baby- Mother-Father Units of Saint John's Central Hospital.

#### **Speakers:**

Dr. Angelika Wieck: Recent developments in perinatal mental health services in England

Prof. Dr. Anne-Laure Sutter-Dallay: What about pathways to joint cares in perinatal psychiatry in France ?

Dr. Annemarie Unger: Perinatal Ward and Outpatient Clinic experiences in Austria

Prof. Dr. Tamás Kurimay: Experiences of the past 18 years of the Baby-Mother-Father Unit in Saint John's Hospital

Dr. Vera Tory: Baby-Mother Consultation in the Baby- Mother-Father Unit in Saint John's Hospital

Dr. Lilla Pepó: Baby-Mother-Father Unit in Saint John's Hospital: Obstetrician and Gynecological aspects

Ildikó Danis, Ph.D.: Planning a scientific follow-up study of perinatal mental

#### **Partners:**

The conference was co-organised by EPA Women's Mental Health Section, Buda Family Centred Mental Health Centre, Pediatric, Premature and Infant Department, and the Obstetric and Gynaecology Department of Saint John's Central Hospital.

**Location:** Budapest

**Start date:** 05/04/2024

**End date:** 05/04/2024

### **Publications**

**Hair cortisol concentrations across pregnancy and maternal postpartum depressive symptoms - The ELFE cohort.**

**Journal:**



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

J Psychiatr Res Oct;178:305-312

**Authors:**

Maguet C, Downes N, Marr K, Sutter-Dallay AL, Galéra C, Wallez S, Kirschbaum C, Gressier F, Melchior M, Charles MA, Koehl M, van der Waerden J.

**(Expected) Publication date:** 24/08/2024

**Acknowledged as official Section publication?** No

**Assisted reproductive technologies could be associated with higher risk of parenting difficulties in women with postpartum major depression.**

**Journal:**

Arch Womens Ment Health. Oct;27(5):859-862

**Authors:**

Gressier F, Mezzacappa A, Glangeaud-Freudenthal N, Falissard B, Corruble E, Sutter-Dallay AL.

**(Expected) Publication date:** 13/03/2024

**Acknowledged as official Section publication?** No

**French Society for Biological Psychiatry and Neuropsychopharmacology and French-speaking Marcé Society guidelines for the management of mood disorders in women before, during, and after pregnancy.**

**Journal:**

Arch Womens Ment Health. Aug;27(4):595-605

**Authors:**

Belzeaux R, Gressier F, Boudieu L, Arnould A, Moreau E, Pastol J, Tzavara E, Sutter-Dallay AL, Samalin L.

**(Expected) Publication date:** 17/02/2024

**Acknowledged as official Section publication?** No

**Cord serum cytokines at birth and children's trajectories of mood dysregulation symptoms from 3 to 8 years: The EDEN birth cohort.**

**Journal:**

Brain Behav Immun Health. Mar 29;38:100768.

**Authors:**

Herbein M, Barbosa S, Collet O, Khalfallah O, Navarro M, Bailhache M, Iv N, Aouizerate B, Sutter-Dallay AL, Koehl M, Capuron L, Ellul P, Peyre H, Van der Waerden J, Melchior M, Côté S, Heude B, Glaichenhaus N, Davidovic L, Galera C.

**(Expected) Publication date:** 31/03/2024



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

**Acknowledged as official Section publication?** No

**Impact of paternal psychiatric disorders on parents-baby separation after mother-baby unit care.**

**Journal:**

Child Abuse Negl. Mar;149:106652

**Authors:**

Gressier F, Glangeaud-Freudenthal NMC, Essadek A, Falissard B, Corruble E, Sutter-Dallay AL

**(Expected) Publication date:** 25/06/2024

**Acknowledged as official Section publication?** No

**A video-based intervention to overcome pregnancy smoking stigma among healthcare students: a randomised controlled trial.**

**Journal:**

Psychol Health Feb 19:1-20

**Authors:**

David JC, Rasclé N, Auriacombe M, Serre F, Sutter-Dallay AL, Loyal D

**(Expected) Publication date:** 19/02/2024

**Acknowledged as official Section publication?** No

**. Adherence to dietary recommendations mediates the effect of affective temperaments on infertility treatment outcomes.**

**Journal:**

Scientific Reports. 2024 May 31; 14(1), 12544

**Authors:**

Szabo, G., Szigeti F, J., Sipos, M., Varbiro, S., & Gonda, X.

