



The International Society for
BIPOLAR DISORDERS



Research.

Education.

Results.

2008 ANNUAL REPORT

...the internationally recognized forum to foster ongoing international collaboration on education and research with the intent to advance the treatment of all aspects of bipolar disorders that result in improvements in outcomes and quality of life for those with bipolar disorder and their family members



Executive Report

After a decade in operation, the ISBD remains committed to its core values and principles and is now better positioned than ever to serve the interest of its membership through many improvements in the organization's delivery of member services. Along with increased outreach to chapters, development of new educational material, and new research initiatives, the ISBD has just issued its first audited financial statements, providing a superior level of financial transparency.

Significant achievements in just the last 12 months include:

- A complete overhaul of the ISBD website, putting a new face on the organization;
- Addition of new web features allowing members more control than ever over individual member accounts, including the ability to print membership cards, update contact information and passwords, and get immediate access to online benefits;
- Development of an online series of educational articles written by ISBD members for patients and families and presented in a visually intuitive format for ease of access;
- Initiation of new research task force efforts in the areas of clinical trial design, biomarkers, and theragnostics;
- Development of a strong program for the ISBD's 4th Biennial Conference in São Paulo, Brazil, from March 17th-20th, 2010.

Activities initiated in the past fiscal year which will continue into 2010 include:

- Initiation of a series of member updates delivered via email;
- Continuation, in the 2010 membership year, of a long-standing Society program providing 200 complimentary memberships to trainees and junior colleagues;
- The awarding of one junior investigator with a fellowship to support the pursuit of research/training in bipolar disorders outside of the applicant's country of origin;
- Collaboration with pharmaceutical industry partners on development of a database to house placebo data that will provide clinically relevant information for identification of the characteristics of mood states associated with bipolar disorder.

The ISBD remains committed to providing outstanding services for its members through development of new initiatives. We are looking at novel approaches to funding, including expanding the Society's visibility through the development of a donations page for the Society on Facebook and the exploration of similar approaches involving other social networking sites. We will also pursue participation in the Combined Federal Campaign, a giving program allowing US federal employee to make contributions directly from payroll to non-profit organizations.

While the Society continues to make investments in programs to promote research and education related to bipolar disorders, obtaining resources to support these programs remains a challenge for the organization. As with other non-profits, the ISBD has felt the effects of the downturn in the global economy and is working with less support than in years past. With these challenges in mind, the ISBD Board of Councilors met this past June, as usual, at the International Conference on Bipolar Disorder (ICBD) in Pittsburgh to discuss, among many important issues, the first ISBD membership rate increase in the 10 years since the Society began operations in 1999. The board supported a membership rate increase, and the new fee structure was presented to the members at the ISBD annual general membership meeting on June 25th, 2009.

We would like to take this opportunity to thank all of our board members, present and past, for their time and dedication to the Society's mission. We are looking toward a bright future for the organization.

Best wishes,

Michael Berk, MD
President

Founding President
David Kupfer, MD

Immediate Past President
Lakshmi Yatham, MD

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2009-2010

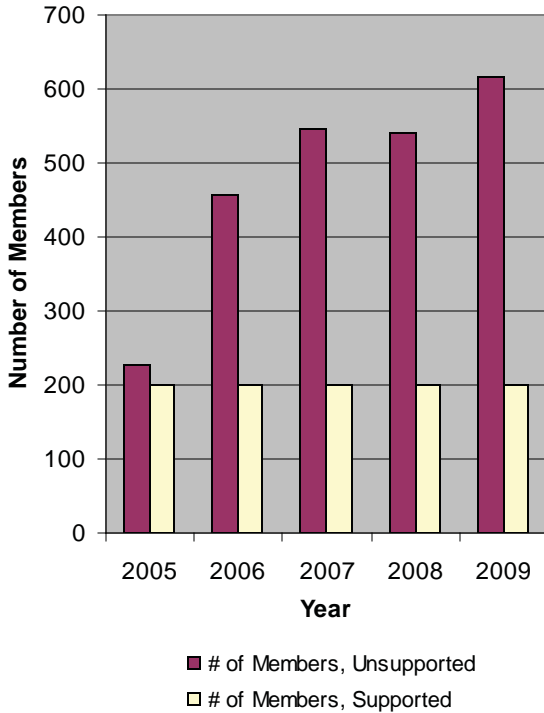
Shigenobu Kanba, MD, PhD
Rasmus Licht, MD, PhD
Martha Sajatovic, MD
Mauricio Tohen, MD, PhD
Gustavo Vazquez, MD

