



# International Society for Bipolar Disorders 2019 Annual Report

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A Global Society, An Intimate Network, An Amazing Year





# ISBD Sydney 2019



2019 Delegates enjoy a beautiful evening on the ISBD  
Awards Dinner Cruise of Darling Harbour

The ISBD Program in Sydney was greatly appreciated by the delegates, many of whom gave the program high marks for global exchange of ideas and educational content as presented at right.

## Sydney Program Evaluation

N = 42

% = agreed/strongly agree

**90%** exchange of ideas and knowledge in the field of mood disorders across continents

**85%** The quality of the scientific / educational content was excellent

**80%** I will make changes to my professional practice based on what I learned (excl. NA)

**71%** This activity increased my professional competencies

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# ISBD Sydney 2019

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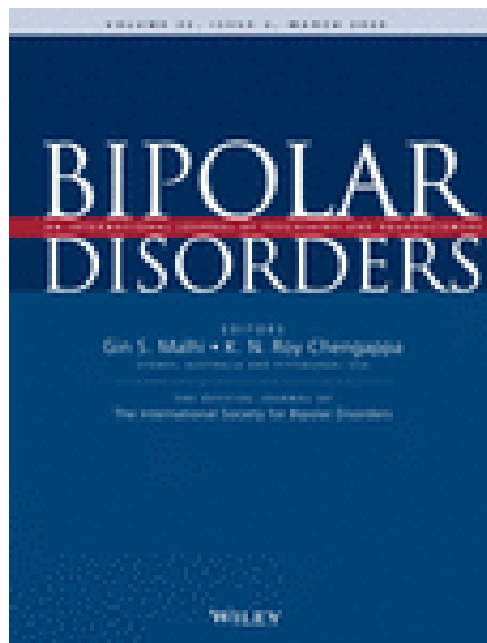
Among the most highly rated sessions were ones focusing on management of mood disorders in youth, lithium, circadian rhythms, and novel treatments, with one of the most highly rated symposia being a keynote delivered by Prof. Alan Young on “Myths about mood disorders,” on Saturday March 23<sup>rd</sup>.

Delegates also appreciated the opening ceremony, which featured the traditional welcome to country with a performance by the aboriginal people of Australia, which was followed by an insightful talk by Greg De Moore on the unknown history of Cade’s work on lithium and the illustration’s of Matthew Johnston in his presentation “I had a Black Dog.”

The highlight of the social program was a dinner cruise featuring the ISBD Awards presentations to the winners of the Samuel Gershon Awards, Mogens Schou Awards and Best Paper of the Year Awards on Darling Harbor. The excursion provided an opportunity for networking and featured a very special performance by Emily Maguire, the winner of the Mogens Schou Award for Public Service and Advocacy.

# 2019 ISBD Membership Reach

ISBD is truly an international organization, with 635 members on 6 continents representing 54 countries. However, the Society's reach includes its international chapters, which extend the ISBD impact to hundreds of people around the world. 63% of the ISBD's members are outside of North America and 27% of the ISBD membership comes from developing economies.



**Bipolar Disorders – An International Journal of Psychiatry and Neurosciences.** ISBD offers these members numerous benefits, including a yearly subscription to our Journal, *Bipolar Disorders*, which has an impact factor of 4.936. The Journal is the home of nearly all ISBD Task Force manuscripts and is among the most important vehicles for dissemination of the Society's research. Beginning in 2020, the Journal will offer

its content free between issues, making the Journal content available to a wider audience than ever before.

