



ISBD 2024  
ANNUAL REPORT

# President's Message

ISBD continued to advance as an organization in 2024, with growing support for early and mid-career (EMC) colleagues and people with lived experience of bipolar disorder (PWLE). Aligning with our organizational values, we expanded our Board to include three new at-large positions, including one reserved for an EMC and two for PWLE members. The organization benefits from their expertise and wisdom. We also came together as a community in September 2024 for wonderful conference in Reykjavik, Iceland.

The EMC Committee (EMCC) hosted a networking session in Reykjavik with over 90 participants. The interactive session, based on a speed networking bingo model, brought junior delegates together for an event specifically designed to make them feel at home in the conference. Additional EMCC activities included a grant writing workshop and developing a database of senior mentors that will form the basis of a new mentorship program. Rebekah Huber, EMCC Co-Chair, joined the Board in an at-large position. With generous support from the Baszucki Group, we were able to offer travel awards to several meritorious EMCs, as well as secure recorded content from the meeting for members.



*Holly Swartz, MD, ISBD President*

ISBD continues to sponsor a highly regarded Experts by Experience (ExE) track in the annual meeting to elevate the voices of PWLE. In 2024, Sara Schley and Andrea Vassilev joined the ISBD in at-large Board positions representing the PWLE community. We look forward, with Sara's and Andrea's assistance, to integrate the voices of those with lived experience broadly throughout the Society. These advances will allow ISBD to further its mission of improving outcomes for those living with bipolar disorder.

Finally, the conference in Reykjavik was a tremendous success, with over 600 delegates from 46 countries participating in three days of programming. Attendees engaged with 30 concurrent sessions (six ExE), 13 oral sessions, six keynotes, two poster sessions and three workshops.

We would like to thank our Board, the ISBD staff, and all our members for making 2024 another great year for ISBD. – Holly Swartz, MD



**26TH ANNUAL CONFERENCE OF THE  
INTERNATIONAL SOCIETY FOR BIPOLAR DISORDERS  
SEPTEMBER 29-OCTOBER 1, 2024  
REYKJAVIK, ICELAND**

The 2024 conference was held in the beautiful Harpa Concert Hall and Conference Center in downtown Reykjavik. Many remarked on the superb conference facilities and high-quality of ISBD programming. Although the 2024 meeting experienced an overall small loss of \$8,903 because of limited availability of sponsors in Iceland, attendance was higher than expected (605 people). Feedback from 319 survey respondents (53% response rate) was generally quite positive. The meeting venue and location were particularly appreciated by the delegates.

We look forward to seeing our members in Chiba, Japan in 2025 for our 27<sup>th</sup> Annual Conference.

### ***Highest Attended Sessions***

*Keynote: "From Speech to Emotion to Mood: Mental Health Modeling in Natural Environments"*

*Keynote Debate: "Debate On: Antidepressant Medication During Maintenance"*

*Keynote: "My Bipolar Journey"*

# 2024 Learning Objectives & Feedback

	2021	2022	2023	2024
I gained an in-depth update of the latest evidence-based pharmacological and psychological therapeutic interventions utilized in the management of mood disorders – in particular, Bipolar Disorder.	N/A	N/A	95% Strongly Agree or Agree	99% Strongly Agree or Agree
I can explain the latest research on biomarkers, treatment mediators, and biological origins of disease in mood disorders.	83% Strongly Agree or Agree	94% Strongly Agree or Agree	88% Strongly Agree or Agree	91% Strongly Agree or Agree
I can incorporate new approaches to complex diagnostic and treatment situations in everyday clinical practice.	N/A	N/A	N/A	93% Strongly Agree or Agree
I can incorporate values of those living with bipolar disorders in research, clinical care, and health services.	N/A	N/A	N/A	98% Strongly Agree or Agree
How confident are you in your application of the material covered to your practice or research?	N/A	N/A	80% Highly or Very Confident	72% Highly or Very Confident

Do you think that you will make changes in the way you manage patients or conduct research after attending the conference?

**2022: 51% Yes**  
**2023: 50% Yes**  
**2024: 48% Yes**

**97%** agree or strongly agree the content was high quality and scientifically sound.

**97%** agree or strongly agree they would recommend this educational activity to a colleague.



# 2025 Learning Objectives & Feedback

**80%** of respondents assessed the overall scientific quality of the posters presented this year as clearly superior or better than most.

