

ISBD 2020 Annual Report

Advancing research and
education in challenging times



EXECUTIVE SUMMARY

2020 was a challenging year for many, and we would like to open this report acknowledging the burden the pandemic placed on those who live with mental illness. Recognizing that, unlike many aspects of Society, the impact of bipolar disorder did not cease during the pandemic. We also recognized that it was as important as ever to focus on continuing to advance research and education into bipolar illness. With this in mind, we made the decision to commit to holding our annual meeting and, as many did, moved to a virtual platform.

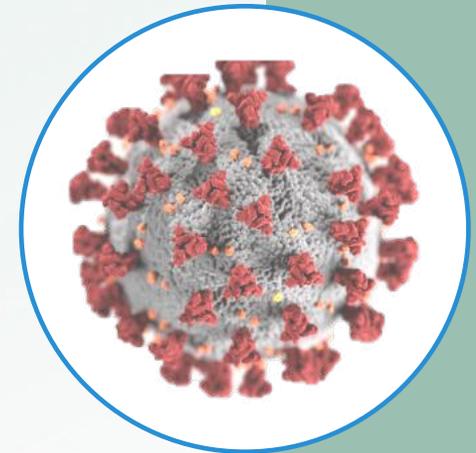
Our other signature programming, including task forces, ISBD Awards, and World Bipolar Day (WBD) moved forward; the latter with modifications to accommodate social distancing requirements. Some task forces and task force members began to study the impact of COVID on those living with Bipolar Disorder, noting the vulnerability of this population and the necessity to ensure they were not sidelined by the virus.

Throughout the year, as with so many others, many of our members lives were disrupted by the pandemic and we wish to acknowledge their ongoing efforts during the pandemic on behalf of those with bipolar disorder in this unparalleled time in our modern history.

Best wishes,



Chad Daversa, MA
Executive Director, ISBD



VIRTUAL conference

2020

VISION FOR
BIPOLAR DISORDER
AND DEPRESSION

JUNE 18-21, 2020

22ND ANNUAL CONFERENCE OF
**THE INTERNATIONAL
SOCIETY FOR BIPOLAR
DISORDERS**

isbd2020.com



A Challenge Met A Promise Kept

"I appreciate the transition ISBD did to change this to a virtual meeting ... it was very successful, given the massive transformation that had to occur. Appreciated!"

With many unknowns, the ISBD pressed forward and in the process came to realize that a virtual meeting could offer many benefits, including the ability to make the meeting content more accessible than ever in terms of costs, time away from work and reach. Ultimately, we delivered content to over 800 registrants from around the world.

