2011 ELECTION FOR OFFICERS AND COUNCIL MEMBERS

Honorary General Secretary
The following nominations have been received and are valid:

<table>
<thead>
<tr>
<th>Nominee</th>
<th>Proposed by</th>
<th>Seconded by</th>
</tr>
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<tbody>
<tr>
<td>Dr Peter Haddad</td>
<td>Prof Gavin Reynolds</td>
<td>Dr Hamish McAllister-Williams</td>
</tr>
<tr>
<td>Dr Andrea Malizia</td>
<td>Prof David Nutt</td>
<td>Prof Jo Neill</td>
</tr>
</tbody>
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Secretary for Pre-Clinical External Affairs
The following nominations have been received and are valid:

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<tr>
<th>Nominee</th>
<th>Proposed by</th>
<th>Seconded by</th>
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<tbody>
<tr>
<td>Dr Paula Moran</td>
<td>Prof Nicol Ferrier</td>
<td>Prof Jo Neill</td>
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There were no other nominations for this post so Dr Moran will be elected unopposed.

Two Council posts
The following nominations have been received and are valid:

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<tr>
<th>Nominee</th>
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<th>Seconded by</th>
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<tr>
<td>Dr Hugh Marston</td>
<td>Prof Naomi Fineberg</td>
<td>Prof Verity Brown</td>
</tr>
<tr>
<td>Dr Mitul Mehta</td>
<td>Prof Barbara Sahakian</td>
<td>Dr Mohammed Shoaib</td>
</tr>
<tr>
<td>Prof Andrew Parrott</td>
<td>Prof Paul Willner</td>
<td>Prof Andrew Scholey</td>
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<tr>
<td>Dr Peter Talbot</td>
<td>Prof Shôn Lewis</td>
<td>Dr Hamish McAllister-Williams</td>
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<tr>
<td>Dr Elizabeth Tunbridge</td>
<td>Prof Guy Goodwin</td>
<td>Prof Paul Harrison</td>
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All Full, Honorary, and Retired Full Members are encouraged to vote. Voting is being conducted online only and will close on Monday 18 July.

Annual General Meeting
The 2011 Annual General Meeting will be held in Queen’s Suite at Harrogate International Centre on Monday 25 July at 17:00.

The Minutes from the 2010 Annual General Meeting are available to view on the website here: http://bap.org.uk/pdfs/2010_AGM_Minutes.pdf

The audited 2010 Accounts are included in this mailing for BAP Members.

British Association for Psychopharmacology
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Assistant to the Executive Officer  Mrs Lynne Harmer • lynne@bap.org.uk
Education Development and Delivery Co-ordinator  Dr Katie Hewitt • katie@bap.org.uk
2011 SUMMER MEETING
24-27 JULY, HARROGATE

Programme

Sunday 24 July 2011
Council Meeting
Preclinical Certificate Module: Genomics, Proteomics and Psychopharmacology
Satellite Session hosted by Janssen
BAP Special Session on Sleep
Welcome Reception

Monday 25 July 2011
Three parallel symposia:
1. Evaluating the mechanisms, risks and possible benefits of MDMA (Ecstasy) and structurally-related amphetamines
2. Glutamate, cognition and depression
3. Improved therapies for mental illness: Greater understanding, tangible achievements and paradigm shifts

Guest Lecture - Dr Tom Insel (Director, NIMH)
BAP Special Session supported by Servier
Satellite Symposium hosted by Roche
Poster Session: Affective Disorders 1 / Learning and Cognition / Educational Psychopharmacology / Substances of Abuse / Undergraduate Abstracts
Plenary session “Grand Challenges in Mental Health”
BAP Annual General Meeting
Satellite session hosted by Lundbeck
Satellite session hosted by Lilly

Tuesday 26 July 2011
Three parallel symposia:
4. Stress and depression: Novel approaches to treatment
5. Novel approaches to understanding of brain function
6. The role of histamine in cognition and psychiatric symptoms