**(Expected) Publication date:** 31/05/2024

**Acknowledged as official Section publication?** No

**The SCREENIVF Hungarian version is a valid and reliable measure accurately predicting possible depression in female infertility patients.**

**Journal:**



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

Scientific Reports. 2024 Jun 05; 14(1), 12880

**Authors:**

Szigeti F, J., Sexty, R. E., Szabó, G., Kazinczi, C., Kéki, Z., Sipos, M., Ujma, P. P., & Purebl, G

**(Expected) Publication date:** 05/06/2024

**Acknowledged as official Section publication?** No

**The clinical effectiveness of the Mind/Body Program for Infertility on wellbeing and assisted reproduction outcomes: a randomized controlled trial in search for active ingredients**

**Journal:**

Human Reproduction. 2024 Jun 08; deae119

**Authors:**

Szigeti F, J., Kazinczi, C., Szabó, G., Sipos, M., Ujma, P. P., & Purebl, G

**(Expected) Publication date:** 08/06/2024

**Acknowledged as official Section publication?** No

**Gender bias of antisocial and borderline personality disorders among psychiatrists.**

**Journal:**

Archives of women's mental health

**Authors:**

Özel, B., Karakaya, E., Köksal, F., Altinoz, A. E., & Yilmaz-Karaman, I. G

**(Expected) Publication date:** 04/10/2024

**Acknowledged as official Section publication?** No

**Exposure to Psychological Intimate Partner Violence: Resilience to Depression is Related to Social Support and Learned Resourcefulness**

**Journal:**

Journal of interpersonal violence, 39(9-10), 1999–2016

**Authors:**

Yastıbaş-Kaçar, C., Çınar, P., Üzümpçeker, E., & Yilmaz-Karaman, İ. G

**(Expected) Publication date:** 01/05/2024

**Acknowledged as official Section publication?** No



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### **Opinions of Psychiatrists and Emergency Medicine Physicians on the Crime of Healthcare Professionals Not Reporting the Crime Regarding Violence Against Women: Situation Assessment and Evaluations.**

**Journal:**

The Bulletin of Legal Medicine, 29(3), 236-244

**Authors:**

Yilmaz-Karaman, İ.G., Oktar, S., Köse, C., Canakci, M.E., Taskin, O.E

**(Expected) Publication date:** 06/12/2024

**Acknowledged as official Section publication?** No

### **Medical education level's relationship with attitudes toward women and LGBTIQ+ individuals.**

**Journal:**

Turkish Journal of Clinical Psychiatry, vol.27, no.2, 117-126

**Authors:**

Akdemir, E. M., Yilmaz-Karaman, I. G., Altinoz, Ş. T., Kosger, F., & Altinoz, A. E.

**(Expected) Publication date:** 20/01/2024

**Acknowledged as official Section publication?** No

### **Pocket Prescriber Psychiatry, British Association for Psychopharmacology. 2nd edition**

**Journal:**

CRC Press

**Authors:**

Edited By Matt Butler, Timothy RJ Nicholson, Jonathan P Rogers. Angelika Wieck- contributor.