Membership Update

The 2008 and 2009 membership years saw considerable, if not entirely consistent, growth in both the retainment and the general recruitment of members. Though 2008 saw a small decline in total memberships (740 as opposed to 745 the previous year), it also exhibited unprecedented success in retaining members: in 2008 ISBD retained a record 86% of its 2007 unsupported membership (see Figure 1).

In follow-up to this achievement, the ISBD in 2009 attained an all-time high in general membership numbers. As of September 2009, unsupported ISBD memberships totaled 616, which, with the addition of 200 supported trainees, means ISBD this year broke the 800-mark (see Figure 2).

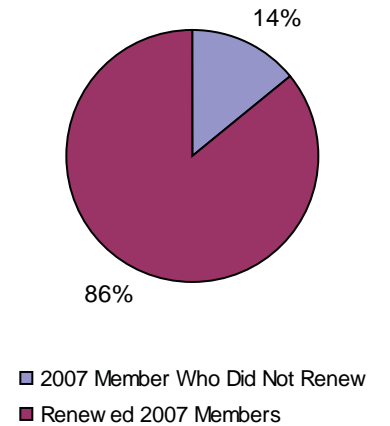
Figure 2: Members by Year



ISBD hopes to continue these trends in membership retention and growth and has taken numerous steps to ensure that it does so. In addition to continuing annual renewal drives and offering another 200 supported memberships for 2010, ISBD has this year overhauled its online application system to make new and renewing registrations simpler and more intuitive for potential members. The ISBD website's content has also undergone extensive enhancement, including, among other things, the addition of a collection of professionally-authored articles composed for a lay audience.

For the first time in over a decade, ISBD increased its membership fees in order to ensure long-term goals of building capacity to serve ISBD members as well as to ensure the ISBD's longterm sustainability.¹ Preliminary renewal numbers for 2009 going into 2010 so far suggest membership will continue to grow and in the future will play a larger role in support of ISBD.

Figure 1: 2008 Member Retention

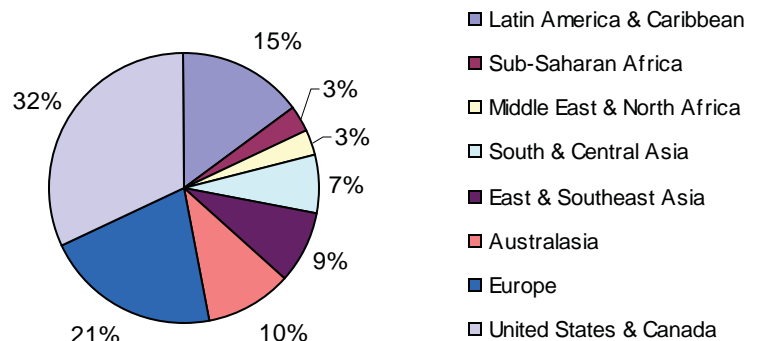


Regional Distribution of Membership

ISBD continues to fulfill its role as a truly international organization, with membership representing approximately 60 countries on 6 continents around the globe. We maintain our commitment to fostering international collaboration in the field of bipolar disorders and believe that such collaboration is integral to advancement in the field.

In 2008, ISBD made particular strides expanding its membership in developing countries. Today, over half of ISBD's membership comes from the developing world, according to World Bank classifications. ISBD has worked actively to expand membership in developing countries by, for instance, encouraging the development of ISBD chapters in developing countries with already strong or growing membership bases. ISBD has also planned two of its biennial conferences in the emerging economies of Delhi, India, in 2008, and Sao Paulo, Brazil, in 2010.

Figure 3: 2008 Members by Region



¹ Increases were approved by the ISBD Board of Councilors and by a survey of the general membership at the ISBD General Membership Meeting in June 2008.