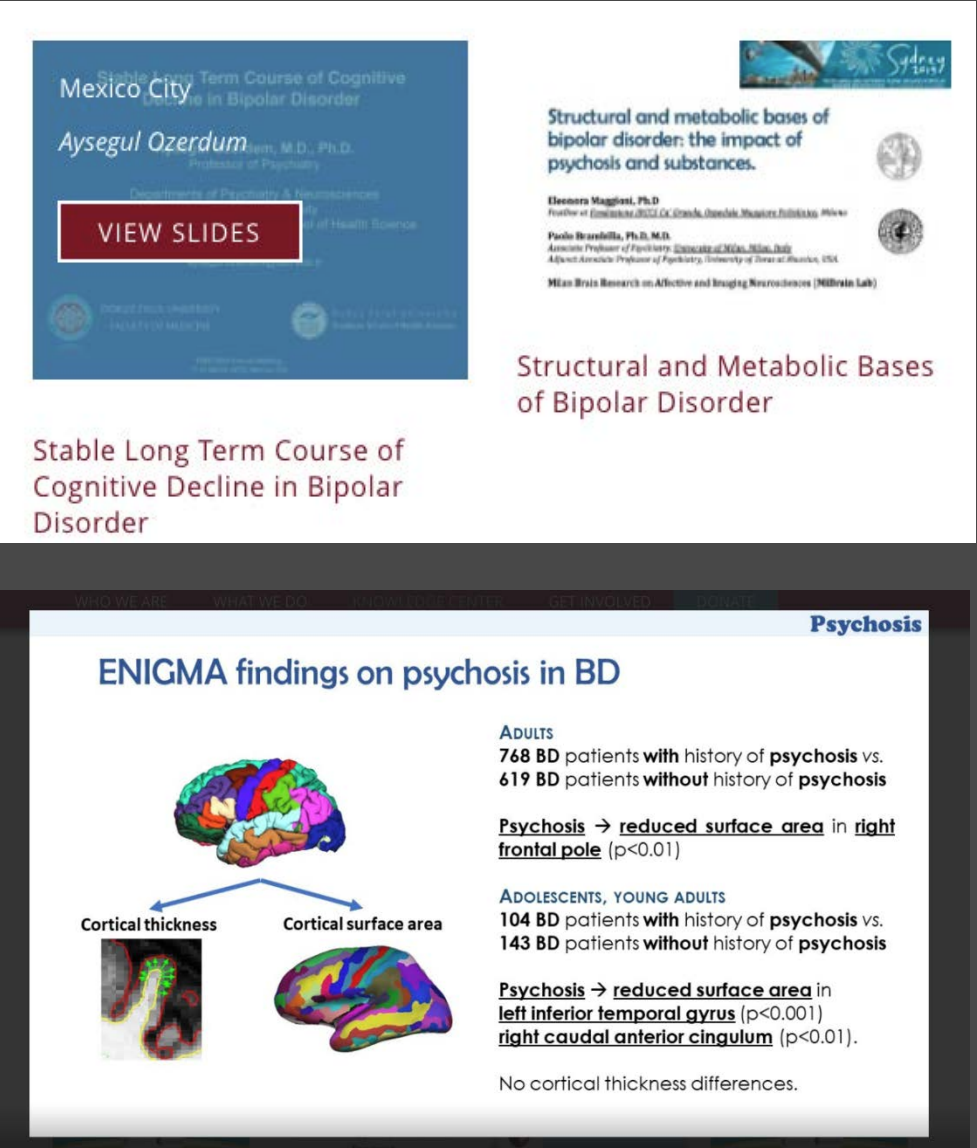




# New Online Membership Benefits

A new ISBD Conference Slides section of the website now features full integration with the other benefits, meaning there is no need to leave the ISBD website. In addition, the content is featured in a beautiful new user interface which brings the content forward while everything else fades into the background. The slide directory is now searchable by meeting, presenter name and category, making it quicker to find the content you need. The slides section extends life of the ISBD meeting content and offers a wealth of information for members who did not get to attend the annual meeting in person

This feature joins the existing ISBD clinical notes and tips sheets, educational videos and extensive webinar library as one of the many benefits available to our members online.



The screenshot displays the ISBD Conference Slides section with two presentation slides. The left slide, titled "Stable Long Term Course of Cognitive Decline in Bipolar Disorder" by Aysegül Özerdem, M.D., Ph.D., includes a "VIEW SLIDES" button. The right slide, titled "Structural and metabolic bases of bipolar disorder: the impact of psychosis and substances" by Eleonora Maggioni, Ph.D., lists several authors and their affiliations. Below the slides, the text "Structural and Metabolic Bases of Bipolar Disorder" is visible. At the bottom, a slide titled "ENIGMA findings on psychosis in BD" shows brain maps for cortical thickness and surface area, with text detailing findings for adults and adolescents.

