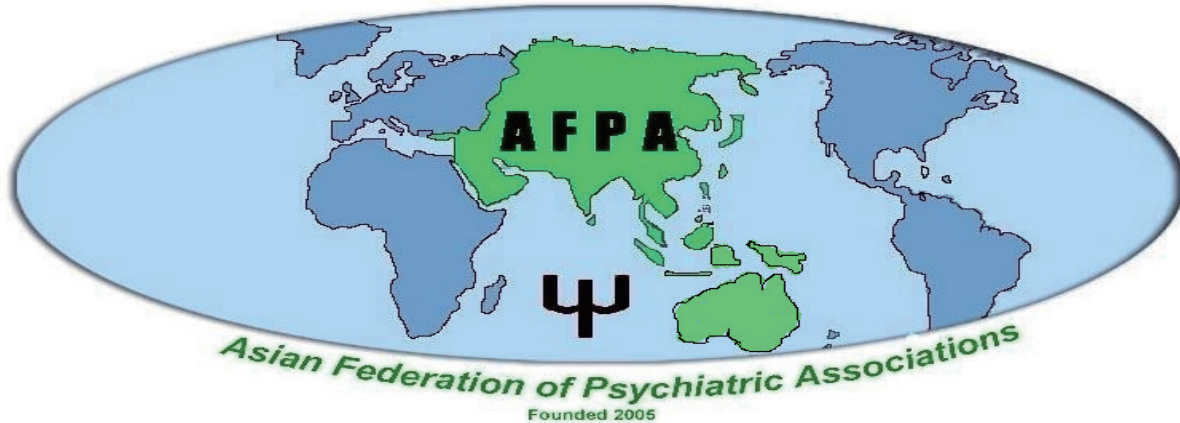


# The Bulletin of the AFPA

## The Summer 2021 Issue



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### AFPA President's Messages



Welcome to the June 2021 issue of *the Bulletin of Asian Federation of Psychiatric Association*, the newsletter of the AFPA. It is a pleasure to reach out to you again in my rôle as the president of AFPA. Sadly, I write once again at a time that many of our member societies are in areas where life is dramatically effected by the COVID-19 pandemic. In particular, I wish to acknowledge the distressing recent events in India and other South Asian countries and send a message of support to all of our friends and colleagues during what I

am sure is a very difficult time.

Amongst the very major consequences of the pandemic that we face is the rapid increase in mental health disorders including anxiety and depression across the globe including Asia. Global evidence suggests a potential doubling of major depression and anxiety in all affected communities. There is clearly significant debate as to the relative contribution of societal and family disruption, bereavement, the impact of quarantine and economic disruption, and the impact of central nervous system involvement in the infection, including in relation to the emergence of the so called long COVID syndrome. Ultimately it is likely that a combination of these factors is in operation in influencing risk, particularly in already vulnerable individuals. In some ways, this burgeoning incidence is not surprising but the real question is how best to respond. Future research may help identify whether there are specific presentations of anxiety and depression in the pandemic setting and/or whether treatment is in any way different to what constitutes otherwise good care. For most countries across Asia, the greater challenge is how to provide service with already stretched resources to this growing demand. I have mentioned previously the rise in use of telephone and video-based consultations, initially as an infection prevention strategy but increasingly likely to form a major part of our clinical armamentarium given high patient acceptance. Where primary care systems currently play a limited rôle in mental health care recruitment of primary care physicians and health workers to play a greater rôle in treatment is likely to be required, together with the potential utilization



## **The Bulletin of the AFPA**

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*The Asian Federation of Psychiatric Associations® (AFPA®) was registered in Tokyo, Japan on 12 December, 2016.*

of Internet-based interventions such as cognitive behaviour therapy. At a higher level, it is also very appropriate to think about community level interventions to support those effected through, for example, restoration of social networks.

The pandemic has also clearly had an impact on AFPA and all of our member societies with the loss of our capacity to meet and interact. At a recent meeting of the AFPA

executive members, we have made the unfortunate but necessary decision to delay the World Congress of Asian Psychiatry planned for August 2021 and to be held in Kolkota, India. At this point, our plan is to hopefully hold this Congress in early 2022. This will most likely be in a hybrid format with the potential for a mixture of face-to-face attendance and on-line involvement for those for whom travel is impossible or inadvisable.

In the meantime, I wish that you all may remain safe, well, vaccinated and able to enjoy life despite our difficult circumstances. I would like to close by acknowledging the ongoing contribution of our Bulletin editor Winston Shen and his supportive team. (The author reports no potential conflicts of interests in writing this feature.)

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## FROM PRESIDENTS OF AFPA NATIONAL PSYCHIATRIC SOCIETIES

### The PAT Supports People during the COVID-19 Pandemic through Sponsoring Talk Shows Live

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international affairs and president, respectively, of PAT)

The Psychiatric Association of Thailand (PAT) has organised and hosted talk shows on topics related to mental health issues during the COVID-19 pandemic situation through talk shows live with Facebook software for psychiatrists and Facebook users. The talk shows have been continuously held since April 2021.

Many PAT psychiatrists have been volunteering in participating in those activities. Several interesting and informative topics based on public attention of Thai people include how to:

- take care of your mental health during the pandemic,
- create a no blame culture,
- cope with burn-out,
- deal with anxiety during the pandemic,
- build your resilience in the uncertain situation, and
- take care of family relationship during the COVID-19.



A photo of Facebook live organised by members of the Psychiatric Association of Thailand

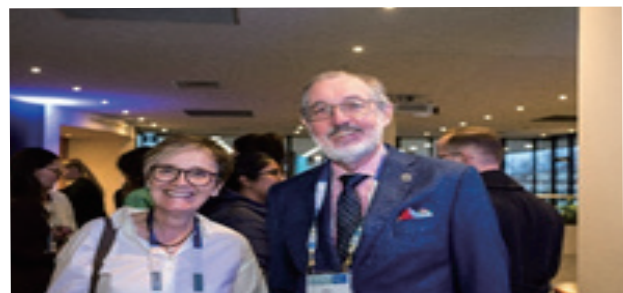
Top from left: Awirut Oonarom and Pichai Ittasakul

Bottom from left: Daruj Aniwattanapong and Voralaksana Theeramoke

We have been having psychiatrists from various settings of mental health services as our honour speakers, and successfully attracted hundreds of Thai Facebook users engaging in talk shows. (The author reports no potential conflicts of interests in writing this feature.)