**(Expected) Publication date:** 28/06/2024

**Acknowledged as official Section publication?** No

## **Presentations at non-section events**

### **Gender discrimination**

**Setting:**

Faculty of Medicine, Lecture of the 1st Degree Medical Students; Turkey, Eskişehir

**Presenter:** Imran Gokcen YILMAZ-KARAMAN

**Event Start date:** 21/11/2024

**Event End date:** 21/11/2024



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**Acknowledged as official Section presentation?** No

**What can a psychiatrist do for a case with exposure to violence against women?**

**Setting:**

60. National Congress of Psychiatry, Psychiatric Association of Turkey; Turkey, Antalya

**Presenter:** Imran Gokcen YILMAZ-KARAMAN

**Event Start date:** 03/11/2024

**Event End date:** 03/11/2024

**Acknowledged as official Section presentation?** No

**Examining Prophylactic Medication's Role in Postnatal Recurrence of Bipolar Disorder: Insights from a Prospective Observational Study**

**Setting:**

Marce International Conference, Barcelona, Spain

**Presenter:** Marisa Casanova Dias

**Event Start date:** 06/09/2024

**Event End date:** 06/09/2024

**Acknowledged as official Section presentation?** Yes

**Bipolar medication and management in the perinatal period**

**Setting:**

Royal College of Psychiatrists Perinatal Faculty Conference, London, UK

**Presenter:** Marisa Casanova Dias

**Event Start date:** 25/11/2024

**Event End date:** 25/11/2024

**Acknowledged as official Section presentation?** Yes

**Antipsychotics, mood stabilizers, anxiolytics and sleep-inducers : how safe is their use in pregnancy and lactation ?**

**Setting:**

Royal College of Psychiatrists Perinatal Psychiatry Masterclass for SAS Doctors

**Presenter:** Angelika Wieck

**Event Start date:** 18/03/2024





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**Event End date:** 18/04/2024

**Acknowledged as official Section presentation?** Yes

### **Prescribing valproate for psychiatric disorders**

**Setting:**

Conference of the International League against Epilepsy; UK (online)

**Presenter:** Angelika Wieck

**Event Start date:** 30/05/2024

**Event End date:** 30/05/2024

**Acknowledged as official Section presentation?** No

### **Perinatal mental disorders and psychotropic prescribing in pregnancy and breastfeeding (workshops)**

**Setting:**

Congress of the Maltese Parent-Infant Mental Health Alliance, Valletta, Malta

**Presenter:** Angelika Wieck

**Event Start date:** 25/10/2024

**Event End date:** 25/10/2024

**Acknowledged as official Section presentation?** No

### **The safety of psychotropics in pregnancy and lactation AND Improving Perinatal Mental Health Services: Experiences from the United Kingdom**

**Setting:**

Congress of the Turkish Psychiatric Association; Turkey, Antalya

**Presenter:** Angelika Wieck

**Event Start date:** 01/11/2024

**Event End date:** 01/11/2024

**Acknowledged as official Section presentation?** No

### **Antipsychotics, mood stabilizers, anxiolytics and hypnotics in pregnancy and the postnatal period**

**Setting:**

Masterclasses of the British Association for Psychopharmacology; UK (online)



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

**Presenter:** Angelika Wieck

**Event Start date:** 21/11/2024

**Event End date:** 21/11/2024

**Acknowledged as official Section presentation?** Yes

**Perinatális depresszió és szorongásos zavarok (in Hungarian) – Perinatal depression and anxiety disorders**

**Setting:**

NURSE TRAINING ADVANCED COURSE

**Presenter:** Tamás Kurimay

**Event Start date:** 23/04/2024

**Event End date:** 23/04/2024

**Acknowledged as official Section presentation?** No

**Anya vagyok? -**

**Szülőszerep a**

**perinatális gyászban (G.Zs.) (in Hungarian) – Am I a mother? – The parent role in perinatal grief**

**Setting:**

Hungarian Complex Psychotherapy Association's VI. Conference; Hungary, Budapest

**Presenter:** Zsófia Grenda

**Event Start date:** 30/05/2024

**Event End date:** 30/05/2024

**Acknowledged as official Section presentation?** No

**A perinatális időszak hangulatzavarai aktuális diagnosztikus és terápiás kérdései esetismertetésekén keresztül (K.T, P.A., Sz. Á., M.G., Sz.G., G.Zs., R.Gy., T.V.) (in Hungarian) –**