Post-Doctoral Symposium: Understanding brain dysfunction in psychiatric disease: emerging systems levels approaches from a translational perspective
Editorial Board Meeting (Journal of Psychopharmacology and Therapeutic Advances)
Poster Session: Affective Disorders 2 / Sleep and Circadian Rhythms / Brain Imaging / Schizophrenia / Anxiety
Short Oral Sessions:
1. Drugs of Abuse – The next generation?
2. Modelling cognitive dimensions in schizophrenia
3. Probing the neural basis of negative emotion

PSIG meeting
Conference Dinner

Wednesday 27 July 2011
Three parallel symposia:
7. Offspring of depressed mothers: do the potential risks of medical treatment outweigh the costs of untreated maternal depression?
8. Brain trophic factors in neuropsychiatric diseases
9. Attention deficit hyperactivity disorder (ADHD)

Full Programme details are available here: http://bap.org.uk/meetingsessions.php?meetingID=4
MENTAL HEALTH, NEUROSCIENCE AND THE WELLBEING OF SOCIETY

PLENARY SESSION, 15:00-17:00 25TH JULY 2011
Location: Queen’s Suite, Harrogate International Centre
Organised by: Barbara Sahakian, BAP President-elect

Confirmed Panel Members:

Dr John Williams (Wellcome Trust)  
Professor Barbara Mason (Scripps Institute)  
Dr Mark Tricklebank (Lilly)  
Professor David Nutt (BAP, BNA, ECNP)

Dr Gavin Malloch (Medical Research Council)  
Dr Tom Insel (National Institute of Mental Health)  
Jeff Nye (Johnson & Johnson)  
Professor Verity Brown (University of St Andrews)

Mental ill health is more widespread than many realise with 16% of adults in the UK having a common mental disorder, such as depression, at any one time (Beddington et al., 2008). Nearly 10% of children aged 5-16 years have a clinically diagnosable mental health problem which can often persist into adult life (Green et al., 2005). In addition to the distress of individuals and their families, mental health problems are also an enormous financial burden to society and the economy (Sainsbury Centre for Mental Health, 2003).

To ensure an economically and competitive and flourishing society in the 21st century, we have to reduce the burden of mental ill health (Sahakian et al., 2010). Strategies for how the burden might be reduced have been detailed for the UK and also internationally (see e.g. Medical Research Council, 2010; Sahakian et al., 2010; Insel, 2009; Grand Challenges in Global Mental Health - http://grandchallengesgmh.nimh.nih.gov). Past investment has provided considerable economic benefit and the current scientific potential for making substantial advances is high (Wellcome Trust, 2008).

To illustrate, cognitive training treatments are under development for disorders, such as attention deficit hyperactivity disorder and substance abuse, and drugs that protect the nervous system from degradation are being developed for Alzheimer’s disease (Sahakian, 2011). Recent innovative proof of concept studies for drugs such as ketamine suggest that it might be possible to treat patients for depression effectively and very rapidly (Berman et al., 2000; Zarate et al., 2006; Drevets and Furey et al., 2010). Neuroscience has been critical to the understanding of the brain in health and disease and in developing more accurate diagnosis and new treatments across the lifespan (Sahakian, 2011).

This panel has been assembled as a forum for presenting both information and innovative ideas on the future of neuroscience, mental health and new treatments for neuropsychiatric disorders. The panel will also discuss initiatives and opportunities for training and for research funding in this important area.

References:
2011 SUMMER MEETING – ACKNOWLEDGEMENTS

The Council of BAP is committed to supporting young scientists with various initiatives. For the 2011 Summer Meeting we have awarded almost 70 bursaries to assist Training Members, Post-Docs and Undergraduates to attend the conference.

We are pleased and extremely grateful to acknowledge support from the Medical Research Council and Wellcome Trust. Both bodies have made generous contributions towards the 2011 bursary fund.