**77%** of respondents reported the range of topics covered at the meeting were clearly superior or better than most.

## What aspects of the conference did you like most?

**68%** Concurrent Sessions

**61%** Keynote Sessions

**55%** Informal Networking

**22%** E-Poster Gallery

**13%** CME offerings



## Percentage of attendees ranking the meeting logistics as good or excellent

Harpa Conference Hall **98%**

Iceland as a Destination **93%**

Registration Process **98%**

Audio Visual Service **98%**

Conference Staff Quality **96%**

# 2025 Meeting Demographics

REGISTRATIONS BY COUNTRY



## Professional Breakdown

Physician: 68.8%

Psychologist: 9.3%

Nurse: 4%

Social Worker: 2.4%

Pharmacist: 0.4%

Other :14%

## Number of Yrs in Field

0-4: 24%      5-8: 16%

9-11: 14%     13+: 54%

## Gender Identity Listed

Female: 57%

Male 40%

Other/Not Listed: 17%

# Early Mid-Career Poster Travel Awards

The Early Mid-Career Poster Travel Awards, which were generously supported by the Baszucki Group, were awarded based on reviews of the applicants that were overseen by the conference committee. This was the first year that the conference offered travel support for poster awards, and this marks an important step forward for the Society's efforts to support greater access to the conference for those at early stages of their career. There is greater need now than ever before to support the educational goals of future Researchers and clinicians working in the bipolar space.

Applicants were assessed based on the scientific quality of their submission, their career trajectory and their justification for the Award.

**We are pleased to report the following winners for 2024.**

Andrés Treviño-Alvarez (Mexico), Dane Mauer-Vakil (Canada), Mana Aurora (US), Kyra Leigh Feuer (US), Ebru Bakır (Turkey), and Katie Scott (Canada)

**Honorable Mention:** Cristian Alcaino (Scotland), Mete Ercis (US), Tyler Jang (US) and Kevin Li (US)



# Experts by Experience Track



*Dr. Benjamin Goldstein and Dr. Andrea Vassilev*

ISBD's Experts by Experience (ExE) track brings a clinical audience the expertise and perspective of those with lived experience to help navigate challenging issues in the management of bipolar disorder. The Committee is chaired by Drs. Benjamin Goldstein and Andrea Vassilev.

The track this year included a keynote presentation from Leah Charles-King entitled "My Bipolar Journey," which set the stage for The ExE track. A new feature this year was the opportunity for an ExE Greet and Gather, where those participating the track had an opportunity to meet each other at the beginning of the conference, building a sense of community among the presenters.

A highlight of the program this year was a fascinating presentation by Drs. Danny Smith and Iain Campbell on "*Using Artificial Intelligence (AI) to Capture and Describe the Subjective Experience of Bipolar Disorder.*" Other topics in this year's track included: digital health for bipolar disorder, collaboration between researchers and patient experts in psychiatric research, bipolar depression, and a talk entitled "*Building a Bipolar Friendly World ...*" sharing lessons from *Bipolar UK's* Bipolar Commission.





# Conference Financials

The 2025 conference had a modest loss of just under US \$9000, mostly related to a significant reduction in projected sponsorship. Nonetheless, despite reaching only 55% of targeted sponsorship, registration income exceeded expectations, putting total income ~11% off projections.

On the expense side, we managed to reduce projected expenses by ~ 13%. Most of the savings came from housing fees, insurance, food and beverage, the awards dinner, and travel expense, particularly for the faculty, board, and awardees.

As evident later in this report, the conference outcome had a substantial impact on the Society's 2024 financial performance, which is expected based on the importance of the meeting to the ISBD's bottom line.

## INCOME

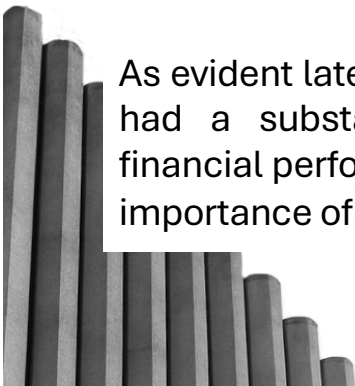
Income Category	Budget	Actual
Registration (Budge 560/ Actual 606)	\$313,075.00	\$348,675.00
Sponsorships/Corporate Support	\$200,000.00	\$111,250.00
<b>Total Income =</b>	<b>\$513,075.00</b>	<b>\$459,925.00</b>