826
Delegates

2 Days

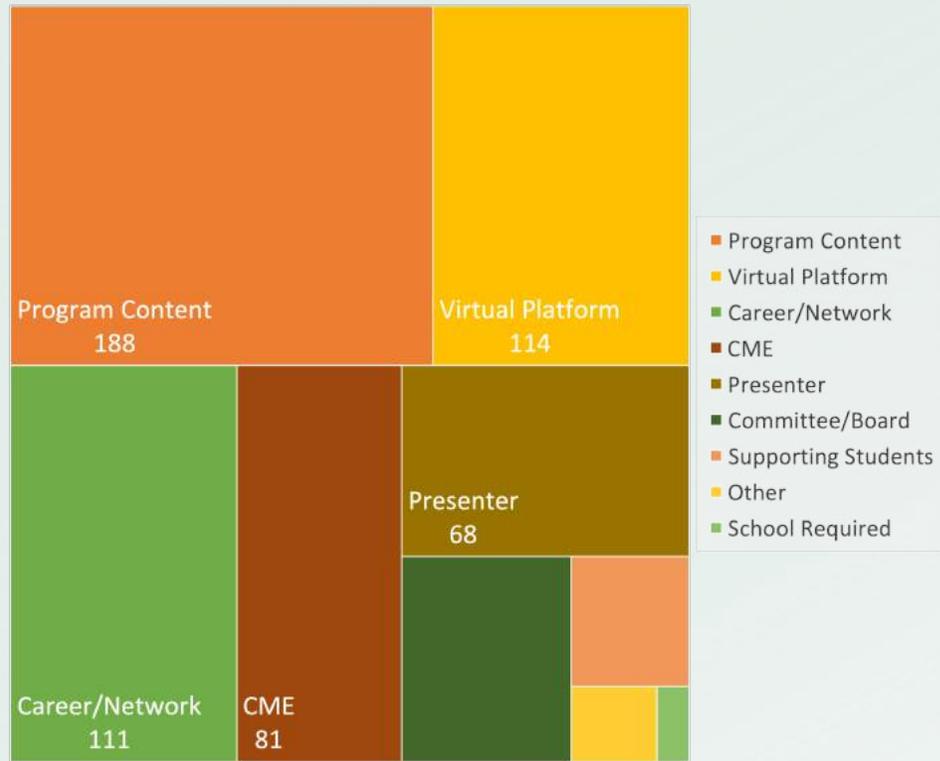
Live Q&A

44 Oral
Sessions

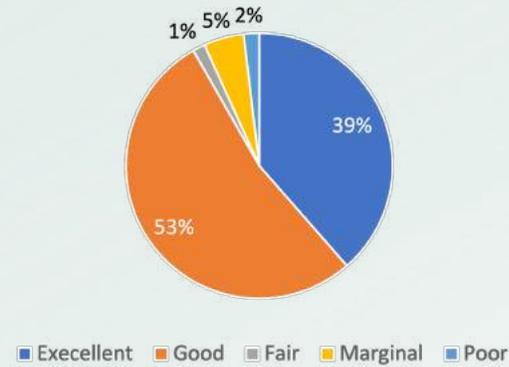
42
Countries

ISBD 2020 VIRTUAL CONFERENCE

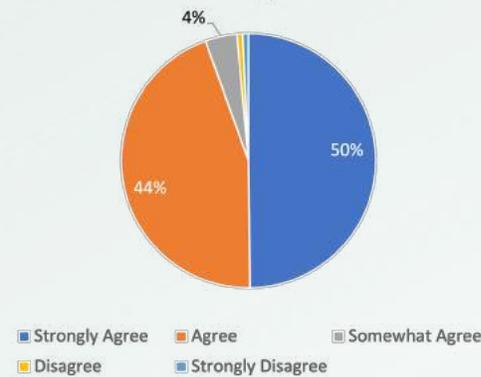
Which factors most influenced your decision to attend



Please rate the virtual meeting experience overall



Overall, the conference content was high quality and scientifically sound

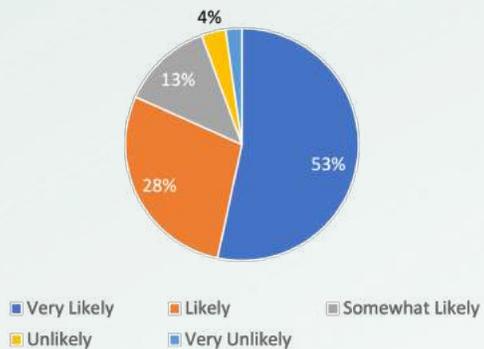


The ISBD scored high marks for the quality of the scientific content of the meeting, and the program content continues to drive the reasons to attend the ISBD Meeting.

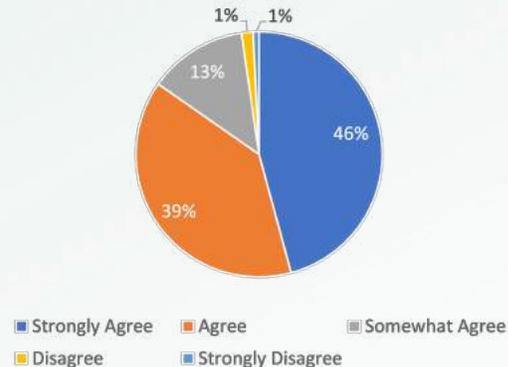
While COVID forced the virtual format of the meeting, 92% of attendees found the virtual experience either good or excellent, and 81% are likely to attend a virtual meeting again. This is exceptional given the short timeframe the Society had to convert the format.

Numerous respondents indicated they would make changes to their practice based on what they heard, including doing more cognitive assessments, using different pharmaceutical interventions, and greater use of non-pharmacologic interventions.

How likely would you be to register for another virtual conference if offered in the future?



