



# International Society for Bipolar Disorders

## 2017 Annual Report



*Bringing together people from around the world to share ideas and stimulate new approaches to diagnosing and treating bipolar disorder*

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# 2017: As seen from our members

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In 2017 we asked our members to share their thoughts with us in a series of interviews conducted at the 19<sup>th</sup> Annual Conference of the International Society for Bipolar Disorders in Washington DC.; their comments were insightful and inspirational and, taken together, they form a passionate narrative of people devoting their lives to helping those living with bipolar disorder. This year, we are pleased to share the Society's accomplishments through the lens of our members.



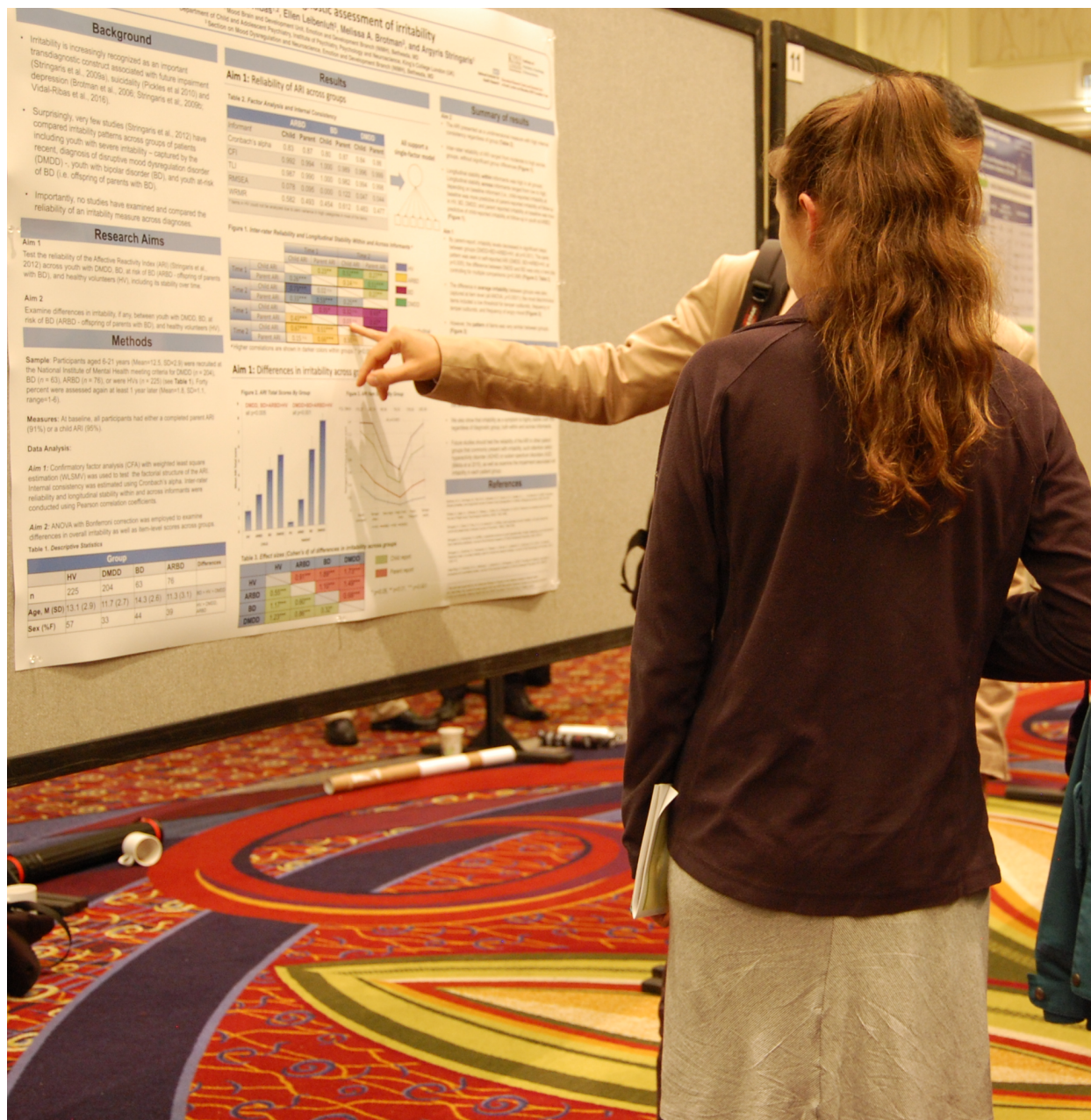


*808 Delegates from 52 Countries coming together to learn and collaborate with the goal of improving outcomes for patients.*