We also acknowledge contributions from the following companies who will take part in the summer meeting by supporting Special Sessions, Satellite Symposia and exhibition stands

Janssen
Lilly
Lundbeck
Pfizer
Servier

Campden Instruments
Tracksys
Wisepress

ONLINE CONTINUING PROFESSIONAL DEVELOPMENT RESOURCE

We are delighted to announce that the new BAP On-line CPD resource has now been launched.

While the resource is aimed at fully qualified psychiatrists, it will also be of interest and value to doctors working in primary care with a special interest in Psychiatry as well as Mental Health Pharmacists and any other practitioner with responsibility for prescribing psychotropic medication.

The resource builds upon the excellent reputation the BAP has for provision of high quality education in Psychopharmacology. The material is presented by acknowledged experts and opinion leaders in their respective fields. Most have been involved in the production of national clinical guidelines and are up to date with regard to developments in the field. While all presenters work in the UK, the material will also be relevant prescribing of psychotropic medication in most other countries.

The Online CPD Resource comprises slide sets with audio, supporting documents and MCQs.
Annual subscriptions for accessing the Online CPD modules are as follows:

**£ 60.00**
For: BAP Members
For: Individuals who have attended a BAP meeting since January 2007
For: Individuals who are currently registered for a forthcoming BAP meeting

**£ 120.00**
For: Non-Members
For: Individuals who have not attended a BAP meeting since January 2007
For: Individuals who are not currently registered for a forthcoming BAP meeting

We are pleased to be able to offer a discounted subscription rate to Institutions and Trusts.


Members are encouraged to bring the resource to the attention of their colleagues.

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**2011 BAP LIFETIME ACHIEVEMENT AWARD**

We are delighted to announce that the recipient of the 2011 BAP Lifetime Achievement Award is Professor Tim Crow of Oxford University.

Tim qualified in Medicine from the Royal London Hospital in 1964 and after house jobs did joint training in psychiatry and neuropharmacology at Aberdeen University gaining his PhD in 1970. This period produced seminal work on the anatomical relationship between sites for electrical self-stimulation and both ascending dopamine and noradrenaline pathways at the level of the cell bodies which has been heavily cited and influential. During a subsequent lectureship at Aberdeen he carried out interesting work on the psychopharmacology of memory including the demonstration that muscarinic antagonists block the transition from short- to long-term memory. His basic neuroscience papers were characterised, then as now, by insightful theoretical interpretations and psychiatric implications. After a period as a Senior Lecturer in Psychiatry at Manchester University, his talents were recognised by the MRC and in 1974 he became Head of the Division of Psychiatry at the MRC Clinical Research Centre, Northwick Park Hospital. There then followed a 20 year period of tremendous research activity which revolutionised the way schizophrenia is conceptualised. He published key papers on dopamine and schizophrenia, demonstrated and characterised structural changes in the brain and carried out innovative psychopharmacological studies. Of particular note regarding the latter, was the flupenthixol isomers study, the functional psychoses trial and the RCT of prophylactic neuroleptic medication in first episode psychosis. In 1994 he moved to become Honorary Director of the SANE Prince of Wales International Centre for Research on Schizophrenia and Depression at Oxford where he continues to produce insightful and challenging research on the nature of schizophrenia and its origins. Along the way he has stimulated and fostered countless academic psychiatrists and neuroscientists and organized the Biennial European Winter Workshops on Schizophrenia which became legendary meetings at the cutting edge of research into schizophrenia and its treatment. Tim has published over 600 papers and has been cited over 28,000 times. He has been in receipt of numerous prizes. He was on BAP Council in 1990-1 and was made FMed Sci in 2000.

Tim will receive his Award at the Conference Dinner in Harrogate on Tuesday 26 July.

