

International Society for Bipolar Disorders



2022 ANNUAL REPORT

“Improving the Lives of Those
with Bipolar Disorder and
Related Conditions”



ISBD 2022: THANK YOU TO OUR MEMBERS



ISBD Members
Drive All We Do

BIPOLAR DISORDERS

AN INTERNATIONAL JOURNAL OF PSYCHIATRY AND NEUROSCIENCES

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Smartphone-based interventions in bipolar disorder: Systematic review and meta-analyses of efficacy. A position paper for the International Society for Bipolar Disorders (ISBD) Big Data Force

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Gerard Anmella and Maria Faurholt-Jepsen have contributed equally to this work.

WORLD
BIPOLAR
DAY
MARCH 30



We would like to begin by thanking our members for their support in 2022, and indeed throughout the last couple of years. Our members give generously of their time, talent, and treasure, and they are truly the foundation of everything that we do at the International Society for Bipolar Disorders (ISBD).

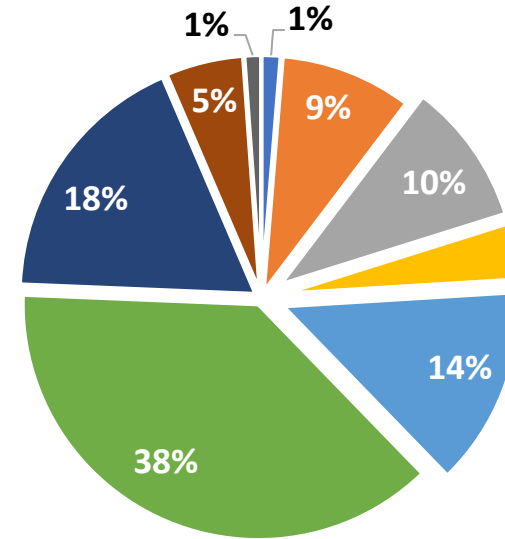
In 2022, our membership contributed to another successful virtual meeting, programming to advance opportunities for early and mid-career researchers, task force publications and deliverables to advance our understanding of bipolar disorders, and World Bipolar Day. As we share the Society's accomplishments from this year, we want to remind our members that these are your accomplishments and ISBD remains your Society.

Membership Update

Our membership continues to represent a broad constituency within the landscape of mood disorders researchers and clinicians. The data we are presenting in this report is from 620 members and represents those who have had an active membership at some point in 2022, as the ISBD membership is open to all on a rolling basis.

Figure 1 on the left illustrates the distribution of members by membership category. We would like to highlight that those that identify as trainees or early and mid-career members is now close to 30% of the total membership. This aligns with our strategic priority to grow this population with the Society, and our Early Mid-Career Committee (EMCC), which was launched just last year has been working to ensure the needs of this growing segment of the membership is met.

Fig. 1: ISBD 2022 Membership by Type



- Complimentary Membership
- Life Member
- Professional Membership - Early Career Area 3
- Professional Membership - Early Career Areas 1 & 2
- Trainee members
- Professional Membership - Established Area 3
- Professional Membership - Established Areas 1 & 2
- Professional Membership - Retiree Area 3
- Professional Membership - Retiree Areas 1 & 2

MEMBERSHIP UPDATE

Figures 2 and 3 below represent ISBD membership demographics. The 2022 ISBD membership represents 57 countries around the world and covered 5 continents (including Eurasia). The top 10 countries (figure 2) account for 71% of the total membership of the Society. ISBD also remains committed to an open and diverse Society, and we seek to actively support this through our women's initiative and 27 global chapters. As illustrated in Figure 3, of the 77% of members who have indicated a gender, 31% of the membership identify as female and 46% as male.