**Stable Long Term Course of Cognitive Decline in Bipolar Disorder**

**Structural and Metabolic Bases of Bipolar Disorder**

**ENIGMA findings on psychosis in BD**

**ADULTS**  
768 BD patients **with** history of **psychosis** vs.  
619 BD patients **without** history of **psychosis**

**Psychosis → reduced surface area in right frontal pole** ( $p < 0.01$ )

**ADOLESCENTS, YOUNG ADULTS**  
104 BD patients **with** history of **psychosis** vs.  
143 BD patients **without** history of **psychosis**

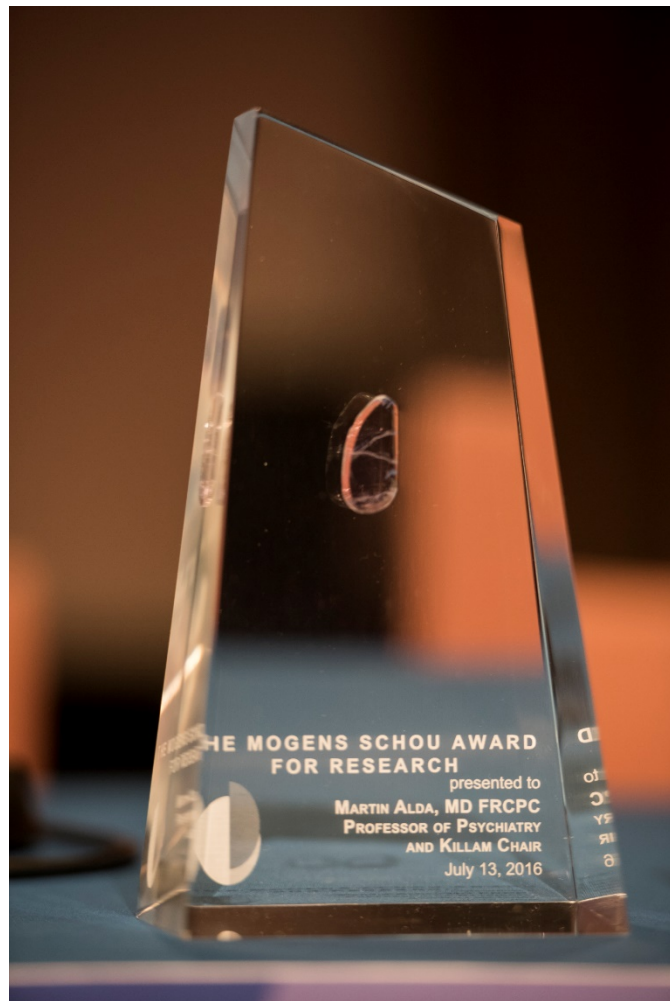
**Psychosis → reduced surface area in left inferior temporal gyrus** ( $p < 0.001$ )  
**right caudal anterior cingulum** ( $p < 0.01$ ).

No cortical thickness differences.

The new ISBD Conference Slides section features a beautiful new design and a searchable directory



# ISBD Awards



The Mogens Schou Awards are offered annually in the areas of Research, Education and Teaching and Public Service and Advocacy



## Recognizing and Inspiring Excellence & Fostering Future Leadership

ISBD Awards do more than simply bestow an honor; they can open up opportunities for those early in their career, encourage academic research, and inspire future clinicians and researchers to follow up on the work of current leaders in the field.



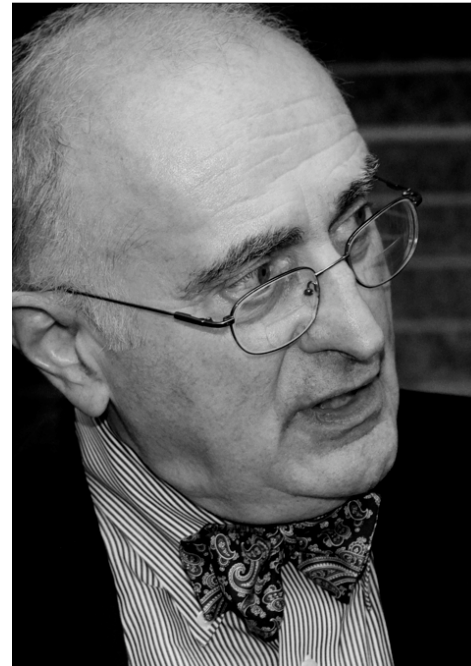
Emily Maguire, MS Award Winner for Public Service and Advocacy performs onboard the Awards Dinner Cruise



# 2019 Mogens Schou Award Winners



**Tadafumi Kato, MD**  
Mogens Schou Award  
For Research



**Ross Baldessarini, MD**  
Mogens Schou Award  
For Education &  
Teaching



**Emily Maguire**  
Mogens Schou Award  
For Public Service & Advocacy

The Mogens Schou Awards, named for the Danish psychiatrist whose research into lithium led to its utilization as a treatment for bipolar disorder, is one of the top honors given annually by the ISBD. We congratulate the winners of the 2019 Awards on their remarkable achievements.

