

senyfundació
Schizophrenia Research Foundation



Annual Report 2003

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INTRODUCTION

I am pleased to present this report on the activities of the **SENYFoundation** for 2003.

A report such as this has a twofold objective. Firstly, to let you know about our activities over this period, and secondly, to openly acknowledge our gratitude as a foundation to all the people and institutions, both public and private, who have contributed to making these activities possible.

Throughout 2003, the **SENYFoundation** continued to carry out its activities as in previous years but, in addition, consolidated both its internal organisation and external relationships.

New members have joined the board of directors with the aim of helping us with their initiatives and recognised experience. The internal organisation has been strengthened with the appointment of an Executive Director with proven expertise in management, research and project monitoring. In addition, we have moved to more spacious offices with easier access in the centre of Barcelona. These organisational improvements have not hampered our usual activities.

In the area of dissemination of information and scientific knowledge, the document provision service via our website has been widened and consolidated. The monthly information service regarding grants, courses and a bibliography of new publications has been boosted and has received a very positive reaction among professionals. It has played a role in the dissemination of the Clinical Practice Guideline in the Treatment of Schizophrenia Patients developed by The Catalan Agency for Health Technology Assessment and Research and the Mental Health Forum.

Concerning publications, a collaboration agreement has been reached with Planeta Publishing which will produce and distribute the second edition of

Dr. Fuller Torrey's book "Overcoming Schizophrenia", a book which had been previously published in Spanish by the **SENYFoundation**.

As regards the training of professionals, the third edition of the course on Research Methodology has been completed, this time more oriented toward mental health. This course aimed to improve the research competencies and abilities of those professionals interested in research and evaluation by giving them the methods and practical elements particular to this area.

In 2003, two professionals were awarded grants to attend the "Family work" course given by the renowned professor Julian Leff of the Institute of Psychiatry in London, England. In addition, we are especially pleased to be able to see that participants in previous courses continue to extend their training and put this technique into practice. Moreover, the first selection of trainees has been an even greater success due to the welcome help of complementary grants from the La Caixa Foundation in accordance with its aim of broadening its project with patients in Catalan health centres.

Our close collaboration with the Cuatrecasas Foundation has allowed us to continue organising the now traditional weekly discussion in English on subjects related to psychiatry and psychology. These sessions represent an opportunity to share knowledge and research results from different national and international centres while participants improve their communicative abilities in the English language. The discussion series ends with an intensive course on scientific presentations in English.

The **SENYFoundation** also tries to act as an observatory for schizophrenia and to this end has attended various national and international

congresses and symposia. This presence allows us to keep up to date on all the latest developments regarding this illness, its aetiology and advances in its treatment. I was personally able to attend the International Congress on Schizophrenia Research which took place in Colorado (USA) in April, where I had the opportunity to greet doctors Torrey and Knable of the Stanley Research Centre. This institution has recently bestowed prestigious grants on Spanish researchers for the development of research projects in schizophrenia and bipolar disorder.

The **SENYFoundation** also attended, as is its custom, the "VII National Congress on Psychiatry and Biological Psychiatry" in Palma, Mallorca. Our presence at this and other symposia, workshops and congresses is not only due to their inherent interest and relevance but also because it represents a perfect opportunity to disseminate our foundation's activities.

Finally, the **SENYFoundation** was present, along with a grant-awarded professional, at the 2003 Brain Phospholipids Symposium held in Aviemore (Scotland) in September. This internationally renowned annual scientific meeting deals with the importance of fatty acids in the aetiology and treatment of the main psychiatric illnesses, including schizophrenia.

Through this symposium, doctors A. Richardson and E. Cyhlarova of Oxford University accepted our invitation to take part in a specific technical meeting in Barcelona with some of our country's top specialists in this field. This allowed detailed exploration of the possibility of carrying out a multi-centred research project based on the application of an Omega 3 nutritional supplement in a sizeable sample of hospital patients in the area of Barcelona and Tarragona.

To promote and encourage research into schizophrenia is also to be aware of, and recognise, the efforts of our scientific community. With this in mind, the **SENYFoundation** began in 2003 the first bibliometric type study of schizophrenia research in Spain. This study, which will become available in 2004, can be considered as what is colloquially known as a "Who's Who" in schizophrenia research in our context, identifying areas of work, possible networks, collaboration and the potential of active groups.