# Impact of the 19th Annual Conference of the ISBD

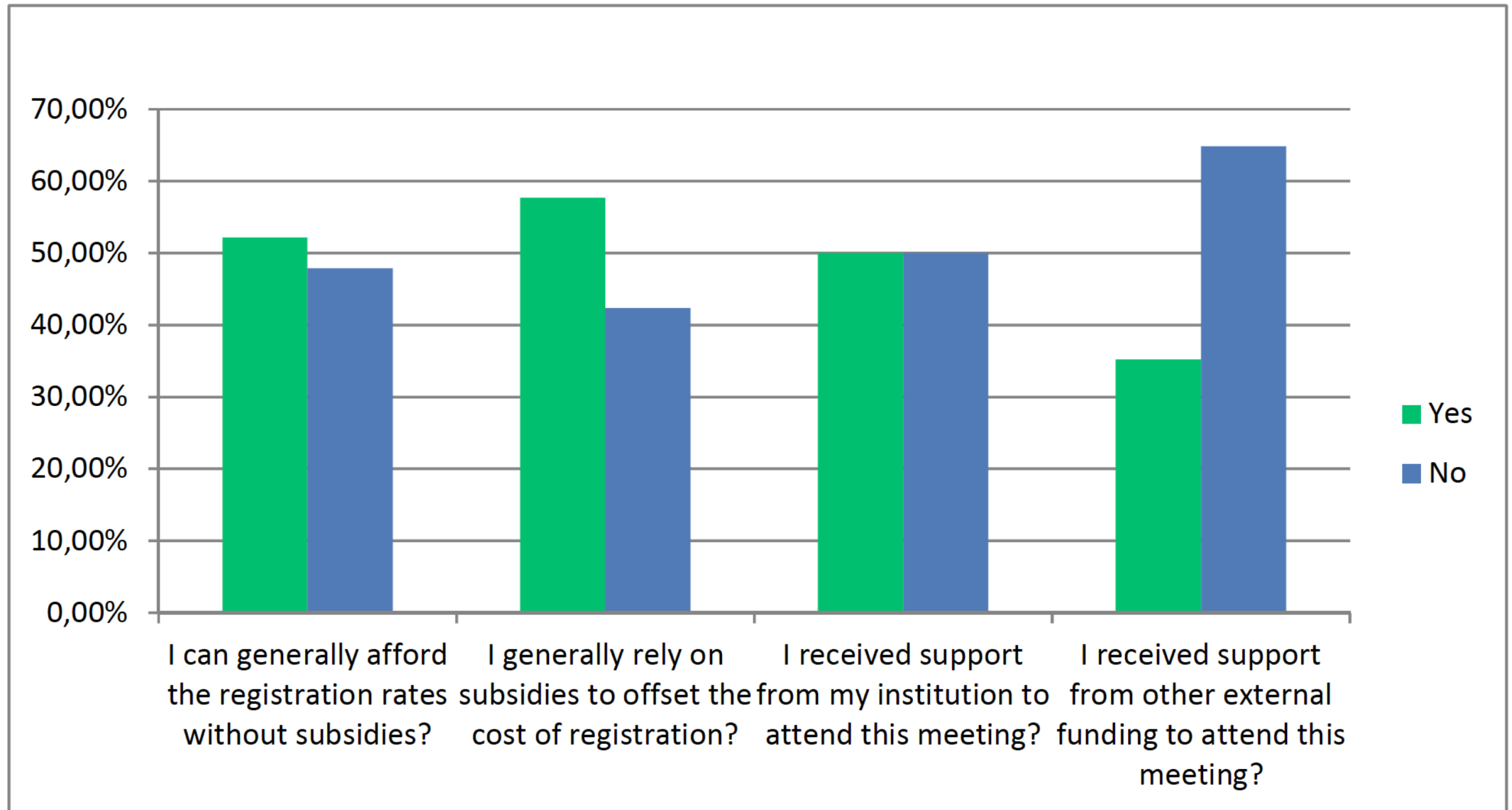


- ❖ 97% of delegates thought the speakers and scientific/ education content was excellent
- ❖ 94% of delegates found the content relevant to their practice
- ❖ 90% of delegates will make changes in their practice/ professional responsibilities based on attending the conference

Statistics reflect responses from the post conference CME survey. Responses were received from 28% of conference delegates; many delegates do not claim CME from the meeting.



# Delegates need your support



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# Peer learning, support, and networking

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## What makes ISBD Meetings Unique

“It’s a very good size so that you can really interact with people working in the same area ... and get fruitful collaborations going on”

– Dr. Marcia Kauer Sant’anna

“You have direct access to colleagues”

- Dr. Anne Duffy



## ISBD Women’s Initiative

In 2017 ISBD hosted its 3rd and most successful *Women’s Initiative Luncheon* to date. The event, with more than 80 delegates in attendance, featured an engaging keynote presentation by Prof. Sophia Frangou on the challenges for women in academic life. In addition to the presentation, there was engaging discussion at breakout tables and a chance for everyone to share what they had learned.



# Samuel Gershon Award Winners 2017

**Rishi Gupta, MBBS, MD**

Department of Psychiatry  
New Delhi, India

**Esther Jimenez, PsyD, MSc, PhD**

Clinical Institute of Neuroscience  
Barcelona, Spain

**Alison Merikangas, MPH, PhD**

Neuropsychiatry Program,  
Department of Psychiatry  
University of Pennsylvania,  
Philadelphia, PA, USA

**Sanjay T. Naik, MBBS, MD**

Department of Psychiatry, NIMHANS  
Bangalore, India



From left: Drs. Gupta, Naik, Merikangas & Jimenez