### The RANZCP Congress Was Held in Hobart, Tasmania, Australia, 16-20 May, 2021

The Royal Australian and New Zealand College of Psychiatrists (RANZCP) was delighted to be able to host a COVID-safe Congress in May 2021 with over 880 delegates attending in Hobart, Tasmania, Australia. In addition, close to 500 delegates participated in the Congress virtually. The theme for RANZCP Congress, "Influencing and being influenced by the world around us," could not have been more apt – allowing delegates to explore how the world around us has changed over the last 18 months, and to think about psychiatry's place in a very changed world.



A photo at the RANZCP Congress welcome reception

From left: Denise Riordan, John Allan

Throughout the Congress week of 16-20 May, 2021, RANZCP delegates heard from keynote speakers from Australia, the USA and the UK and had the opportunity to attend over 160 presentations covering all aspects of psychiatric practice. This year's Congress featured presentations from 10 invited speakers, plus clinical



update sessions on emerging treatments, mood disorders, psychiatry of old age, anorexia nervosa and Indigenous mental health.

The programme was complemented by well-attended social events: a welcome reception, the College ceremony, where we welcomed new RANZCP Fellows into the profession and a gala dinner. At the RANZCP's annual general meeting, the RANZCP was pleased to welcome Vinay Lakra to the rôle of president, taking over from outgoing president John Allan.



Another photo at the RANZCP Congress President's dinner  
From left: Neeraj Gill, Gin Malhi, Vinay Lakra, and Tarun Bastiampillai

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(Editor's note: Vinay Lakra is the president of the  
RANZCP, 2021-2023.)

## The 117th JSPN Annual Meeting Kyoto International Conference Center, 19 - 21 September, 2021

The 117th annual meeting of the Japanese Society of Psychiatry and Neurology has been rescheduled to be held, 19 - 21 September, 2021, at the Kyoto International Conference Center. The theme for this year's meeting is "Precious psychiatry bridging between tradition and innovation."

The enormous impact of COVID-19 has naturally brought unprecedented changes to all aspects of social life. The disease has spread at a speed never experienced

before, involving the entire world in an instant. The impact of the COVID-19 pandemic on society is unlikely to be small, even when compared to the damage caused by war. It is also going to be significant on psychiatry, which had not previously been given much attention. As a matter of course, participants of this meeting will discuss this unprecedented challenge for human beings who have created a global world, but it is also expected that they will hold extensive discussions on measures to be adopted in the post-pandemic period from the perspective of psychiatry.

We have invited four eminent specialists to give special lectures: Koichi Tanaka, a Nobel laureate in chemistry, will speak on blood biomarkers for dementia; Hideyuki Okano of Keio University will speak on the latest research on the molecular pathology of mental disorders using induced pluripotent stem (IPS) cells; Hisataka Kobayashi, a tenured senior investigator in the Molecular Imaging Branch at the National Cancer Institute, USA, who will take office at the Kansai Medical University Advanced Research Center as the director, will speak on photoimmunotherapy, a recently approved as a novel cancer treatment; and Shigeru Omi, who is practically the person responsible for government measures to manage COVID-19, will speak on the disease.

This year's meeting also places a high degree of importance on educational lectures. We will hold 56 educational lectures such as Stefan Leucht (Germany) "Current hot topics in the treatment of schizophrenia," Michael First (USA) "A comparison of diagnostic requirements for mental disorders in *ICD-11* and *DSM-5*," John Krystal (USA) "A systems and computational neuroscience perspective of cortical dysfunction in schizophrenia: from ketamine to novel non-D2 treatments," and Daniel Mueller (Canada) "Towards Precision Medicine in Psychiatry using Pharmacogenomics."



These lectures address issues in three major genres: cutting-edge neuroscience, the achievements of leading psychiatrists in the 19th to 20th century, and art and psychiatry. We have planned such an extensive program to weave psychiatry with innovation as the warp and tradition as the weft, which is the theme of the event.

We are all looking forward to seeing you at this meeting. (The author declares no conflicts of interest in writing this announcement.)

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*(Editor's note: Kinoshita is the president of the 117th annual meeting of the JSPN, 2021. Ichiro Kusumi of Hokkaido University is the new president of the JSPN 2021- 2023. He just succeeded the two-term immediate past president of the JSPN, Shigenobu Kanba, 2017 – 2021.)*

## The Fall Congress of the KNPA in Busan, 22-23 October, 2021

The fall congress of the Korean Neuropsychiatric Association (KNPA) will be held in Busan, Korea, 22-23 October, 2021.

The KNPA have two congresses, the spring and fall congresses annually. The KNPA tries to expand the opportunity to participate in academic and other social experiences of members from the all parts of Korea. Generally the spring Congress is held in Seoul, and the fall congress in other regions in Korea. Last year, Daegu, one of the metropolitan cities in Korea hosted the fall congress successfully. The report of the fall congress 2021 of the KNPA was described in the winter 2021 issue of the Bulletin of the AFPA written by Park and Hong (page 3-4).



A photo of night scene of Busan City (Courtesy of Busan City Tourism Bureau)

Busan is the second largest city in Korea located on the southeastern tip of the Korean peninsula. Due to COVID-19 situation, the congress is planned to be held in a hybrid style, on-site participation and on-line participation. But we look forward to having more on-site participants in the fall congress of the KNPA in Busan in October 2021.

At this writing time, the final programme of the fall congress of the KNPA is still not available. (The authors declare no conflicts of interest in writing this feature.)

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## The 2021 TSOP Annual Meeting To Be Held in Kaohsiung 6-7 November, 2021

The Taiwanese Society of Psychiatry (TSOP) plans to celebrate its 60th annual meeting at Kaohsiung Medical University, 6-7 November, 2021. Established in 1961, the TSOP is one of the first psychiatric associations in East Asia. The theme of in this important annual meeting is "Amazing sixties: tradition and innovation." We plan



Kaohsiung Medical University, the venue of the 2021 TSOP annual meeting (Photo courtesy of KMU)



to focus on the historical rapid progress worldwide in 1960s, and the progress of neuropsychiatry in Taiwan as well as on examining the coming new era of smart hospital and practices in psychiatric care.