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# 2019 Samuel Gershon Award Winners

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Carolina Gubert, PhD  
Australia

## Winning Manuscript

P2X7R participates in the pathophysiology of mania: a preclinical study



Georgina Hosang, PhD  
UK

## Winning Manuscript

Do symptoms of ADHD and hypomania share genetic and environmental influences in young people? A longitudinal twin study



Defina Janiri, MD  
US

## Winning Manuscript

Predominant polarity and hippocampal subfields in bipolar disorders



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# 2019 Samuel Gershon Award Winners

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Manpreet Sehmbi, PhD  
Canada

## Winning Manuscript

Intracortical myelin  
as a novel  
neurobiological correlate  
of psychosocial  
functioning in bipolar I  
disorder



2019 Award winners with ISBD President (far right)  
and Awards Committee Chair (center) aboard Awards  
Dinner Cruise of Darling Harbour

All Samuel Gershon Award winners  
are invited to the conference to present their  
work in a special symposium dedicated to  
giving exposure to their research. All  
finalists for the Award also receive ISBD  
organized peer reviews of their manuscripts  
to enhance the educational experience.

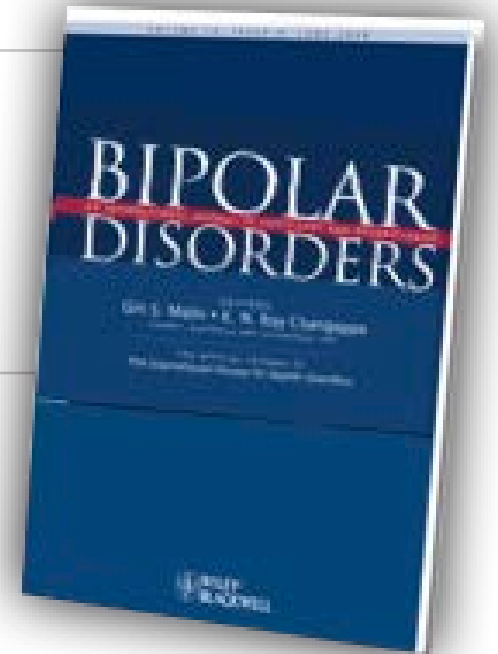


Francisco Diego  
Rabelo da Ponte, PhD  
Brazil

## Winning Manuscript

Predictors of cognitive  
heterogeneity in a  
transcultural sample of  
individuals with bipolar  
disorder: a machine-  
learning approach.

# 2018 Best Paper of the Year



## 1st PLACE ARTICLE

Adjunctive probiotic microorganisms to prevent rehospitalization in patients with acute mania: A randomised controlled trial



## 2nd PLACE ARTICLE

Episode forecasting in bipolar disorder: Is energy better than mood?



## 3rd PLACE ARTICLE

Altered frontal-amygdala effective connectivity during effortful emotion regulation in bipolar disorder



# The GAGE-BD Study Update



Drs. Sajatovic and Eyler Present GAGE-BD Update in Sydney

DOI: 10.1111/bdi.12795

ORIGINAL ARTICLE

BIPOLAR DISORDERS WILEY

**The Global Aging & Geriatric Experiments in Bipolar Disorder Database (GAGE-BD) project: Understanding older-age bipolar disorder by combining multiple datasets**

Martha Sajatovic<sup>1</sup> | Lisa T. Eyler<sup>2,3</sup> | Soham Rej<sup>4</sup> | Osvaldo P. Almeida<sup>5</sup> | Hilary P. Blumberg<sup>6</sup> | Brent P. Forester<sup>7,8</sup> | Orestes V. Forlenza<sup>9</sup> | Ariel Gildengers<sup>10</sup> | Benoit H. Mulsant<sup>11</sup> | Sergio Strejilevich<sup>12</sup> | Shangying Tsai<sup>13</sup> | Eduard Vieta<sup>14</sup> | Robert C. Young<sup>15</sup> | Annemiek Dols<sup>16</sup>

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<sup>2</sup>Department of Psychiatry, University of California San Diego, San Diego, California

<sup>3</sup>Desert-Pacific Mental Illness Research Education and Clinical Center, VA San Diego Healthcare System, San Diego, California

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<sup>6</sup>Yale School of Medicine, New Haven, Connecticut

<sup>7</sup>McLean Hospital, Belmont, Massachusetts

<sup>8</sup>Harvard Medical School, Boston, MA

<sup>9</sup>Laboratory of Neuroscience (LIM-27), Departamento e Instituto de Psiquiatria, Hospital das Clinicas HCFMUSP, Faculdade de Medicina da Universidade de São Paulo, São Paulo, SP, Brazil