The Gershon Award recognizes junior colleagues who have made important contributions to the bipolar literature and provides funding for them to attend the ISBD Meeting to present their work in front of their colleagues, network and learn from their peers.

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# What it means to win the Mogens Schou Award

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“As the mother of a young adult who was diagnosed with bipolar disorder at the age of 9, I could not help but feel immense gratitude for the ISBD and all of their members who have devoted their time and careers to improving the lives of people like my son. The passion and dedication of everyone I met gives me hope for the opportunities that lie ahead for those who live with bipolar disorder and their families.”

"Receiving the 2017 Mogens Schou Award for Public Service and Advocacy was not only an immense honor, it was also a validation of the importance of international collaboration between scientists, researchers and practitioners and those who are personally affected by the disorder."



**Randi Silverman** is the co-founder and CEO of the **Youth Mental Health Project**. She is also the co-writer and producer of the acclaimed film **No Letting Go**, based on her family's story of navigating her young son's bipolar disorder diagnosis and treatment



# Mogens Schou Winners 2017



**Research**  
**Dr. Robert Post**



**Public Service & Advocacy**  
**Ms. Randi Silverman**



**Education & Teaching**  
**Dr. Sergio Strejilevich**

## The Mogens Schou Award

Recognizing exceptional contributions to the field of bipolar disorder in honor of the late Dr. Mogens Schou, pioneer of lithium research





## 27 International Chapters Dedicated to Advancing the Mission of ISBD





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# Becoming a “Chapter” in ISBD’s Story

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In 2017 ISBD welcomed new chapters in