**Nicol Ferrier**
President
The following BAP symposia will be held within the Royal College of Psychiatrists’ Annual Meeting in 2011

Friday 1 July, RCPsych Meeting in Brighton
Addictions – new guidelines, new evidence and new directions
(joint with RCPsych Addictions Faculty)
Speakers: Anne Lingford-Hughes, Colin Drummond, Sarah Welch

Friday 1 July, RCPsych Meeting in Brighton
Sleep disorders – evidence based management for a neglected range of problems
Speakers: Sue Wilson, Chris Idzikowski, David Nutt

Friday 1 July, RCPsych Meeting in Brighton
Dementia – recent developments and new guidelines
Speakers: Peter Hyslop, John O’Brien, Clive Holmes

Further info: http://www.rcpsych.ac.uk/events

BOOK REVIEW

Generalized Anxiety Disorder Across the Lifespan. An Integrated Approach
By Michael E. Portman, with a foreword by John H. Riskind

This is an unusual book to appear these days. The author is clearly passionate about the subject, for all the good reasons, and he is not afraid to show it in various turns of his phrase throughout the book. Further, how often do we see any more, in the field of scientific publishing, authors attempting to cover, single-handedly, the rapidly expanding breadth of a whole disorder alone? This, of course, may create some problems that I will address briefly later, but it can only be commented to begin with, for the uniformity of style, the sustained viewpoint and the readability, at least. This is all the more refreshing since the author is not “an internationally renowned expert” of the condition for which he writes here, neither does he refer continuously to his hundreds of research papers that “have shaped the field”. He writes, very honestly, as a practicing clinician who is interested and perplexed by his patients presenting with this rather elusive yet ubiquitous kind of human suffering.

To begin with, he makes a good presentation of the historical evolution of the condition and the relevant data on the epidemiology and the associated disability of the disorder, before launching into the cornucopia of the different clinical presentations and assessment tools. But where, I believe, he comes really to his own is in chapter 3 when he discusses the various conceptual models that have been developed over the last few years in particular. Their plethora, especially for a disorder that has otherwise attracted relatively little research interest before, is clearly indicative of the complexity of the problems posed by generalized anxiety disorder. The fact that sometimes they only appear to be rather obscure variations of a given cognitive theme does not deter the author from seeing them for what they are. Ultimately, they generate treatment approaches none of which can claim to be a panacea, although they help to a degree. Portman somehow manages to navigate through this maze and he has to be applauded for that; he manages to make sense of something that looks rather esoteric sometimes, at least from the outside.

He treats with equal scepticism the psychopharmacological approaches but that is exactly where, I believe, his lack of expertise shows and the main criticism of the book can be directed at. Not that he is not even-handed in presenting the various studies, but he is not really offering a synthesis of
the data and a deeper understanding of the relevant issues in pharmacological treatment of this population. Besides, I found the discussion on the putative neurobiology of the disorder before the treatment section, relatively thin compared to the detailed psychological expose that preceded it. But this is probably too much to ask from any single person authoring a book: to be able to grasp equally deeply any aspect of the subject. A very thoughtful and well-written chapter about special populations (children, adolescents and the elderly) follows, before Portman finally gives us his views on the great challenges that remain unresolved, namely prevention, cultural considerations and the development of strategies for treatment-resistant individuals.

Overall, I found the book interesting to read, not forbiddingly long, thoughtful and thought-provoking in equal measure, and rather refreshing in his sometimes passionate approach. As he is fully aware, ardent proponents of the psychological or biological approach will find things to complain or criticise. But, at least, he can sleep peacefully knowing that he did justice to his main priority, the sufferer, by not succumbing to dogma and trying to spell things for what they are: a very difficult disabling affliction that we do not understand fully and that we do not manage to treat sometimes as effectively as we would hope.