Programs and Services

ISBD Program Services offered in the past fiscal year include the ISBD Research Fellowship Award and the Samuel Gershon Awards for Junior Investigators. In addition, ISBD has continued to support the memberships of 200 junior psychiatrists from the 2008/2009 cohort of ISBD Supported Psychiatric Trainees.

ISBD Supported Memberships for Psychiatric Trainees

The ISBD continued to support the 200 young researchers and clinicians in training who were selected for participation in the 2008/2009 ISBD Supported Memberships for Psychiatric Trainees Program. This program generally provides ISBD membership for psychiatric trainees for one to two years and, in doing so, serves ISBD's efforts to benefit trainee-level professionals for whom membership in a professional organization may otherwise be beyond reach. A full 70% of all supported memberships go to trainees in the developing world.

Supported memberships provide recipients with a hardcopy subscription to the journal, *Bipolar Disorders*; access to member-only portions of the ISBD website, including electronic copies of the Journal, archives of our newsletter, the *ISBD Global*, and ISBD's online membership directory; exclusive discounts to the ICBD and ISBD conferences; and opportunities to network with ISBD mentors.

The ISBD Supported Memberships for Psychiatric Trainees Program serves as a springboard for young professionals to become increasingly involved in ISBD and its mission. In this vein, it also serves as a gateway to other ISBD programs that support the education of junior investigators in the field of bipolar disorders. Such complementary programs, including the ISBD Bipolar Research Fellowship and the Samuel Gershon Awards for Junior Investigators, have developed directly to serve the needs of this important group of researchers, as they have evolved under surveyed input from supported trainees.

ISBD Bipolar Research Fellowship

The ISBD Research fellowship award provides an opportunity for the recipient to travel to another facility to get training in a particular type of research methodology (i.e. brain imaging, genetics, clinical trials, etc.). The Fellowship is intended to cover up to 6 months support for salary, travel, or some combination of these costs as they are incurred in pursuit of additional training.

The winner of the 2008 Fellowship Award was Dorothy Sit, MD, for her work using Bright Light Therapy for bipolar depression. This research includes a randomized controlled trial to examine the efficacy of a novel antidepressant treatment modality, bright light therapy, compared to placebo (inactive dim red light) for bipolar depression. Dr. Sit will undergo career development training to develop expertise in 1) treatment trial research methodology, study design, statistical management of longitudinal data, and ethical conduct in research patients with BD; 2) the efficacy of bright light therapy for BD; 3) chronobiological rhythms and their relationship to the expression of symptomatology in BD.

The inaugural ISBD Bipolar Research Fellowship went to David Kemp, MD, in 2007, and a third fellowship will be awarded based on the results of an in-progress 2009 application process.

"I feel extremely grateful to be a recipient of the ISBD Fellowship Award. This Award will allow to me the opportunity to further my research training in the chronobiology of patients with bipolar disorders. Thanks so much for making this Award available to junior investigators."

- Dr. Dorothy Sit, MD, 2008 Fellowship Award Recipient

"I believe the research fellowship award is a forthright demonstration of the Society's commitment to developing the next cadre of investigators in bipolar disorder. Funding from this award will aid in my career development as I attempt to study presentations of bipolar disorder complicated by general medical comorbidities, including obesity, diabetes, and the metabolic syndrome."

- David Kemp, MD, 2007 Fellowship Award Recipient

Samuel Gershon Awards for Junior Investigators

Since 2006, ISBD has annually bestowed the Samuel Gershon Awards for Junior Investigators on four achieving young researchers whose unpublished research submissions address important questions regarding the treatment of an emerging cohort of atypical and treatment-resistant forms of bipolar disorder. In the 2009 award year, with a glut of highly competitive applicants, ISBD decided for the first time to announce five winners.