**The perinatal period's current diagnostic and therapeutic questions through case studies;**

**A családtervezés kérdései második gyermek kapcsán (Sz.Á.) (in Hungarian) – Questions of family planning at 2nd child;**

**A várandósság alatti és a posztpartum bipoláris hangulatzavar farmakoterápiája (P.A.) (in Hungarian) – Pharmacotherapy of postpartum and peripartum bipolar depression;**

**A hangulatzavarok neonatológiai és gyermekgyógyászati vonatkozásai Esetismertetés (T.V.) (in Hungarian) – Neonatological and pediatric aspects of mood disorders Case study;**

**A perinatális időszak hangulatzavarai aktuális diagnosztikus és terápiás kérdései**

**esetismertetésekén keresztül (M.G., R.Gy.) (in Hungarian) – Current diagnostic and therapeutic**



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

**questions of mood disorders in the perinatal period presented through case studies;**  
**A depresszív, szorongó és ciklotím affektív temperamentumok csökkentik a meddőségi**  
**kezelések sikerének esélyét (Sz.G.) (in Hungarian) – The depressive, anxious and cyclothymic**  
**affektive temperaments decrease the chance of effective infertility treatments;**  
**A Covid-19 pandémia hatásai a posztpartum depresszióra az Észak-budai Szent János**  
**Centrumkórház BabaMama-Papa Együtt Programjában (M.G., B.C., K.T.) (in Hungarian) –**  
**COVID-19 pandemics' effects on postpartum depression in our Baby-Mother-Father Program at**  
**ÉSZJ Central Hospita**

**Setting:**

HPA (Hungarian Psychiatric Association) Conference 2024

**Presenter:** Tamás Kurimay, Anett Pelikán, Ágnes Szőcs, Vera Tory, György Zsolt Rubovszky, Cintia Budinszki, Zsófia Grenda, Georgina Szabó, Gábor Máté Mező

**Event Start date:** 30/05/2024

**Event End date:** 31/05/2024

**Acknowledged as official Section presentation?** No

**Dominant depressive, anxious and cyclothymic affective temperaments lower the chance of**  
**infertility treatment success – e-Poster**

**Setting:**

EPA 2024 32nd EUROPEAN CONGRESS OF PSYCHIATRY; Budapest, Hungary / Virtual

**Presenter:** Georgina Szabó

**Event Start date:** 07/04/2024

**Event End date:** 07/04/2024

**Acknowledged as official Section presentation?** No

**Covid-19 pandemics effects on postpartum depression in the Hungarian Baby-Mother-Father**  
**Unit**

**Setting:**

EPA 2024 32nd EUROPEAN CONGRESS OF PSYCHIATRY; Budapest, Hungary / Virtual

**Presenter:** Gábor Máté Mező, Cintia Budinszki, Tamás Kurimay

**Event Start date:** 08/04/2024

**Event End date:** 08/04/2024

**Acknowledged as official Section presentation?** No



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

### **A perinatális pszichiátriai zavarok diagnosztikája és kezelése (in Hungarian) – Diagnostics and treatment of perinatal psychiatric disorders**

**Setting:**

DOCTOR TRAINING ADVANCED COURSE (SEMMELWEIS UNIVERSITY), Budapest, Hungary

**Presenter:** Tamás Kurimay

**Event Start date:** 09/10/2024

**Event End date:** 09/10/2024

**Acknowledged as official Section presentation?** No

### **Perinatális hangulatzavarok szimpózium (in Hungarian) – Perinatal Mood Disorders Symposium**

**Setting:**

HPA (Hungarian Psychiatric Association) Conference 2024, Debrecen, Hungary

**Presenter:** Tamás Kurimay

**Event Start date:** 30/05/2024

**Event End date:** 30/05/2024

**Acknowledged as official Section presentation?** No

### **Psychotropic drugs and pregnancy**

**Setting:**

University degree in perinatal psychiatry; France, Bordeaux

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 23/01/2024

**Event End date:** 23/01/2024

**Acknowledged as official Section presentation?** No

### **Psychopathological approaches in foetal medicine**

**Setting:**

University degree in foetal medicine

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 08/02/2024

**Event End date:** 08/02/2024

**Acknowledged as official Section presentation?** No



## EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024

### Networking in PPN

**Setting:**

University degree in Psychopathology and prevention with babies and their family; France, Lyon

