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# InterACT

*Newsletter of EPA Council of National Psychiatric Associations*  
*Issue no: 20 / December 2022*

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## [Special File](#)

### **Ethics in psychiatry: Documents, Needs and Developments in European Countries**

#### **Addressing ethical dilemmas in contemporary psychiatry: comparing practices across NPAs**



To compare practices across NPAs on addressing ethical dilemmas in contemporary psychiatry, the NPA/EPA conducted a questionnaire and the NPA Working Group looked at NPAs' procedures and practices addressing ethical issues specific to psychiatry and related disciplines.

The Working Group aimed to assess recognition and implementation of international ethical codes, identify emerging ethical issues to be addressed in future EPA/NPA

activities, promote building of an EPA/NPA-supported database of ethical codes and practices existing in European psychiatry, and facilitate discussion and exchange of best practices between NPAs. Thirty countries (31 associations) took part in the survey.

[Read more...](#)

Prof. Jerzy Samochowiec, *Council of NPAs Chair EPA*

Prof. Przemysław Bienkowski, **Polish Psychiatric Association**

## The Finnish Psychiatric Association's Ethical Council



SUOMEN PSYKIATRIYHDISTYS  
PSYKIATERFÖRENINGEN I FINLAND  
FINNISH PSYCHIATRIC ASSOCIATION

To highlight the importance of ethics in mental health care and in the execution of mental health services the Finnish Psychiatric Association (FPA) founded a specific Ethical Council in the 1990s. The council consists of six FPA members elected in the FPA's general assembly every three years.

The Council prepares materials concerning ethical issues to be discussed by the FPA board. The Council also follows and fosters ethical discussions in psychiatry. An individual FPA member can ask for the Council's position on ethical issues concerning other members or political and administrative issues, including FPA Board actions and decisions. The Council, at its own discretion, may also discuss issues and send statements to the Board.

[Read more about the current topics of ethical discussion in Finland, the FPA's lunchtime ethical seminars, and the FPA's existing ethics documents.](#)

Dr. Teemu Karna, *Chair of FPA's Ethical Council*

Dr. Hannu Juvonen, *Vice Chair of FPA's Ethical Council*

**Finnish Psychiatric Association**

## The Spanish Association of Neuropsychiatry: an association committed to the improvement of ethical values



In the Asociación Española de Neuropsiquiatría – Profesionales de Salud Mental (Spanish Association of Neuropsychiatry) we are working on the revision and adaptation of ethical values applied in the treatment of people diagnosed with a mental disorder.

One of the basic aims is respect for the rights of the people we support in our professional interventions. Among other questions, we are concerned about the [regulation of involuntary admission](#), [involuntary outpatient treatments](#), and [coercive measures](#).

We are committed to care in the community and to constant reflection on existing resources and alternatives to reach a care model that is ethical, conscious and person-centred.

Dr. Jordi Artigue Gómez, *Clinical psychologist and AEN President*

**Asociación Española de Neuropsiquiatría**

## RCPsych Professional Practice and Ethics Committee (PPEC)



The Professional Practice and Ethics Committee (PPEC) is the focal point in the College for considering the impact of policies and service delivery on expectations in relation to ethics.

The Committee meets four times a year to discuss guidance on psychiatric professional practice, including issues of policy into practice, confidentiality, probity and conflicts of interest. Members of the Committee are those who have expertise and interest in ethics, confidentiality, quality standards and the relationship between policy and practice.

The committee has links with the College Centre for Quality Improvement (CCQI), the UK Clinical Ethics Network, the General Medical Council and the National Clinical Assessment Service. The RCPsych greatly relied on the

Committee's expertise during the peak of the COVID-19 pandemic, to provide ethical advice during a very uncertain time. This was summarised in a [COVID-19: Ethical considerations guidance page](#), with a review being undertaken in June 2022, in line with recent changes to government and NHS policy.