<sup>10</sup>Ariel Gildengers, University of Pittsburgh School of Medicine, Pittsburgh, Pennsylvania

<sup>11</sup>Department of Psychiatry, Center for Addiction & Mental Health, University of Toronto, Toronto, Canada

<sup>12</sup>AREA, Assistance and Research in Affective Disorders, Buenos Aires, Argentina

<sup>13</sup>Department of Psychiatry, School of Medicine, College of Medicine, Taipei Medical University, Taipei, Taiwan

<sup>14</sup>Hospital Clinic, University of Barcelona, IDIBAPS, CIBERSAM, Barcelona, Spain

<sup>15</sup>Weill Cornell Medicine and New York-Presbyterian Hospital, White Plains, New York

<sup>16</sup>MGZ inGest, Amsterdam UMC, location VU Medical Center, Amsterdam Neuroscience, Amsterdam Public Health Research Institute, Amsterdam, the Netherlands

#### Correspondence

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**Funding information**  
International Society for Bipolar Disorder (ISBD) Bowden Massey Strategic Research Initiative

#### Abstract

**Objective:** There is a dearth of research about the aging process among individuals with bipolar disorder (BD). One potential strategy to overcome the challenge of interpreting findings from existing limited older-age bipolar disorder (OABD) research studies is to pool or integrate data, taking advantage of potential overlap or similarities in assessment methods and harmonizing or cross-walking measurements where different measurement tools are used to evaluate overlapping construct domains. This report describes the methods and initial start-up activities of a first-ever initiative to create an integrated OABD-focused database, the Global Aging & Geriatric Experiments in Bipolar Disorder Database (GAGE-BD) project.

**Methods:** Building on preliminary work conducted by members of the International Society for Bipolar Disorders OABD taskforce, the GAGE-BD project will be

## Accomplishments

- Published manuscript in Bipolar Disorders on the project
- Obtained data use agreements from 13 sites
- Data harmonization has begun

*Supported by a generous grant from the Bowden-Massey Foundation*

Bipolar Disorders. 2019;00:1–8.

