

ISBD Fiscal 2013 Annual Report



The International Society for
BIPOLAR DISORDERS

www.isbd.org



Education

Collaboration

Results

EXECUTIVE SUMMARY



To all of our members, supporters, colleagues, and friends, I am pleased to share with you the results of ISBD's accomplishments in the fiscal year ending on July 1st 2014. Collectively, ISBD has made important strides in closing the gap between research and clinical practice through its meetings and educational products. We have also significantly enhanced our outreach efforts through new chapter initiatives, social media efforts and partnership with the advocacy community.

We have made important investments in all operational areas, and being an ISBD member in 2014 meant you have helped to support our efforts in

1. Developing an archive of our popular webinars on the ISBD website,
2. Bringing international attention to stigma in bipolar disorders and raising awareness of the illness through co-authorship of the first ever World Bipolar Day,
3. Publishing of a series of 9 task force manuscripts on bipolar disorder and women's health in our Journal, *Bipolar Disorders*
4. Hosting an incredibly successful educational meeting in Seoul, South Korea, and
5. Providing an opportunity for training, mentorship and recognition for 4 young researchers as part of our Samuel Gershon Junior Investigator Awards.

The ISBD also took several steps toward enhancing the organization's infrastructure and stability by

1. Establishing a finance committee to advance fiscal stewardship of the organization.
2. Setting up an investment portfolio through Edward Jones to fund future organizational initiatives
3. Supporting our chapter outreach efforts by establishing a series of regional leaders in Latin America, Asia, Europe and Oceania.
4. Welcoming our newest chapter in Italy on July 26, 2013.
5. Increasing its staff to better serve members and advance the organization's mission.

For me, the opportunity to lead the Society in these many new initiatives has been a privilege, a pleasure and one of the most rewarding challenges of my professional career. I would like to recognize the support I have received from my esteemed colleagues in the Society and the tremendous commitment of our officers, board, members and staff in making the ISBD a truly vibrant and organization and finally, to our patients, whose courage and spirit provide the drive and inspiration for our work and the hope for the future.

Respectfully yours,

A handwritten signature in black ink, appearing to be 'Manuel Sanchez de Carmona'. The signature is stylized with a long horizontal stroke at the end.

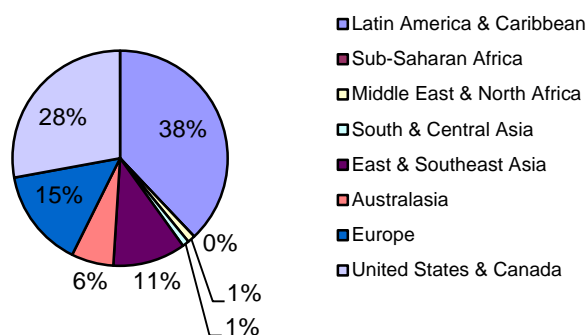
Manuel Sanchez de Carmona, MD
President, International Society for Bipolar Disorders

MEMBERSHIP

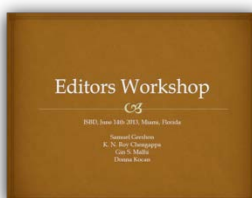
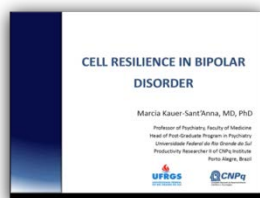
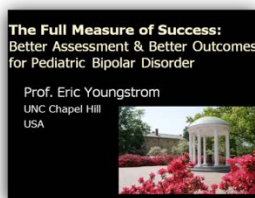
The story to read from ISBD membership in 2014 is a tale of old and new. ISBD has always had a dedicated core of members who contribute to the stability of the organization over time, and 2014 represented an increase in loyalty to the Society, as our retention rate increase from 56% in 2013 to 73% in 2014. Unfortunately, the total number of ISBD member in 2014 was down 16% over 2013, and the Society saw a corresponding decline in revenue related to membership of 25%, which is attributable in part to the overall decrease in membership, but also to the migration of members to the online only membership category ahead of the anticipated elimination of the print and online category in 2015. While a modest pickup of new membership in Seoul relative to the 2013 meeting in Miami likely accounted for some of the decline in overall membership, other factors must be examined in accounting for the drop in membership.