Agnes Raboczki  
*International Liaison Manager*  
Royal College of Psychiatrists, UK

## Agenda of the Section of Human Rights and Ethics in Psychiatry of Psychiatric Association of Turkey (PAT)



One of the most active sections in PAT is the Section of Human Rights and Ethics in Psychiatry. In recent years, the Section had significant increase in the number of members, reaching over 80. Continuing needs, common sensitivity and increased interest among young colleagues are several factors. Several points from the agenda of the Section may provide an impression about the content, direction and intensity of activities:

- Organising educational activities in national congresses
- EPA & PAT joint Webinar
- Planning a joint symposium with the EPA Committee of Ethical Issues in Turkey
- Translation of EPA and WPA Code of Ethics in Turkish
- Updating the Code of Ethics of PAT
- Starting a book on Ethics in Psychiatry
- Activities to support initiatives for a mental health act in Turkey

We hope to give you more information as projects proceed and complete.

Dr. Diğdem Göverti  
Dr. Mehmet Yumru  
*Co-coordinators of the Section of Human Rights and Ethics  
in Psychiatry*  
Psychiatric Association of Turkey

## Updating Process of the Code of Ethics in Turkey



The Executive Committee of Psychiatric Association of Turkey (PAT) decided to update the 20 years old Code of Ethics in 2021. The Section of Human Rights and Ethics of PAT was appointed to organise the updating process.

Throughout the updating process, three of many targets were considered as crucial:

- Updating the Code of Ethics in light of developments in the field and the world
- Using and benefiting from all discussions on the road of this updating process to create awareness and sensitivity in ethics
- Doing the updating process with the expertise and wide participation of interested colleagues and members of PAT

Now, we are at the final stage and a final draft of the updated Code of Ethics of PAT is ready for wider discussions among our members before being presented to the General Assembly of PAT for approval.

What have been done? Do you want to learn more, step-by-step? Are you planning to write or update your NPA's Code of Ethics? [Please click here for comprehensive information.](#)

İbrahim Fuat Akgül, Gonca Aşut, Diğdem Göverti,  
Ceren Kaypak, Ayşegül Yay Pençe, Mehmet Yumru  
*The Section of Human Rights and Ethics in Psychiatry*  
**Psychiatric Association of Turkey**

## NPA Activities

### **Not Alone: Polish Psychiatric Association providing humanitarian support to Ukraine**



Immediately after Russia started its aggression against Ukraine, the Polish Psychiatric Association (PPA) called for humanitarian support for Ukraine and initiated meetings with representatives of psychiatric societies operating in Ukraine to identify current needs in war-stricken areas and coordinate aid.

The PPA allocated its financial resources to humanitarian aid, including provision of customised aid, raising awareness of the consequences of Russia's aggression on people with mental disorders in Ukraine and its impact on the entire population, empowerment of personnel, and supporting and responding to the needs reported by local psychiatric assistance centres.

[Read more...](#)

Prof. Dominika Dudek, *PTP President*

Prof. Jerzy Samochowicz, *PTP Vice-President*

Dr. Tomasz Szafranski

**Polish Psychiatric Association (PTP)**

### **The Portuguese Society of Psychiatry and Mental Health launches First Mental Health Observatory (MHO) in Portugal**



The [Portuguese Society of Psychiatry and Mental Health \(SPPSM\)](#) has created a task force of SPPSM members that has worked on building a [Mental Health Observatory \(MHO\)](#). The MHO is based on the needs of mental health professionals (identified in a survey) and of the general public.

Launched on 25 October, the MHO was developed to disseminate and share data and indicators, improve

knowledge, and promote good practices and experience within the scope of the Observatory.