## EXPENSE

Expense Category	Budget	Actual
Mgmt., Insurance, Accreditation & Fees	\$162,257.63	\$134,664.09
Advertising	\$3,700.00	\$1,375.60
Audio Visual	\$52,190.05	\$56,450.51
Venue	\$81,249.00	\$85,928.73
Food and Beverage	\$102,307.00	\$90,764.87
Awards Dinner	\$9,200.00	\$5,562.86
Printing/Copying	\$2,727.00	\$2,668.40
Supplies	\$2,380.00	\$1,272.89
Staff Travel	\$22,590.00	\$17,725.48
Faculty/Board/Awardee Travel	\$98,500.00	\$72,415.18
<b>Total Expense =</b>	<b>\$537,100.68</b>	<b>\$468,828.61</b>

## NET INCOME

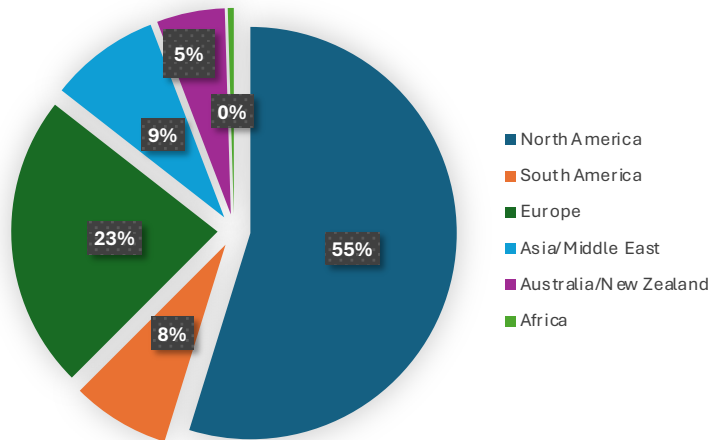
**-\$24,025.68      -\$8,903.61**



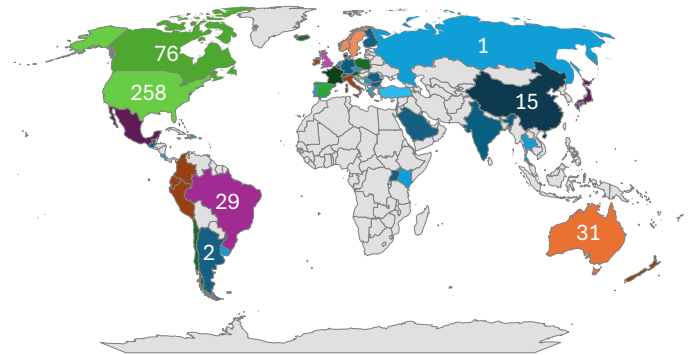
# Membership Updates

While the ISBD membership continues to be heavily North American centric (with just over half of the membership on the continent), we have laid the groundwork for the development of a Pan African chapter in 2025 which is expected to increase representation on the African continent as ISBD continues to diversify its global representation.

### Continents



### ISBD Membership Distribution by Country



Powered by Bing

We aim to expand our representation in Asia with our 2025 meeting in Japan and to increase engagement in Europe through a new collation of European chapters and members coming together to form an alliance to address regional challenges in the management of bipolar disorder.

Membership will continue to be an area for growth and development in 2025.

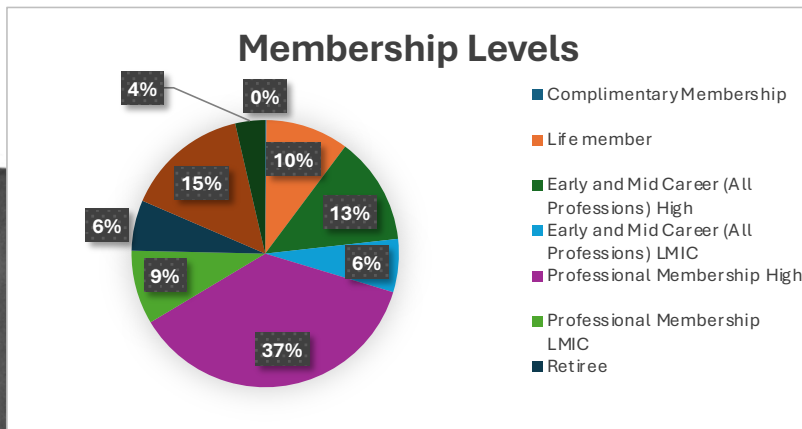
# Membership Updates

ISBD has worked hard in recent years to broaden its appeal to a larger segment of the field, including a task force focused on psychological interventions specifically targeted at psychologists and other working in the area of non-pharmacological interventions for bipolar disorder. Within the Professional category, we now offer a Mental Health Professional (non-MD) membership level to enhance access to this group and better reflect the breadth of expertise in the service lines involved in the management of bipolar disorder.