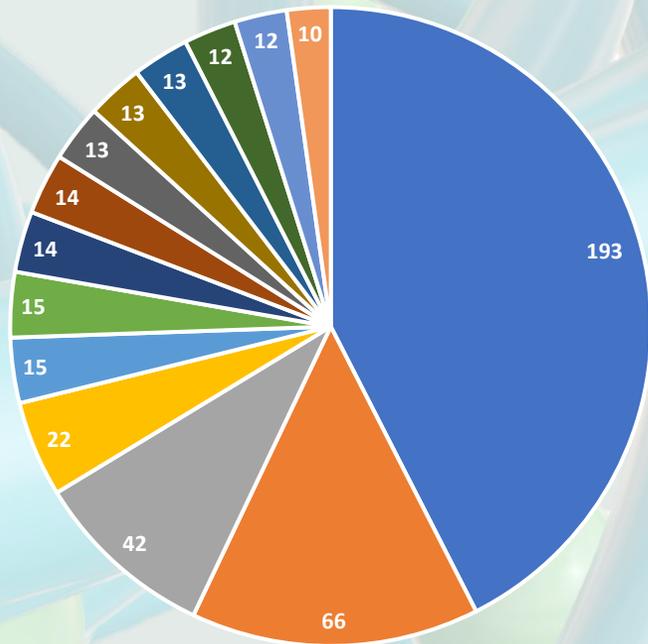
The Live Q&A sessions improved the overall experience of the virtual meeting



556 MEMBERS
50 COUNTRIES
27 CHAPTERS
1 MISSION

ISBD GLOBAL REACH

TOP 14 COUNTRIES = 82% OF MEMBERSHIPS



ISBD MEMBERS MAKING A DIFFERENCE

ISBD empowers its members by providing a forum for collaboration and networking that leads to new insights, new linkages and new hope for those living with bipolar disorder. ISBD members are leading task forces that are addressing the critical clinical and research questions necessary to advance the understanding of the causes of bipolar disorder, develop more effective treatments and improve the quality of life for patients around the world.

ISBD supports its members through access to

- The Bipolar Disorders Journal
- Annual Conference Registration Discounts
- Webinars and Online Materials
- and Access to a Global Network of Experts

ISBD also aims to encourage young researchers and clinicians to pursue a career in bipolar disorder through Awards, recognition and access to senior members.

NEW TO THE ISBD WEBSITE

The ISBD website has always had a vast selection of webinars to choose from, but new for 2020 is the addition of 12 symposia, including 31 presentations, from the 2020 meeting.

These are available even to members that did not attend the meeting and represent an effort on the part of the Society to provide more digital content than ever to support those whose opportunities for live, in-person education are limited due to the pandemic.

Select ISBD 2020 Symposia, Including Keynotes, Now Available To All Members As Part Of The Enduring Conference Materials on ISBD.ORG

AGING WITH BIPOLAR DISORDER: WHAT DO WE KNOW (AND DON'T KNOW)

Prof. Sajatovic et al. 6/18/2020

[BACK TO WEBINAR LIST](#)

New 2020
Member
Benefit



The screenshot shows a video player interface for a webinar. At the top, the ISBD logo is displayed on the left, and the text "ISBD Annual Conference 20/20: Vision for Bipolar Disorder and Depression" is on the right, with "Experts by Experience" below it. The main title of the webinar is "Aging With Bipolar Disorder: What Do We Know (and Don't Know)?". Below the title, the chair is listed as "Chair: Martha Sajatovic, Case Western Reserve University, School of Medicine". The presenters are listed as "Presenters: Colin Depp, UC San Diego; Douglas Hulst, Depression and Bipolar Support Alliance; Marylou Selo, ISBD". At the bottom, there is a video player control bar with a play button, a progress bar showing 59:38, and various settings icons.

Task Forces Published in 2020



ISBD

International Society
for Bipolar Disorders

Vascular

“Call to action regarding the vascular-bipolar link: A report from the Vascular Task Force of the International Society for Bipolar Disorders”

Chronobiology

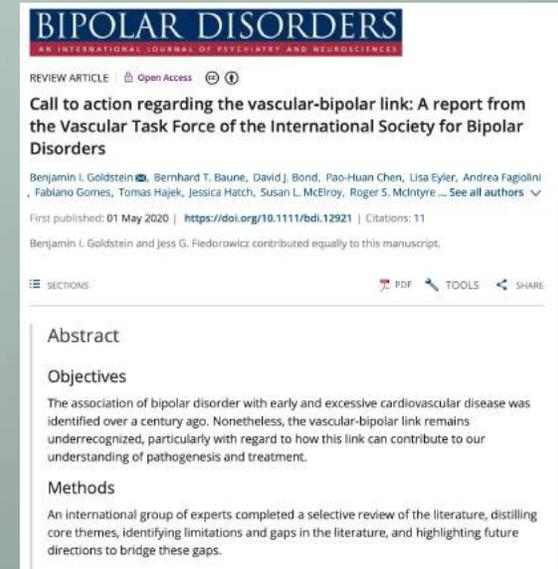
“Measuring circadian function in bipolar disorders: Empirical and conceptual review of physiological, actigraphic, and self-report approaches”