Fig 2: Top 10 Countries by Total Membership

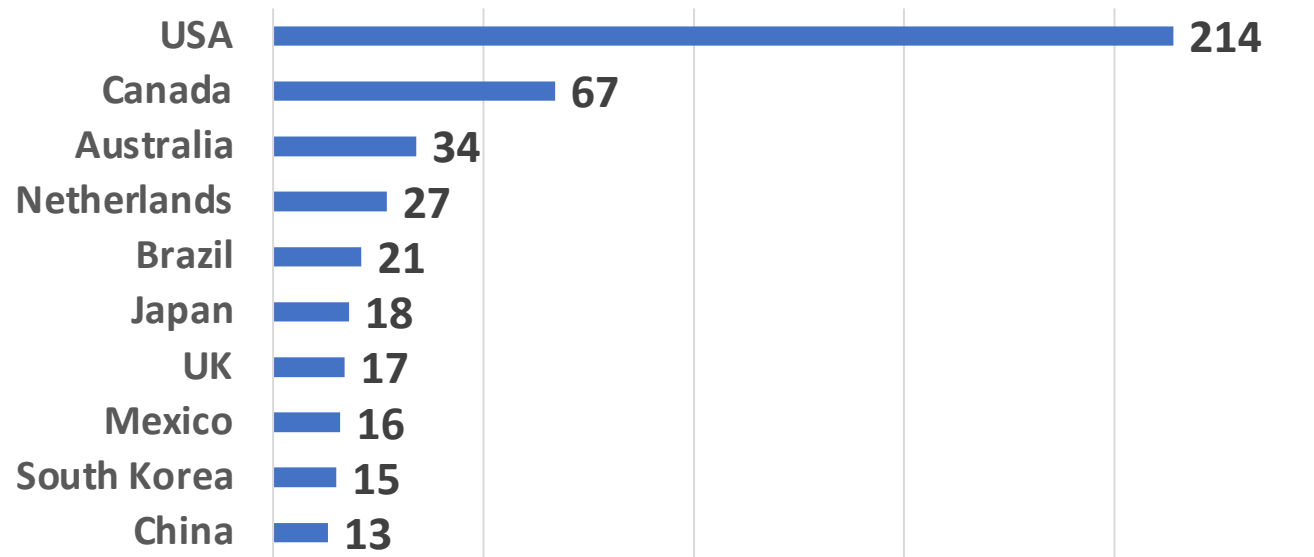
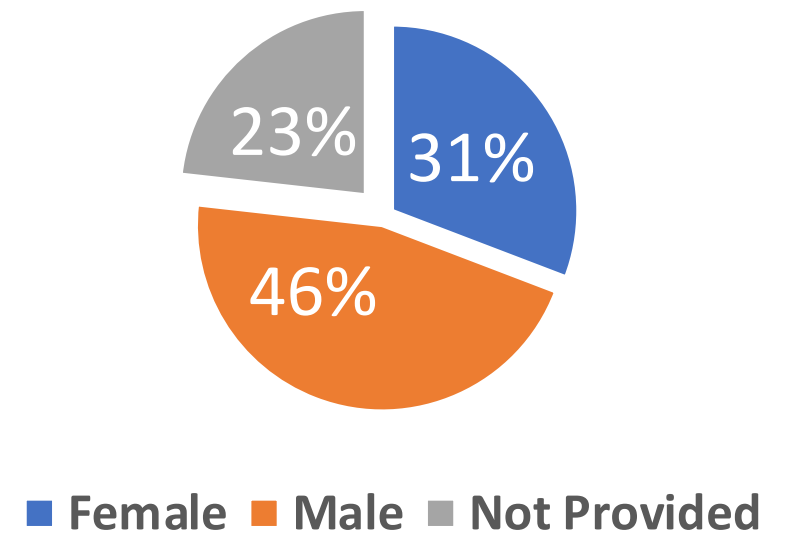


Fig 3: ISBD Membership by Gender



Thank you!
Platinum Level
Supporting Corporations

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THE ISBD EXPERIENCE

Job
Center

Poster
Gallery

Meet
the ISBD

Enter Sessions

Help Desk

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DISORDERS

Journal Table

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The 2022 ISBD Experience

While still concentrated in North America, ISBD has consistently made efforts to expand our educational offerings to those outside this region, an effort which has been aided in no small part by our virtual meetings.