## 2024 ISBD Membership Level Update

2024		
Membership Name	Annual Cost (USD)	Change
Life member	\$3,750	increase by \$250
High income countries: Professional Membership – Medical Doctor	\$375	increase by \$50
Middle- and Low-income countries: Professional Membership – Medical Doctor	\$225	increase by \$35
High income countries: Professional Membership – Mid Career (all professions) <sup>^</sup>	\$225	NEW RATE
Middle- and Low-income countries: Professional Membership - Mid Career (all professions) <sup>^</sup>	\$165	NEW RATE
High income countries: Professional Membership – Early Career (all professions) <sup>*</sup>	\$125	increase by \$20
Middle- and Low-income countries: Professional Membership - Early Career (all professions) <sup>*</sup>	\$100	increase by \$20
High income countries: Professional Membership – Mental Health Professional (non MD)	\$225	NEW RATE
Middle- and Low-income countries: Professional Membership – Mental Health Professional (non MD)	\$100	NEW RATE
Professional Membership - Retiree ALL COUNTRIES	\$100	NEW RATE
Trainee members - ALL COUNTRIES	\$50	No Change

<sup>^</sup>Defined as btw 5-8 years out of training  
<sup>\*</sup>Defined as up to 4 years out of training



All of the new membership categories, including the non-MD professional, are listed in the chart above along with our new membership rates. Importantly, we now have new membership levels for early and mid-career professionals which dovetails with our effort to enhance the opportunities for this group through the Early Mid-Career Committee. With these changes, we are seeking to broaden the expertise within the Society and to offer a graduated fee structure that aims to eliminate barriers to entry to the Society for young professionals.

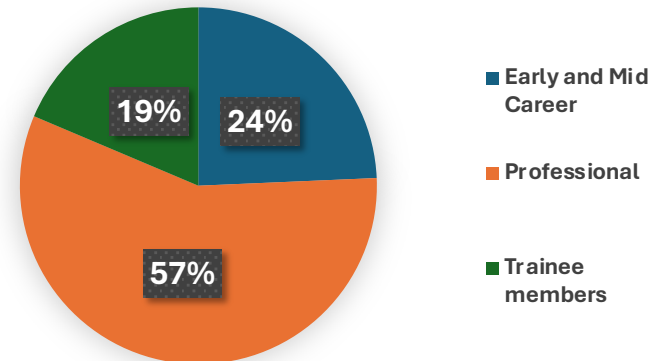
# Membership Updates

The ISBD Early Mid-Career Committee plays an important role in both ensuring ISBD membership reflects the demographics more broadly in the field and in encouraging engagement of early career professionals in the Society. We will elaborate on the activities of this group in this report.

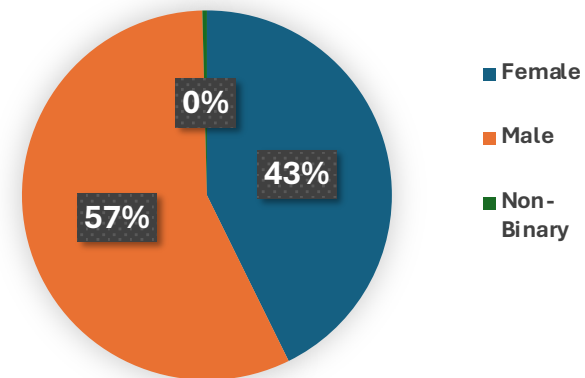
Growth of the early mid career segment has been a strategic aim of the Society for several years now and the goal here is two-fold; to encourage people at an early stage of their career to focus on research and clinical management of bipolar disorder and to grow and increase engagement among this population in the Society to ensure strong leadership for the Organization into the future. With 43% of the membership at the trainee or early mid-career level and strong interest the the EMCC, the ISBD is poised to reach these goals.

ISBD also works to ensure gender balance within the organization and actively encourages women to submit to our conference. The Society also seeks to make sure leadership and task forces accurately represent the field more broadly to reflect the best science in our deliverables.