OABD Nutrition group

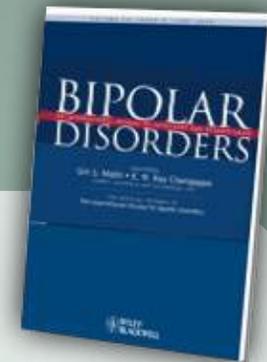
“A Review of the Evidence Base for Nutrition and Nutritional Supplements in Older Adults with Bipolar Disorder: A report from the OABD task force”

ISBD-IGSLi

“Socio-demographic and clinical predictors of outcome to long-term treatment with lithium in bipolar disorders: a systematic review of the contemporary literature and recommendations from the ISBD/IGSLI Task Force on treatment with lithium”



2019 Best Paper of the Year Winners



First Place

“Neurophysiological effects of multiple mood episodes in bipolar disorder”

L. Borgelt et al.

Second Place

“Functional outcome Assessment in Bipolar Disorder: A systematic literature review.”

M. Chen et al.

Third Place

“Differences between unipolar mania and bipolar-I disorder: Evidence from nine epidemiological studies “

J. Angst et al

The Editors wish to thank the Junior Editorial Board of the Journal for their assistance with the review process

Honourable mentions go to the following papers that were nominated by several reviewers:

“Machine learning and big data analytics in bipolar disorder: A position paper from the International Society for Bipolar Disorders Big Data Task Force.”

I.C. Passos et al.

“A randomized controlled trial of MoodSwings 2.0: An internet-based self-management program for bipolar disorder.”

E. Gliddon et. al.

SAMUEL GERSHON AWARD WINNERS

[Deniz Ceylan, MD, PhD](#)

Circulating exosomal microRNAs in bipolar disorder

[Maria Faurholt-Jepsen, MD, DMSc](#)

Patient-evaluated cognitive function measured with smartphones and the association with objective cognitive function, perceived stress, quality of life and function capacity in patient with bipolar disorder

[Daniel Ritish Paul Kavati, MD](#)

Composite endophenotype for bipolar i disorder: investigating oculomotor abnormalities and aberrant neuro-developmental markers

[Rachel HB Mitchell, MD, Msc, FRCPC](#)

Sex Differences in the Longitudinal Course and Outcome of Bipolar Disorder in Youth



MOGENS SCHOU AWARD WINNERS



Research
Andrew A. Nierenberg



Education & Teaching
Sagar V. Parikh



Public Service & Advocacy
Rose Kurland





Inaugural Robert Post Mentorship Award Winner

PROF. MICHAEL BERK

Beginning from the ground up, Prof. Berk has established one of the premier research institutes in Australia and launched the careers of many successful academics. This has led to important advances with the emergence of novel treatments, knowledge about diet and inflammatory pathways in relation to mental health. A whole host of young researchers are indebted to him for their personal development, as are many contemporaries for whom he has also served as a beacon of inspiration and collaboration

2020 GAGE-BD UPDATE

GAGE-BD Wave 2 Site Progress



Summary of Reported Findings and Deliverables

Aim 1: Use existing international data to investigate how symptoms of BD differ across the adult lifespan and identify subgroups of individuals showing unique age-related patterns of symptom evolution.

Aim 2: Use existing international data to examine the contribution of symptom levels and medical burden to functioning and discover how these associations differ across the adult lifespan.

Aims 1 & 2 have been achieved: A soft “data lock” in March of 2020 contains records from approximately 1,800 BD cases (Wave 1/W1 data). Wave 1 data received for 12 sites/19 studies with Wave 2 progress reported in the figure on the right.

A key finding is that both BD depressive and BD manic symptoms appear attenuated with age in spite of extensive somatic comorbidity. Medical burden is associated with lower functional status in OABD.

Publications

Sajatovic M et al. The Global Aging & Geriatric Experiments in Bipolar Disorder Database (GAGE-BD) project: Understanding older- age bipolar disorder by combining multiple datasets. *Bipolar Disorders*, 21(7):642-649.