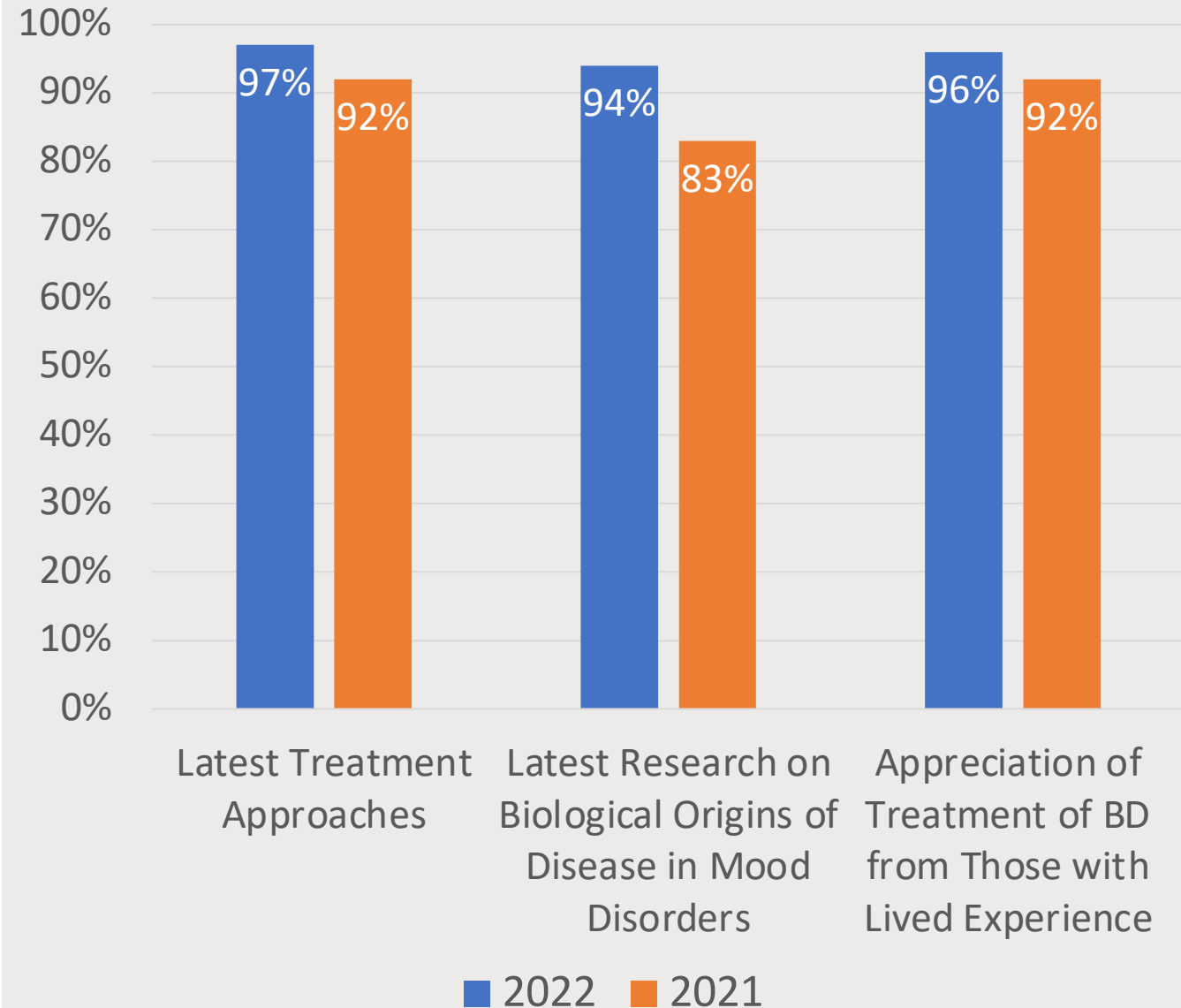
The ISBD 2022 meeting was again held as a virtual event, this year dubbed “The ISBD Experience,” a title meant to reflect the unique qualities of the ISBD meetings, chief among them the accessibility of senior members and keynote speakers to the entire meeting. The ability to expand one’s professional network, forge new global partnerships, establish research projects, and make new friends is a hallmark of the ISBD community. In 2022, we further refined the virtual meeting concept that was born in 2020 while continuing to offer an accessible way to access the ISBD meetings.