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 09/02/2024

**Event End date:** 09/02/2024

**Acknowledged as official Section presentation?** No

### Perinatal psychiatry

**Setting:**

Two-day training conferences for adult and child psychiatry teams at Pau hospital; France, Pau

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 15/02/2024

**Event End date:** 16/02/2024

**Acknowledged as official Section presentation?** No

### Psychotropic drugs, pregnancy and breastfeeding

**Setting:**

Psychiatry network workshop; France, Poitiers

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 12/03/2024

**Event End date:** 12/03/2024

**Acknowledged as official Section presentation?** No

### Bipolar disorder and perinatal period

**Setting:**

Events and acting out in PPN; France, Caen

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 10/04/2024

**Event End date:** 10/04/2024

**Acknowledged as official Section presentation?** No



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

### **Suicide and perinatal period**

**Setting:**

University degree in suicide; France, Bordeaux

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 15/05/2024

**Event End date:** 15/05/2024

**Acknowledged as official Section presentation?** No

### **Psychotropic drugs, pregnancy and breastfeeding**

**Setting:**

Summerschool of the CFP; France, Nantes

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 06/06/2024

**Event End date:** 06/06/2024

**Acknowledged as official Section presentation?** No

### **Sleep during the perinatal period: the mother and the infant**

**Setting:**

Paris Santé Femmes, France, Paris

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 14/06/2024

**Event End date:** 14/06/2024

**Acknowledged as official Section presentation?** No

### **Psychiatric emergencies during the perinatal period**

**Setting:**

PEGASE, France, Bordeaux

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 18/06/2024

**Event End date:** 18/06/2024

**Acknowledged as official Section presentation?** No



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

### **Perinatal psychological difficulties**

**Risk factors, effects of preventive measures**

**and effects of the infant characteristics**

**What the ELFE cohort tells us**

**Bipolar disorders in the perinatal period: a focus on preconception prevention**

#### **Setting:**

Marcé Society 2024 meeting, Spain, Barcelone

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 04/09/2024

**Event End date:** 06/09/2024

**Acknowledged as official Section presentation?** No

### **Suicide prevention**

#### **Setting:**

INFOGYN; France, Pau

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 03/10/2024

**Event End date:** 03/10/2024

**Acknowledged as official Section presentation?** No

### **Preconception consultations: Why? How?**

#### **Setting:**

AFPBN webinaire on psychotropic drugs and pregnancy (webinar)

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 03/10/2024

**Event End date:** 03/10/2024

**Acknowledged as official Section presentation?** No

### **Podcast about perinatal bereavement**

#### **Setting:**

France, Recorded by telephone (CHEM)

**Presenter:** Anne-Laure Sutter-Dallay

**Event Start date:** 04/07/2024

**Event End date:** 04/07/2024



## EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024

**Acknowledged as official Section presentation?** No

### **FUTURE ACTIVITIES:**

#### **Other Section activities**

##### **Description:**

Future plans

- 1) Co-lead Lancet Psychiatry Commission on Women's Mental Health
  - 2) EPA Webinar - Women's Day - 08.03. 2025; Women's alcohol and substance use disorder, including the perinatal period
  - 3) EPA congress 2025
- a) Current priorities in women's mental health: Research, policy and training

07.04.2025 | 17:00 - 18:30 | Madrid

##### **Description:**

This session is organised by the Section on Women's Mental Health

Increasing evidence suggests that biological sex is a fundamental modifier of biological, psychological and social mechanisms in mental illness. This suggests, that a sex-sensitive approach to mental ill health can make a significant contribution to progressing precision psychiatry. It's potential, however, is as yet under-recognized.

