

# BULLETIN

SEPTEMBER 2007

TSUYOSHI AKIYAMA, EDITOR

ALLAN TASMAN, PRESIDENT

## PRESIDENT'S REPORT



The fall season is now including the upcoming WPA Planning for our 2008 congress is upon us, and our International Congress in Melbourne in moving ahead, with excellent academic efforts are late November. Our board members organization from our colleagues in being renewed after the will meet formally during the Melbourne Japan, as we continue to finalize summer holidays. I congress. preparations for our Tokyo PRCP

hope this academic year In previous issues I have described our Congress from 30 October to 2 brings good success to ongoing work in collaboration with our November 2008. I encourage everyone to all our colleagues as we colleagues in AFPA and the South Asia to prepare a submission for the work for the betterment Forum to develop an academic journal scientific program, and plan to attend of our patients, their families, and the focused on our region. In part what I know will be an outstanding cause of improved psychiatric care, stimulated by the initial approach from meeting. We will soon finalize plans for education, and research. I am certain PRCP, and in part in response to their the location of our 2010 congress, and I you will find this issue of the PRCP own professional goals and aspirations, expect we will soon announce a Bulletin to be stimulating of your own journal, focusing on Asia. We wish meeting date in response to the initial professional activities, with a variety of them the greatest of success in this expression of interest from our excellent articles describing our very worthwhile undertaking, and feel colleagues in Shanghai to hold the members' activities. This issue comes just as the WPA is about to meet in glad that PRCP played a small role in meeting there.

As always, if you have ideas for new just as the WPA is about to meet in Shanghai, and we hope this will be an initiatives for the PRCP, you are most opportunity for our members to meet welcome to contact me at: and exchange ideas informally with colleagues from around the world. We board meeting, our board members will allan.tasman@louisville.edu

With best wishes for a productive and gratifying fall, we will have a report of the Shanghai discuss how best to continue to encourage scholarly academic an important time for our region, with interchange among members of our two major WPA meeting in our area, trans continental association.

**Allan Tasman, MD,  
PRCP President**

## SECRETARY-GENERAL'S REPORT



Welcome to the third expand its membership to other website at [www.prcp.org](http://www.prcp.org). Of edition of the PRCP countries and regions. If you have any particular interest is the 2007 Bulletin this year. items to contribute to the agenda membership break-up by country

The PRCP Secretariat is please email the PRCP Secretariat at [http://www.prcp.org/history.html](mailto:info@prcp.org.au) and beginning to prepare for [info@prcp.org.au](mailto:info@prcp.org.au). up and coming events <http://www.prcp.org/events.html>. If you

the 2007 PRCP Board Thank you to the members and would like to contribute to the PRCP Meeting. The meeting will fellows who have recently finalised website please email your information to [info@prcp.org](mailto:info@prcp.org). be held on Friday 30 their membership dues this quarter.

November 2007 at the The PRCP has a number of I wish everyone a successful few WPA Congress in outstanding membership dues, your months and look forward to seeing Melbourne Australia. A number of prompt payment is appreciated. you at the WPA Congress in

issues will be discussed including The secretariat has recently updated Melbourne. With best wishes.

Tokyo next year and how PRCP can invite members and fellows to visit the **Associate Professor Chee Ng**

**The 13th PRCP Scientific Meeting Tokyo, Japan**

**30 Oct - 2 Nov 2008**

<http://prcp2008.org/>

# EDITOR'S REPORT

I hope this newsletter will find you refreshed from a good vacation. Reminding you the energy of the summer, many hot articles are in this issue.



First, for "Innovative programs in the region" Prof Hai-Gwo Hwu reports on "Mental health promotion programs in Taiwan." This program is based on neuroscientific knowledge. The principal elements are (1) the translation of genetic-epidemiology and neuroscience-based understanding into a plain concept (2) the promotion of awareness (3) the rotating exhibition of "brain-science and mental health" (4) the establishment of local chapters (5) the promotion of mental health volunteers; (6) the establishment of measurement. The registered volunteers all over Taiwan count 10,000.

Another report is written by Prof. Parameshvara Deva on "The section on psychiatry in developing countries of the World Psychiatric Association (WPA)." Many developing countries have created ways to improve services in spite of their adverse situations, and sharing such experiences with other

developing countries requires a forum. To this end a section of psychiatry in developing countries was initiated in the WPA in 2004. The section today has over 450 members and held its first international conference in Lahore in Pakistan in February 2007.