In early 1960s, both the dopamine and serotonin hypotheses for major psychiatric disorders were clearly amazing. The understanding of release, reuptake, and storage of the neurotransmitters helped found the following golden decades of psychopharmacology. The World Health Organisation's International Pilot Study of Schizophrenia (IPSS) were conducted in several countries including Taiwan, and the dynamic understanding of psychogenesis had profoundly influenced the nosology of mental illnesses (with the burgeoning of DSM-II) and dynamic psychiatry (the later established self-psychology). The first plenary lecture in this coming annual meeting will include the historical review of the TSOP in the context of East Asian psychiatry.

The second plenary lecture will focus on smart hospital, which may be the example of the potential changes in psychiatric practices in the near future. Taiwan is a country familiar with various new information technology tools, and many tools may have potentials to implement in clinical practices, such as artificial intelligence, big data analysis, tele-medicine, robot, and wearable/Internet of Things (IoT).

After an outstanding 18-month success in controlling the pandemic, Taiwan also unfortunately faced a brim surge of COVID-19 cases (up to 721 new cases in a single day on 22 May, 2021, yesterday (7 July, 2021, total

new case was 28 cases. Thus, the TSOP is also preparing for the possible hybrid (on-site plus on-line) meetings, but we hope for a chance of having a great number of attendants in person.

In November 2020, the TSOP held a successful annual meeting in Tainan, Taiwan, with 1,421 attendants. At that 2020 TSOP annual meeting, we had 40 symposia and workshops, 3 plenary lectures as well as 154 poster presentations. At this writing, the TSOP annual meeting in Kaohsiung is not yet finalized the details of the total programme. (The authors declare no conflicts of interest in writing this announcement.)

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## FROM PRESIDENTS OF AFPA-AFFILIATED NATIONAL SOCIETIES

### The WPA Supports Asian Member Societies during the COVID-19 Pandemic

The World Psychiatric Association established an Advisory Committee on Response to Emergencies (ACRE) in 2020, to respond to the COVID-19 pandemic and future emergencies. The members of the committee are representatives of large member societies and of member societies with a significant regional influence. This Committee has provided specific support to many Asian countries in need:

- The World Psychiatric Association donated a grant of US\$2,000 to child workers to provide information and advice on mental health to a schools in rural Nepal.
- Royal Australian and New Zealand College of Psychiatrists donated US\$2,000 to Papua New Guinea

for a mental health awareness program regarding psycho-social aspects of COVID-19, US\$2,000 USD to the Solomon Islands for a COVID-19 awareness programme in West Kwaio region of Malaita, and US\$,2000 to fund transport for the outpatient team in Vanuata.

- Royal College of Psychiatrists UK is providing in kind support to many Asian countries for organizing webinars on the theme of trauma and violence in the context of COVID-19, deploying their volunteer programme in Belarus once travel to Belarus becomes less cumbersome encouraging their members to visit Belarus to set up workshops delivering specific training as soon as possible.
- The WPA support to India, following the WPA President's Letter sent to all WPA components, the WPA received an overwhelming response both with donations in cash and donation in kind. The WPA is engaged with Indian member societies and the Asian Federation of Psychiatric Associations for chalking out



plans to share programme in coping with the current wave of COVID-19 pandemic and its consequences.

- As part of initiatives of ACRE, the WPA has also established an Expert Group on Care for People with Mental Illness during the COVID pandemic. This group will join the WPA action plan groups and is at present preparing a toolkit for action to help people with mental illness during the pandemic. The toolkit will contain a description of interventions to deal with problems related to the care of people with mental illness during pandemics. The interventions are described in a manner which makes it possible to start activities in response to a range of emergency situations during a pandemic and after it.

The WPA is grateful to member societies for their willingness to participate in this programme and for their generous donations which the WPA hopes will continue to be provided by the major resourceful societies to those in need.

Last but not the least, members of ACRE deserve special thanks for their dedication, work and support. (The author does not report any conflicts of interest in writing this feature.)

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## The 19th IC of the PRCP Took Place in Seoul, 8-10 April, 2021

The Pacific Rim College of Psychiatrists (PRCP) and Korean Neuropsychiatric Association (KNPA) successfully hosted the 19th International Congress of the Pacific Rim College of Psychiatrists (PRCP2021) in Seoul, Korea, 8-10 April 2021. The main theme of PRCP2021 was "Towards effective, safe and equitable mental health care for all."

At the time of the PRCP2021, the world has still been in COVID-19 pandemic situation. The PRCP 2021 was held in hybrid style, on-site for some Korean delegates, and on-line for many other international delegates.

Furthering the report on the PRCP2021 in the winter 2021 issue of the Bulletin of the AFPA written by Yong Chon Park (page 10). we here would like again to

summarize the programme, 1 keynote lecture, 4 plenary lectures, 3 special lectures, 24 symposia, 6 young psychiatrist sessions and 4 free communication sessions in 6 separate rooms. Eight-hundreds eighty participants from 22 countries enjoyed plentiful experiences through 144 presentations from 17 countries. We also received 155 abstracts from 12 countries. All the accepted abstracts were published as a supplement issue of the Asia-Pacific Psychiatry. We had many awards to encourage young psychiatrists in the world and for the best presentations and posters. You can further enjoy the sketches of the PRCP2021 through photo gallery at the website [www.prcp2021.org](http://www.prcp2021.org). (The authors report no conflicts of interest.)



Three photos taken at the International Congress of the PRCP

Upper panel: Yong Chon Park (Korea), at the opening ceremony

Middle panel: Helen Herrman (Australia, left) gave a plenary lecture moderated by Narei Hong (Korea)

Lower panel: Hyun Kook Lim (Korea, felt), Helmet Karim (USA) speaker, right upper), and Pichet Udomratn (Thailand), the moderator

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## The TSBPN Annual Meeting to Be Held in Taipei, Taiwan 2 October, 2021

The 2021 Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN) Annual Congress is going to be held at Taipei Tech Convention Center, Taipei, Taiwan on 2 October, 2021. The conference will focus on exploring the progress of psychiatry under the impact of the epidemic and the interactions among brain, behaviour, and immune system. Also, the 2021 academic awards are open to TSBPN members now, and we will invite awardees to share their research experiences during the meeting.