Spilios Argyropoulos

BOOK REVIEW

Antipsychotics and their Side Effects

Side effects of antipsychotic medications have received much media and public attention of late. An increasing focus on the metabolic side effects of newer neuroleptics has taken the place of earlier concerns of extrapyramidal side effects and tardive dyskinesia. Antipsychotics and their Side Effects attempts to succinctly synthesize data related to many of the adverse effects associated with this class of medication.

The first and largest section of the book consists of 20 chapters, each dealing with one adverse outcome (from agranulocytosis to alterations in vital signs). Each chapter begins with a brief description of the phenomenon of interest, followed by a discussion of medications that may be more likely associated with its occurrence. Finally, the method of monitoring is described (such as a chart for quick calculation of BMI, and the Extrapyramidal Symptom Rating Scale) and a figure provides a suggested schedule for each agent. The authors have referenced up-to-date research, including recent large-scale naturalistic studies, in deriving their recommendations.

The second section provides recommendations for monitoring by agent, and the final section comprises a General Antipsychotic Monitoring Form designed for use with any agent. It is these final two sections that are the most useful for practicing clinicians. The authors have made these forms available for reproduction or download.

This book is targeted at health care professionals, and a certain degree of comfort with the phenomenology of the side effects in question is generally assumed. As the authors are careful to point out, the recommendations in this book are not derived from specific studies on the monitoring of antipsychotic side effects, but rather from the rates of occurrence and the timing of these outcomes, which are usually secondary observations in drug trials. This is does not diminish the importance of their conclusions, as very few trials are designed to specifically examine the occurrence side effects. The book does not offer recommendations for the treatment of these side effects, or the use of antipsychotics in general. The first section of the book is valuable as a reference for those familiar with the practice of psychiatry, or as an introduction for trainees who are becoming familiar with these compounds.

Overall, the practical nature of this book makes it an excellent addition to the libraries of learners and practitioners alike.

ND Mitchell & SM Dursun

Neurochemical Research Unit, Department of Psychiatry, University of Alberta, Edmonton, Canada
ECNP School of Neuropsychopharmacology

3-8 July 2011, Oxford

As a member of the ECNP Advisory Board of National Societies, the BAP had the opportunity to nominate potential candidates for participation in the forthcoming School. The candidates who gain a place at the School (maximum of 50) will receive high level training in neuropsychopharmacology from a faculty of international experts and will be involved in the development of local good practice in teaching and training in their own countries.

We received 8 high-quality applications from BAP Members and are delighted to announce that our nominees, David Cousins (Newcastle), Paul Morrison (London) and Julius Bourke (London) have been accepted onto the 2011 School.

FORTHCOMING BAP EVENTS

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<th>Date</th>
<th>Event</th>
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<tr>
<td>24 July</td>
<td>Preclinical Certificate Module, Harrogate: Genomics, Proteomics and Psychopharmacology</td>
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<td>24 – 27 July</td>
<td>Summer Meeting, Harrogate</td>
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<td>6 – 7 October</td>
<td>Clinical Certificate Module: Affective Disorders, Newcastle. Fully Booked</td>
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<td>20 – 21 October</td>
<td>Clinical Certificate Module: Old Age Psychiatry, Manchester</td>
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<td>October (date tbc)</td>
<td>Preclinical Certificate Module, Bradford: Scientific Validity in Experimental Psychopharmacology</td>
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<td>23 November</td>
<td>Masterclass, London: Substance Misuse / Schizophrenia</td>
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<tr>
<td>24 November</td>
<td>Masterclass, London: Bipolar / Perinatal / ADHD</td>
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<td>25 November</td>
<td>Masterclass, London: Depression / Anxiety / Sleep</td>
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<tr>
<td>26 – 27 January</td>
<td>Clinical Certificate Module: Anxiety Disorders, Bristol</td>
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<td>22 – 23 March</td>
<td>Clinical Certificate Module: Child and Adolescent Psychopharmacology, Nottingham</td>
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<tr>
<td>3 – 4 May</td>
<td>Clinical Certificate Module: Schizophrenia, Manchester</td>
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