All these activities and improvements have been possible due to the collaboration and work of many people who, through these pages, I urge to continue in their efforts. My thanks to each and every one of you.

Jordi Masià Mas-Bagà
President
The **SENYFoundation**



OBJECTIVES AND MISSION

SCHIZOPHRENIA

is a serious mental disorder which affects 1% of the population.

In Spain alone it is estimated that there are some 400,000 people affected by this illness.

For many years, the stigma attached to mental illnesses has led people to try and hide sufferers away. Today, thanks to the participation of the scientific community as well as society, all this is changing. We now know that this is an illness which is undoubtedly biologically based, although its causes are not known in any great depth.

The treatment of schizophrenia includes pharmacological, psychological and psychosocial intervention in order to achieve remission of symptoms and better adjustment to everyday activities.

Research into this illness has led to the current availability of ever more efficient drugs, which have fewer side effects, providing a relative improvement in the quality of life of patients and their families. The current avenues of research offer us hope that in the future it will be possible to improve the treatment of the illness and the control of its symptoms.

OBJECTIVES AND MISSION

The **SENYFoundation** is a private not-for-profit foundation established in 1996 with the aim of promoting research into schizophrenia and other serious mental disorders.

Our mission is to become a point of reference for all professionals interested in mental health, as a centre for the promotion of basic, clinical and social research, as well as the training of professionals and the management of information and knowledge.

This mission is based on three focal points around which all our activities are based:

- **The promotion of basic, clinical and social research.**
To promote research in the area of serious mental illnesses, with the aim of improving knowledge regarding treatment and causes.
- **The training of professionals.**
To contribute to the training and education of the professionals of the future, offering them methodological and practical resources which will allow them to improve the quality of research as well as clinical practice.
- **Dissemination and communication of information.**
To actively spread scientific and social knowledge regarding the illness, its treatment and its effects.

¹ Registered in the Catalanian Register of Private Foundations under number 998.



THE TRUST AND INTERNAL ORGANISATION

The SENYFoundation trust is comprised of the following members²:

President:	J. Masià Mas-Bagà
Members:	A. Camp Puigdomènech
	I. Camp Vila
	E. Cuatrecasas Figueras
	F. Enrich Muls
	R. Guardans Vallès
	C. Jané Camacho
	E. Maragall Mira
	J. Majó Cruzate
	I. Masià Figueras
	P. Masià Figueras
	C. Molins Ribot
	A. Negre Villavecchia
	J. Salvador Coderch
	A. Sansalvadó Tribó
	J. A. Samaranch Torelló
	J. M. Torres Riera
	A. Vila Casas
	P. Fontana García (2004)
Secretary:	R. Bergós Civit
Internal Organisation:	P Gallo: Managing Director (from October 2003)
	G. Escartin: Professional staff
	S. Noguera: Professional staff
	S. Zaragoza: Executive Committee Member (until October 2003)

² As of December 31st 2003



ACTIVITIES AND SERVICES

RESEARCH PROMOTION

"BRAIN PHOSPHOLIPIDS" PROJECT: FATTY ACIDS AND SCHIZOPHRENIA

Last 15th December, **SENYFoundation** organised a scientific seminar in Barcelona (Cuatrecasas Foundation) regarding the use of polyunsaturated fatty acids as a nutritional complement in the treatment of patients with schizophrenia and bipolar disorder. Doctors Alex Richardson and Eva Cyhlarova of Oxford University were invited by the **SENYFoundation** as expert speakers. Their presentation "Nutrition in Psychiatric Disorders: Can Fatty Acids Help?", provided the key matters for discussion allowing the debate to be centred around international knowledge, current avenues of research, and in which specific ways a multi-centred research initiative could be of greatest assistance.

The main conclusion clearly points to the need to undertake more rigorous research in this area, preferably with the participation of different centres and a substantial representative sample



of patients. An initiative in this area will allow us to understand in greater depth the efficacy of these nutritional complements in patients with serious mental disorders. A study of this kind would itself have wide international repercussions and carry increased scientific weight.

It is the aim of the **SENYFoundation** to drive forward an initiative of this kind, which will produce hard scientific evidence regarding the use of polyunsaturated fatty acids in the treatment of patients with schizophrenia. This will only be possible with the collaboration of the national and international scientific community.

SENYFOUNDATION-AATRM CALL FOR RESEARCH PROJECTS

The **SENYFoundation** together with the Catalan Agency for Health Technology Assessment and Research (CAHTA) held a public project tender for research projects into schizophrenia (DOGC October 1999).