This year, people all over the world have been forced to change their lifestyles and patterns enormously. The board of directors and supervisors of TSBPN are working harder to maintain the function of the society. A senior member, Ya-Mei Bai led three excellent junior members (Chih-Sung Liang, Kai-Chun Yang, Yin-To Liao) to complete “Evidence-based Expert Consensus Regarding Long-acting Injectable Antipsychotics for Schizophrenia from the Taiwanese Society of Biological Psychiatry and Neuropsychopharmacology (TSBPN),” which is accepted for publication by CNS Drugs. We are updating the guideline of treatment for bipolar disorder at present.



Dragon boat festival at north coast of Taiwan (Photo courtesy of Tourism Bureau, Ministry of Transportation and Communications, Taiwan)

Moreover, The TSBPN comprises the local organizing committee and now is preparing and assisting the International College of Neuropsychopharmacology (CINP) in organising the CINP World Congress in Taipei, Taiwan, 9-12 June, 2022. We sincerely hope to meet or to see each attendee in person after such a long break, and we cannot wait to share the beauty of Taiwan to you. Looking forward to meeting you in Taiwan in 2022! (The authors declare no conflicts of interest.)

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We are pleased to invite you to participate in the 7th Congress of the Asian College of Neuropsychopharmacology (AsCNP) held as a Virtual Congress hosted from Singapore, 22-23 October, 2021. The theme of the congress is “Advances in Neuropsychopharmacology: Spotlights on progress and beacons to the future.” In Singapore, the conference is supported by the Pharmacological Society (Singapore), the College of Psychiatrists, Academy of Medicine Singapore, and the Departments of Pharmacology and Psychological Medicine, Yong Loo Lin School of Medicine, and National University of Singapore.

Eminent plenary and keynote speakers will include Andrea Cipriani, University of Oxford, the UK; Lakshmi N. Yatham, University of British Columbia, Canada; and Roger McIntyre, University of Toronto, Canada.

The deadline for symposium proposals and abstracts is 16 July, 2021. On behalf of the local organising committee, we are pleased to invite you to submit symposium proposals and abstracts for oral presentations and posters aligned with the theme of the congress.

There will also be prizes awarded for Best Oral, Best Poster and, for those under 35 years old, Best Young Clinician and Best Young Scientist. There will also be certificates awarded for the runners up in these categories.



Skyline of Marina Bay, Singapore



Please, refer to the conference website at <https://ascnp2021.pharmconf.org/> for more details.

We look forward to working with you to make this congress a success and to welcoming you virtually to Singapore. (The authors declare no conflicts of interest in writing this report.)

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*(Editor's note, both authors are co-chairs of the local organising committee.)*

## The 22nd WPA World Congress of Psychiatry to Be Held in Bangkok, Thailand, 3-6 August, 2022

Although the first World Psychiatric Association virtual world congress was successfully taken place, we would still hope to meet every one of our member societies in person again after the pandemic is over.

On behalf of the Asian Federation of Psychiatric Associations (AFPA), together with the Psychiatric Association of Thailand (PAT), we would like to invite all members of the national societies in Asia to participate in the 22nd WPA World Congress of Psychiatry to be held in Bangkok, Thailand, 3-6 August, 2022 at the Bangkok International Trade and Exhibition Center (BITEC). This congress will be organised by WPA in partnership with PAT and the Department of Mental Health with full support by the Royal College of Psychiatrists of Thailand.

We sincerely wish to offer you interesting, fascinating and informative sessions. We also aim to bring together mental health professionals, researchers and clinicians for sharing the most updated knowledge as well as strengthening relationships with international colleagues.



The Temple of the Emerald Buddha at night during the pandemic situation. (Photo courtesy of Nawaporn Hirunviwatgul, president of the Royal College of Psychiatrists of Thailand.)

Please stay updated on the latest information by visiting the WPA's official website at [www.wpanet.org/](http://www.wpanet.org/) meetings. We look forward to meeting all of you again. (The authors report no conflicts of interest in writing this feature.)



The Temple of the Emerald Buddha at night during the pandemic situation. (Photo courtesy of Hirunviwatgul.)

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*(Editor's notes: Wannarit and Charnsil are chairman for international affairs and president, respectively, of the PAT. Udomratn and Hopwood are past president and current president, respectively, of the AFPA.)*



## COMMENTARIES

*(The opinions expressed here are authors' personal opinions, and they do not necessarily reflect on those of any organisations.)*

### **The Future of World Psychiatry Programme at 2015 WPAIC Taipei: A Recollection**

The Future of World Psychiatry Programme, organised by the Taiwan Young Psychiatrists Organisation (TYPO) took place at the World Psychiatry Association International Congress (WPAIC) in Taipei, 18-23 November, 2015.

The idea of The Future of World Psychiatry Programme project came about after a brain storming session with TYPO members, aiming at fulfilling the unmet needs of the younger generation of psychiatrists. Previous young psychiatrists' programs organised by the TYPO in international conferences, were also held at the 2009 Second World Congress of Asian Psychiatry (WCAP) in Taipei and the 2011 WPA Regional Meeting in Kaoshiung. They were examples to encourage collaborations between Taiwanese young psychiatrists and their international counterparts peers, somehow a without a central theme. Moreover, young psychiatrists tend to report higher levels of stress, anxiety and difficulties and a lack of support in the transition of a trainee to an independent clinician. Young psychiatrists also tend to report a lack of training opportunities in the area of psychiatric leadership and management skills. Thus, The Future of the Psychiatry Program was born and launched during The WPAIC in Taipei, Taiwan. The major aims (summarized as the GEMs) are: to give recognition to young psychiatrists on their outstanding achievements in psychiatric and neuroscience research, to establish a social and research networking platform for international psychiatrists, to motivate more young psychiatrists to be new research investigators, and to be involved in international conferences.

The Program consists of three main features, including (a) the "Meet the Expert Workshops," (b) The Young Psychiatrists Award (YPA) and YPA symposiums, and (c) the pre- and post-WPAIC social network connection. In preparation, The Future of World Psychiatry Programme was set up on the TYPO Facebook page a year before the WPAIC, and more than 80 TYPO members were involved in the preparation work in announcing the event and inviting their international friends from abroad to participate in the programme.

A pre-conference survey was also launched from 16 August to the 20 September, 2015 across several closed social media groups of young psychiatrists around the world to ask about what topics would young psychiatrists want to discuss during the two "Meet the Expert Workshops" with Professors Norman Sartorius (Switzerland), Dinesh Bhurgra (the United Kingdom) and Professor Julio Licinio (Australia). The topics range from grant funding to how to balance life and career [1], and each young psychiatrist was invited to pick out three topics from the list. After pooling together the results, the young psychiatrists were mostly interested in funding, initiation of research, as well as the balance between life and career.

