International Society for Bipolar Disorders
2019 Annual Report

A Global Society, An Intimate Network, An Amazing Year
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

2019 Delegates enjoy a beautiful evening on the ISBD Awards Dinner Cruise of Darling Harbour
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 23rd.

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.
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.
ISBD Awards

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.

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

Emily Maguire, MS Award Winner for Public Service and Advocacy performs onboard the Awards Dinner Cruise.
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.
2019 Samuel Gershon Award Winners

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
2019 Samuel Gershon Award Winners

Manpreet Sehmbi, PhD
Canada

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

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

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.

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

The Global Aging & Geriatric Experiments in Bipolar Disorder Database (GAGE-BD) assigns

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

- **Board of Directors**: 50%
- **Conference Speakers**: 44%
- **Gershon Award Winners**: 80%
- **Task Force Members**: 28%

ISBD Membership Gender Distribution:

- Female: 36%
- Male: 58%
- Not Identified: 6%
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.
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.
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 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.
ISBD Task Force Output: New for 2019

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
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

<table>
<thead>
<tr>
<th>Assets</th>
<th>December 31</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2019</td>
<td>2018</td>
<td></td>
</tr>
<tr>
<td>Cash and cash equivalents</td>
<td>$65,931</td>
<td>$87,400</td>
<td></td>
</tr>
<tr>
<td>Investments</td>
<td>$1,255,386</td>
<td>$1,052,261</td>
<td></td>
</tr>
<tr>
<td>Accounts receivable</td>
<td>-</td>
<td>$6,000</td>
<td></td>
</tr>
<tr>
<td>Prepaid expenses and other assets</td>
<td>$71,063</td>
<td>$74,188</td>
<td></td>
</tr>
<tr>
<td>Office equipment, net of accumulated</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>depreciation of $9,352 and $8,192 at</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>December 31, 2019 and 2018, respectively</td>
<td>$1,711</td>
<td>$2,871</td>
<td></td>
</tr>
<tr>
<td><strong>Total assets</strong></td>
<td>$1,394,091</td>
<td>$1,222,720</td>
<td></td>
</tr>
</tbody>
</table>

| Liabilities and net assets                  |              |        |  |
| Accounts payable                            | $4,919       | $1,195 |  |

| Net assets                                  |              |        |  |
| Without donor restrictions                  | $1,389,172   | $1,221,525 |  |

| Total liabilities and net assets            | $1,394,091   | $1,222,720 |  |
# 2018-19 Income Comparison

<table>
<thead>
<tr>
<th>Revenue and support</th>
<th>Year Ended December 31</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2019</td>
</tr>
<tr>
<td>Membership dues</td>
<td>$91,851</td>
</tr>
<tr>
<td>Conferences</td>
<td>529,065</td>
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<tr>
<td>Royalties</td>
<td>17,899</td>
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<tr>
<td>Contributions</td>
<td>212,182</td>
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<tr>
<td>Interest and dividends</td>
<td>47,934</td>
</tr>
<tr>
<td>Realized gain (loss) on sale of investments</td>
<td>(16,326)</td>
</tr>
<tr>
<td>Unrealized gain (loss) on investments</td>
<td>153,013</td>
</tr>
<tr>
<td>Other income</td>
<td>715</td>
</tr>
<tr>
<td>Total revenue and support</td>
<td>1,036,333</td>
</tr>
</tbody>
</table>
# ISBD 2019 Expense Breakout

<table>
<thead>
<tr>
<th>Item</th>
<th>Program Services</th>
<th>Support, Management, and General</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salaries</td>
<td>$84,977</td>
<td>$36,419</td>
<td>$121,396</td>
</tr>
<tr>
<td>Employee benefits</td>
<td>8,559</td>
<td>3,668</td>
<td>12,227</td>
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<tr>
<td>Payroll taxes</td>
<td>6,567</td>
<td>2,815</td>
<td>9,382</td>
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<tr>
<td>Pension plan contributions</td>
<td>3,060</td>
<td>1,311</td>
<td>4,371</td>
</tr>
<tr>
<td>Grant</td>
<td>200,000</td>
<td></td>
<td>200,000</td>
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<tr>
<td>Bank and contract services</td>
<td></td>
<td>15,253</td>
<td>15,253</td>
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<tr>
<td>Professional fees</td>
<td></td>
<td>33,839</td>
<td>33,839</td>
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<tr>
<td>Investment management fees</td>
<td></td>
<td>10,766</td>
<td>10,766</td>
</tr>
<tr>
<td>Advertising and promotion</td>
<td>3,097</td>
<td></td>
<td>3,097</td>
</tr>
<tr>
<td>Conferences</td>
<td>402,251</td>
<td></td>
<td>402,251</td>
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<tr>
<td>Office expenses</td>
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<td>11,947</td>
<td>11,947</td>
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<td>Occupancy</td>
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<td>29,402</td>
<td>29,402</td>
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<tr>
<td>Telephone</td>
<td></td>
<td>3,931</td>
<td>3,931</td>
</tr>
<tr>
<td>Travel and meals</td>
<td></td>
<td>1,171</td>
<td>1,171</td>
</tr>
<tr>
<td>Auto</td>
<td></td>
<td>13</td>
<td>13</td>
</tr>
<tr>
<td>Journal</td>
<td>8,480</td>
<td></td>
<td>8,480</td>
</tr>
<tr>
<td>Depreciation</td>
<td></td>
<td>1,160</td>
<td>1,160</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$716,991</strong></td>
<td><strong>$151,695</strong></td>
<td><strong>$868,686</strong></td>
</tr>
</tbody>
</table>
Our Warmest Thanks to our Board, Members, and Donors
We couldn’t do it without you

Amazon Smile
Benevity Fund
Bowden Massey Fund
Elisa Brietzke
CFC Donors
Jun Chen
Pao-Huan Chen
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