



January 2018

PRESIDENT'S MESSAGE

Dear friends,

We begin 2018 with an increasing sense of optimism about improving the status of women worldwide and thereby improving women's mental health globally.

As we all recognize, global politics, social issues, world economics and the environmental health of our planet, have many wide-reaching effects on women's health and mental health. Events of 2016/17, including the overt use of misogynistic comments and attitudes by some world leaders,



denial of the level of abuse and trauma experienced by women in some parts of the world and a lack of adequate resourcing for women's mental health have led to pessimism and a sense of feeling overwhelmed in our quest to enable women to have a good quality of life.

March 2017 provided a welcome 're-fueling' with the IAWMH Congress held in Dublin. Our Irish sisters have been fighting for decades for women in their country to have the same reproductive rights that most other women in the world have. At this momentous Congress, the "Dublin Declaration" was read out in unison by the entire Congress audience, as we all stood proudly together with our Irish colleagues, supporting them and pushing this important cause forward. There was hardly a dry eye in the hall during this awe inspiring occasion and the eloquent speeches that followed left us all with the spine-tingling sensation that we had witnessed a significant moment in history. We hope this is true and that the referendum to be called in May or June of this year will provide women in Ireland with reproductive rights, and help to improve their mental health through the empowering right to choose whether or not to have children.

2018 has taken off with the *#metoo* campaign gaining further impetus in many countries. Media of all types provide the most significant way to move and shake public opinion. The *#metoo* campaign being prominent in Hollywood in 2017 - the ultimate in media power - has captured the focus, interest and hopefully the attention of powerful policymakers around the

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world. Certainly, rich, famous, white women in the US film industry seem to be an unlikely group to evoke sympathy and hence social change around the world - but nonetheless their experiences of workplace harassment mirror those of women in factories, the retail industry, hospitals or boardrooms anywhere in the world. The same principle of treating women as subordinates in every way, or sexual playthings who have no option but to give in quietly to ongoing abuse of power applies in every walk of life - including in the family home. As we know, the sense of disempowerment, particularly if it is institutionalized, is a key trigger for depression, anxiety and other mental illnesses. I hope that the campaign continues and fires up more men and women to take up the cause and fight for women's rights in every workplace and home, because that would be a hugely powerful aid in our Association's goal to achieve good mental health for all women, worldwide.

The International Association for Women's Mental Health is ideally placed to provide the much needed 're-fueling' for clinicians, researchers and others who work with women with mental ill health. It is tough to keep doing the work we do and feeling alone or isolated can impede progress. The IAWMH provides wonderful opportunities to pursue causes together, to shrink the globe and stand in solidarity to advocate for those without a voice. Start planning now to join us at the IAWMH Congress in Paris in 2019, where you can 're-fuel' with like-minded colleagues! I wish you all good mental health and every success in 2018.

Jayashri Kulkarni
President IAWMH

THE WORLD CONGRESS OF PSYCHIATRY - BERLIN 2017

The WPA organized the XVII World Congress of Psychiatry in collaboration with the German Psychiatric Association (DGPPN), in Berlin from October 8-12 last year. The theme of the congress was "Psychiatry of the 21st Century: Context, Controversies and Commitment". There were about 10000 participants present to attend the 900 sessions. Many members of the IAWMH also participated in the congress. The issues covered during the programs included human rights, discrimination against persons with mental illness, **women's mental health**, ethics, and addictions, to name a few.



Below are some of the issues dealt with by IAWMH members pertaining to women's mental health.

Women leadership in psychiatry

Dr Nada L Stotland discussed the importance of women students and psychiatrists receiving leadership development training, and how one could become a leader. Dr Unaiza Niaz discussed a trans-cultural perspective of women leaders in psychiatry with emphasis on South Asian countries. The institutional and psychological barriers that exclude women from leadership roles were highlighted by Dr Anita Riecher-Rössler. Finally, Dr Michaela Amering spoke about women psychiatrists as agents of change, with a few instances from around the world.

Violence against women and mental health

Dr Marta Rondon spoke about the correlation between coercive practices in reproduction and mental health issues in women. Dr Prabha Chandra delved on the mental health consequences of violence during the perinatal period. Donna Stewart discussed the important points in the WPA Curriculum on Intimate Partner Violence and sexual violence



Some positive and hazardous uses of electronic technologies and women's mental health

There was a discussion on the benefits of a mental health e-clinic by Dr Laura Ospina Pinillos, which was helping young people get timely help for mental health issues. Dr Donna Stewart spoke on the prevalence of Internet romance scams in North America and Europe and the negative effects of these on the mental health of users. Dr Silvia Gaviria then spoke about how tele-psychiatry and proper training could vastly improve perinatal outcomes.