Forty exceptional young psychiatrists were selected for the YP Awards from 139 submissions from 27 countries spreading over 4 continents. The 40 awardees were from Armenia, Canada, Egypt, Hong Kong, India, Indonesia, Japan, Mongolia, Singapore, South Korea, Russia, Taiwan, Thailand, Turkey, the UK. The YPA Awardees were then allocated to 4 YPA Symposiums to the fields of their work, and distinguished professors were invited to be the moderators of the symposia. In addition, a TYPO coordinator is assigned to each YPA symposium to help actively facilitate the scientific and social communications among the young participants, the YPA awardees and the world leading expert moderators. The YPA awardees for the YPA Symposium I presented their research in psychosomatic, ranging from depression and anxiety in renal transplantation recipients to heart rate variability in patients with panic disorder. The YPA awardees for the YPA Symposium II presented on their works in neuroimaging, ranging from near-infrared spectroscopy (NIRS) in the first episode psychosis to resting-state functional connectivity of anxiety symptoms in major depressive disorder (MDD) and temporal lobe epilepsy. The YPA awardees for the YPA Symposium III presented their studies in schizophrenia, ranging from the role of genetic polymorphism in antipsychotic-induced hyperprolactinemia in patients with schizophrenia to the effects of antipsychotic treatment on white matter abnormalities in treatment-naïve patients with schizophrenia. The awardees for the YPA Symposium IV presented their research on addiction and epidemiology, the topics ranged from Internet addiction and social withdrawal in students to geography of suicide in Hong Kong.

In addition to the scientific programmes, the social networking pre- and post- conference was most memorable to some of the young psychiatrists. Since the networking events provided a platform for the young participants to mingle and discuss about perspectives and difficulties in career and life. After the conference, we conducted a post-

.workshop survey, and received great feedbacks from the young psychiatrists commenting on how well organised the programme was and the wonderful experiences they had in Taiwan. Now it has been five years since the programme, and the collaboration and friendship among the young psychiatrists who had participated in the program continues to grow, even in the midst of the COVID-19 pandemic, with online international projects and conferences. It is also a great pleasure to have this idea published [1]. (The author declares no conflicts of interest in writing this commentary.)



Group photo at the Young Psychiatrist Award (YPA) Symposium I. First row sitting (from left): Unidentified, Chia-Fen Hsu (Taiwan), Kuan-Pin Su (TW), Pakin kaewpjit (Thailand), Phern-Chen Tor (Singapore). Second row standing (from left): Tidarat Puranachakere (TH), Earl Aniwattanapong (TH), Pab Jira Pariwatcharakul (TH), David Ta-Wei Guu (TW), Tomohiro Shirasaka (Japan); Seoyoung Yoon (South Korea), Kazunari Yoshida (JP), Woraphat Kae (TH), Kittikan Thana-Udom (TH), Olena Zhabenko (SG)



A photo at the gala dinner  
First row, left to right: Tetsuji Cho (Japan), Masuo Tanaka (JP), Olena Zhabenko (Singapore), Seoyoung Yoon (South Korea), Kuan-Pin Su (Taiwan)  
Second row, from left: Shi-Hui Poon (SG), Pakin Kaewpjit (Thailand), Phern-Chen Tor (SG), Jane Pei-Chen Chang (TW)

## Acknowledgement

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A photo of the moderators and speaker of Meet the Expert Workshop  
From left: Hironori Kuga (Japan), Norman Sartorius (Switzerland), Jane Pei-Chen Chang (Taiwan)

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## Indonesia Catches up to Follow up on Its Mental Health Law

When I started serving as a member of parliament in the House of Representatives of the Republic of Indonesia in 2009, the first thing I noticed was hardly ever discussed among the newly inaugurated colleagues in members of parliament. We had rules on procedure, that a member of parliament could submit a bill as a personal initiative rights. One rights can solve the problems that exist in the society. Imagine if 560 members of the House of Representatives are using the personal initiative rights. How many problems in Indonesia can be resolved by those initiatives [1]?

To reminisce, I have to look back to almost 12 years ago. In 2009, I was a rookie in politics at 30 year-old of age and a naïve member of the House of Representatives. I just graduated from training as a psychiatrist in 2009. I was assigned by the Democratic Party Faction to Commission IX overseeing health, manpower, transmigration, food and drug, family planning, and population affairs. I initiated the mental health bill and successfully delivered it into the national legislation programme for 2009 - 2014. I believed in standing up for the rights of 18,000 people with mental disorders being shackled, caged, locked up, and/or physically restrained in their homes and shelters [1].

To have the honour being invited by Naotaka Shinfuku (Japan) who has been interested in the international perspectives of history of mental health law [2], I am writing the development of mental health law in Indonesia. I plan to re-count effort of mine and others in passing of mental health law in Indonesia.

### The Passage of Mental Health Law in Indonesia

After the bill was passed into law five years later since the initiation, it does feel like a triumph. Along with supporters of the mental health law, we fountain-dipped in the parliamentary compound as an expression of happiness. Little did I know, passing a law could be heart-breaking while waiting in vain for its follow-up.

Indonesia is the fourth-largest population in the world and faces multidimensional problems including increasing numbers of suicides and natural disasters. I was even more convinced how can we survive as a nation without a comprehensive mental health law to form the foundation of our new and reformed mental health care system [1]?

The mental health law is an ambitious document. Two new terminologies with less connotation of stigmatising, include people with mental disorder (PWMD) and people with mental problems (PWMP). Overall, the law consists of general provisions, mental health efforts (promotion, prevention, curative, and rehabilitation), mental healthcare system (in line with the National

Health Insurance Programme), resources in mental healthcare delivery, rights and obligations, mental health examination, duties and authorities, community participation, criminal provision, as well as concluding provision. The law also specifically regulates on person intentionally shackles, neglects, commits violence against and/or cause others to shackle, neglect or commit violence against a PWMP and PWMD or any other action that violates the human rights of a PWMP and PWMD is subject to criminal punishment in accordance with the applicable laws and regulations [3]. In Indonesia, the shackling is called pasung [4]?