While new membership uptake at the Seoul meeting was lower than in previous years, most of those signing up were local, contributing to a shift from 6% to 11% in representation from east and southeast Asian membership as a percentage of total ISBD membership. Other regions maintained a similar representation from 2013 to 2014. As illustrated in Figure 1 below, Latin America is still leading in representation, in large part due to a contribution of 100 supported memberships from Colombia.

Figure 1: 2014 Membership by Region



The good news is that being a member of ISBD has never been so rewarding. We are pleased to announce that ISBD has added a new webinar series. Webinars produced this year include topics such as pediatric bipolar disorder, cell resilience in bipolar disorder, an editorial workshop, a report from our transcultural task force, bipolar disorder in older adults, and community based participatory research in bipolar disorders. We have many more topics already scheduled for the coming year, including exercise treatment for bipolar disorder, bipolar disorder and metabolic syndrome, postpartum management of bipolar disorder, and much more. We encourage all members to login to view the past webinars on our website, as well as for the latest information on newly scheduled webinars.



THE 16TH ANNUAL CONFERENCE OF THE INTERNATIONAL SOCIETY FOR BIPOLAR DISORDERS



ISBD held its 16th annual meeting in Seoul, South Korea, with an incredible turnout of over 800 delegates. The scientific program included several new features which were quite popular and are likely to go on to become hallmarks of future meetings, including the organization of the program into a series of tracks that allowed attendees to gain a deeper appreciation for topics around treatment, clinical manifestation, neurobiology, imaging and cultural impacts by highlighting all symposia related to these topics and organizing them in the same room throughout the conference. The conference also hosted regional satellite meetings organized the Asian Network for Bipolar Disorders and the Korean Academy of Child and Adolescent Psychiatry which preceded the official opening of the meeting and offered regional delegates a home inside the conference. The meeting also included several early morning brainstorming sessions, which allowed for more dynamic exchange with the presenters and a more intimate conference experience. Taken as a whole, these new features aimed to help delegates carve out a very personal experience within the congress and where integral to the meetings ultimate success.

The program also featured engaging keynote lectures from some of the foremost leaders in the field and covered topics such as the role of biomarkers in clinical practice, neuroimaging studies in subjects at ultra-high risk for psychosis, the neurobiological basis of bipolar disorder, early interventions, novel therapies, clinical staging, psycho-education and advocacy.

As in years past, the meeting included several pre-conference workshops, which allowed delegates and opportunity for enhanced interactivity, as well as an advocacy session for local delegates in Korean. Other familiar staples included the Samuel Gershon Junior Investigator Awards, the ISBD general membership meeting, and a lively welcome reception, which included an energetic performance by a local percussion ensemble. The meeting also featured an art exhibit entitled, Korea Art Brut , featuring the work of bipolar artists, and served as the launch site for the first official World Bipolar Day, a concept originating within the Asian Network for Bipolar Disorders which will be discussed at length later in this report.

Situated in a hub for technology, Seoul offered delegates and opportunity to explore a mix of old and new, with modern architecture juxtaposed with palaces from the Joseon Dynasty. The cultural experiences available to delegates served as the perfect backdrop to a meeting which was widely appreciated for its own blend of old and new, as illustrated above, and which will surely raise the bar for all future ISBD meetings.

We hope you will join us again when ISBD hosts it 17th Annual Conference in Toronto, Canada from 3-6 June 2015 at the Westin Harbour Castle Hotel. Remember to save the date.

WORLD BIPOLAR DAY

World Bipolar Day (WBD) celebrated its inaugural year on March 30, 2014. The date was selected because it was the birthday of Vincent Van Gogh, who was posthumously diagnosed as probably having bipolar disorder. The vision of WBD is to bring world awareness to bipolar disorders and eliminate social stigma. Through international collaboration the goal of World Bipolar Day is to bring the world population information about bipolar disorders that will educate and improve sensitivity towards the illness. In order to address the disparity in how bipolar disorder is viewed in different parts of the world, the International Society for Bipolar Disorders (ISBD), Asian Network of Bipolar Disorder (ANBD), and the International Bipolar Foundation (IBPF) came together to work on the concept for the day.