Of the 42 projects presented, 8 were prioritised and received funding totalling 192 thousand Euros. The institutions and centres that won the project tender carried out their respective projects in 2003 in accordance with the initial plans made. During 2004 the last reports monitoring the financed projects will be completed and their results presented to the scientific community at the end of the year.



FINANCED PROJECTS

Project: 02E/99

Title: Alert signs and prodromic symptoms of schizophrenia in a health care delimited population.

Head researcher: Jorge Tizón García.
Unitat de Salut Mental de Sant Martí (Nord)
Funding: 24.040,48€

Project: 10E/99

Title: Establishment of schizophrenia neuropsychologic subtypes related to the syndromic heterogeneity of the disorder: diagnostic utility and orientation of treatment.

Head researcher: Maite Garolera Freixa.
Hospital de Terrassa
Funding: 24.040,48€

Project: 14E/99

Title: Schizophrenia: detection and assessment of depressive symptoms.

Head researcher: Salvador Sarró Maluquer.
Benito Menni, Complex Asistencial en Salut Mental
Funding: 8.816,51€

Project: 16E/99

Title: Safety and effectiveness of antipsychotic treatment combined with Group Psychotherapy in patients with psychotic crises.

Head researcher: Dolors Rico Bodi.
Centre Asistencial Torribera
Funding: 13.072,01€

Project: 17E/99

Title: Psychoeducation and early adolescent detection programme for young-age onset psychotic disorders.

Head researcher: Susana Subirà Álvarez, Neus Barrantes-Vidal.
Facultat de Psicologia UAB
Funding: 15.926,82€

Project: 24E/99

Title: Genetic study on the predisposition to suffer from schizophrenia and to the therapeutic response, depending on individual variations of dopaminergic and serotonergic receptors.

Head researcher: Francisco J. Arrufat.
Parc Taulí-Sabadell
Funding: 24.040,48€

Project: 27E/99

Title: Assessment of the impact of psychosocial intervention programmes in schizophrenic patients: group treatment and home care.

Head researcher: Núria Farriols Hernando.
Consorci Sanitari del Maresme
Funding: 27.346,05€

Project: 33E/99

Title: Risk factors of the deficiency syndrome in schizophrenia

Head researcher: Montserrat Ariño Armengol.
Hospital Psiquiàtric de Salt, Xarxa de Salut Mental
Funding: 24.611,45€

BIBLIOMETRIC ANALYSIS OF RESEARCH ON SCHIZOPHRENIA IN SPAIN

To promote and encourage research into schizophrenia is also to be aware of, and recognise, the efforts on the part of our scientific community in this field. With this aim in mind, the **SENYFoundation** started a first "Bibliometric study regarding schizophrenia research in Spain (1999-2003): analysis of collaborations among authors" in 2003.

This study has a twofold objective. On the one hand to show, in the most objective way possible and by making use of bibliometric techniques, what is known colloquially as a "Who's Who" in schizophrenic research in our context. On the

other hand it intends to identify possible networks, collaborations and potential within the active research groups. We believe that this information could be of great interest and value to the researchers themselves as well as for national and international planning and financial research agencies. This study will be available during the first four months of 2004.

SENYFoundation will continue encouraging this type of analysis, widening its objectives and the number of scientific journals included. We believe that making the efforts of the researchers and groups visible, is not only necessary, but also essential in bringing the research closer to our society. Above all, we believe that by encouraging research we facilitate clinical decisions are made on the bases of the scientific knowledge available.

TRAINING

COURSE ON RESEARCH METHODOLOGY IN MENTAL HEALTH (3RD EDITION)

During the month of May and the second week of June the third edition of this course was held in Barcelona, totalling 46 hours of practical and theoretical sessions.

The course was granted by the Catalan Council of Continual Medical Education with a total of 6.6 credits.

The SENYFoundation and the Catalan Agency for Health Technology Assessment and Research (CAHTA) organised the course, with the assistance of the Psyncro, Neuropsychological Research Organisation.