Prof Norman Sartorius and Prof Helen Chiu present "Courses on leadership and professional skills development for young psychiatrists." The objectives of this programme are to improve leadership and professional activities skills, to create networks of young psychiatrists and to encourage them to engage in collaborative research and other projects. Courses have been held all over the world and the most recent course was held in Hong Kong in June 2007 and attended by 20 young psychiatrists from P. R. China including Hong Kong, Indonesia, Malaysia, the Philippines, Singapore, Thailand and Vietnam.

Prof. Pichet Udomratn shares the experience of the joint meeting between Psychiatric Association of Thailand (PAT) and the Japanese Society of Psychiatry and Neurology (JSPN). In 2006 the ASEAN Federation for Psychiatry and Mental Health council decided to extend their relationships to the national societies of China, Japan, and Korea.

Accordingly Prof Udomratn invited Prof. Takuya Kojima, the President of JSPN and other board members to visit Thailand in April, 2007. The JSPN members delivered presentations and the PAT has received many positive responses from its members towards all guest speakers from the JSPN.

Prof. Changsu Han informs us the great change for young Korean psychiatrists. In January 2004 Dr. Tae-Yeon Hwang organized a workshop for young Korean psychiatrists. After this initiative, the Korean and Asian young psychiatrists have gathered at the meetings of the World Federation of Societies of Biological Psychiatry, the International Psychogeriatric Association, the Korean Neuropsychiatric Association annual congress and the WPA regional meeting in Seoul. Prof Han hopes that friendship as young psychiatrists will contribute to the good worldwide collaborative projects in the future.

This is the last issue before the WPA international congress in Melbourne, November 28 to December 2, 2007. I look forward to seeing many of PRCP friends there. We can feel the Australian summer together!!

**Dr Tsuyoshi Akiyama**  
Editor

## PRCP 2006 RESEARCH AWARD

### HIPPOCAMPAL COMPLEXIN PROTEINS AND COGNITIVE DYSFUNCTION IN SCHIZOPHRENIA - DR KEN SAWADA

Ken Sawada, MD; Alasdair M. Barr, PhD; Masato Nakamura, MD; Kuni-masa Arima, MD; Clint E. Young, PhD; Andrew J. Dwork, MD; Peter Falkai, MD; Anthony G. Phillips, PhD; William G. Honer, MD, FRCPC

*Arch Gen Psychiatry.* 2005;62:263-272.

**Background** Converging neuroimaging and postmortem evidence indicates synaptic terminals are abnormal in schizophrenia. A putative molecular mechanism implicates abnormalities of proteins involved in the presynaptic secretory machinery, including the

modulator proteins complexin I and complexin II.

**Objectives** To determine the



amount and distribution of complexin proteins in the hippocampus of subjects with schizophrenia, in parallel with markers for excitatory and inhibitory nerve terminals. The functional implications were also investigated.

**Design** We used immunocytochemistry to study complexin I and complexin II proteins in hippocampus, as well as the vesicular transporters for  $\gamma$ -aminobutyric acid (GABA) and for glutamate. Immunocytochemical findings were correlated with cognitive function as-

sessed through medical record review. To further explore the implications of the human findings, we studied rats exposed to haloperidol, amphetamine, and ketamine as well as rats trained in memory tasks.

**Subjects** We studied hippocampal sections from 12 subjects with schizophrenia and 12 subjects with no known neuropsychiatric disorder.

**Results** The absolute values and ratio of the hippocampal presynaptic proteins complexin II—complexin I were lower in subjects with schizophrenia. Disturbances in the complexin proteins in subjects with schizophrenia were greater than those observed for vesicular glutamate transporters.

The lower complexin II—complexin I ratio in several hippocampal subfields in subjects with schizophrenia was inversely correlated with the severity of anteromtem cognitive impairment. In contrast, the hippocampal complexin II—complexin I ratio was higher in rats trained in a memory task compared with untrained rats. Treatment of rats with antipsychotic drugs or with the psychotomimetic drugs amphetamine or ketamine did not alter the complexin II—complexin I ratio.

**Conclusions** The pathology of hippocampal complexin proteins might play an important role in schizophrenia, especially concerning cognitive disturbances.