### Professional vs Early Mid-Career



### Gender



# ISBD Women's Initiative

The ISBD Women's Initiative continues to ensure that we share the outstanding work being done by women in the field at our meeting, so it was heartening to hear our conference attendees indicate they noticed “a significant amount of leadership and attendees being made up of women,” which led them to praise the organization for “a genuine commitment to diversity.”

This is not by accident but through encouragement of gender diversity in submissions and through the annual conference program of the ISBD Women's Initiative, which was chaired in 2024 by Dr. Ana Andrezza. This year's special session focused on issues of importance to women in the field and women living with bipolar disorder. The 90-minute session entitled “*Empowering Minds: A Panel Discussion on Women in Science and Bipolar Disorder*,” featured Dr. Mary Phillips talking about

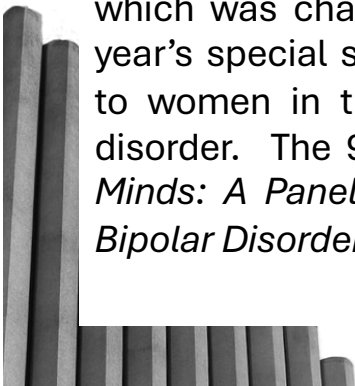


**Mary Phillips, MD**



**Sara Schley**

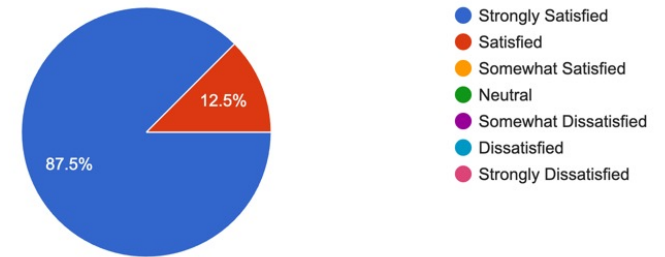
her career progression and contributions to neuroimaging and Sara Schley discussing her lived experience and upcoming documentary as part of her advocacy work.



# Early Mid-Career Committee Accomplishments

2024 was a strong year for the EMCC, hosting 2 events at the Reykjavik Meeting, a workshop on grant writing and a speed networking session with bingo, which was attended by over 90 delegates. There were also oral presentations about the EMCC's plans for a mentorship program and community platform.

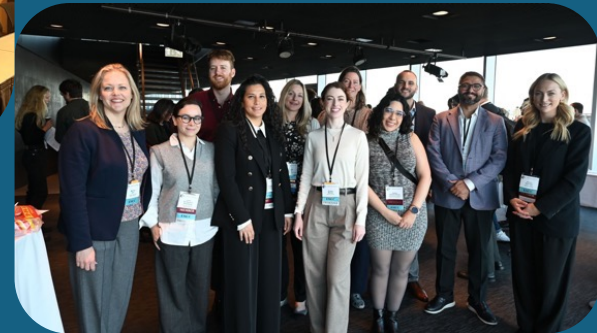
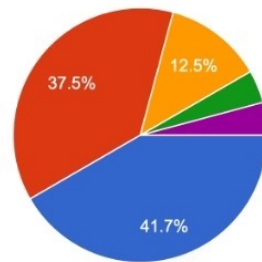
Please rate your satisfaction with the workshop  
8 responses



Please rate your satisfaction with the Early Mid-Career Speed Networking Event.

24 responses

- Strongly Satisfied
- Satisfied
- Somewhat Satisfied
- Neutral
- Somewhat Dissatisfied
- Dissatisfied
- Strongly Dissatisfied



# Early Mid-Career Committee Accomplishments

Responses from our post conference survey showed generally positive reaction, with the following comments on the workshop:

“I liked hearing from both writers and funders perspectives at this workshop, especially from those who are from private family funding since I've never really considered them as an option”

“I thought the Q&A was helpful and appreciated having diverse funding agencies/experiences represented”



Response to the speed networking were more mixed, with participants stating:

“The event was well organized, and the participants had the opportunity to get to know each other and exchange contacts that can serve for future professional collaborations.”

“too fast paced to meet anyone in depth to really get to know who they are and what they do to build a more established network.