The winners of this year's Samuel Gershon Awards were:

Ana Andreazza, PhD

Department of Psychiatry, University of British Columbia, Vancouver, Canada

"Decreased Complex I Activity and Increased Oxidative-Modified Protein in the Postmortem Prefrontal Cortex of Subjects with Bipolar Disorder"

David Bond, MD

Department of Psychiatry, University of British Columbia, Vancouver, Canada

"The Association of Weight Gain with Mood Symptoms and Functional Outcomes in First-Episode Mania Patients: Prospective 12-Month Data from the Systematic Treatment Optimization Program for Early Mania"

Seetal Dodd, PhD

Department of Clinical and Biomedical Sciences: Barwon Health, University of Melbourne, Australia

"A Prospective Study of the Impact of Subthreshold Mixed States on the 24-Month Clinical Outcomes of Bipolar I Disorder or Schizoaffective Disorder"

Sandip Kulkarni, MD

Department of Psychiatry, National Institute of Mental Health and Neurosciences, Bangalore, India

"Impairment of Verbal Learning and Memory and Executive Function in Unaffected Siblings of Proband with Familial Bipolar Disorder"

Fernando Neves , MD, PhD

Grupo de Estudos em Neuropsiquiatria Clínica e Molecular, Universidade Federal de Minas Gerais, Belo Horizonte, Brazil

"Is the Serotonin Transporter Polymorphism (5-HTTLPR) a Potential Marker for Suicidal Behavior in Bipolar Disorder Patients?"

In addition to a \$1,000 stipend, awardees received airfare, accommodation, and registration for the 2009 International Conference on Bipolar Disorder, held in Pittsburgh, Pennsylvania (USA) on June 25-27 of this year. Each awardee received a plaque and recognition at the Conference, where they also presented their research in poster sessions.

"Research has been a passion in life. My career goals are to become an independent researcher and to make a significant contribution in my field. The SGAJI [Samuel Gershon Award for Junior Investigators] represents recognition of my work and is a great opportunity to move forward in my research career."

- Ana Andreazza, PhD, 2009 Samuel Gershon Award Winner

"Being a winner of the Samuel Gershon Award for Junior investigators means an amazing opportunity to meet other researchers at the ICBBD meeting for further collaboration. It will boost my own development as a researcher and will help to draw attention to an important but understudied theme in bipolar disorder."

- Fernando Neves, MD, PhD, 2009 Samuel Gershon Award Winner

The ISBD Website: www.ISBD.org

In culmination of a series of efforts over the past fiscal year to improve efficiency, accessibility, utility, and value in both ISBD's member services and ISBD's outreach to non-members, the Society in mid-2009 unveiled extensive revisions and enhancements to its website, www.isbd.org. The site now features a streamlined, user-friendly interface and a variety of new and improved features and resources. Highlights from among these features and resources include:

● Improved Access to ISBD Member Profiles:

The new My Accounts Page on isbd.org allows members to access their member profile online and grants a new level of personal control to members' account information. Through My Accounts, ISBD members are able to:

- Update their physical address, e-mail address, or phone number, ensuring efficient delivery of ISBD communications and members' copies of the journal, *Bipolar Disorders*;
- Update their professional information and interests, better ensuring ISBD and inter-member communications remain relevant and engaging;
- Renew their memberships in a few quick steps, ensuring uninterrupted access to all continuing members' benefits;
- Easily access and print their membership cards, allowing for easy replacement of lost cards.

● Access to New Educational Articles:

The Articles Page comprises a collection of brief, educational articles, written by ISBD professional members and designed to supplement information provided to patients and family members by their doctors;

● Access to the New ISBD Member Directory:

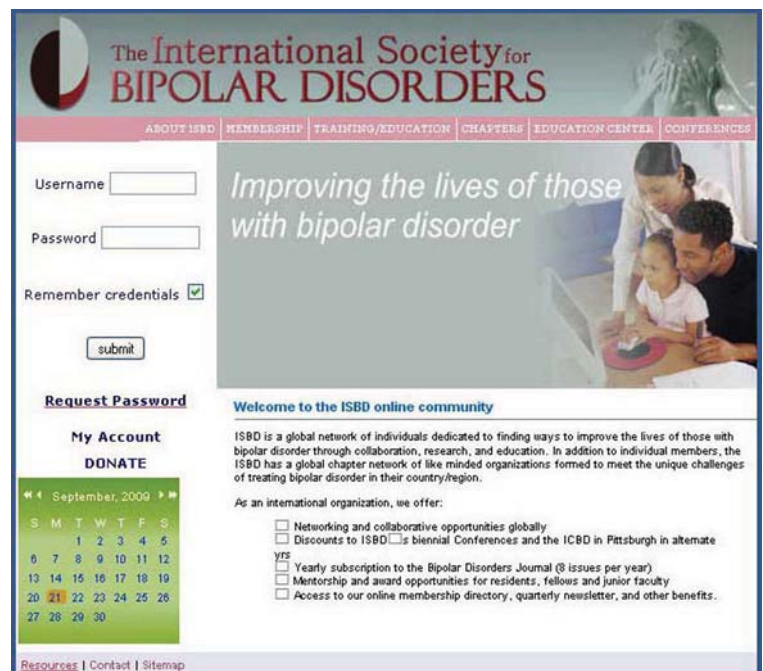
The ISBD has unveiled a new member directory. The directory includes the professional and contact information of those members who have opted for inclusion and is available only to ISBD members. The directory is intended to help connect ISBD professional members with their colleagues around the globe. In addition, the directory will serve as a resource for patient referral requests.

● Continued online access, for Professional members, to current and archived issues of the Society's official journal, *Bipolar Disorders: An International Journal of Psychiatry and Neurosciences*;

● Continued access to archives of the *ISBD Global*—the Society's newsletter, with articles written by both professional and lay members of the Society, published quarterly online and via e-mail;

● Continued access to ISBD's educational video, entitled *International Society for Bipolar Disorders: Patients' and Physicians' Perspectives on Diagnosis and Coping*, which outlines bipolar terms, concepts, diagnosis and treatment options for bipolar patients.

Additional resources such as a collection of teaching slides intended for use by clinicians and researchers, enhanced pages for ISBD chapters, and educational Podcasts for lay listeners are in preparation for 2010.

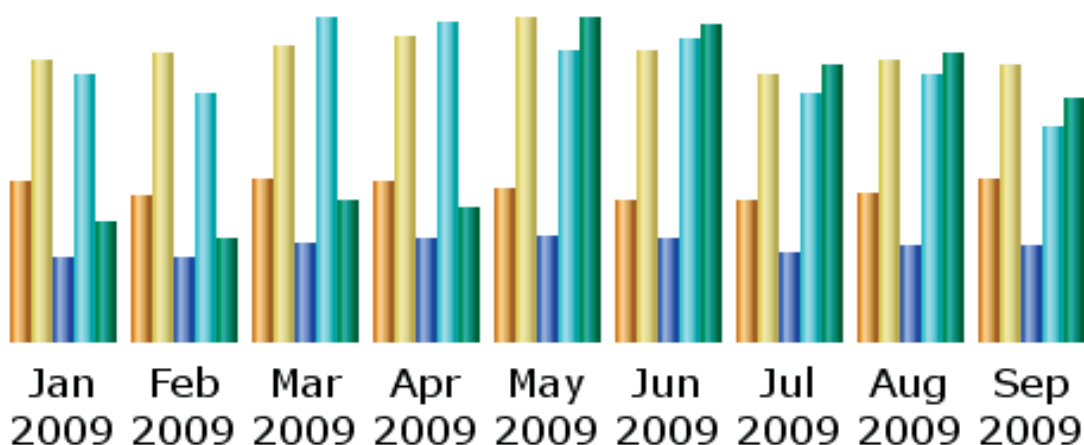


The screenshot shows the ISBD website's login interface. At the top, the logo and navigation menu are visible. The main content area features a login form with fields for Username and Password, a 'Remember credentials' checkbox, and a 'submit' button. Below the form are links for 'Request Password' and 'My Account'. A 'DONATE' button is also present. On the right side, there is a banner image of a family with the text 'Improving the lives of those with bipolar disorder'. Below the banner, a 'Welcome to the ISBD online community' message is displayed, followed by a description of ISBD's mission and a list of benefits offered to members, such as networking opportunities, discounts, and access to the journal and directory.