Lastly, in her keynote, Dr Prabha Chandra highlighted the need for gender-sensitive interventions in women's mental health, including the importance of physical, sexual and emotional safety at all times; as well as acknowledgment of the fact that women may experience mental health problems differently.



This report has been compiled based on inputs from Madhuri HN, post-doctoral fellow in women's mental health at NIMHANS in Bangalore, India.

LETTER FROM THE EDITOR-IN-CHIEF, ARCHIVES OF WOMEN'S MENTAL HEALTH

Dear friends and colleagues,

You might have noticed already that the Archives of Women's Mental Health is once again the official journal of our society, IAWMH, besides being the official journal of the Marcé (International Society of psychiatric disorders in childbearing) and the NASPOG (North American Society for Psychosocial Obstetrics and Gynecology). So I would like to invite you to contribute to a lively journal by submitting or reviewing articles, writing letters and short communications, suggesting topical collections or special issues, initiating discussions on important topics, etc. Systematic reviews and meta-analyses are especially appreciated. All ideas are welcome, please do write to me.



My great wish for the journal would be to develop a somewhat broader scope. While the journal so far was mainly focusing on topics related to peripartum issues, we should acknowledge that the field of women's mental health is much broader. The journal would therefore like to publish articles also on other topics such as gender differences in mental disorders and in risk and influencing factors for mental disorders, be it from stress research, psychoendocrinology, neuroimaging, neuropsychology, sociology, to name just a few. Lab research and animal studies relevant to women's mental health are also welcome. Let us not forget the big epidemiological questions still seeking answers, such as the gender differences in the incidence and prevalence of depressive and anxiety disorders or in suicide. Studies on gender differences from child and youth psychiatry might offer some explanations. Last but not least, there are issues of training and education in the field of women's mental health, of mentoring for female professionals and of politics for prevention of mental illness in women. With the journal we can hopefully contribute to improving the mental health of women worldwide.

The journal in the meantime has an impact factor of 3.379, so it is read and can have influence. Please also help to make it more visible by introducing it to your colleagues, citing articles from the journal, etc. Please also do visit the journal on www.iawmh.org/home and on Twitter (twitter.com/AWMH_Journal).

Thank you so much for your help! I look forward to a successful cooperation and wish you all a wonderful, healthy, creative and productive 2018.

Your Editor-in-Chief,
Anita Riecher-Rössler

Upcoming Event



**International Marcé Society
Biennial Scientific Meeting 2018**

Bangalore, India | September 26th - 28th, 2018

www.marce2018.com

LETTER FROM THE SECRETARY, IAWMH

Dear friends,

Wish all of you a peaceful, healthy and productive 2018! The last year has been a tumultuous one with many events globally that have influenced the way we live, think and respond. It is at times of change like this, that societies such as ours have a major role to play.

We are proud that our very own Prof. Helen Herrman is now the president of the WPA and has already shared her plan for improving the mental health of women worldwide.

The IAWMH team has been brain storming on how we can make ourselves more relevant and ways of increasing our membership and their involvement in the society. We hope to roll out several new initiatives this year that will help members participate and voice their views. The preparations for our conference in Paris 2019 are also underway and we hope that IAWMH will grow in numbers and stature.

Please do send in your thoughts, ideas and wish list for the future of IAWMH.

Prabha Chandra



8TH WORLD CONGRESS ON WOMEN'S MENTAL HEALTH - PARIS, MARCH 2019

The International Society of Women's Mental Health (IAWMH), in collaboration with the French Marcé Society is very pleased to invite you to the 8th World Congress on Women's Mental Health, which will be held in Paris in March (4-8th) 2019. Clinicians and researchers involved in the field of Women's Mental Health from every country are invited to participate in our congress.

The major themes of our 2019 World Congress will be: Gender equality, Well-being, Vulnerability - which are important contributors to Women's Mental Health.



During the three days of the Congress, there will be outstanding Plenary Lectures, Scientific symposia, Educational and Special lectures, Workshops, Free Communications and Poster sessions.

We will dedicate all our efforts to making your participation in this Congress an unforgettable experience and we are looking forward to welcoming you in Paris in March 2019.

Jayashri Kulkarni IAWMH President

Florence Thibaut IAWMH Congress President

Florence Gressier French Marce Society President

Nine Glangeaud-Freudenthal French Marce Society

Please visit our website at: www.iawmh2019.org