China  
Launched: February  
2017  
Gang Wang  
President



Ecuador  
Launched: June 2017  
Carlos Jaramillo  
Arboleda  
President



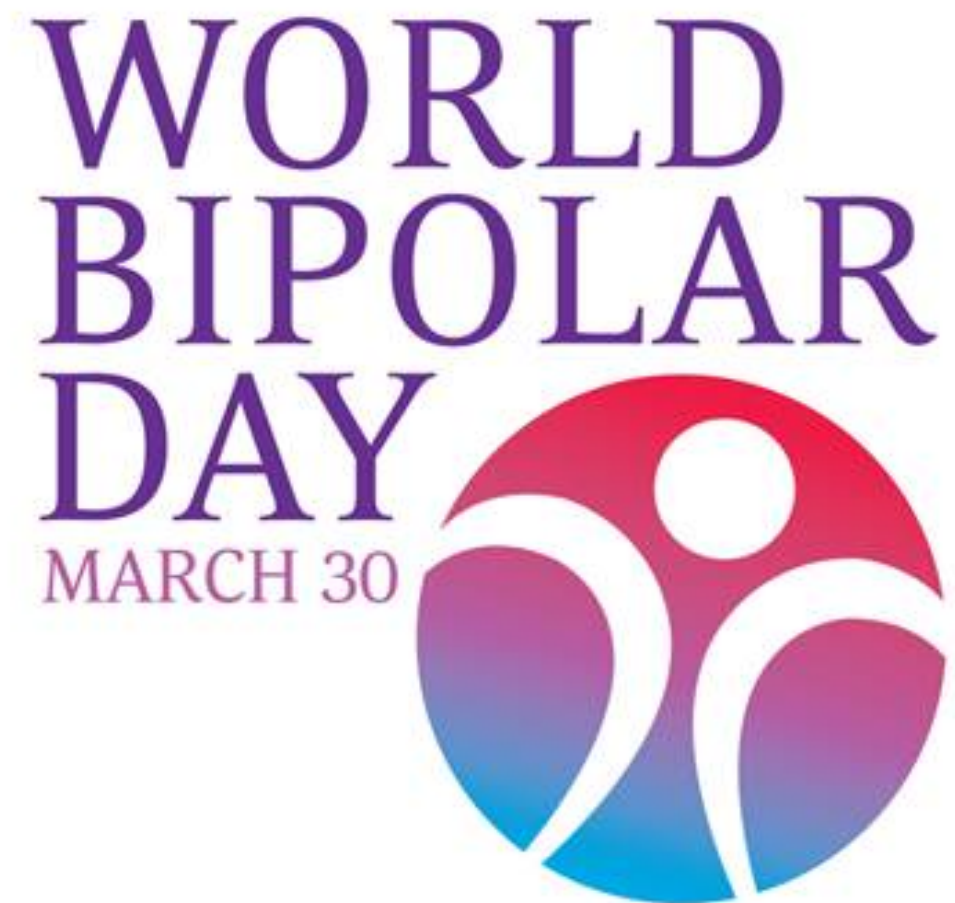
Costa Rica  
Launched: October 2017  
Francisco Jimenez  
President

ISBD Chapters allow local leaders to connect with global experts to bring patients better treatment options. ISBD has worked with chapters to translate our educational materials, facilitate cross-culture studies, and offer opportunities for young researchers to travel to our meetings.

ISBD Chapters are also conduits for patients looking to get into contact with local advocacy groups and resources, and they frequently partner with these groups on educational activities designed to provide resources for managing the illness, as well as tips for reducing stigma.

## 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.





# ISBD Chapters: Putting the “World” in World Bipolar Day



“ a helpful way of providing information through the international chapters of ISBD”

- Miguel Prieto, ISBD Chilean Chapter Chair



**From India to Iran: ISBD Chapters Promote Global Education via World Bipolar Day**  
In 2017, 17 World Bipolar Day Events were held on or around March 30th all over the world thanks to ISBD and its chapters. These events bring awareness to clinicians, patients, and families and have the potential to influence attitudes, support, and even local legislation related not only to bipolar disorders, but to mental illness in general.