The course programme was as follows:

DAY	SESSIONS
9th May	<p>Course Presentation. <i>Jordi Masià.</i> (SENYFoundation).</p> <p>Research design. <i>Dra. Maria Dolors Navarro.</i> (AATRM).</p> <p>Information sources and bibliographic search strategies. <i>Sr. Antoni Parada.</i> (AATRM).</p>
10 th May	<p>Epidemiology: basic concepts. <i>Dra. Ramona Lucas.</i> (CSM Gràcia).</p>
16 th May	<p>Measures of frequency and association. <i>Dr. Mateu Serra Prat.</i> (Consortio Hospitalario del Maresme).</p> <p>Screening and diagnosis: sensitivity and specificity. <i>Dr. Manel Salamero.</i> (Hospital Clínic de Barcelona).</p>
17 th May	<p>Descriptive statistics: basic concepts. <i>Dra. Emília Sánchez.</i> (AATRM).</p>
23 th May	<p>Testing an hypothesis: T-Student and Ji Square. <i>Dra. Ramona Lucas.</i> (CSM Gràcia).</p>
24 th May	<p>Economic evaluation as a decision tool. <i>Dr. Oriol de Solà-Morales.</i> (AATRM).</p> <p>Presenting research results. <i>Dra. Marta Aymerich.</i> (AATRM).</p>
30 th May	<p>Error, biases and confounding factors. <i>Dr. Manel Salamero.</i> (Hospital Clínic de Barcelona).</p>
31 th May	<p>Systematic review of scientific evidence. <i>Dra. Glòria Oliva</i> (AATRM).</p> <p>Meta-analysis. <i>Dra. Maria Dolors Estrada.</i> (AATRM).</p>
13 th June	<p>Measurement instruments and tools. <i>Dr. Manel Salamero.</i> (Hospital Clínic de Barcelona).</p> <p><i>Dr. Fernando Gutiérrez.</i> (Hospital Clínic de Barcelona).</p> <p>Ethics and research.</p> <p>Closing session. <i>Dr. Joan Pons.</i> (AATRM).</p>

SYMPOSIA IN ENGLISH

In 2003, the **SENYFoundation** organised 26 symposia in English about schizophrenia and other serious mental disorders. The objective of the symposia was to practice verbal and written communication in English with the aim of encouraging and enabling the participation of Spanish researchers in international conferences and work meetings.

The symposia took place each Wednesday, between 18:00 and 20:00 hrs in the Cuatrecasas Foundation.

The participation of speakers was entirely on a voluntary basis and attendance was free and open to all. Each presentation was followed by a discussion during which English teacher S. Kelly corrected and discussed areas of grammar, pronunciation and vocabulary. A linguistic assessment service was made available to those speakers who requested it.

We would like to sincerely thank all the speakers and those who contributed to this 2003 round.

The 2003 programme was as follows:

CONFERENCES CYCLE IN ENGLISH (5th edition)

Session/Date	Speaker
1. February 12th, 2003	Teresa Abellan "Ten minute talk on dementia" Centre Assistencial Torribera Jorge Cervilla "Etiology of depression in old-age" Hospital Sant Joan de Déu- SSM
2. February 19th, 2003	Anabel Martínez "Neuropsychology of bipolar Disorder" Hospital Clínic
3. February 26th, 2003	Imma Baeza "Schizophrenia in children and adolescents" Hospital Clínic
4. March 5th, 2003	Concepció Palacín "Disability and quality-of-life impact of mental disorders" Hospital Sant Joan de Déu- SSM
5. March 12th, 2003	Intensive English Class By professor Stephen Kelly
6. March 19th, 2003	Rafael Panedés "Cognition and Schizophrenia" Hospital Clínic
7. March 26th, 2003	Intensive English Class By professor Stephen Kelly
8. April 2nd, 2003	Fernando Lana "Personal therapy for Schizophrenia" Centre Assistencial Torribera Maria Reinares "Psychoeducational intervention for bipolar patients' families" Hospital Clínic
9. April 9th, 2003	Carles García-Ribera "Tardive Dyskinesia: Myths and realities" IAPS. Institut Municipal d'Assistència Sanitària. Barcelona.
10. April 16th, 2003	José Javier Mateos "Extrapyramidal symptoms: detection by neuroimaging" Hospital Clínic
11. April 30th, 2003	Silvia Zaragoza "Clinical trials in Schizophrenia" Neuropsychological Research Organization
12. May 7th, 2003	Emilio Fernández "Deficit form of Schizophrenia" Hospital Clínic
13. May 14th, 2003	M^a Dolors Gómez "Study on personality and quality of life in Bipolar Disorder" Psychologist