The first World Bipolar Day was a great success! Nearly 1.8 million people were reached through the social media campaign, representing 48 countries. Although the first year of World Bipolar Day was largely a social media campaign there were still over 35 events reported, many of which were organized by ISBD Chapters. A toolkit has been created to help organizations create events for WBD in the years to come. This toolkit contains the WBD logo, logo use and attribution policy, press release, call to action, and event suggestions. Additionally, we are hoping to build a WBD website before the second year.



Find World Bipolar Day on Social Media at:

Facebook: www.facebook.com/worldbipolarday

Twitter: @WorldBipolarDay

Website: www.worldbipolarday.org

SAMUEL GERSHON JUNIOR INVESTIGATOR AWARDS

ISBD's commitment to honoring the young, talented researchers in field has never been stronger, and the 2014 winners (pictured on the right) of the Samuel Gershon Junior Investigator Awards were recognized at the 16th Annual Conference of the ISBD, where they were invited to present their award winning research to peers and senior colleagues and were honored at the ISBD Awards Ceremony on Tuesday, March 16th, the opening day of the conference.

2014 Award winner, Manpreet Kaur Singh, describes what winning the award means to her personally, saying

Winning the Gershon Award given by the International Society for Bipolar Disorders is great encouragement during this early stage of my career development, to continue research efforts towards understanding the complex nature of treatment of bipolar disorder. This award has provided me with the opportunity to learn from leaders in the field of bipolar disorders from around the world

The namesake of the Award, Dr. Samuel Gershon, was an early pioneer of lithium research and brought lithium from Australia to the USA. He was a founding member of the ISBD and the first president of the organization. Since its inception he has maintained an active role in the awards process and currently serves on the ISBD Awards Committee. As Editor of the Journal *Bipolar Disorders* for more than 13 years, Dr. Gershon has been instrumental in taking the award well beyond a simply travel stipend, providing a select group of young investigators the opportunity to receive expert feedback and assistance with their research from experienced researchers in the field. Again, 2014, winner Dr. Singh describes the value of this process, noting

*I appreciated feedback from reviewers on a manuscript reflecting this work that has now been accepted for publication in *Bipolar Disorders*. This demonstrates ISBD's commitment to ensuring the successful progress of my work.*

There were a total of 27 applicants for the 2014 Awards, representing 16 countries, including India, Sweden, Chile, Nigeria, the UK, the US, Canada, Mexico, the Netherlands, Brazil, China, Denmark, Thailand, Australia, Korea, and Taiwan. The reach of the Awards is impressive and the evaluation process is rigorous, highlighting the truly international scope of the ISBD and prestige associated with being named as a winner of the Award.

A future goal for this Award will be to enhance the career development potential of Samuel Gershon Junior Investigator Awards by pairing the winners and well as shortlisted applicants with mentors, in conjunction with the nascent ISBD mentorship program, to help spur the further growth and education opportunities for these exceptional young investigators.



Manpreet Kaur Singh, MD, MS (San Francisco, US)

Stanford University

Early signs of anomalous neural functional connectivity in healthy offspring of parents with bipolar disorder



Gislaine Reus, PhD (Criciúma, Brazil)

University of Southern Santa Catarina

Ketamine modulates behavioral and neurochemical alterations induced by stress: novel evidence for treatment of mood disorders



Cecilia Berlanga Flores, MD (Mexico City, Mexico)

Instituto Nacional de Neurología y Neurocirugía

Late-onset mania: white matter integrity and cognitive implications



Fernando Goes, MD (Baltimore, US)

Johns Hopkins University

Exome sequencing in bipolar disorder: family and case control results implicate a set of ten interacting genes

ISBD RESEARCH



The ISBD contributes to global understanding of the diagnosis and treatment of bipolar disorders through a number of task forces charged with addressing critical areas of unmet need across a number of subspecialties within psychiatry, including biomarkers, neurocognition, safety monitoring, diagnostic guidelines, and nomenclature to name a few.