wileyonlinelibrary.com/journal/bdi

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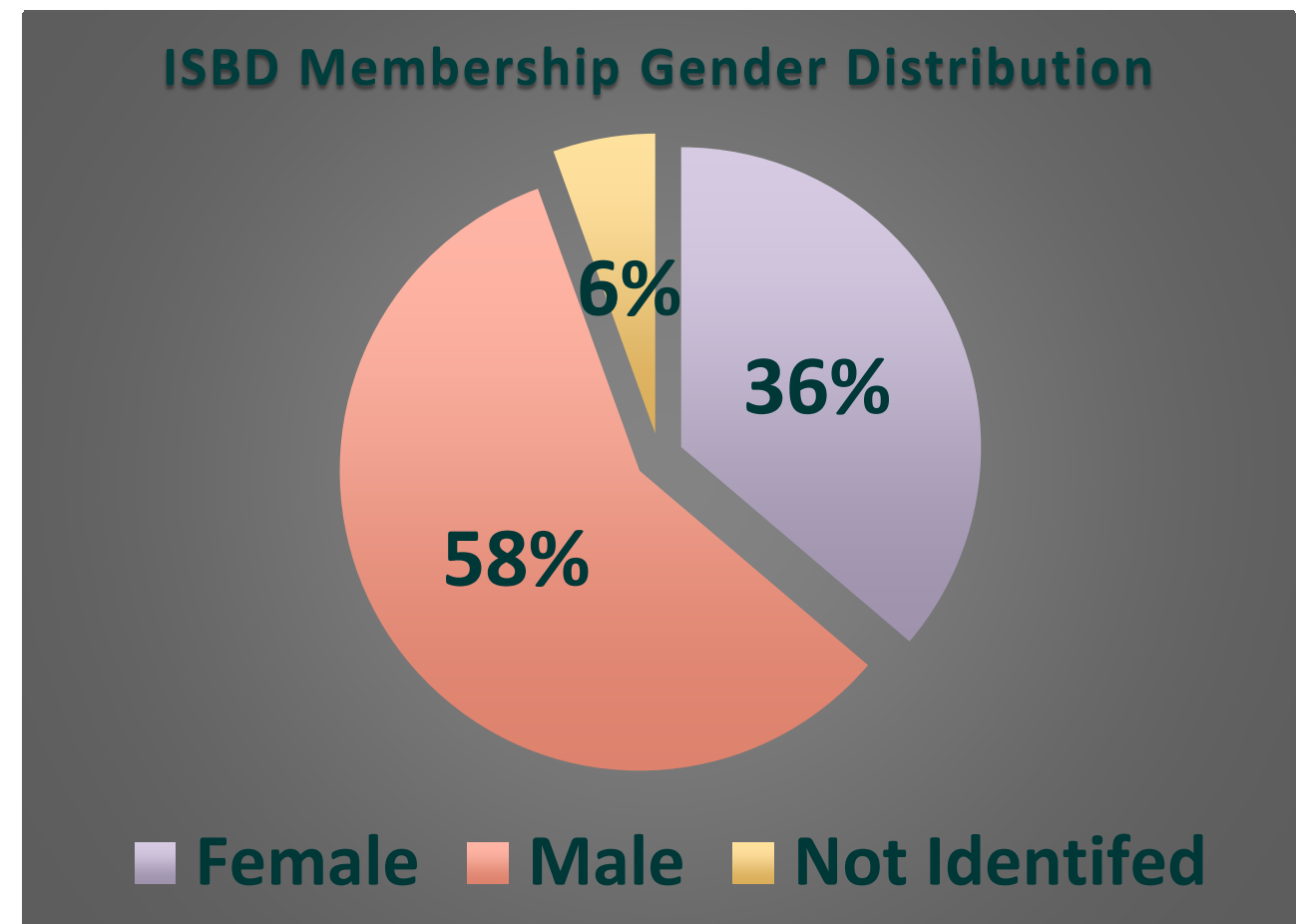
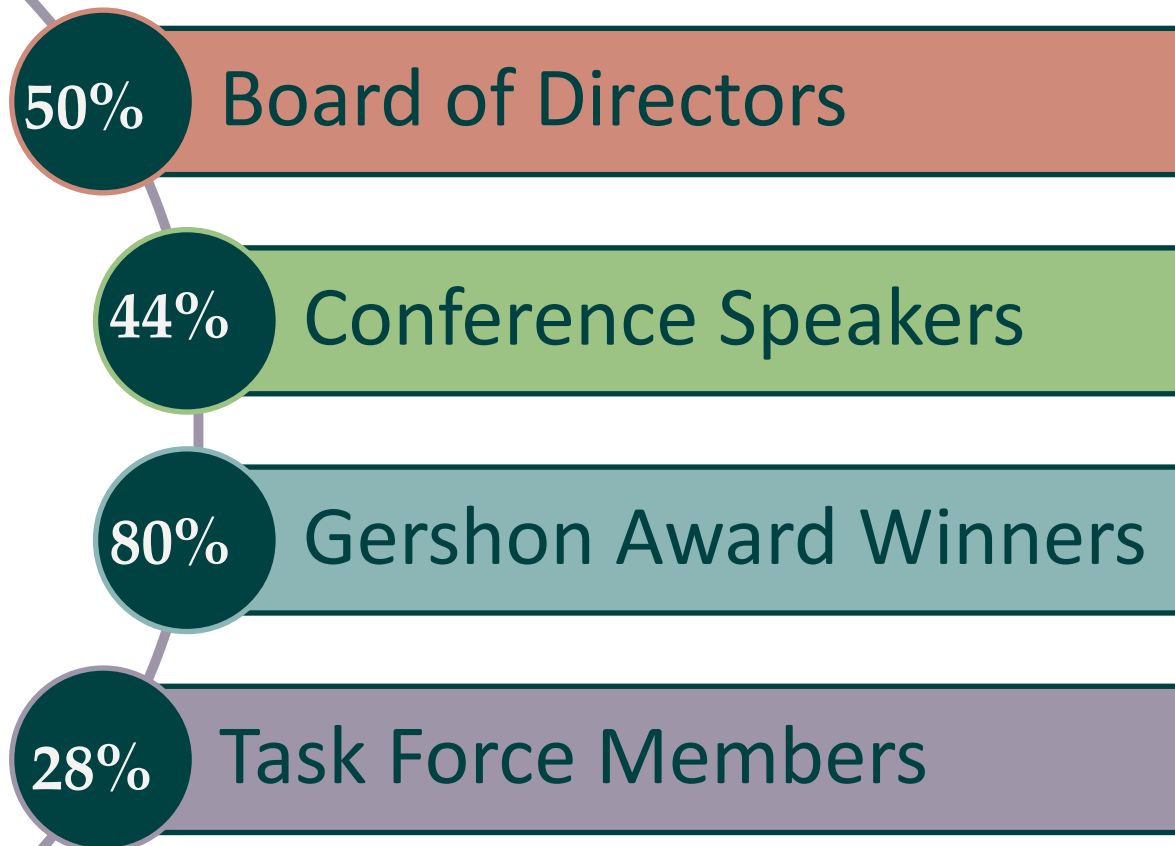
The Global Aging & Geriatric Experiments in Bipolar Disorder Database (GAGE-BD) aims to close the gaps in our current understanding of symptom development across the adult lifespan. By looking at demographic and socio-economic variables and honing in on areas such as cognition and medical burden across multiple datasets, the hope is to be able identify those at greatest risk for worsening of symptoms and a corresponding decline in functioning so that treatment plans may be modified to anticipate and accommodate these changes.