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*Mental Health Observatory (MHO) working group members: Maria João Heitor (MD, PhD, psychiatrist and researcher), Luís Madeira (MD, PhD, psychiatrist and researcher), Joaquim Cerejeira (MD, PhD, psychiatrist and researcher), João Bessa (MD, PhD, psychiatrist and researcher), Albino Oliveira-Maia (MD, PhD, psychiatrist and researcher), Ricardo Gusmão (MD, PhD psychiatrist and researcher), Angela Marques (PhD, social sciences in health care and mental health), Rui César das Neves (mechanical engineer, MSc in Computer Science and Electronic Engineer, specialist in Health Information Systems) and Joana Carreiras (clinical psychologist, Ms. Ethology).*

Prof. Maria João Heitor, *President*

**Portuguese Society of Psychiatry and Mental Health  
(SPPSM)**

## NPA Events: News and Reports

### **Bosnia and Herzegovina Congress of Psychiatry held in Mostar**



On 4-6 November the Fifth Congress of Psychiatry of Bosnia and Herzegovina took place with international participation. Entitled 'Psychiatry in the Changing World', the Congress was held in Mostar and welcomed 300 participants from 11 countries.

Organised by the Psychiatric Association of Bosnia-Herzegovina (PABH) with WPA co-sponsorship and EPA patronage, the Congress had a dynamic Scientific Programme including a Plenary Symposium with Prof. Peter Falkai, EPA President, and Prof. Eka Chkonia, Secretary of the Steering Committee of the EPA Council of NPAs.

[Read more...](#)

Prof. Dragan Babic, *PABH President, Congress President*  
Dr. Goran Racetovic, *PABH Secretary, Congress Secretary*  
**Psychiatric Association of Bosnia-Herzegovina (PABH)**

## Italian Psychiatric Association holds 49th Congress in Genoa



The 49th National Congress of the Italian Psychiatric Association (SIP) was held in Genoa from 12-15 October 2022. A Plenary Lecture from our guest, Prof. Peter Falkai, EPA President, and an NPAs-Italian Psychiatric Association Joint Symposium were among the many scientific events held at the Congress.

[Read more...](#)

Prof. Bernardo Carpiniello, *Official Representative*  
Italian Psychiatric Association

## Psychiatric Trainees and Young Psychiatrists of Turkey meet Prof. Geert Dom, EPA President Elect



The Psychiatric Trainees Committee and Young Psychiatrists Committee of the Psychiatric Association of Turkey met Prof. Geert Dom, the EPA President Elect, at the 58th National Psychiatry Congress of Turkey. The meeting was inspirational for the many psychiatric trainees and young psychiatrists who attended.

[Read more...](#)

Emre Cem Esen, *Secretary for Psychiatric Trainees*  
Psychiatric Association of Turkey

## Georgia hosts WPA thematic congress on treatment and management of mental disorders in the post-pandemic era



The World Psychiatric Association thematic congress, "Treatment and management of mental disorders in the post-pandemic era", was held in Tbilisi, Georgia, in October. The congress, opened by the President of Georgia, Salome Zurbashvili, was supported by the World Psychiatric Association (WPA) and the European Psychiatric Association (EPA) and had great success among mental health professionals, scientists, and clinicians.

Two-hundred-and-fifty participants from more than 20

countries attended three days of scientific meetings, workshops, plenary sessions and symposiums.

A joint EPA-WPA Symposium during the Congress looked at the Ethical Dilemmas and Mental Health of a war-affected population.

[Read more...](#)

Prof. Eka Chkonia, *Professor of Psychiatry, Tbilisi State Medical University and SGP President*  
**Society of Georgian Psychiatrists**

## War in Ukraine: A challenge for mental health care - Joint DGPPN/EPA symposium at the DGPPN Congress



Europe is confronted with a dramatic emergency: a war of aggression that has already caused civil victims, mass displacement and even fear about a nuclear war and energy crisis. There is initial evidence that a proportion of refugees or forcibly displaced persons from Ukraine suffer from the consequences of traumatic events and exhibit psychological problems putting them at risk of mental disorders, including post-traumatic stress disorder, depressive and anxiety disorders and relapses in psychotic episodes.