Session/Date	Speaker
14. May 21th, 2003	Àngela Torres "Nursing interventions in Schizophrenia" Hospital Clínic
15. May 28th, 2003	Alex Pons "Medical Comorbidity in Schizophrenia" Hospital Clínic
16. June 4th, 2003	Victoria Villalta "Neuropsychological and psychosocial variables in Schizophrenia" Hospital Sant Joan de Déu- SSM Sílvia Noguer "How do eating disorders begin?" Child psychologist
17. June 11th, 2003	Núria Pérez "Don Quixote's diagnoses: an historical approach" Observatori de comunicació científica de la UPF
18. October 1st, 2003	Pirkko Turpeinen "The principal of immediate intervention and psychotherapy of acute schizophrenic adolescents " Chief Dr of adolescent psychiatric services of the City of Helsinki
19. October 8th, 2003	Vicky Serra "Health-related quality of life measures for children and adolescents" AATRM. Barcelona
20. October 15th, 2003	English Class by S. Kelly on: "Vocabulary for describing Schizophrenia and Bipolar disorders"
21. October 22nd, 2003	Charo Ventosa "The symbolic language as a mediator in the therapeutical process" CSMA Martí i Julià, Santa Coloma de Gramanet
22. October 29th, 2003	Neus Franco "Genes related with schizophrenia" Hospital Pere Mata, Reus
23. November 5th, 2003	Pedro Gallo "How not to give a presentation" SENYFundació, Barcelona
24. November 12th, 2003	Claudia Casanovas "Sociolaboral integration in serious mental disorders" Associació els Tres Turons, Barcelona
25. November 19th 2003	Marta Aymerich "Clinical practice guidelines in schizophrenia: how to select the best one?" AATRM. Barcelona
26. November 26th, 2003	Andrey Bayanov "Novel approaches to pharmacotherapy with psychotropics in children" HLSP Consulting, Barcelona

INTENSIVE PRESENTATION COURSE, JULY 2003 (1st Edition)

The first edition round of this course, comprising of a total of 12 hours of theory and practical sessions, took place on 7th, 8th, 9th and 10th July. The course, run by English teacher S Kelly, consisted of the following:

COURSE CONTENT

The presentation environment and equipment

Preparation and structuring of content

Effective openings – techniques

Audience management

Using your voice

Signposting – Helping the audience to follow you

Effective endings

Dealing with questions

The pupils expressed a high level of satisfaction with the programme, its usefulness and the teaching methods.

COURSE ON DUAL PATHOLOGY

The Janssen-Cilag laboratories annually organise dual pathology courses with the assistance and support of the **SENYFoundation**.

Over the past two years, they have conducted courses in different Spanish cities based on the book "Overcoming Addictions" which was translated and published by **SENYFoundation** in 2001.

New material has been included in this year's courses: a video based on the book published in Spanish. The film was shot in Barcelona using patients from the theatre group *La Trifulga dels Fútils* from the *Pi i Molist* day centre.

SCHIZOPHRENIA AND "FAMILY WORK"

The **SENYFoundation** continues with its commitment to the "Family Work" technique and during 2003 awarded two training grants for attendance at the courses given by Professor Julian Leff at the Institute of Psychiatry at King's College, London.

With these two grants there are now a total of eight grant-assisted trainees working with this technique.

The six trainees who attended previous courses devote an average of 12 hours per week to helping seven affected families.

The "La Caixa Foundation" has collaborated consistently with this project and continues to do so. E. Pousa and C. Domenech of Parc Taulí Hospital (Sabadell, Barcelona) enjoy specific help in applying and assessing this technique.



STUDENTS GRANTS

During 2003 the **SENYFoundation** awarded grants and sponsored trips to professionals to enable them to attend the following congresses:

- Stanley Symposium. Colorado 2003 (USA)
- Brain Phospholipids Symposium. Aviemore-Coylumbridge 2003 (Scotland, United Kingdom).

DISSEMINATION AND COMMUNICATION

DOCUMENT CENTRE

The **SENYFoundation** made its library available to all interested professionals.

Our objective is to provide an easy-access library specialising in schizophrenia which can act as a reference point for professionals.

The library consists of around 200 volumes and subscribes to four magazines of great scientific interest:

- Schizophrenia bulletin (Vol. 17 N° 2, 1991 to date)
- Schizophrenia research (Vol. 47 N° 1, 2001 to date)
- Archives of general psychiatry (Vol. 54 N° 3, 1997 to date)
- The barcelona faculty of medicine journal of psychiatry (psychiatry (Vol. 29 N° 6, 2002 to date)

In 2003 we began a project to expand our bibliographic base with the acquisition of Spanish doctoral theses on schizophrenia. So far sixteen doctoral theses have been donated by their authors.