# Celebrating World Bipolar Day in Amsterdam



“... patients have a sense that they belong to an event or to an illness, that is not just happening to them, it is a worldwide issue”

Suzanne Renaud, ISBD Lifetime Member

KenBiS, the ISBD Dutch chapter screened the film "Your Life Turned Upside Down," which portrays the experiences of a daughter with a bipolar mother. In the film, Marijn, the film's subject, talks about the influence of the disease on the bond with her mother and on family life.

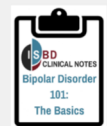
Following the film, participants exchanged experiences, and Marijn was also present at the evening itself. Ralph Kupka, ISBD Chapter Chair and Professor of Psychiatry; Charlotte Marchandise and Jacqueline Groot, both nursing specialists; and Astrid Senders, a teacher and prevention officer, were involved in the subsequent discussion.

The event was open to patients and practitioners alike.



# Find it on the ISBD website

*ISBD provides its members with a wealth of resources to support education, teaching, and connecting with other experts in the field of bipolar disorders*



## Bipolar Disorder 101

Understand the causes, subtypes, and symptoms of bipolar disorder. [Download PDF](#)



## Pediatric Bipolar Disorder

Understand clinical characteristics, diagnosis, and treatment of pediatric bipolar disorder. [Download PDF](#)



## Substance Abuse

Risk factors, impact, and diagnosis of bipolar disorder with comorbid substance use disorder. [Download PDF](#)

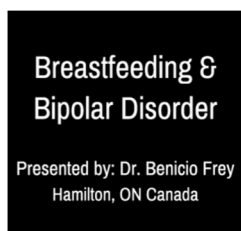


## Suicide Prevention

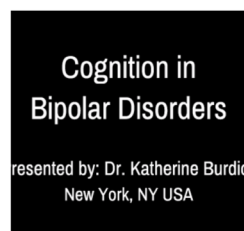
Understanding suicidal thoughts, identifying periods of higher risk, and the importance of treatment. [Download PDF](#)

## Clinical Notes and Tip Sheets

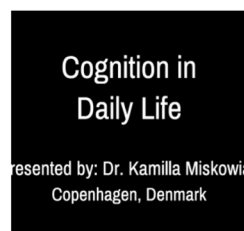
- ❖ Developed by Experts in the field
- ❖ Available in Multiple Languages



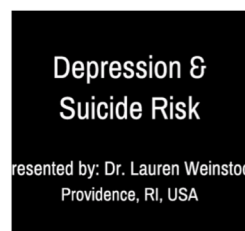
Breastfeeding & Bipolar Disorder



Cognition in Bipolar Disorders



Cognition in Daily Life



Depression and Suicide Risk in Bipolar Disorders



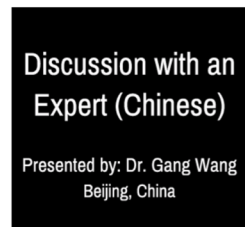
Discussion with Dr. Carlos Lopez Jaramillo



Discussion with Dr. Eduard Vieta



Discussion with Dr. Sergio Strejilevich



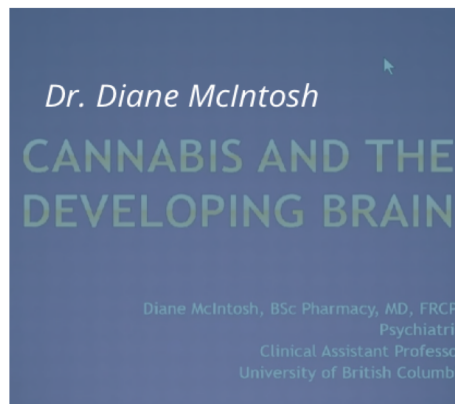
Discussion with Prof. Gang Wang

## Educational Videos on Numerous Topics

- ❖ Representing voices for leaders in the field
- ❖ Bringing timely information for management of Bipolar Disorders