ISBD Website Report: Looking at our Global Impact

The ISBD website averaged 108,786 hits per month in the first eight months of 2009, compared with 106,306 in the first eight months of the previous year. Data on web activity in general suggests that website traffic is proceeding at a fairly consistent pace with traffic in 2008, prior to which each year saw significant increases in site visits. ISBD has recently initiated a series of email updates to the membership, which feed into content on the website. We would accordingly anticipate an increase in visits to and usage of the site.

Figure 4: Summary of web activity



Month	Unique visitors	Number of visits	Pages	Hits	Bandwidth
Jan-09	3931	7009	32497	101824	602.91 MB
Feb-09	3687	7145	31762	95987	512.45 MB
Mar-09	4054	7375	38275	123633	712.01 MB
Apr-09	3927	7607	39739	123594	688.96 MB
May-09	3750	8026	40202	111929	1.60 GB
Jun-09	3525	7249	39765	116434	1.57 GB
Jul-09	3547	6626	32969	94977	1.38 GB
Aug-09	3660	6987	35993	102131	1.44 GB
Sep-09	4021	6930	36812	82964	1.23 GB
Total	34002	64954	328014	953473	9.68 GB

In September 2009, 53 percent of hits of new origin occurred in the United States. Another 25 percent, in nearly even distribution, came from Germany, Great Britain, Turkey, Japan, Australia, Canada, New Zealand, and Brazil. ISBD website visits from these countries are in fact relatively high, as many of these countries boast relatively strong ISBD membership in addition to strong ISBD chapters or bipolar research networks. ISBD web traffic is also likely affected by its exclusive availability in the English language.

ISBD will continue to strive to ensure web content remains accessible and relevant to as many potential users and supporters as possible. The Society has also taken steps to expand its website's audience by utilizing outside web resources—including the online social networking site, Facebook—to reach individuals who might otherwise not have the opportunity to learn about our cause and website. We hope that, between such outreach efforts and the ongoing enhancements to the ISBD site's features and resources, we will achieve new levels of recognizability and participation and engage a more diverse audience of lay supporters, such as patient advocates, patients, and families, as well as supporters working in service delivery.

ISBD Conferences: São Paulo 2010

The ISBD will hold its 4th biennial meeting in São Paulo, Brazil, from March 17th-20th, 2010. Under the direction of the co-chairs, Dr. Mark Frye and Dr. Flavio Kapczinski, the São Paulo Conference Planning Committee has worked over the last year on the selection of a top notch venue, the Grand Hyatt, and the development of an outstanding scientific program. The scientific program, a collaborative effort that evolved through a series of conference calls over the past 18 months, will undoubtedly be well-received by delegates. The Society is planning the conference for around 800 delegates. It has also arranged touring options for the meeting, which will allow for pre- and post-conference travel to some truly outstanding destinations in South America.



ISBD Chapters

During the 8th International Conference on Bipolar Disorder in June, the ISBD held a meeting of the Chairs of established and developing chapters. The meeting was quite productive, with 16 attendees from 13 different countries where ISBD is active. A number of developed chapters were appreciative of assistance ISBD has offered in building bridges with international speakers who have attended their local and regional meetings. Inter-chapter cooperation and a speaker exchange were encouraged as ways for chapters to develop their capacity to utilize a greater ISBD network in developing speaker programs for their meetings in the future.

In response to a request from established chapters to have a dedicated space on the ISBD website, ISBD has developed a page for each established chapter on www.isbd.org. ISBD encourages chapters to post information and updates on their endeavors regularly.

At the meeting, ISBD welcomed new chapters in Portugal, Argentina, Colombia, and Japan. The development of chapters is continuing, with future development expected in Switzerland, Sweden and Germany. As ISBD continues to expand its international presence, our capacity to extend the reach of ISBD award opportunities and supported membership programs, for example, will strengthen our core mission to support education and research in bipolar disorders on an international level.

ISBD Research Initiatives

The work of ISBD research committees is represented each year in a number of documents that are published in the *Bipolar Disorders Journal*. ISBD provides support and resources to these groups through facilitating communication at international meetings and via teleconferences hosted by ISBD.