Another important thing, is that the implementing regulations of this law must be enacted by no later than one year following the enactment of this law. And today, we are already six years late. No implementing regulations have been issued.

### My Exposure to the Mental Health Issues in the USA

A few months after the passage of the mental health law, an exciting opportunity came my way when Byron Good (USA), a specialist in medical anthropology, invited me to Harvard Medical School to be a research scholar in the Department of Global Health and Social Medicine. There we discussed the implementation of Indonesia's mental health law, in line to the China's National Mental Health Law, and opportunities to introduce the passage of the mental health law in Indonesia on several occasions [5].

I was a speaker at the Harvard Kennedy School delivering a talk about "The passage of Indonesia's mental health law: a struggle led by a woman MP □ drastic times call for drastic measures." Another invitation was to speak at the Friday morning seminar on "Culture, psychiatry, and global mental health," as a collaboration between the Harvard Medical School and Massachusetts Institute of Technology Global Health + Medical Humanities Initiative. My speech was again to highlight "The passage of the national mental health law in Indonesia: a personal legend that costs an arm and a leg."

### The Human Rights Watch Reported Abuse against People with Psychosocial Disability in Indonesia

While I was running my research fellow programme on "Mental health implementation research" at Harvard Medical School, the Human Rights Watch was conducting a research in Indonesia which I was not able to participate in their interviews. A year later the Human Rights Watch released a shocking report on March 2016 "Living in hell: abuses against people with psychosocial disabilities in Indonesia." I was heart-broken. Despite I told myself it's not about me and my colleagues who have fought so hard to pass such a marginalized law in Indonesia, yet we still felt we were being overlooked by

the report. Years later, the Human Rights Watch visited my office at the parliament in 2018 and we level-headedly discussed the effort to eradicate *pasung* in Indonesia.



A visit of the Human Rights Watch in Jakarta in 2018  
From left: Michelle Funk (Australian, WHO); Indah Deviyant (Indonesia, WHO-Indonesia); and Nova Riyanti Yusuf (IND)

Not long after the visit from the Human Rights Watch, Michelle Funk also visited me in the office. Michelle Funk, coordinator of Mental Health Policy and Service Development from the Department of Mental Health and Substance Abuse, WHO Geneva, introduced me to the WHO Quality Rights as an initiative which aims at improving the quality of care and support in mental health and social services and to promote the human rights of people with psychosocial, intellectual or cognitive disabilities throughout the world. Quality Rights uses a participatory approach to achieve the following objectives [6]:

- Build capacity to combat stigma and discrimination, and to promote human rights and recovery.
- Improve the quality of care and human rights conditions in mental health and social services.
- Create community-based and recovery-oriented services that respect and promote human rights.
- Support the development of a civil society movement to conduct advocacy and influence policy-making.
- Reform national policies and legislation in line with the Convention on the Rights of Person with Disabilities and other international human rights standards. (The author declares no conflicts of interest in writing this article.)

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(Editor's note: Yusuf is the head of the Jakarta Psychiatric Association. 2016-2022; secretary general of the AFPA, 2019 - 2021; and a member of parliament of the House of Representatives of the Republic of Indonesia (2009-2014 and 2018 – 2019).)

## A Sample of Unexpected Consequences of the COVID Pandemic...

The pandemic of COVID-19 has killed millions of people, caused and is still causing major economic losses in most countries, deranged work settings and relationships; it demonstrated the weaknesses of the health systems; and may result in changes in the way in which we shall live in the future.

Some of the consequences of COVID-19 pandemic were foreseeable and have been described in the large number of (usually virtual) conferences and papers published in recent months. This article will mention some of the less well-known or less expected consequences of the pandemic.

The first of these is the lowering of the overall child mortality during the month of confinement. It is possible that this was the result of a lesser number of traffic accidents following transportation restrictions; or perhaps because parents were at home and took better care of their children. Supporting this might be reports in newspapers and by the word of mouth referring to a significant increase of the amount of time that fathers – now working at home – spent with their children “getting to know them for the first time.”

The changes of daily routine also had other consequences. There are verbal reports from African countries that the number of teenage pregnancies has



increased – possibly linked to the fact that girls who were previously on the way to school or in school for some 12 hours every day now stayed at home or around it for most of the time which exposed them to a higher risk of becoming pregnant.

Intrafamilial violence was also a somewhat unexpected consequence of confinement particularly among people living in more crowded areas of the cities and no doubt linked to the increased quantity of alcohol that is being consumed during the pandemic,

Yet undoubtedly the most surprising consequence of the pandemic was the discovery that most of the public health systems - even those in highly developed and rich countries - are ineffective, ill-organized, powerless, misguided, uninformed, dependent on action of political parties or on the decisions of the whims of a president of the country.

Had the public health systems been functioning well it would have been possible to avoid many of the consequences of the pandemic. Even when it became possible to prevent the occurrence of the illness by vaccination the confused and often contradictory decisions were among the main reasons for delayed vaccination. There was no consensus in countries or among them who should be given priority in vaccination – those most at risk of contagion (e. g. health care personnel) or those at high risk of dangerous course of illness - the elderly - or those who need to travel or those who can pay.

Another partially expected consequence of the pandemic were rumours and misinformation: both usually occur but on this occasion their mass and viciousness were incomparably more important than in the past, solidly supported by social media of the internet age. The “infodemic” has probably also contributed to the unexpected and surprisingly high rates of refusals to be vaccinated – refusals which were also noted among health care agents - the very persons who vaccinated others yet did not want to expose themselves to the dangers which they believed accompany vaccination.

Some other unexpected changes were also directly linked to the growth and development of technology in the time since the last pandemic in 1918-1921. In the year preceding the COVID pandemic the airlines sold two billion tickets: never in history has such a large proportion of humanity been travelling (and spreading their illnesses) from one part of the world to another. The use of Internet facilitated the infodemic in unprecedented ways.

It was also suddenly discovered that a large proportion of office work does not have to be done in the office: and, also, that the skills of leading a group of people who are only in contact virtually are missing. The number of conferences, courses, scientific seminars and other reasons for travel (and occasions to meet in person) has gone to zero with a mighty, effortless takeover by virtual meetings and events. Whether the in-person meetings and conferences will ever become popular again is difficult to know.

The COVID pandemic is an amazing opportunity to learn about things to do and things to avoid, nationally and internationally, locally and globally. I hope that has been learned will not be forgotten and will serve to deal more competently and less painfully with the next pandemic likely to hit mankind in the future. (The author declares no conflicts of interest in writing this article.)