# ISBD Women's Initiative

The purpose of the Women's Initiative is to use the Society as a platform for the development of professional and career opportunities for women and to encourage greater leadership opportunities for women within and outside of the Society. Core activities include

- A network meeting during the Annual Conference
- Development of mentorship opportunities and collaboration
- Leadership in the Society

## % of Women by Society Role





# Women's Initiative Workshop

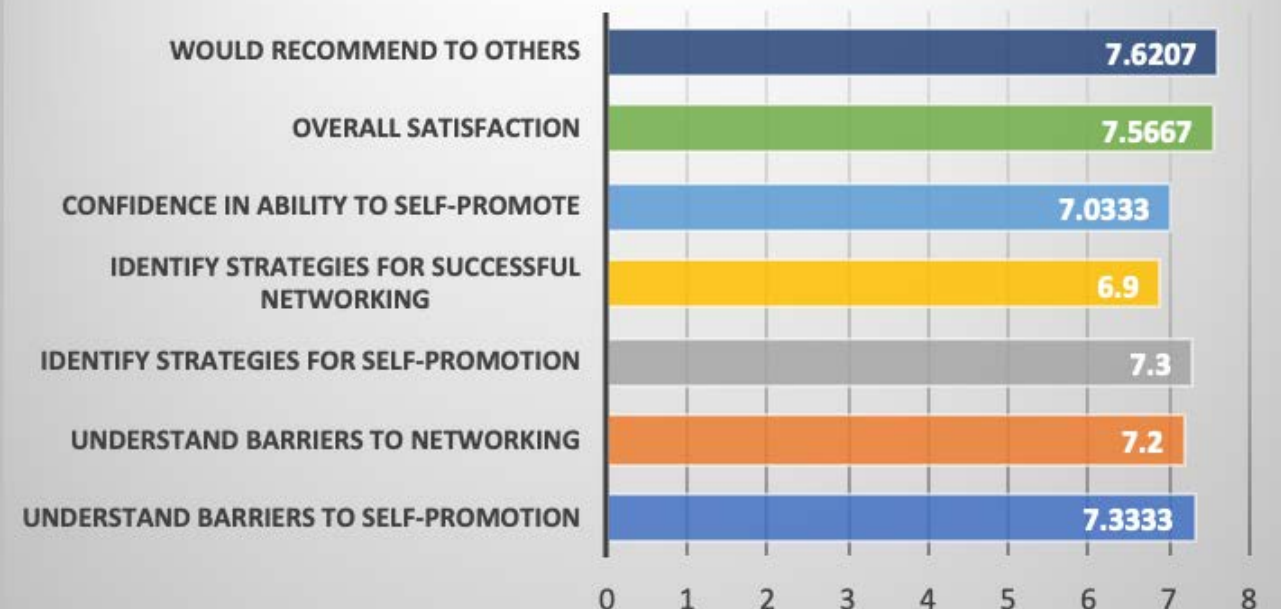
The 2019 Women's Initiative featured an innovative program led by Dr. Lisa Eyler that saw attendees engaged in a program focused on self-promotion and networking, including a discussion of barriers related to gender, race and ethnicity and practical self-promotion strategies (including social media).

The program also included a hands-on exercise where participants practiced developing and delivering a "elevator speech" which was then shared with colleagues to get feedback.

As indicated in the feedback to the right, there was a very high level of satisfaction and skill building coming out of the program as indicated by the high marks on the assessment measures.



## Mean Ratings



## Strength for Today, Hope for Tomorrow

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.