The direct and indirect consequences of this humanitarian catastrophe cannot be estimated at present, but mental healthcare services need to develop or expand strategies to address them, including language- and culture-sensitive care, access to treatment, and caring for the unusually high proportion of children and adolescent refugees in this group.

In a joint symposium, strategies from different countries were presented and discussed, with Chairs **Prof. Andreas Meyer-Lindenberg** (DGPPN President) and **Prof. Meryam Schouler-Ocak** (Chair of the EPA Committee on Ethical Issues) and speakers **Prof. Thomas Wenzel** (Austria - "Mental health consequences of forcibly displaced people - an overview"), **Prof. Jerzy Samochowiec** (Poland - "High number of refugees in Poland - which strategy is being pursued") and **Prof. Schouler-Ocak** (Germany - "High number of refugees in Germany - which is the German way?")

## **‘How should we build bridges?’ – Hungarian Psychiatric Association holds annual conference**



The Hungarian Psychiatric Association’s 25th annual Conference took place in Budapest from 28 September to 1 October 2022. The Conference’s motto was ‘How should we build bridges?’.

The well-organised assembly began with a welcome from Assoc. Prof. György Szekeres, the current President of HPA and of the Conference, with messages from Peter Takacs (Hungarian Secretary of State for Health), Prof. Laszlo Harsanyi (Board Member of the Hungarian Doctor Associations) and Gyula Kincses (President of the Hungarian Medical Chamber).

### [Read more...](#)

Prof. Tamas Kurimay, *Board member of HPA and EPA*

Associate Prof. Görgy Szekeres, *President of HPA*

Dr. Rober Wernigg, *General Secretary of HPA*

Dr. Gabor Mate Mezo, psychologist, *Associate member of HPA and EPA*

**Hungarian Psychiatric Association (HPA)**

## **Time for Action!**

### **Have your say on Ethics in psychiatric practice!**



The EPA Committee on Ethical Issues has been working on a [new survey](#) to collect more information on inpatient treatment settings of individual wards in psychiatric hospitals across Europe.

From experiences and practices addressing ethical conflicts

to malpractice and coercion measures, the Committee invites you to share your experience [by completing this online questionnaire](#):

<https://www.surveymonkey.com/r/7YZSNR7>

Prof. Meryam Schouler-Ocak

*Chair of the Committee on Ethical Issues*

EPA

## EPA Sections in the Spotlight

### Section of Addictive Behaviours



The year 2022 will stay in our memories as a major milestone in the addictive disorders field. In February 2022, the World Health Organization (WHO) [11th version of International Classification of Diseases \(ICD-11\)](#) came officially into effect, with a planned progressive global implementation.

New categories were included in ICD-11, such as addictive behaviours (gambling and gaming disorders) besides addictive disorders. It is particularly important that some behaviours are now considered as potentially conducive to addictive patterns under certain circumstances for vulnerable individuals. This has been a public health and clinical need worldwide, finally answered. This was particularly the case for Gaming disorder (GD - papers [here](#) and [here](#)), with an [ongoing WHO research project on developing cross-cultural screening and diagnostic tools](#) and [international expert recommendations to offer sustained care even in times of sanitary crisis](#).

The future in the area of addictive behaviours resides in capacity-building of mental health professionals and in the challenge of adapting health systems to include an affordable, quality, person-centred and timely treatment to affected individuals. I had the honour to discuss these issues in three major International meetings in our field: [ICBA2022](#), [ISAM2022](#) and [LxAddictions2022](#). I also have

the pleasure to communicate on the next two major international events where more important advances will be showcased on addictive behaviours: [EPA 2023](#) and [ICBA2023](#).

See you there!

Dr. Sophia Achab, *Co-Chair*  
EPA Section of Addictive Behaviours

## Brussels Digest

### **European Medicines Agency (EMA) news on availability and accessibility of medicines in the EU**



The European Medicines Agency (EMA) regularly publishes information on [specific medicine shortages](#) that affect or are likely to affect more than one European Union (EU) member state, where EMA has assessed the shortage and provided recommendations to patients and healthcare professionals across the EU.