THE 2022 ISBD EXPERIENCE

The ISBD Experience was held from June 10-12, 2022 and was attended by 545 people from 42 countries. Feedback from 251 respondents on the virtual platform of the conference was very good, with 98% rating the virtual experience as “Good” or “Excellent.” Also, the percentage of delegates indicating that they agree or strongly agree that they can identify and discuss key learning objectives has increased from 2021 to 2022, as indicated in Figure 4 to the right.

Highlights from the 2022 meeting include our keynotes, referred to in this meeting as “Headliners,” which covered the following topics: brain organoids research, a panel on under-utilization of lithium, psychological mechanisms of bipolar disorders, a panel on new treatments on the horizon, the neuropathology of bipolar disorder, and a panel debate on disclosure of a bipolar disorder diagnosis by our Experts by Experience (ExE) committee.

Fig 4: % that Agree or Strongly Agree with Learning Objectives

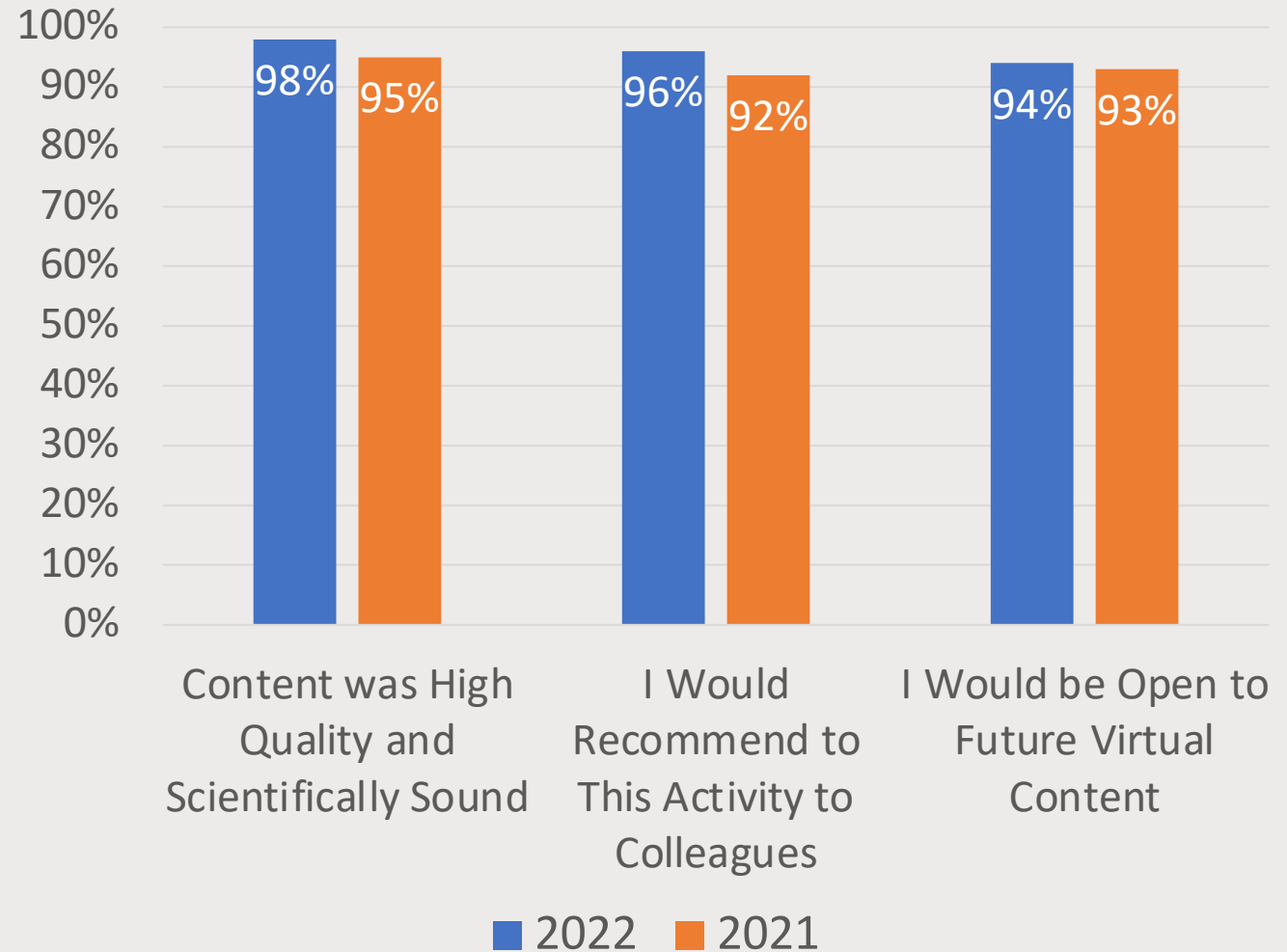


THE 2022 ISBD EXPERIENCE

The inclusion of symposia featuring those with expertise in bipolar disorder based on their lived experience throughout our program continues to be a highly appreciated aspect of the conference.

One of the unique features of the 2022 meeting was the inclusion of “live poster” sessions, which moved beyond simple recorded voiceovers for posters to elevate a subset of the posters to their own brief oral presentations. Importantly, among this group of live posters, there was strong representation from early and mid-career colleagues. The live posters also allowed for the creation of a new infrastructure to elevate this group within the context of a virtual meeting. Additional metrics around questions on topics like content quality and receptiveness to additional virtual content continued to score well when compared with 2021 (see Figure 5 at right).

Fig 5: % that Agree or Strongly Agree



ISBD Early Mid Career Committee