1. "Hospitalisation course in patients suffering from schizophrenia. Analysis of three psychiatric case histories". Josep Maria Haro Abad. Bellaterra, 1995.
2. "Expansion of type CAG repeated trinucleotides in schizophrenia". Lourdes Martorell Bonet. Reus, 1998.
3. "Phenotype and neuropsychological characteristics of personality in parents not affected by schizophrenic patients". Beatriz Caparrós Caparrós. Girona, 1999.
4. "Characteristics of phosphorylation of the protein associated with microtubules 2 in its proline- rich region." Carlos Sánchez Martín. Santander, 1997.

5. "Efficacy of a psychosocial intervention in a group of chronic psychotic patients". Núria Farriols i Hernando. Barcelona, 2001.
6. "Validation of a programme of assessment and modification of behaviour applied to families and/or those closest to people diagnosed of schizophrenia". Beatriz Terrassa Blázquez. Palma de Mallorca, 2001.
7. "Risk in psychopathology in offspring of psychotic patients". Juan Manuel Blanque López. Barcelona, 1993.
8. "Psychophysiology of the cognitive processes in schizophrenias". José Ignacio Robles Sánchez. Madrid, 1994.
9. "Familiar therapeutic orientation in schizophrenia: development in families and patients." Carles Ballús Creus. Barcelona, 1996.
10. "Schizophrenia, chronicity and quality of life." Rafael Touriño González. Las Palmas de Gran Canarias, 2001.
11. "Study of inhibitory mechanisms in visuo-spatial attention: inhibition in". Ana Belén Vivas Navarro. Almeria, 1999.
12. "Cerebral blood flow in schizophrenia patients and healthy controls through PET-HO using an auditory attention paradigm." Pilar López García. Pamplona, 2001.
13. "Neuropsychological rehabilitation of the schizophrenic patient." Rafael Penadés. Barcelona, 2002
14. "Assessment of the efficacy of a training programme in social skills for people suffering from schizophrenia." Roser Cirici. Barcelona 2000.

Assessment of the efficacy of a training programme in social skills for people suffering from schizophrenia:

15. "Expressed emotion in a Costa-Rican sample of schizophrenic patients." Silvia Sánchez Oller. Bellaterra, 2001.
16. "Neuroanatomical and neurofunctional bases in attention disorder in schizophrenia: a magnetic resonance stud". Pilar Salgado Pineda. Barcelona, 2003.

The **SENYFoundation** informs all document centre users of its bibliography and magazines it subscribes to on a regular basis.

SCHIZONET WEBPAGE

The **SENYFoundation** webpage (www.schizonet.org) and its e-mail service (senyfundacio@schizonet.org) are the main online links between the Foundation and professionals.

Consulting the bibliography and requesting materials is done through our loan service. To gain access, all the professional has to do is register through our webpage. The **SENYFoundation** offers this free service throughout Spain with the objective of facilitating access to useful information for research and training.

From this year our webpage is also available in English.



CLINICAL PRACTICE GUIDELINE IN THE TREATMENT OF SCHIZOPHRENIA PATIENTS

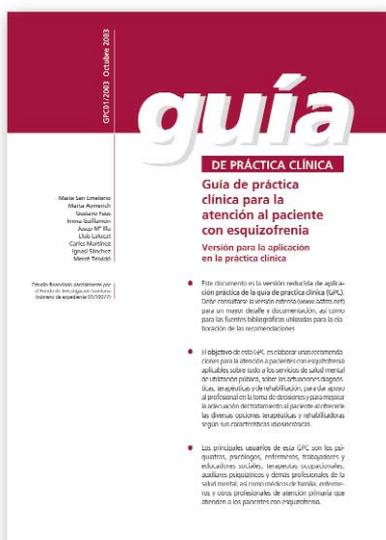
In 2003 The **SENYFoundation** took part in the dissemination of the Clinical Practice Guideline in the Treatment of Schizophrenia Patients developed by the Catalan Agency for Health Technology Assessment and Research (CAHTA) and the Mental Health Forum.