126 Events



53 Organizations



38 Countries

Under the Auspices of the ISBD, 11 countries reported official events held in conjunction with World Bipolar Day (WBD), including in ISBD chapters in Australia, China, Denmark, France, India, the Netherlands and Turkey, with countless other events inspired the this campaign, which is celebrated annually on the birthday of the famous Dutch painter, Vincent Van Gogh, who was posthumously diagnosed as likely having had bipolar disorder.

In just 6 years, WBD has made an enormous impact on bipolar education and awareness, with over 126 events being held by 53 organizations in 38 countries. ISBD has been instrumental in disseminating information at [www.worldbipolarday.org](http://www.worldbipolarday.org) and in keeping WBD alive on social media, through our 27 international chapters and encouraging other organizations to do the same.

# ISBD Research Collaborations

The heart of ISBD is collaboration, and ISBD Task Forces are one of the best examples of international collaboration in the field of bipolar disorders.



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# ISBD Task Force Output: New for 2019

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ISBD Task Forces were busy in 2019, turning out 5 reports (see below) covering affective cognition, prodromes, machine learning, chronotherapies, and optimal serum lithium levels. ISBD also makes available funding for up to two task force papers per year to support open access fees. Task forces also contributed sessions in the Sydney conference on “Physical health in Older Adults with Bipolar Disorder, a report from the OABD task force” and a workshop from the Women’s health task force on “Bipolar Disorder during peripartum : Clinical and Treatment Aspects.”



**Affective cognition in bipolar disorder: A systematic review by the ISBD targeting cognition task force**

K. Miskowiak et. al



**An International Society for Bipolar Disorders task force report: Precursors and prodromes of bipolar disorder**

G. Faedda et. al

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# ISBD Task Force Output: New for 2019

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**Machine learning and big data analytics in bipolar disorder: A position paper from the International Society for Bipolar Disorders Big Data Task Force**  
I. Passos et. al



**The chronotherapeutic treatment of bipolar disorders: A systematic review and practice recommendations from the ISBD task force on chronotherapy and chronobiology**  
J. Gottlieb et. al



**What is the optimal serum level for lithium in the maintenance treatment of bipolar disorder? A systematic review and recommendations from the ISBD/IGSLI Task Force on treatment with lithium**  
W. Nolen et. al



# 2018-19 Balance Sheet Comparison

	December 31	
	2019	2018
<b>Assets</b>		
Cash and cash equivalents	\$ 65,931	\$ 87,400
Investments	1,255,386	1,052,261
Accounts receivable	-	6,000
Prepaid expenses and other assets	71,063	74,188
Office equipment, net of accumulated depreciation of \$9,352 and \$8,192 at December 31, 2019 and 2018, respectively	1,711	2,871
<b>Total assets</b>	<b>\$ 1,394,091</b>	<b>\$ 1,222,720</b>
<b>Liabilities and net assets</b>		
Accounts payable	\$ 4,919	\$ 1,195
<b>Net assets</b>		
Without donor restrictions	1,389,172	1,221,525
<b>Total liabilities and net assets</b>	<b>\$ 1,394,091</b>	<b>\$ 1,222,720</b>

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# 2018-19 Income Comparison

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	Year Ended December 31	
	2019	2018
<b>Revenue and support</b>		
Membership dues	\$ 91,851	\$ 143,417
Conferences	529,065	519,410
Royalties	17,899	7,558
Contributions	212,182	160,238
Interest and dividends	47,934	54,305
Realized gain (loss) on sale of investments	(16,326)	23,410
Unrealized gain (loss) on investments	153,013	(154,972)
Other income	715	-
Total revenue and support	<u>1,036,333</u>	<u>753,366</u>



# ISBD 2019 Expense Breakout

	Program Services	Support, Management, and General	Total
Salaries	\$ 84,977	\$ 36,419	\$ 121,396
Employee benefits	8,559	3,668	12,227
Payroll taxes	6,567	2,815	9,382
Pension plan contributions	3,060	1,311	4,371
Grant	200,000	-	200,000
Bank and contract services	-	15,253	15,253
Professional fees	-	33,839	33,839
Investment management fees	-	10,766	10,766
Advertising and promotion	3,097	-	3,097
Conferences	402,251	-	402,251
Office expenses	-	11,947	11,947
Occupancy	-	29,402	29,402
Telephone	-	3,931	3,931
Travel and meals	-	1,171	1,171
Auto	-	13	13
Journal	8,480	-	8,480
Depreciation	-	1,160	1,160
Total	\$ 716,991	\$ 151,695	\$ 868,686



*Our Warmest Thanks to our Board,  
Members, and Donors  
We couldn't do it without you*

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