The ISBD Early Mid Career Committee (EMCC) delivered on several early projects in 2022. The recently minted group organized 2 virtual sessions for the 2022 meeting focused on a core area of the Committee's activity: mentorship. The first session featured an engaging talk from Professor Robert Post on his experience as a mentor and the second featured discussion between members of the EMCC and senior ISBD members Professor Michael Berk, himself a Robert Post Mentoring Awardee, and Professor Trisha Suppes on "Tips From Model Mentors."

In December, the Committee published the first in a series of papers around their activities, most notably a needs survey completed earlier in the year, focused on the group's aspirations and goals.

The EMCC is working diligently to understand the needs of those at early stages of their career and to create initiatives that aim to meet these needs.



2022 ISBD Experience

Paying Knowledge Forward: Tips From Model Mentors: An ISBD Early & Mid-Career Mentoring Workshop

Introduction: Erin Michalak

Presenters:

Ni Xu
Katie Douglas
Sarah Sperry
Michael Berk
Trisha Suppes
Tamsyn van Rheenen

Moderators: Olivia Dean and Ni Xu

DOI: 10.1111/bdi.13269

EDITORIAL

BIPOLAR DISORDERS WILEY

The Early Mid-Career Committee (EMCC) of the International Society for Bipolar Disorders: Aspirations and goals

In 2021, the International Society for Bipolar Disorders (ISBD) launched a new global initiative to support researchers and clinicians specializing in bipolar disorder who are still in the process of establishing their careers. To capture the needs of this group, an Early and Mid-Career Committee (EMCC) was formed and tasked with the development of activities and initiatives to address this objective. To this end, the committee conducted a needs assessment survey in early 2022 that was distributed and completed worldwide. This paper, authored by members of the committee, outlines the rationale, process, goals, and aspirations of the EMCC and summarizes the development of the needs survey.