# ISBD education outside of the conference

*ISBD provides its members with a wealth of resources to support education, teaching, and connecting with other experts in the field of bipolar disorders*



Cannabis and the Developing Brain



Bipolar Disorder: How to (self) manage in pregnancy and postpartum period

## Extensive webinar library

- ❖ Presented by ISBD members
- ❖ Available live to all and on demand to all ISBD members
- ❖ Covering basic research, clinical practice and stigma

Searchable Directory

**1824 people viewed the webinars from 90 different countries for a total of over 5 days of time spent viewing the ISBD webinar library**



# ISBD education outside of the conference

## CONFERENCE SLIDES



Bringing the best of the meeting to all ISBD members

- ❖ 13,152 Views
- ❖ 64 slide sets “Favorited”
- ❖ 40 email shares
- ❖ Top 5 Countries: US, Germany, India, Canada, France

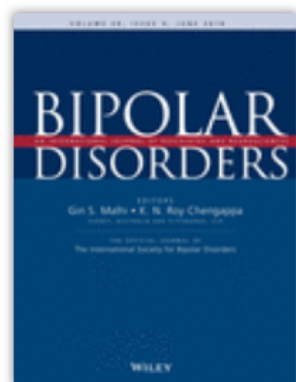
## Top 5 Slide Sets

1. What are the problems that reviewers identify that lead to rejection of a paper? (406)
2. CANMAT/ISBD Guidelines for Bipolar Disorder: A Constant Evolution (381)
3. Analysis of the Genetic Overlap of Borderline Personality Disorder and Bipolar Disorder (222)
4. CANMAT Depression Guidelines 2016: Focus on Switching Versus Adjunctive Therapy (219)
5. Association Between Circadian Rhythm Genes and Metabolic Syndrome in Patients with Bipolar Disorder (199)

# ISBD Task Forces: The hub for collaboration

ISBD Task Forces deliver incredible results  
Here are just a few of the products from 2017

*From Papers, to Webinars, Clinical Notes and Conference Symposia, Task forces do it all*



## BIPOLAR DISORDERS

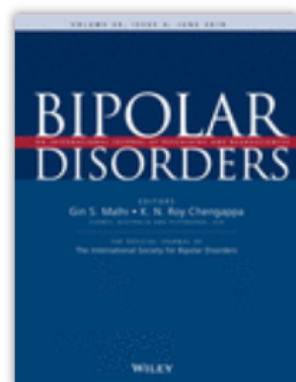
AN INTERNATIONAL JOURNAL OF PSYCHIATRY AND NEUROSCIENCES

EDITOR'S CHOICE | Open Access

**Methodological recommendations for cognition trials in bipolar disorder by the International Society for Bipolar Disorders Targeting Cognition Task Force**

KW Miskowiak , KE Burdick, A Martinez-Aran, CM Bonnin, CR Bowie, AF Carvalho, P Gallagher, B Lafer, C López-Jaramillo, T Sumiyoshi, RS McIntyre, A Schaffer, RJ Porter, ... [See all authors](#)

First published: 12 September 2017 | <https://doi.org/10.1111/bdi.12534> | Cited by: 6



## BIPOLAR DISORDERS

AN INTERNATIONAL JOURNAL OF PSYCHIATRY AND NEUROSCIENCES

TASK FORCE PAPERS | Open Access

**The International Society for Bipolar Disorders Task Force report on pediatric bipolar disorder: Knowledge to date and directions for future research**

Benjamin I Goldstein , Boris Birmaher, Gabrielle A Carlson, Melissa P DelBello, Robert L Findling, Mary Fristad, Robert A Kowatch, David J Miklowitz, Fabiano G Nery, ... [See all authors](#)

First published: 25 September 2017 | <https://doi.org/10.1111/bdi.12556> | Cited by: 4

[Correction added on 6 October 2017, after first online publication: Copyright License changed.]