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## Geriatric Technology Use: Potentials and Peril

As the population ages with increased lifespan, the elderly form the important consumers of technology. The elderly can use technology for information and communication, assistance (for increased safety, increased support for cognitive and mobility issues and independence) and interaction (involves assistive robots) [1]. But many elderly have been found not comfortable with the use of technology to get access to all the services of slightly complicated technology [2]. The elderly often have biological and psychosocial concerns ranging from cognitive deficits to loneliness and isolation, and their relationship with technology is often confounded with psychosocial factors like income, age, disabilities and education [2]. We, therefore, are reviewing the current evidence on associated factors, advantages and disadvantages of technology use among the elderly.

### Factors Influencing Technology Use

#### *Individual factors*



Factors like gender, socio-economic status, education, mental, physical and cognitive functioning have been found to influence comfort and Internet use among elderly in their daily activities [3]. While the elderly with an extended social network and a more positive attitude have a higher tendency for Internet use, many of them experience technology anxiety leading to low adherence [4].

#### **Caregiver factors**

The age (> 50 years) and educational level (lower) of caregivers are strongly associated with perceived usefulness and increased use of technology for home management of the elderly with cognitive impairment [1].

## **Advantages of Technology Use**

### **Quality of life**

Internet use is associated with better quality of life through improved physical, mental and cognitive functioning, social and intergenerational connections, and personal control [5]. It also allows for enhanced communication, improved independence (support for daily activities through assistive technologies), reduced isolation and increased autonomy (ability to manage medication and transportation) [1].

### **Managing diagnosed physical illnesses**

The elderly with health concerns often use the Internet to understand the signs, symptoms and treatment of their physical condition [3]. Previous research suggested that assistive technology can enhance the quality of life and safety of elderly with Alzheimer's disease through helping to monitor movements, medications and emergencies. Technology has also proven to improve mobility and reduce healthcare costs among the elderly with trauma and other chronic concerns. For example, brain-computer interface with the motor cortex is used to restore movements in the elderly with motor deficits through stimulations or robotic prosthetics [1]. Technology use is also associated with reduced symptoms of major depressive disorder [6]. Other advantages include assisting treatment procedures for the elderly with cancer, assessing and evaluating the treatments and continuously monitoring of symptoms, especially when the elderly tend to under-report symptoms (either due to cognitive dysfunction or internal normalisation of symptoms because of ageing) [7]. For the elderly with dementia, applications like "CIRCA" and "Story Table" have been found to increase socialisation and quality of life, while games are proven to help improve and train cognitive functioning [8].

### **Interpersonal interaction**

Unlike younger people, where various social networking sites (Facebook and Twitter) are associated with increased loneliness, the elderly are found to have positive effects with reduced social isolation and enhanced communication and interaction with both family and friends [9]. In addition, some video games have been found to enhance social interaction and relieve loneliness among the elderly through establishing a

sense of community and building interpersonal relationships with other individuals [6, 9]. Further, the elderly who are comfortable with technology often become technology enablers for the other elderly in their community [10].

### **General functioning**

Besides interpersonal communication, the elderly participating in online support groups are found to have better psychological wellbeing [5]. Moreover, technology use is found to enhance cognitive functioning, to increase perceived control and a sense of independence, as well as to enhance self-esteem, more empowerment, and increased autonomy among the elderly [5]. Technology can also help them feel happier, more active and younger [10], showing that the elderly who are engaged with information and communication technology tend to have physical activity levels and self-reported health status [6]. Although technology plays a vital role in enhancing functioning, it must be coupled with greater acceptance of the ageing process and increased social support. While reducing the stereotypical notions associated with the ageing process, technology is often regarded as a tool to cope with ageing [10].

## **Disadvantages of Technology use**

### **Increased exclusion**

Despite various potentials and benefits, technology use often comes with barriers and disadvantages. Various technological facilities and platform are not designed to be friendly to the elderly, making it difficult for them to cope. With the increased spread of technology use, increased discomfort with technology among the elderly can exclude them from important aspects of general functioning [11], leading to various consequences like increased stigma associated with ageing as well as decreased feelings of independence and autonomy among the elderly. This exclusion is further compounded by certain contextual and psychosocial factors (increased levels of obsolescence, poor access, lesser acceptance, lesser digital skills of technology, and the difficulty to keep up with advancements in technology), to make the elderly lesser inclined towards using technology, resulting in increased loneliness and social exclusion [12].

### **Technology anxiety**

The elderly often experience fear and anxiety while using technology due to various reasons ranging from perceived lack of confidence and skills, perceived usefulness, perceived ease of use and fear of breach of privacy [4]. With technology anxiety, elderly often face a risk of lowered quality of life and chances of inclusion [13].

### **Effect on wellbeing**

Contrastingly, some studies have shown a negative impact of technology use on general wellbeing [5]. Further, the elderly are more susceptible to fraud and misinformation due to the blurred nature between friends and strangers virtually and their greater tendency to believe that professional individuals have curated the



information. This often makes them more vulnerable to technology anxiety and victims of cybercrime, causing devastating consequences on their wellbeing [14].

An apparent disparity exists between older and younger adults about technology use and its consequences. Older adult's perceptions and use of technology are rooted in their psychosocial context. Further, elderly are more susceptible to fraud, mistrust, exploitation and anxiety, leading to a complex human-computer interface. Future research should focus on developing and evaluating various strategies (the elderly-friendly platform, training, education, technical support, and improved access) that reduce these barriers and enhance technology use to mitigate this digital divide. The policy implications advocate a need to strengthen the multidisciplinary approach involving society, equipment manufacturers and family members of the elderly to reap the benefits of technologies for healthy ageing. (All authors declare no conflicts of interest in writing this commentary.)

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## Recent Activities of the JYPO during the COVID-19 Pandemic

The Japan Young Psychiatrists Organisation (JYPO) is a certified nonprofit organisation by young psychiatrists, of young psychiatrists, for young psychiatrist and society. We have various activities with three missions, i.e. to educate future leaders of psychiatry, to act under international perspective, as well as to contribute to society for improving mental health care and stigma.