1 | INTERNATIONAL SOCIETY FOR BIPOLAR DISORDERS' EARLY AND MID-CAREER COMMITTEE

The ISBD has a long history of supporting early and mid-career (EMC) researchers and clinicians working in the field of bipolar disorder. For example, the Samuel Gershon Junior Investigator Awards, an initiative dating back more than 15 years, has supported the research of up-and-coming researchers worldwide. Over the years, the ISBD has also provided conference travel fellowships with mentorship oppor-

Dr. Fabiano A. Gomes, Dr. Ishrat Husain, Dr. Rachel Hana Mitchell, and Dr. Emma Morton; *China*: Dr. Ni Xu; *Mexico*: Dr. Joanna Jimenez; *New Zealand*: Dr. Katie Douglas; *Spain and Italy*: Dr. Norma Verdolini; *Uganda*: Dr. Lucas Anyago; *United Kingdom*: Dr. Georgina Hosang; *United States*: Dr. Gabriel Fries, Dr. Danella Hafeman, Dr. Rebekah Huber, Dr. Neelima Kunam, and Dr. Sarah Sperry.

2 | EARLY AND MID-CAREER COMMITTEE'S GOAL

The overarching purpose of the EMCC is to nurture and support the career development of the next generation of clinicians and researchers specializing in bipolar disorder and related conditions. Bipolar disorder is recognized by the World Health Organization as one of the leading causes of years lost to disability, affecting over 40 million people in 2019.² In order for research and clinical service output to match the needs in the community, EMC individuals working in bipolar disorder must be retained and appropriately supported.³ ISBD acknowledges EMC members as a strategic asset of the organization and recognizes that there are specific challenges faced by them, such as securing research grants and academic positions focused on bipolar disorder.



Ulises Rios, MD, PhD

The interaction of the oxytocin receptor gene and child abuse subtypes on social cognition in euthymic patients with bipolar disorder type I: A gene-environment model



Annie Kathuria, PhD

Phosphoproteomic profiling and ultrastructural investigations of stem cell-derived cortical spheroids in bipolar disorder



Emma Morton, PhD

“Supporting Wellness”: A Depression and Bipolar Support Alliance Mixed-Methods Investigation of Lived Experience Perspectives and Priorities for Mood Disorder Treatment



Pao-Huan Chen, MD

Cardioprotective Potential of Lithium and Role of Fractalkine in Euthymic Patients With Bipolar Disorder



Brenda Cabrera Mendoza, MD, PhD

Potential classifiers for suicide risk identified by machine learning in concordant brainblood differentially methylated sites

Samuel Gershon Junior Investigator Awards



Samuel Gershon, MD

The International Society for Bipolar Disorders is proud to offer the Samuel Gershon Junior Investigator Awards to young investigators for their original research publication submissions.

The Awards are named in honor of Dr. Samuel Gershon, an early pioneer of lithium research who introduced lithium to the US from Australia. Dr. Gershon was a founding member of the ISBD and its first elected president and was an Editor-in-Chief of *Bipolar Disorders*, the official Society journal.



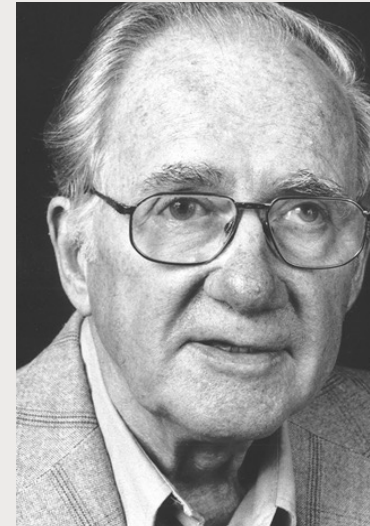
ISBD 2022 Robert Post
Mentoring Award Winner

Professor Mark Frye
Chair, Psychiatry &
Psychology, Mayo Clinic
Rochester, Minnesota
USA

Mogens Schou & Robert Post Awards

About the Mogens Schou Awards

Awards are given in recognition of Professor Mogens Schou for his establishment of the first efficacious treatment for bipolar disorder and for his contributions to the field of psychiatry and the treatment of bipolar disorder over his lifetime.