In February of 2014, a special guest edited issue of *Bipolar Disorders* featuring the work of the Women's Health Task force was published. The issue featured 9 articles, plus an editorial entitled "Women with bipolar disorder: a lifetime challenges from diagnosis to treatment" by guest editors and task force co-chairs, Natalie Rasgon and Aysegul Ozerdem.

In November of 2013, the International Society for Bipolar Disorders (ISBD) task force report on Antidepressant Use in Bipolar Disorders was published in the *American Journal of Psychiatry*. This article was selected as one of three of the most relevant clinical articles of the year and was the result of several years of work by the ISBD Task Force and represented the collective effort of 67 highly regarded leaders in the field of bipolar disorders. This manuscript issued 12 consensus based statements on the use of antidepressants in bipolar disorders, employing the Delphi Method to arrive at its conclusions. This Task Force was chaired by Prof. Eduard Vieta of the University of Barcelona and was supported by the ISBD Office in Pittsburgh. This type of research collaboration is a hallmark of ISBD's formula for addressing important research topics.

Reviewers and Contributors			
The International Society for Bipolar Disorders (ISBD) Task Force Report on Antidepressant Use in Bipolar Disorders			
Isabella Pacheco-Veiga, M.D., Ph.D.	Michael E. Thase, M.D.	Daniel S. Saxe, M.D., Ph.D.	
David J. Bond, M.D., Ph.D.	Abraham Kandel, M.D.	Aysegul Ozerdem, M.D., Ph.D.	
Ben J. Goldacre, M.D.	Francine Cohen, Ph.D.	Nancy L. Williams, M.D.	
William A. Nieren, M.D., Ph.D.	Mark A. Frye, M.D.	Michael Bauer, M.D., Ph.D.	
Heidi Gruber, M.D.	Guo Y. He, M.D.	Lauren M. Tietze, M.D.	
Barbara M. Lohr, M.D., Ph.D.	Kenneth A. Gould, M.D.	Carlson A. Zarate, M.D.	
Robert M. Post, M.D.	Kenneth A. Gould, M.D.	Andrew A. Mowbray, M.D.	
Michael Berk, M.D., Ph.D.	Ray M. Phyllis, M.D.	Boris Birmaher, M.D.	
Guy M. Goodwin, F.R.C.S.	Thomas A. Kasper, M.D.	Allyson K. Kasper, M.D., Ph.D.	
Guy M. Goodwin, M.D.	Robert L. Friddle, M.D.	Michael E. Thase, M.D.	
Terence R. Insel, M.D.	Eric A. Samuels, Ph.D., Ph.D.	Stefan M. Schneider, M.D.	
Robert L. Friddle, M.D.	Marvin Cohen, M.D.	John M. Mullen, M.D., Ph.D.	
Eric A. Samuels, Ph.D., Ph.D.	Juan-Manuel Sanchez, M.D.	Alan H. Young, M.D., Ph.D.	
Marvin Cohen, M.D., D.P.S.	Josef M. Sanchez, M.D.	Gregory D. Koutsoukas, M.D.	
Juan-Manuel Sanchez, M.D.	Josef M. Sanchez, M.D.	David M. Mowbray, M.D., Ph.D.	
Josef M. Sanchez, M.D.	Josef M. Sanchez, M.D.	Charles L. Bowden, M.D.	
Josef M. Sanchez, M.D.	Josef M. Sanchez, M.D.	S. Nasser Ghaemi, M.D., D.P.S.	
Josef M. Sanchez, M.D.	Josef M. Sanchez, M.D.	Carlson A. Zarate, M.D.	
Josef M. Sanchez, M.D.	Josef M. Sanchez, M.D.	James M. Mullen, M.D., Ph.D.	
Josef M. Sanchez, M.D.	Josef M. Sanchez, M.D.	James M. Mullen, M.D., Ph.D.	