# ISBD Task Force Updates

A new Treatment Resistant Bipolar Depression Task Force began working in 2024. This 32-member task force, which is led by Professor Eduard Vieta, will address the definition of treatment-resistant bipolar depression and provide guidance on clinical trial design, methodology, and optimal endpoints for regulatory bodies, investigators, and clinicians, to improve awareness, advance science, and deliver better treatments for this condition. As with other ISBD task forces, the principal output of this task force will be a manuscript that is expected in 2025.

In addition, the ISBD published two task force manuscripts in *Bipolar Disorders* in March of 2024, the first came from the Targeting Cognition task force (Miskowiak et al.) and was entitled “*Efficacy and safety of established and off-label ADHD drug therapies for cognitive impairment or attention deficit hyperactivity disorder symptoms in bipolar disorder: A systematic review by the ISBD Targeting Cognition Task Force*”

The second paper, published as an Editorial in the April issue, came from the Psychological Interventions task force (Wright et al.) and was entitled “*Psychological therapies for people with bipolar disorder: where are we now, and what is next? ISBD Psychological Interventions Taskforce - Position Paper.*”



*ISBD Older Adult Bipolar Disorder Task Force*





ISBD 2024 Awards



# Samuel Gershon Junior Investigator Awards



**Bethany Little, Msc, PhD**  
Newcastle Upon Tyne,  
UK

*“Multivariate brain-cognition associations in euthymic bipolar disorder”*



**Simge Uzman Özbek, MD**  
Izmir, Turkey

*Comparison of cognition and functioning in patients with bipolar disorder with and without psychosis high-risk syndrome*



**Hanne Lie Kjaerstad, PhD**  
Copenhagen, Demark

*“Longitudinal trajectory of cognition, brain morphometry, and brain predicted age in unaffected first-degree relatives of patients with bipolar disorder”*



**Emine Yavuz Ataşlar, MD**  
Ankara, Turkey

*A Comprehensive Examination of Circadian Rhythm and Tryptophan Pathway Parameters: Assessing their Role in Predicting Bipolar Disorder in Patients, Siblings, and Controls*

# Honorary Awards

## MOGENS SCHOU AWARDS

Named in honor of Professor Mogens Schou, pioneer of lithium as a treatment for mood disorders. The 2024 Awards were given for both Research and Public Service and Advocacy.

### 2024 RESEARCH AWARD WINNER

**MIKAEL LANDÉN, MD, PhD**  
Gothenburg, Sweden



### 2024 PUBLIC SERVICE & ADVOCACY WINNER

**SARA SCHLEY**  
Wendell MA, USA



## 2024 KUPFER-FRANK DISTINCTIVE CONTRIBUTION AWARD WINNER

Presented to  
**EDWARD VIETA, MD, PhD**  
Barcelona, Spain

For Lasting Impact on ISBD



*Edward Vieta, MD, PhD*

## ROBERT POST MENTORING AWARD

The purpose of this award is to highlight the importance of mentoring, to acknowledge the contributions made by Professor Robert Post, and to ensure that mentoring remains a key focus within the mission of ISBD.

Presented to 2024 Winner  
**AYSEGUL OZERDEM, MD, PhD**  
Rochester, MN, USA



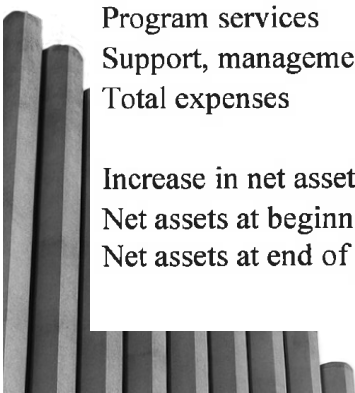
*Aysegul Ozerdem, MD, PhD*

# 2024 ISBD Financials: Income Statement

	Year Ended December 31	
	2024	2023
<b>Revenue and support</b>		
Membership dues	\$ 92,765	\$ 93,244
Conferences	467,026	652,552
Royalties	34,075	18,845
Contributions	26,024	16,553
Interest and dividends	41,269	40,272
Realized gain (loss) on sale of investments	137,092	(4,665)
Unrealized gain (loss) on investments	(15,475)	158,889
Total revenue and support	<u>782,776</u>	<u>975,690</u>
<b>Expenses</b>		
Program services	619,019	617,901
Support, management, and general	127,432	128,972
Total expenses	<u>746,451</u>	<u>746,873</u>
Increase in net assets	36,325	228,817
Net assets at beginning of year	1,825,223	1,596,406
Net assets at end of year	<u>\$ 1,861,548</u>	<u>\$ 1,825,223</u>

ISBD's revenue from ordinary income decreased in 2024 due to a decline in revenue from our Reykjavik Meeting. This was principally related to lower-than-expected sponsorship totals as reported earlier in this document. Membership dues held steady, and royalties were up. Investments were also up in 2024, which, when combined with total expenses holding steady, resulted in a modest year-over-year increase in net assets from 2023 to 2024.