It also provides a list of [national registers](#) in the EU and EEA Member States containing information on medicine shortages in these individual countries.

Please help us disseminating the information about the [single point of entry](#) to increase awareness at national level.

Lara Grosso Sategna  
*Scientific and Policy Officer*  
EPA

### **EMA Pilot to collect information on ongoing or potential shortages**



In November, the EMA started a six-month pilot to collect information on ongoing or potential shortages from EMA eligible organisations, including the EPA.

If your NPA is aware of any shortages that fulfil the following criteria, please contact the EPA Brussels Office at [epa.brussels@europsy.net](mailto:epa.brussels@europsy.net):

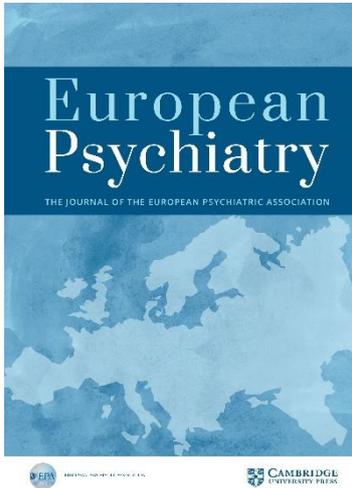
- The shortage is or will potentially affect one or more EU member state; and
- The medicine in question is considered critical (e.g. a life-saving medicine that does not have a suitable alternative or when the switch to alternative treatment has a major clinical impact for patients and healthcare systems);
- In the context of a public health emergency, any information that could indicate an upcoming shortage (such as changes in clinical practice and/or increases in demand).

Please note that this pilot is taking place irrespective of any reporting requirements at national level, so please continue reporting to the National Competent Authorities of the impacted member states as normal. Information on ongoing medicine shortages in the EU is available in national shortages registers, or in [EMA's shortages catalogue](#).

Lara Grosso Sategna  
*Scientific and Policy Officer*  
**EPA**

# European Psychiatry journal

## **European Psychiatry journal - looking for a new Social Media Editor**



*European Psychiatry* is the official journal of the European Psychiatric Association.

It is a peer-reviewed, open-access journal that provides state-of-the-art research and policy updates on the biological underpinning, diagnosis, and treatment of psychiatric disorders. *European Psychiatry* has a fast response time of 13 days and its impact factor has increased massively in the last year, from 5.361 to 7.156.

The journal is now looking for a new Social Media Editor. The candidate will maintain the journal's social media account and other digital platforms to disseminate the journal's content and enhance its online reach and reputation.

The deadline for applications is **28 February 2023**. More information is available [here](#).

## Calendar

**16 January 2023**

(Online)

[Deadline for nominations for EPA Constance Pascal - Helen Boyle Prize](#)

**25 - 28 March 2023**

(Paris, France)

[EPA 2023 31st European Congress of European Psychiatry Social Cohesion, a Common Goal for Psychiatry](#)

**4 - 7 May 2023**

(Kuşadası-Aydın, Turkey)

[Annual Meeting and 2nd International 26th National Clinical Education Symposium of the Psychiatric Association of Turkey](#)

**8 - 10 June 2023**

(Tatranská Lomnica, Slovakia)

[IX. Conference on biological psychiatry](#)

29 June - 1 July 2023  
(Copenhagen, Denmark)

[20th International Congress of the European Society for Child and Adolescent Psychiatry](#)

1 - 4 July 2023  
(Budapest, Hungary)

[9th Congress of the European Academy of Neurology](#)

10 - 13 July 2023  
(Liverpool, England)

[RCPSYCH International Congress 2023](#)

21 - 23 September 2023  
(Helsinki, Finland)

[14th European Congress of Mental Health in Intellectual Disability](#)

28 September - 1 October  
2023  
(Vienna, Austria)

[23rd WPA World Congress of Psychiatry](#)

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