Several ISBD task forces remained active throughout the past year and presented preliminary data at ISBD's 16th annual meeting in Seoul. A summary of these presentations is provided below to illustrate some of the recent work of ISBD task forces.

1. The Bipolar "Prodrome:" Can we identify at-risk individuals?
2. Unique Features of Bipolar Disorders in Older Adults
3. The Challenge of Designing Clinical Trials
4. Clinical Staging in Bipolar Disorders
5. Suicide in Bipolar Disorders

While publications and presentations are the most common output of an ISBD Task Force, several of these task forces remain active in other aspects of the Society's work, including the Women's Health Task Force, which prepared a workshop in Seoul, educating participants on the treatment of bipolar disorders during pregnancy and post-partum. The Clinical Trials task force, in addition to the above named presentation, has been busy preparing a textbook on the topic for publication in late 2014. The Transcultural Task Force prepared a webinar in conjunction with World Bipolar Day describing the impact of cultural factors on the diagnosis and treatment of bipolar disorder, and the Child and Adolescent Task Force prepared a webinar on assessment and outcomes in pediatric bipolar disorder.

ISBD CHAPTERS

The ISBD chapters in Latin America and Asia figured significantly in the ISBD programming and projects in the current fiscal. The ISBD chapters in Latin America collectively constituted the largest percentage of total membership in the Society (with the most significant contribution coming from supported memberships from the Colombian chapter), contributed to a significant number of the delegates at the Miami meeting, hosted a Latin American Research Award in Miami, and developed pre-conference satellites in Miami and Seoul. The Asian chapters worked collectively to support the meeting in Seoul, with a strong effort led by ISBD Korea, and Dr. Pichet Udomratn worked closely with ISBD and ultimately IBPF on the first ever World Bipolar Day. The strength of the ISBD in these regions was key to our success and we wish to thank ISBD chapter leaders around the world for their contributions to the Society.



In the current fiscal year, ISBD welcomed two new chapters – Italy and Switzerland. Under the direction of Prof. Carlo Altamura, the Italian Society for Bipolar Disorders was formed in July 2013. The Association is a-political, non-denominational and non-profit-making. It exists for the exclusive pursuit of scientific objects of social benefit and excludes any commercial activities. Its purpose is to awaken public awareness, to train medical and non-medical practitioners in the field of mental health, to support families of patients through education and information, and also to organize scientific studies and functions on topics related to Bipolar Disorders.



SGBS Schweizerische Gesellschaft für Bipolare Störungen
SSTB Société Suisse des Troubles Bipolaires

The Swiss Society for Bipolar Disorders, a non-profit organization, was developed in December 2003 and became a Chapter of the ISBD in November 2013. Under the direction of Prof. Gregor Hasler, the Swiss Chapter is focused on improvement of treatment of bipolar patients and support of information and research on the pathogenesis and treatment of this disorder.

ISBD continues to work to expand its existing family of chapters and encourages all chapters to participate actively in the Society. We also encourage collaborations across and between chapters and the ISBD Transcultural Task Force and World Bipolar Day are strong examples of activities that encourage the participation of all chapters in achieving common goals, in this case, the development of greater understanding of the cultural factors affecting diagnosis and treatment in different regions of the world and the eradication of stigma through a social media campaign, respectively.

As another step towards the greater inclusion of all chapters in the Society, we have recently updated the ISBD constitution to include the chairs of all chapters as de facto members of the ISBD Board of Councilors, which gives each chapter a voice and representation within the governing body of the Society.

FISCAL 2013 YEAR AT A GLANCE

Report for year ending June 30, 2014

Income: As a result of the move from a cash accounting basis to an accrual accounting basis in fiscal 2014, the estimated income generated by generated by the Seoul meeting, \$265,000, which was received in fiscal 2014, was recognized in the fiscal 2013, which is the same year in which the Society received and recorded \$528,187 of income related to the 2013 Miami meeting under the cash basis method. Hence, two years of conference income are being reported in one fiscal year, which can be seen in the two spikes in income in August 2013 and March 2014 in figure 2 at right. Membership income accounted for \$87,099 and Royalties from Wiley for the Bipolar Disorders Journal accounted for \$51,932. The \$-30,083 in income was related to return of grants funds that were received in a previous year but not used. When factoring out the income related to the Miami meeting and the return of grant funds, the net surplus for the year was \$405, 236, resulting in redistribution of the top three income generating activities as a percentage of total income as follows: conference income (65%); membership income (22%); royalty income (13%).