### The International Online Meeting: the First JOIN Meeting in February 2021

The JYPO had hold the annual Course for Academic Development of Psychiatrists (CADP) in Japan from 2002 to 2020. Provided by Norman Sartorius (Switzerland), the CADP is an educational and academic course to develop academic skills and leadership, to make international friendships, and to provide hospitality.

We had prepared for the 20th CADP for February 2021, but it was canceled last winter because of the COVID-19 pandemic. Instead, we had the first JYPO Online International Networking (JOIN) meeting, to continue this kind of international course for academic development. The chairperson of this JOIN meeting was Yuto Satake (Osaka University), and vice-chairs were Akihisa Iriki (Osaka Psychiatric Medical Center) and Ryo Kawagishi (Chiba Psychiatric Medical Center).

Considering the time difference, we shortened the content while incorporating the essence of CADP. The programme consisted of special lectures given by Sartorius and Shigenobu Kanba (Kyushu University), group discussions about mental health, and exchange sessions using the Break Out Room function by a conference software. We also planned a joint session inviting past CADP participants and JYPO graduates so that participants of the JOIN meeting will be interested in the next CADP and activities of the JYPO. Over 30 graduates participated in this JOIN meeting successfully without spending much time and money for traveling.

Finally, there were 29 Japanese participants, 12 oversea participants, and over 30 past CADP participants (Japanese and overseas) who came to the joint session. We are confident that participants were as satisfied as they did in on-site conference while they overcame the limitations of the online event by making various preparations in advance.

In 2022, we expect to hold the CADP in Japan face-to-face and welcome Prof. Sartorius and overseas participants in person. It may be necessary to consider some infection control needs. It remains unclear what the status of vaccination and infection of COVID-19 will be.

In such a situation, we will prepare to hold the next CADP, 24-26 February, 2021 in Chiba prefecture. We will call for application from foreign countries this summer through the Internet (our website, Facebook) and mailing lists such as the list of the Early Career Psychiatrists section of the World Psychiatric Association. We are looking forward to receiving your application for our events for young colleagues in your department. The Facebook of JYPO is at [www.facebook.com/npo.jypo](http://www.facebook.com/npo.jypo).

### Doing Some Extra Translation Activities

We have many limitations to meet face-to-face or organise on-site meetings due to the pandemic of COVID-19. But translation activities can be done through teleworking. We have translated abstracts and wrote summaries in Japanese of the latest articles published in World Psychiatry for several years. In addition, our members translated “COVID-19 and clinical management of mental health issues” by Oxford Precision Psychiatry Laboratory ([www.oxfordhealthbrc.nihr.ac.uk/our-work/oxppl/covid-19-and-mental-health-guidance/](http://www.oxfordhealthbrc.nihr.ac.uk/our-work/oxppl/covid-19-and-mental-health-guidance/)). In the summer of 2020, Takeshi Inoue (Tokyo Medical University) recommended that we translate, and negotiated with the publisher for permission to translate into Japanese. We have finished translation in January 2021, and many psychiatric societies in Japan introduced our translated articles. The Oxford Lab has been updating its issues, and we would like to keep up with its pace.

### JYPO President Will Be Changed Soon

The JYPO has a six-year graduation system to continuously juvenile our organization. I have been the JYPO president for two years, and I will graduate on 20 June, 2021. (Now I am writing this report on 16 June, 2021). All concerned gave me many opportunities to manage the organisation and meetings, participate in international conferences such as the 6th WCAP 2017 in Abu Dhabi as a travel awardee, WPA XVII World Congress in Berlin 2017 through a young fellowship programme, and the 7th WCAP 2019 in Sydney as an invited speaker of the AFPA presidential symposium. Especially the WCAP in Abu Dhabi was the first time to participate in an international congress. All of them were precious experiences and gave me many memories and confidences.

I highly appreciate supporting my activities for all members, supporters, graduates, my family and colleagues, and the executive board members of the AFPA. I firmly believe that the new generation members will make JYPO more attractive, and I will highly support them as a graduate. I hope you will take notice of JYPO in the future. (The author declares no conflicts of interest in writing this commentary.)

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*(Editor's note: Oya was the JYPO president, 2019 - 2021. The incoming JYPO president, 2021 - 2023, is Morio Aki of Kyoto University. Oya will stay as an auditor of the JYPO, to continue his contribution to the JYPO.)*





## FROM THE EDITOR

### What Constitutes a Signed Feature in the *Bulletin of the AFPA*?

After my sending out the page-made galley proof in PDF file of this issue of *the Bulletin of the Asian Federation of Psychiatric Association* to all contributing authors one by one, I just found that the last cover page of this issue was empty with only a postal logo. Therefore, I decided to write this article to fill up the page (page 34) and to be in touch with our devoted authors and readers.

Each time, the APFP president helps announce the solicitation of contributing features to all national psychitric AFPA society presidents one month ahead of the deadline. At the same time, I always write special e-mail letters to remind the regular contributors (“frequent flyers” in American term or *chourenkyaku* in Japanese language). Then, I will receive expected contributions on time. Each time, I know people write, but I always wonder why people write and why they always write to tell their stories with passion.

All features in *the Bulletin* are signed by authors and published with the information of their affiliations and e-mail addresses. As the editor, I just function as an honest broker to help give a unified journalistic style in story presentation since I do not own any investigative reporters to verify the news. All conference flyers are returned to the senders for a signed author, but most of them have never returned to me. With this simple policy of “no author no news,” I have never received any inquires or challenges about the contents of stories published in *the Bulletin*. At the same time, *the Bulletin*

has never printed any sensational reports.

I still remember that I reported the planned publication of *the Bulletin* with the system of signed features at the council meeting of the Asian Federation of Asian Psychiatry [1] when I attended the first regional congress of Asian psychiatry (1st RCAP)/ the 18th Malaysian Conference of Psychological Medicine/ in Kuala Lumpur, Malaysia, 22-24 May, 2014. Abdul Kadir Abu Baker, then president of the Malaysian Association of Psychiatry suggested that the signed names should not add any titles such as superintendent, professor, the society membership status, etc. Now, I realise that this suggestion is an important input for the style of *the Bulletin*. Otherwise, I would have been busy in verifying the titles of all authors of contributed features without the time to write this article for this column. (The author declares no conflicts of interest in writing this article.)

### Reference

1. Shen WW: Editing the Bulletin of the AFPA: printing persons' names. *Bulletin of the AFAP* (Tokyo) 2014; 1: 13.

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