In fiscal year 2008, ISBD committee work was completed in the areas of bipolar nomenclature and safety and monitoring guidelines, and ISBD partnered with the Canadian Network for Mood and Anxiety Treatments (CANMAT) in the latest guidelines update.

“The International Society for Bipolar Disorders (ISBD) Task Force report on the nomenclature of course and outcome in bipolar disorders,” was published in August of 2009 and represents over 18 months of work by the 19-member ISBD Committee led by Dr. Mauricio Tohen. “The International Society for Bipolar Disorders (ISBD) consensus guidelines for the safety monitoring of bipolar disorders treatments” was published in September 2009.

Work on a document on neurocognition is in progress, and a group has been formed to address issues in women’s health. Other research committees that are currently active include biomarkers, clinical trial design, and mixed states.

2008 Fiscal Year at a Glance

Revenues

Total revenue for the fiscal year ending June 30th, 2009, was \$182,183 and represented a decline over the previous year. This decline is principally related to the ISBD's business cycle, with surplus from our biennial meeting received in the previous fiscal year. Nonetheless, we saw an increase in membership income over the previous year, which represents greater uptake of membership in the 2009 calendar year. Grants were also up 23% over the previous year. Royalties were down over the previous year and reflect the fluctuations in the journal business.

Figure 5: FY 2008 Revenue

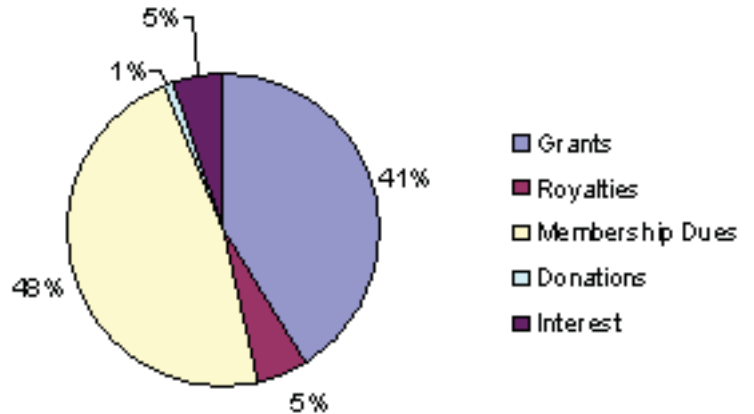
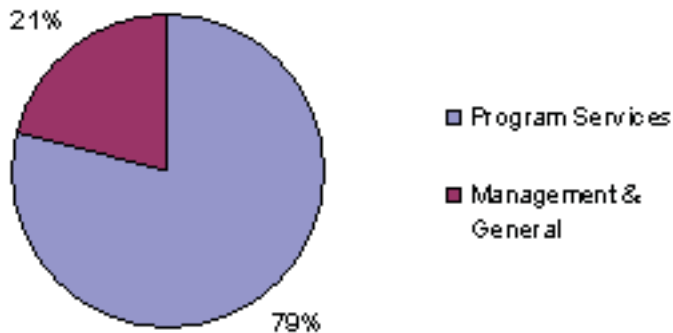


Figure 6: FY 2008 Expense



Expenses

Total expense for fiscal year 2008 was \$292,713 which represents a loss in the current fiscal year of \$110,530 and a change in net assets from \$314,161 to \$203,631. Expense in the current fiscal year was much larger than usual due to a hold-over of Journal expenses from the previous year and a change in ISBD policy for funding our biennial meeting in São Paulo, with ISBD providing pre-financing of direct costs for the meeting. Spending on program services was nearly identical to the previous year and the bulk of spending for program services went to conference and award costs, with Journal costs making up the majority of the balance. As in years past, the ISBD held no real property, trusts, or restricted assets.

Audited Financial Statements

The ISBD has received its first audited financial statements for fiscal year 2008 and we are pleased to make these available to the public upon request. With this added level of financial transparency, ISBD has taken the next step in development of the organization and looks to increase contributions from individuals and other sources.

Contributors

The ISBD would like to say a special “Thank You”
to the following supporters:

All our individual contributors
for your generous donations to the ISBD

AstraZeneca

The Entire ISBD Executive and Board of Councilors
for your continued support



International Society for Bipolar Disorders

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