Support for the 2025 Meeting in Chiba Japan is expected to be strong and overall contributions to the Society's net assets are anticipated to increase in 2025.



# 2024 ISBD Financials: Financial Position

	December 31	
	2024	2023
<b>Assets</b>		
Cash and cash equivalents	\$ 482,990	\$ 514,952
Investments	1,657,734	1,564,034
Prepaid expenses and other assets	38,875	57,072
Office equipment, net of accumulated depreciation of \$11,204 and \$11,018 at December 31, 2024 and 2023, respectively	415	601
<b>Total assets</b>	<u>\$ 2,180,014</u>	<u>\$ 2,136,659</u>
<b>Liabilities and net assets</b>		
Accounts payable	\$ 7,466	\$ 111
Deferred revenue	311,000	311,325
<b>Total liabilities</b>	<u>318,466</u>	<u>311,436</u>
<b>Net assets</b>		
Without donor restrictions	<u>1,861,548</u>	<u>1,825,223</u>
<b>Total liabilities and net assets</b>	<u>\$ 2,180,014</u>	<u>\$ 2,136,659</u>

The Society's financial position remains strong with a year-over-year net surplus contributing to growth of our reserves. Importantly, a change provisionally approved by our Board in late in 2024 will allow the Society to begin to access some funds formerly held in a trust for lifetime members to be used to meet strategic objectives of the Society. This changes now means that lifetime members are contributing to a fund that will grow the organizations capacity to achieve its mission.

We also have \$311,000 in sponsorship being held in reserve for the 2025 conference, giving confidence in the financial outcome of next year's meeting.



# 2024 ISBD Financials: Functional Expense

	Program Services	Support, Management, and General	Total
Salaries	\$ 117,685	\$ 50,437	\$ 168,122
Employee benefits	10,572	4,531	15,103
Payroll taxes	9,278	3,976	13,254
Pension plan contributions	4,708	2,017	6,725
Awards and honorarium	29,789	-	29,789
Bank and contract services	-	8,992	8,992
Professional fees	-	28,766	28,766
Investment management fees	-	12,830	12,830
Conferences	436,615	-	436,615
Office expenses	-	11,170	11,170
Telephone	-	2,300	2,300
Travel and meals	-	2,227	2,227
Journal	10,372	-	10,372
Depreciation	-	186	186
<b>Total</b>	<b>\$ 619,019</b>	<b>\$ 127,432</b>	<b>\$ 746,451</b>

ISBD continues to operate efficiently, with only 2 full time employees and no physical office overhead, the Society has worked to carefully keep its operating overhead in check.

As of 2024, \$0.83 of every dollar goes to directly support the ISBD's program offerings, of which the Annual Conference continues to be the biggest driver.

The Society will continue to work to keep operational overhead to a minimum.



# 2024 ISBD Financials: Donors

A big “Thank You” to the ISBD Board for giving of their time and talents and to the following organizations:

America Online Giving Foundation

UKOGF Foundation

The Combined Federal Campaign

The United Way of Southwestern PA

JK LANL Gifts

Mental Health and Addiction Network



Elemeno Health Inc

Give Lively

## ... and to the following individuals

Hamid Aftisse

Sonia Eskandari

Baromkoch Leenutaphong

Ellen Serrano

Cara Altimus

Faisal Munasifi

Narongkorn Leenutaphong

Mitchell Shaw

Meredith Babine

Tracy Figlan

Rohit Madan

Patricia Stemple

Tyler Barnett

Holly Glock

Mark Mazak

Patricia Suppes

Marlene Beck

Richard Graver

Aram Nava-Aleman

Peter Voorhees

Shashi Bhushan Kumar

Paul Grof

Nishi Nidamarty

Apryl West

Katherine Burdick

Nicole P. Hiegl

Martha Sajatovic

Jon Wilmot

Luis Cespedes

Carol Jackson

Christina Serrano

Arianna Winterburn