**Author Affiliations:** Department of Neuropsychiatry, Kochi Medical School, Kochi, Japan (Dr Sawada); Department of Psychiatry, University of British Columbia, Vancouver (Drs Barr, Young, Phillips, and Honer); Department of Psychiatry, National Center Hospital for Mental, Nervous, and Muscular Disorders, Tokyo, Japan (Drs Nakamura and Arima); Department of Neuroscience, New York State Psychiatric Institute, and Departments of Pathology and Psychiatry, Columbia University, New York (Dr Dwork); Department of Psychiatry, Saarland University, Homburg, Germany (Dr Falkai).

# INNOVATIVE PROGRAMS IN THE REGION

## MENTAL HEALTH PROMOTION PROGRAM IN TAIWAN

Facing the globalization of the modern society and changing value of modern life, there is significant proportion of the Taiwanese people, perhaps all people in the world, are with inadequate mental health, and are inefficient in dealing with their daily life. Apparently, the traditional mental health work, based on psychological theories of stress and interpersonal management, is inadequate in helping the people of the modern society to achieve satisfactory mental health.

Based on neuroscientific knowledge of the mind, the brain functions and structures, I created a novel approach to promote mental health, the novel mental health movement (NNHM). The essential elements of this NMHM are (1) The translation of genetic-epidemiology and neuroscience-based understanding of diathesis-stress model of mental health into a plain concept of mental health work (2) The promotion of awareness of inadequate mental health in modern Taiwan (3) The rotating exhibition of "brain-science and mental health" in every county all over Taiwan (4) The establishment of local Mental Health Classrooms

and working groups, the Friends of Mental Health, to provide scheduled lectures and practice sessions of Mental Health Exercise year round (5) The promotion of Mental Health Volunteers in every basic administrative districts (the tsueng or li of every county or city) and provided with refreshed course of neuroscience-based mental health work (6) The establishment of measurement of Mental Health Index with serial nationwide survey for monitoring national mental health index. The pearl of this NMHM is the concept of "limited brain-power, or brain-capability" of every individual person. The mental health work of every individual of this NMHM includes (1) To be sensitive enough of the mental status of inadequate brain-power manifested in stressful reactions in emotion, behavior, cognition and drives, in current high demanding modern living situation; (2) To do activities for brain protection in daily living schedule; (3) To exercise the psychological maneuvers for "worry-free" in daily life; (4) To enrich "the self" by experiencing the daily life, i.e. to care for "the self"; (5) To assure "the

happiness" by sharing with, or caring for the others.

We have carried out the NMHM in Taiwan with popular acceptance by the general public and the registered mental health volunteers are about 10,000 persons all over Taiwan. We have a definite goal to reach the status of having 3 to 5 mental health volunteers in every basic administrative unit all over Taiwan. In addition to mental health promotion in the general public to improve modern Taiwanese people to face the challenge of modern society adequately, this NMHM will also be very positive in solving the stigma against mental illness.[Reference: www.mhf.org.tw] Mental Health Promotion Program in Taiwan

**Hai-Gwo Hwu, M.D.**  
**Professor and Chairman**  
**Department of Psychiatry**  
**College of Medicine**  
**And Professor**  
**Department of Psychology**  
**College of Science**  
**Institute of Epidemiology**  
**College of Public Health**  
**National Taiwan University**

## M Parameshvara Deva, Chairman of the Section on Psychiatry in Developing Countries

The World Psychiatric Association has over 65 Sections that are devoted to Psychiatry's many sub specialties, research interests and special interest groups throughout the world. In reality the larger problems of the two-thirds of the world's population faces enormous hardships in the mental health area that appear to have little to do with the work and activities of the Sections of the WPA. The stark reality of extremely few psychiatrists and allied mental health professionals focuses psychiatrists in developing countries on trying to find ways in which to assist psychiatrists developing countries. This has not been easily addressed in the sections in the WPA in the past

In reality the struggling mental health services in many developing countries have in several instances developed innovated ways of improving services in developing countries but sharing them with other developing countries is not easy and requires a forum at the level of international psychiatry. To this end a group of WPA members from developing countries initiated the process of forming a new Section of Psychiatry in Developing Countries in the WPA in 2004. After many discussions at the Executive Committee of the WPA the formation of the Section was approved and formerly launched at the 2005 WPA world Congress in Cairo. The section today has over 450 members from

developing and developed countries on all 6 continents of the world The section held its first international Conference in Lahore in Pakistan in February 2007 that attracted over 400 participants for over 25 countries including the President and several EC members of the WPA. The Section on Psychiatry in Developing Countries of the WPA (WPA\_SPDC) has co-sponsored several activities in developing countries and helps contribute to the improvement of the quality of care of the mentally ill. For Further information on the WPA-SPDC please contact the Section's Secretary Dr Afzal Javed [afzal@afzaljaved.co.uk](mailto:afzal@afzaljaved.co.uk)