The Robert Post Mentoring Award

This award has been named in honour of Professor Robert Post for his seminal contributions to research in bipolar disorders that span neurobiology to clinical phenomenology and for his lifelong commitment to mentoring those around him.

ISBD 2022
Mogens Schou Award for
Public Service and
Advocacy Winner

Victoria Maxwell, BFA
Vancouver, BC
Canada





WBD 2022

Creating Change
Through Global Action

ISBD received official reports of 31 events in 17 countries around the world in 2022. Since the inception of WBD in 2014, the campaign has generated countless events, including an annual Reddit "Ask Me Anything" (AMA), which has become a staple in the WBD virtual space, as well as educational events for the public, clinicians and researchers, and organized activities, including a run in China. Individuals have also taken advantage of this day to share their stories online, building a sense of community and offering hope while reducing the stigma associated with the illness. Since 2014, WBD has reached millions of people and continues to inspire change through global action.

"UGANDA PSYCHIATRIC ASSOCIATION COMMEMORATES THE WORLD BIPOLAR DAY 30th/03/2022"

TOPIC:
WHAT YOU NEED TO KNOW ABOUT BIPOLAR AFFECTIVE DISORDERS

THEME:
"We Are #Bipolar Together"

30TH MARCH 2022

MEETING ID: 941 3034 6236
TELEPHONE: 996838

TIME: 7:00PM - 9:00PM

MODERATOR
Dr. June Busangye
(Medical Doctor & Counseling Psychologist Trainee)

DISCUSSANTS
Dr. Harriet Birabwa Oketcho
(Senior Consultant Psychiatrist)

Dr. Nseroko Rogers
(Senior Clinical Psychologist, Butabika Hospital)

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www.ugandaapsychiatricassociation.com



Society for Bipolar Disorders, India
In association with
Asha Bipolar Clinic, Hyderabad

Cordially invites you to CME on
World Bipolar Day

WORLD BIPOLAR DAY
AMA
03.30.22

reddit X CREST.BD

WORLD BIPOLAR DAY

I SHARE MY STORY BECAUSE I AM #BIPOLARSTRONG

INTERNATIONAL BIPOLAR FOUNDATION
A WORLD OF HOPE, RESOURCES, AND SUPPORT

CENTRE FOR YOUTH BIPOLAR DISORDER CELEBRATES WORLD BIPOLAR DAY!

WEDNESDAY **MARCH 30** 6:30-9:00 PM

A FREE EDUCATION EVENT ON YOUTH BIPOLAR DISORDER
Knowledge ~ Research ~ Lived Experiences

SPECIAL GUEST - MARGARET TRUDEAU

ISBD Task Force Output 2022

ISBD task forces remained a driving force in 2022, with various outputs, including a lecture series, participation in the annual conference and several publications.

The Chronobiology Task Force initiated a web-based speaker series for their task force members in September of 2022 where they invited noted experts working in the area of chronotherapies and chronobiology to give talks and answer questions from the task force.

Members of the ISBD Vascular Task force gave a presentation on the vascular bipolar connection at the 2022 Annual Meeting.

It was also a busy year for Task Force publications. The Older Adults with Bipolar Disorder (OABD) Task Force published a paper entitled “Cognition in older adults with bipolar disorder: An ISBD task force systematic review and meta-analysis based on a comprehensive neuropsychological assessment”



The Targeting Cognition Task Force also published two manuscripts, the first entitled, “Randomised controlled cognition trials in remitted patients with mood disorders published between 2015-2021: A systematic review by the International Society for Bipolar Disorders Targeting Cognition Task Force,” and the second, “Can magnetic resonance imaging enhance the assessment of potential new treatments for cognitive impairment in mood disorders? A systematic review and position paper by the International Society for Bipolar Disorders Targeting Cognition Task Force.” Finally, the Big Data Task Force published “Smartphone-based interventions in bipolar disorder: systematic review and meta-analyses of efficacy. A position paper from the International Society for Bipolar Disorders (ISBD) Big Data Task Force.”