The objective of this guideline is to develop a series of recommendations for the attention of schizophrenia patients regarding diagnostic procedures, therapy and rehabilitation. The aim is

to help the professional decision-making process and improve the suitability of treatment by offering the patient various rehabilitative and therapeutic options according to the characteristics of their illness.

The main targeted users of this guideline are psychiatrists, psychologists, nurses among others, as well as other professionals in mental health and primary health care centres.

The guideline is available in three formats: the complete guideline, a brief guideline and a leaflet summarising the recommendations listed in the guideline. The AATRM webpage gives easy access to this information at www.aatrm.net.



DISSEMINATION OF INFORMATION ON GRANTS AND SPECIALISED COURSES

With the collaboration of The Catalan Foundation for Research, **SENYFoundation** sends by e-mail on a monthly basis, a list of grants, scholarships and prizes offered for research into mental health.

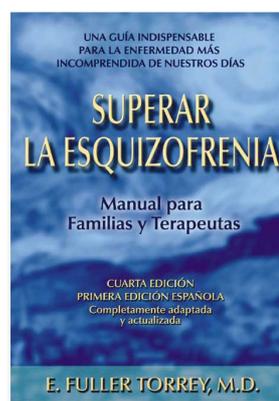
Occasionally, information is also sent regarding national and international courses, congresses and grants organised by selected institutions.

DISTRIBUTION OF EDUCATIONAL MATERIAL

SENYFoundation continued to distribute books and other educational material published by SENY.

- "Overcoming Addictions" by Roberts. L. J, Shaner A, Eckman T.A.
- "Overcoming schizophrenia" by Torrey E.F.
- "Treatment Modules" by Liberman

The **SENYFoundation** has also signed an agreement with the Planeta group for the publication and distribution of the second edition of E. F Torrey's book "Overcoming Schizophrenia".



SENYFOUNDATION PRESENCE AT SCIENTIFIC EVENTS

The **SENYFoundation** has attended and distributed its material at the following symposia, workshops and congresses:

"Epigenetic Mechanisms, Gabaergic Neurotransmission, Reelin and Psychosis" symposium. Santiago de Compostela University, Faculty of Biology, 13-15 June, 2003. Participation in the inaugural session.

4th Symposium on Bipolar Disorder. Rapid cycling and mixed states. Barcelona, 31st January, 2003.

VII National congress on Psychiatry and Biological Psychiatry. Palma, Mallorca, 21-25 October, 2003.

Psychological interventions in families of schizophrenic patients. Barcelona, 27-28 March, 2003.

"X International Symposium on recent developments and controversial areas in Psychiatry: combined therapies". Barcelona, 3-4 April, 2003.

Course on research management. Barcelona, 7th May-16th June, 2003.

FUTURE PROJECTS

During 2004, the **SENYFoundation** will continue to promote their own activities and services, backing them up with new projects. With regard to organisational and management aspects, the foundation's objectives are the approval of its Strategic Plan, the consolidation of its team and the tailoring of the infrastructures of our head office in order for it to function appropriately.

With regard to the promotion of research, we wish to consolidate a multi-centred initiative, which was started in 2003, regarding the use of fatty acids as a nutritional complement in the treatment of schizophrenia.

Working through networks is a fundamental tool for change and synergy among the mental health research groups in Catalonia. It is the aim of our Foundation to push forward the creation, accreditation and recognition of thematic mental health networks throughout 2004.

Also, the first results of the **SENYFoundation**–Catalan Agency for Health Technology Assessment and Research (CAHTA) research project tender will be presented. To formally

recognise the efforts of the 8 financed projects of this project tender will be one of the main objectives for 2004.

With regard to professional training and education we will continue to push forward the specific courses in advanced methodology for mental health research, Family Work and other courses provided by the Foundation. The accreditation and evaluation of all of our training initiatives must be of equal importance together with attending national and international conferences and symposia of greater scientific relevance.

Finally, the communication and dissemination of information. We want to drive forward the creation of a new more interactive website, better orientated towards the provision of services to the professionals. Also to improve the Document Centre by acquiring new scientific publications, journals and by offering new services. We will continue to drive forward the distribution of educational and informative material in order to improve the general public's knowledge about schizophrenia.

SENY COLLABORATION WITH OTHER ORGANISATIONS

- AATRM (Agència d'Avaluació de Tecnologia i Recerca Mèdiques)
- Clínica Universitària de Navarra
- Consorci Hospitalari Parc Taulí
- Editorial Planeta
- Federació Catalana de Familiars de Malalts Mentals
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