## INTERNATIONAL CONFERENCE REPORT

### THE JOINT MEETING BETWEEN PAT AND JSPN

National psychiatric associations in the Asian region don't usually have a close relationship. The formation of the ASEAN Federation for Psychiatry and Mental Health (AFPMH) in 1981 aimed to bring national psychiatric associations in South East Asia closer. However, a relationship between the AFPMH and other national psychiatric societies in the Asian region has never been established. In 2006 the AFPMH council agreed with my suggestion ( as a new AFPMH President ) to extend their relationships to include the national psychiatric societies of China, Japan, and Korea under the title "AFPMH Plus 3 Partnership Programme". Following the above programme, the Psychiatric Association of Thailand (PAT) became the first association to start a bilateral relationship with the Japanese Society for Psychiatry and Neurology (JSPN) when Prof. Pichet Udomratn, President of PAT, went to Japan to invite Prof. Takuya Kojima, the



President of JSPN, and other committee members to visit Thailand and attend the PAT's Summer Meeting in 2007. At Thailand and Japan, the committee this joint meeting, which also members of JSPN delivered some

interesting presentations to Thai psychiatrists on 28 April 2007, as follows: "A brief history of Japanese psychiatry including differences from Western psychiatry" by Dr. Yuji Okazaki from Tokyo Metropolitan Matsuzawa Hospital. "Introduction of physiological and genetic studies in Japan" by Prof. Takuya Kojima, President of JSPN "Pathogenesis of schizophrenia" by Prof. Masayoshi Kurachi from University of Toyama "Psychotropic drug

development in Japan" by Dr. Yoshifumi Watanabe from Yamaguchi University Graduate School of Medicine.

In the evening the executive committee from the JSPN joined with both the executive committee and members of PAT at a dinner where they enjoyed various shows specially arranged for this event. The PAT has subsequently received many positive responses from its members towards all guest speakers from the JSPN. We sincerely hope that

this first step will further strengthen the relationship among psychiatrists in both our countries and perhaps later throughout the whole of Asia.

**Prof. Pichet Udomratn, M.D.**  
**President, ASEAN Federation for Psychiatry and Mental Health (AFPMH)**  
**and also President, the Psychiatric Association of Thailand (PAT)**

## COLLABORATIVE PROGRAMS OR PROPOSALS

### Hong Kong Leadership Training

#### **Courses on Leadership and Professional Skills Development for Young Psychiatrists**

Young psychiatrists – regardless of whether they are primarily engaged in research or clinical work – often lack the skills that would make it easier for them to obtain support for their work, to present their research before others, and to communicate with others engaged in similar work elsewhere. They often feel isolated, and frequently lose motivation for further learning and clinical research. Their leadership potential is often not properly supported nor used, particularly in settings where it would be most needed.

An educational programme has therefore been developed whose main objectives are to remove the barriers which prevent young psychiatrists from making further progress. The course aims to improve leadership skills as well as skills useful in professional activities such as delivering a lecture, writing a scientific paper (or presenting a poster), preparing an impressive curriculum vitae, chairing meetings, teaching general practitioners, and so on.

The course also aims to create networks of young psychiatrists, and to encourage them to engage in collaborative research and other projects. Optional elements,

depending upon the needs of doctors at each location, deal with ways to judge the ethical merits of a research project, to conduct a seminar, to attend and get more out of attendance at scientific meetings, to review a paper, prepare proposals for policy-makers, and so on. At each location, "Meet the Expert" sessions are usually also added involving successful leaders who describe the progress of their careers.

This programme is different from others, in that it concentrates on the knowledge, skills and attitudes likely to be of immediate use to young psychiatrists. Courses have been held in many Central and Eastern European countries, in Chile, Germany, India, Japan and most recently in Ethiopia and Kenya. The programme is of short duration – 3 to 4 days with a 9-hour a day, highly interactive schedule - and with a structure which has been continuously revised in the light of experience.

The networks that have been established by the courses have been maintained and proved to be productive, both in terms of support to their members and in terms of support to joint scientific and other projects. The participants in the courses for Central and Eastern Europe and those for Japan and Korea have developed several joint research projects that led

to publications. One of those research projects has been awarded a special prize by the World Psychiatric Association and others have led to further joint work involving the participants.