ISBD 2023 FINANCIALS

Statements of Financial Position: 2021 and 2022

	December 31	
	2022	2021
Assets		
Cash and cash equivalents	\$ 584,421	\$ 555,392
Investments	1,367,501	1,551,685
Prepaid expenses and other assets	37,094	14,188
Office equipment, net of accumulated depreciation of \$10,725 and \$10,461 at December 31, 2022 and 2021, respectively	338	602
Total assets	\$ 1,989,354	\$ 2,121,867
Liabilities and net assets		
Accounts payable	\$ 13	\$ 2,107
Deferred revenue	392,935	311,000
Total liabilities	392,948	313,107
Net assets		
Without donor restrictions	1,596,406	1,808,760
Total liabilities and net assets	\$ 1,989,354	\$ 2,121,867

Statements of Activities: 2021 and 2022

	Year Ended December 31	
	2022	2021
Revenue and support		
Membership dues	\$ 101,247	\$ 98,750
Conferences	208,575	280,731
Royalties	13,102	71,705
Contributions	18,228	215,665
Interest and dividends	15,410	89,175
Realized gain on sale of investments	22,140	66,894
Unrealized gain (loss) on investments	(224,227)	21,961
Total revenue and support	154,475	844,881
Expenses		
Program services	255,268	531,687
Support, management, and general	111,561	110,858
Total expenses	366,829	642,545
Increase (decrease) in net assets	(212,354)	202,336
Net assets at beginning of year	1,808,760	1,606,424
Net assets at end of year	\$ 1,596,406	\$ 1,808,760

ISBD 2023 FINANCIALS

Statement of Functional Expense for the Year Ended December 31, 2022

	Program Services	Support, Management, and General	Total
Salaries	\$ 99,623	\$ 42,695	\$ 142,318
Employee benefits	8,339	3,574	11,913
Payroll taxes	8,672	3,717	12,389
Pension plan contributions	3,985	1,708	5,693
Awards and honorarium	2,743	-	2,743
Bank and contract services	-	9,007	9,007
Professional fees	-	27,448	27,448
Investment management fees	-	11,358	11,358
Conferences	125,106	-	125,106
Office expenses	-	9,280	9,280
Telephone	-	2,400	2,400
Travel and meals	-	110	110
Journal	6,800	-	6,800
Depreciation	-	264	264
Total	<u>\$ 255,268</u>	<u>\$ 111,561</u>	<u>\$ 366,829</u>

2022 ISBD DONORS: HELP THAT GIVES HOPE

”Thank you for all that you do in raising awareness and educating to reduce bias and stigma”

Mary Beth Adgent
Carol Anderson
David Anderson
Jamie Backlin
Elisa Brietzke
Nicole Brooks
Carmen Chung
Gail Geis-O'Dowd
Benjamin Goldstein
Leslie Goodloe
Rebekah Huber
Carol L Jackson
Philip Jones
Mary Jones

Peter King
Andrew Kisch
Donna Knauss
Manipreet Koonjul
Peter Kraus
Gary and Toya Levin
Jade Lindsay
Josephine Lock
Marisa Lucchesi
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Sima Mittal
Anthony Morales
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Sanjay Prasad
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LeEllen Smith
Michael and Diann Taylor
Marilize Van Der Walt
Leslee Waters
Raymond Way
Paul J Wojcik
Seunghee Won
Jennifer Zepeda
M. Zimmerman

ISBD also receives support from these organizations:

America Online Giving, Amazon Smile, Benevity Fund, CFC, Givinga Foundation, Los Alamos Laboratories, Network for Good, Safeguard, UK Online Giving Foundation, and the United Way