**Open Access  
and More**

ISBD supports its task forces through facilitation of webinars and open access fees that help expand the accessibility and reach of our members work.



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# A Generous Gift & A New Source of Hope

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## The Bowden-Massey Strategic Research Initiative in Bipolar Disorder



Thanks to a very generous gift from Dr. Charlie Bowden and Virginia Massey-Bowden, ISBD will be able to further utilize and extend the value of its networks and collaborations to the benefit of those living with bipolar disorder.

Having directly overseen the ISBD Task Force groups as the ISBD's Vice President for Research, Dr. Bowden saw the potential of the Society to organize a multi-site study leveraging the ISBD's network of international experts to develop a new line of research with broad applicability to the assessment and management of bipolar disorder across a number of different countries and cultures. The gift will provide \$600,000 per year for a 3 year study.



Elizabeth Beran

Lesley Berk

Jun Chen

Chad Daversa

Martin Fausik

Nicole Fuchs-Fuchs

Benjamin Goldstein

James Kay

Kevin Kopecky

Perter Kraus

Amanda Lanthorne

Misaki Okada

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

Bowden Massey Foundation

Luan Gabri Lima

Joesphine Loftus

Cecile Aelberts-van de Ven

Kathleen Merikangas

Stephen and Lorraine Purinton

Manuel Sanchez de Carmona

Philip Mitchell

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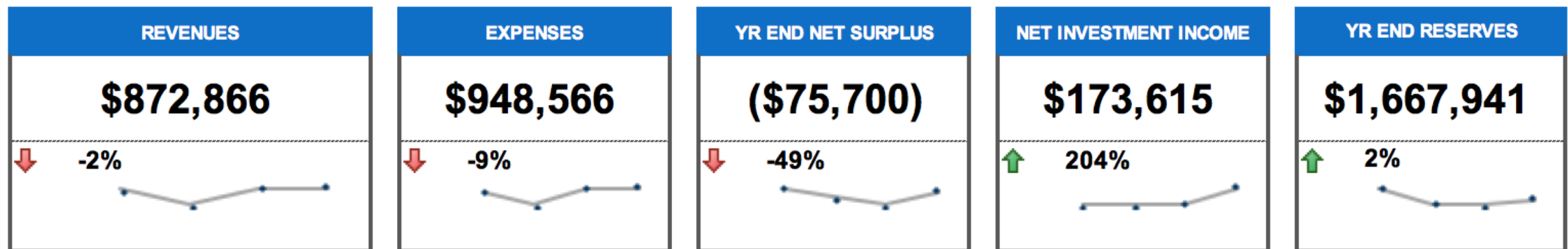
# ISBD 2017 ... by the numbers

## ANNUAL FINANCIAL REPORT

*International Society for Bipolar Disorders*

2017

### KEY METRICS



### METRIC TRENDS 2014-2017

METRIC	REPORT YEAR (2017)	PREVIOUS YEAR (2016)		% CHANGE
REVENUES	\$872,866.00	\$888,191.00	↓	-2%
EXPENSES	\$948,566.00	\$1,037,724.00	↓	-9%
YR END NET SURPLUS	-\$75,700.00	-\$149,533.00	↓	-49%
NET INVESTMENT INCOME	\$173,615.00	\$57,192.00	↑	204%
YR END NET AFTER INV	\$97,915.00	-\$92,342.00	↓	-206%
YR END RESERVES	\$1,667,941.00	\$1,631,291.00	↑	2%

2017 Year End Net  
After Investments is  
**\$97,915**



**BIPOLAR DISORDERS:  
CREATING GLOBAL  
INNOVATIONS**

**MEXICO**  
**2018**

**20<sup>TH</sup> ANNUAL CONFERENCE OF  
THE INTERNATIONAL  
SOCIETY FOR BIPOLAR  
DISORDERS**

**MEXICO CITY  
MARCH 7-10, 2018**

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