While the first few courses were held in collaboration with WHO and the World Psychiatric Association, recent ones have been held under the auspices of the Association for the Improvement of Mental Health Programmes with a faculty composed of local teachers as well as teachers from abroad.

The most recent course was held in Hong Kong in June 2007 with the support of an unrestricted educational grant from Eli Lilly and Company. It was hosted by Professor Helen F.K. Chiu, Chairman of the Department of Psychiatry of the Chinese University of Hong Kong, and attended by 20 young psychiatrists from P. R. China including Hong Kong, Indonesia, Malaysia, the Philippines, Singapore, Thailand and Vietnam. The teaching faculty included Prof. David Goldberg, Prof. Helen Chiu, Prof. Gabor Ungvari, Dr John Hayes, Prof. Tang Wai Kwong and Prof. Norman Sartorius.

**Prof. Norman Sartorius & Prof Helen Chiu**

**World Psychiatric Association International Congress 2007 in Melbourne Australia**  
**28 November - 2 December 2007**  
[www.wpa2007melbourne.com](http://www.wpa2007melbourne.com)

# YOUNG PSYCHIATRIST SECTION

## Young Psychiatrist in Korea

What is the definition of a “young” psychiatrist in your country? A “young” psychiatrist is usually defined as a doctor who is under 40 years old or has completed his or her training within the past 5 years, although their activities will vary according to social conditions and training systems. In South Korea, young psychiatrists usually work as a fellow or junior staff members, within their departments, in the traditional Asian manner, which means that they have little opportunity to present their work in front of international doctors in English. This has changed a great deal in the last 4 or 5 years.

In January 2004, an inaugural training workshop, known as “Workshop on the Development of Professional and Academic Skills of Young Psychiatrists”, was held with the support of the Korean Neuropsychiatric Association (KNPA) and Janssen Korea. Dr. Tae-Yeon Hwang organized the program and Professor Norman Sartorius participated as chairman and as a lecturer throughout the session. More than 30 young doctors from across Korea participated with a view to making future international presentations. Since 2004, the

workshop has been held annually. The graduates of the workshop are currently working and presenting their research, or mental health work, actively, at a number of academic meetings.

Just after the workshop in 2004, the first formal international meeting for “young psychiatrists” was held in Cairns, Australia, at the pre-congress meeting of the World Federation of Societies of Biological Psychiatry (WFSBP). Several young doctors from Japan (JYPO: Japanese Young Psychiatric Organization) and Korea presented information about their psychiatry training system and their research. A dinner meeting for young doctors after the formal session helped the participants to become friends. After that meeting, it became customary to hold “young psychiatrists’ sessions” at many academic congresses, such as the 2004 Asia Pacific regional meeting of the WFSBP and the 2004 Asian Pacific regional meeting of the International Psychogeriatric Association. The KNPA held a “Korean-Chinese-Japanese Young Psychiatrist Session” during the 2005 and 2006 annual congress. During the 2007 World Psychiatric Association

(WPA) regional meeting in Seoul, many young Asian doctors gathered to exchange their experiences in clinical research and mental health work.

This said, we are really just beginning to develop activities for young psychiatrists. Fruitful results with respect to international clinical research and mental health activities can be achieved on the basis of mutual respect and friendship. Additionally, the activities of young psychiatrists should not be confined to their generation. Although many young doctors would like to have the opportunity to meet other young doctors from other countries, this would be impossible without the support of more experienced, senior doctors.

In the near future, I imagine that psychiatrists from many countries will work together to improve mental health and clinical research, worldwide, and I would lay odds that the doctors likely to be involved in this had the chance to develop their friendships when they were younger.

**Associate Professor Changsu Han**  
**Korea University Medical Center,**  
**Department of Psychiatry**

## WELCOME ANNOUNCEMENT

The bulletin editor welcomes articles for a column for young psychiatrists to share their experiences and information on their training, a column for the teachers or trainers to share information about their teaching programs, a forum to discuss possible research collaborations around the region, and a column for young psychiatrists who will be presenting at

the meeting in Shanghai in September to describe their work. Please send your articles addressed to me at [akiyama@sa2.so-net.ne.jp](mailto:akiyama@sa2.so-net.ne.jp).

**Dr Tsuyoshi Akiyama**  
**Editor**

## PRCP Membership



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