Expense: As in previous years, payroll and contract service expenses continue to account for the majority of the Society's expense. The majority of contract services were related either to payment of management fees to our PCO for the Miami meeting and payments to Wiley for supplying the Journal to our members according to our contracted rates.

Investments: The Society investments generated an additional \$19,609 in income in fiscal 2013 and these investments were reviewed on a semi-annual basis by the ISBD Executive. Investments were in very conservative funds and are being managed by Edward Jones in accordance with the current income focused investment strategy of the Society, with an emphasis on preservation of principle. The investment strategy of the Society is reviewed on an annual basis by the Treasurer in conjunction with the Executive.

Supporters: The Society wishes to recognize the generous support of the United Way of Allegheny and Westmoreland counties, Adium Pharmaceuticals, Eli Lilly, Sunovion Pharmaceuticals Inc., Teva Pharmaceutical Industries Ltd, Janssen Pharmaceutical Companies of Johnson and Johnson, The Ryan

Figure 2: Fiscal 2013 Income

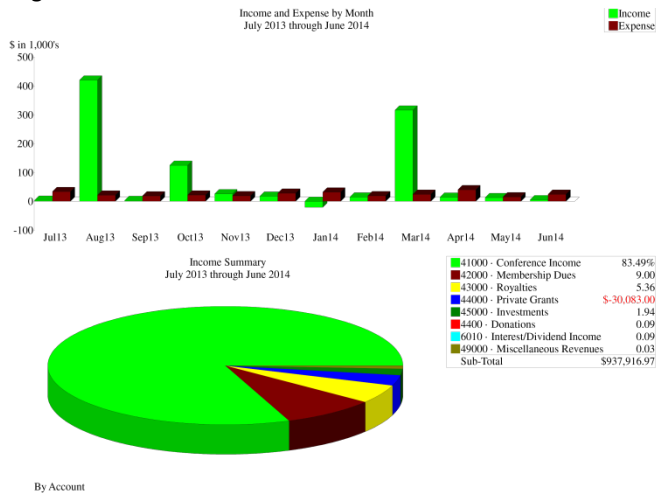
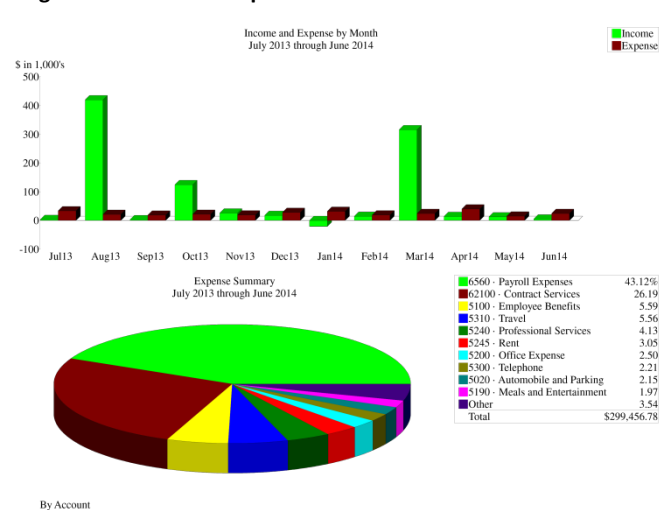


Figure 3: Fiscal 2013 Expense



Licht Sang Bipolar Foundation, Dainippon Sumitomo Pharma Co. Ltd, Pfizer Korea, Korea Otsuka Pharmaceuticals, Korea Otsuka International, GSK, AstraZeneca Korea, numerous individual donors and supporters, and to the ISBD Executive and Board of Councilors for the generous donation of the time, efforts and talents to the success of the Society.