The first speaker, Chair of the Women's Mental Health Section of the World Psychiatric Association, will discuss salient examples of recent research in the area and priorities for future scientific enquiry.

Sex/gender has been included in the EDIT Presidential Initiative of the World Psychiatric Association as one of a number of intersecting disparities. The second speaker will discuss how the WPA is planning to support a reduction of these inequalities.

The third speaker, Chair of the Council on Women's Mental Health of the American Psychiatric Association, will discuss their approach to support greater representation of women in mental health leadership positions and collaborate with other agencies to guide research and advance knowledge in the field.

Achieving progress in these areas also requires that future generations of psychiatrists receive the





## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

necessary training. The last speaker is the immediate past chair of the EPA's Section of Women's Mental Health and will discuss the opportunities offered by the planned European Board Exam for Psychiatrists to achieve this goal for women's mental health.

Chair: Tamas Kurimay (Hungary) , Marisa Casanova Dias (United Kingdom)

20:11 - 20:28

Recent progress in women's mental health research and future priorities

Speaker: Florence Thibaut (France)

20:28 - 20:46

The WPA Equality, Development, Inclusion and Transcultural Perspectives (EDIT) strategy - addressing barriers to gender disparity

Speaker: Mariana Pinto da Costa (United Kingdom)

20:45 - 21:02

The American Psychiatric Association's current priorities for women's mental health

Speaker: Ludmila Barbosa De Faria (United States)

21:02 - 21:19

Opportunities to mainstream women's mental health in psychiatric training across Europe

Speaker: Angelika Wieck (United Kingdom)

21:19 - 21:41

Q&A

b) Plenary: Women's Mental Health : A global perspective plenary session by Prabha Chandra

Additionally

1) Publications:

Revision of BAP perinatal prescribing guidelines

Empowerment of Young Women in Group Psychodrama Process



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

### 2) Lectures:

Gender discrimination and Approach to Women Exposed to Violence

LIVES approach of the WHO for psychiatry residents

Lectures during the Francophone Marcé congress, CFP

### 3) Conferences/ Events (co- organization)

Francophone Marcé congress

Maternal mental health day

“Infertility” symposium at the Encephale congress

### 4) Research projects of the Section members

**PROSPECTIVE NON-INTERVENTIONAL STUDY OF THE RELATIONSHIP OF PSYCHIATRIC AND GYNAECOLOGICAL FACTORS ASSOCIATED WITH THE TERMINATION OF PREGNANCY - PSYGAP.** This study is aiming to evaluate the effectiveness of implementing screening for peripartum depression and establishing a clinical pathway for patients experiencing pregnancy termination and psychological distress during and after pregnancy, bridging gynecological-obstetrical and psychiatric clinics, to investigate the influence of socio-demographic and gynecological-obstetrical characteristics on the occurrence of psychopathological phenomena in women terminating pregnancies due to fetal anomalies, to assess the impact of medically indicated pregnancy termination due to fetal anomalies and voluntary pregnancy termination up to the 10th gestational week on psychological functioning, and to explore the associations between psychiatric and gynecological factors related to pregnancy termination.

Dr Milos Markovic, University Clinical Centre of Serbia - Clinic for Psychiatry

**Event Start date:** 01/01/2025

**Event End date:** 31/12/2025

### **Outcomes**

Continued activities consistent with the aims and objectives of the section.



EUROPEAN PSYCHIATRIC ASSOCIATION



## **EPA WOMEN'S MENTAL HEALTH SECTION REPORT 2024**

Income: none

Source(s) of funding:

None received

Expenditure: None

Balance: Does not apply

EPA Treasurer audit: No

Confirmation that income / expenditure is via EPA: No