2020 Presentations

Eyler LT, Dols A, Rej S, Almeida O, Blumberg HP, Forester BP, Forlenza OV, Jimenez E, Gildengers A, Mulsant B, Strejilevich S, Tsai S, Vieta, E, Sajatovic M. (2020) The Global Aging & Geriatric Experiments in Bipolar Disorder Database (GAGE-BD) project. *Bipolar Disorders*, 22(S1): p. 34.

Why World Bipolar Day?



46 million
people living with
bipolar disorder



-9.2 years
in expected life span
for individuals with
bipolar disorder



**20-30x higher
suicide risk**
than the general
population during a major
depressive episode

If you or someone you know is in crisis, please contact the Suicide Prevention Hotline / Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line at 741-741

World Bipolar Day 2020

In 2020, ISBD was notified of 28 Events in 13 different countries, including participation of numerous ISBD chapters with many events on Social Media or being held virtually due to the pandemic and social distancing restrictions.

**WORLD
BIPOLAR
DAY**
MARCH 30



PASSION IN ACTION

ISBD chapter members coordinated events in Australia, China, and Chile despite the challenges with COVID-19 as part of this global campaign to raise awareness about bipolar disorder and end the stigma that is often associated with the illness.

ISBD encourages its chapters, members and the general population to get involved

For more information visit www.worldbipolarday.org



Understanding bipolar disorder: FREE Q&A panel session

Four expert panellists, four important perspectives:



Michelle Bergamasco Tither
Expert by Experience



Prof. Michael Berk
Researcher



Dr. Doug Blomeley
Psychiatrist



Jason Trethowan
CEO, headspace



Panel chaired
by A/Prof.
Olivia Dean

Monday March 30, 2020
5:45 for a 6:00 pm start
Geelong Library & Heritage
Centre, The High Ground,
Wurdi Youang, Level 5



2020 - 2019 BALANCE SHEET

International Society for Bipolar Disorders

Statements of Financial Position

	December 31	
	2020	2019
Assets		
Cash and cash equivalents	\$ 720,923	\$ 65,931
Accounts receivable	6,000	-
Investments	1,382,836	1,255,386
Prepaid expenses and other assets	65,068	71,063
Office equipment, net of accumulated depreciation of \$10,054 and \$9,352 at December 31, 2020 and 2019, respectively	1,009	1,711
Total assets	\$ 2,175,836	\$ 1,394,091
Liabilities and net assets		
Accounts payable	\$ 3,887	\$ 4,919
Deferred revenue	565,525	-
Total liabilities	569,412	4,919
Net assets		
Without donor restrictions	1,606,424	1,389,172
Total liabilities and net assets	\$ 2,175,836	\$ 1,394,091

2020 - 2019 STATEMENT OF ACTIVITIES

International Society for Bipolar Disorders

Statements of Activities

	Year Ended December 31	
	2020	2019
Revenue and support		
Membership dues	\$ 86,663	\$ 91,851
Conferences	273,255	529,065
Royalties	73,841	17,899
Contributions	22,880	212,182
Interest and dividends	46,160	47,934
Realized loss on sale of investments	(36,163)	(16,326)
Unrealized gain on investments	128,545	153,013
Other income	-	715
Total revenue and support	595,181	1,036,333
Expenses		
Program services	265,348	716,991
Support, management, and general	112,581	151,695
Total expenses	377,929	868,686
Increase in net assets	217,252	167,647
Net assets at beginning of year	1,389,172	1,221,525
Net assets at end of year	\$ 1,606,424	\$ 1,389,172

Contributors & Financials

We would like to thank the following people and organizations who generously donated to the Society in 2020:

Prof Trisha Suppes	Dr Holly Swartz	Dr. Erica Saunders	Dr. Benjamin Goldstein
Prof Jan Scott	Victor Troyas	Debbie Badawi	Jason Braddy
David Cutler	Dr. Ariel Gildengers	Kathy Littman	Fern Moore
Dr Jorge Tellez-Vargas	Marina Itskova	Cathy Girard	Ritamay Roberts
Alexis Kubisz	Danita Zelenak	Tract Sachtjen	Mohamed Saber
Collette Jakubowicz	Michael and Sandra Boyle	Kirsten Borrer	Lori Simon
Hui Ben Lim	Anthony Khiliq Jones Jr	Amazon Smile	Network for Good
Benevity Fund	Mental Health & Addiction Netowrk	United Way of Allegheny County	United Way of Southwestern PA



HELP US HELP THOSE LIVING WITH BIPOLAR DISORDER

If you are interested in making a donation to the ISBD, please visit our website at www.isbd.org/donate