

senyfundació

Schizophrenia Research Foundation



Annual Report 2004

Català Español **English**

CONTENTS

PRESENTATION	3
SCHIZOPHRENIA	5
OBJECTIVES AND MISSION	5
THE BOARD AND INTERNAL ORGANIZATION	6
ACTIVITIES, PROJECTS AND SERVICES	7
PROMOTION OF BASIC, CLINICAL AND SOCIAL RESEARCH	
• SENYFoundation – CAHTA call for Research Projects	7
• “Brain Phospholipids: Fatty Acids and Schizophrenia” Project	7
• Bibliometric Study Regarding Research into Schizophrenia in Spain	8
• Family Health and Schizophrenia (Family Work)	9
• Validation of Measurement Instruments in Mental Health	9
TRAINING	
• Methodological Course for Research into Mental Health (4th Edition)	9
• Family Work Supervision Course	10
• Symposia in English	10
• SENYFoundation Intensive Presentation Course (2nd edition)	11
• Grants and Sponsored Travel	12
DISSEMINATION AND COMMUNICATION	
• Lifestyles and Schizophrenia	12
• Working Papers	13
• Document Centre	13
• SENYFoundation New Web Page	14
• Clinical Practice Guideline on Schizophrenia	15
• Dissemination of Courses and Grants	16
• Distribution of Educational Material	16
• SENYFoundation Presence at Public Events	16
PROJECTS FOR THE FUTURE	17
NEW SENYFOUNDATION HEADQUARTERS	17
SENYFOUNDATION COLLABORATION WITH OTHER ORGANIZATIONS	18

The SENYFoundation is a private non profit making foundation created in 1996 with the main aim of promoting research into schizophrenia and chronic mental illnesses. SENYFoundation is registered with The Autonomous Government of Catalonia Foundation Register and classified as a welfare and scientific benefit foundation by resolution 10-07-1996. Registration number 998.

Those interested in receiving a copy of this document should contact:

SENY Fundació Privada • Diputació, 238 àt. 1a • 08007 Barcelona • Tel.: (34) 93 302 30 10
seny@senyfundacio.org • <http://www.senyfundacio.org>

Published by: SENYFoundation • Design: Jordi Sans • Translation and correction: SENYFoundation • Printing: SENYFoundation

PRESENTATION

As a healthy tradition, each year we take account of the activities carried out by the **SENYFoundation** over the previous year. This 2004 Annual Report again serves a double purpose. On the one hand it is to provide information about the activities carried out during this period, and on the other to show our gratitude as a foundation to those people and institutions, both public and private who have in one way or another contributed to making it all possible.

For the **SENYFoundation**, this has been a year of consolidation and advancement in the projects started at the end of 2003, and also of the projection and promotion of our activities and products.

Within the area of research, networking, that is to say in institutional collaboration with professionals and research centres, has reaped amazing rewards. Also, the "la Caixa" Foundation has provided important economic assistance to the **SENYFoundation** within the framework of their 2004 call for projects aimed at groups of people affected by psychical disabilities or mental illness. This assistance has been definitive in driving forward the project "Family Health and Schizophrenia: Multi-centred intervention and evaluation regarding the effectiveness of Family Work in schizophrenia".

The collaboration has also allowed a project which we are particularly enthusiastic about to be started: "Validation of Measurement Instruments." We are convinced that having access to validated instruments in our context will be beneficial for the clinics as well as the researchers.

The second edition of the bibliometric study has already started and will constitute a large part of the **SENYFoundation's** activities during 2005. It is a greatly improved edition which deals with the analysis of collaborations between Spanish authors of scientific articles regarding schizophrenia. This second version can be a reference guide for professionals and financial research agencies to provide more in depth knowledge regarding "who's who" in Spanish scientific achievements

relating to schizophrenia. We are able to count on the invaluable collaboration of professionals from the Catalan Agency for Health Technology Assessment and Research (CAHTA) and the University of Barcelona, as well as a scientific committee made up of top professionals.

Many of the projects financed by the **SENYFoundation** – CAHTA call for research projects have been completed throughout 2004. This is great news, since an investment of around 200 thousand Euros is starting to show tangible results which will become widespread in 2005. It is the aim of the **SENYFoundation** to publish a scientific report on the main fundings, as well as a specific Working Paper, in which the main researchers of each project can communicate to the general public, simply and informatively, how the results of their projects improve knowledge about schizophrenia, its diagnosis and treatment.

Finally, with regard to research, we have given our support to the proposal for a new TV3 Tele-Marathon regarding neurodevelopment disorders in infancy and adolescence. We hope that this will be considered by the TV3 Marathon Foundation. This could certainly provide a new impetus for research in Spain.

It is clear that research should be able to continue in order to reap the relevant rewards. This is the reason why the **SENYFoundation**, based on calls for projects and previous awards, is determined to propel a new public research tender regarding schizophrenia and severe mental disorders. The aim of this call for projects is to award just one quality research project, preferably multi-centred and in collaboration with prestigious and international foreign institutions. In 2004 work was carried out successfully in two key areas in this respect: 1) fundraising, and 2) base models for the call for projects. The plan is to make the call for projects public during the first half of 2005 and we believe that it will represent a great opportunity for all the mental health centres and professionals.

In the area of training for professionals, we would highlight that we have carried out the 4th edition of the course on research methods, this time

more specialised in mental health, dealing with information search strategies on line, scientific data bases and meta-analysis. This course aims to improve the abilities and skills of those professionals interested in research and evaluation, providing them with the reference methods and practices in this field. Also, the appropriate supervision course regarding the Family Work techniques given by Professor Leff, has been carried out for those who attended the introduction course for the aforementioned technique at the Institute of Psychiatry in London. As is customary in the **SENYFoundation** we have continued to provide grants and offer sponsored travel to professionals so that they may attend selected courses and various international conferences.

Close collaboration with the Cuatrecasas Foundation has allowed us to organise the already traditional symposia in English about themes related to psychiatry and psychology. These symposia provide an opportunity to share knowledge and the results of the research carried by the different national and foreign centres, as well as allowing the attendees to improve their communication skills in English. The symposia culminated in an intensive course of scientific presentations given in English.

With regard to the dissemination of the scientific information and knowledge, we would highlight the new **SENYFoundation** web site www.senyfundacio.org. It contains a web page with an emphasis on services, the diffusion of the **SENYFoundation** activities and the material published by us, as well as news and the very latest from the scientific world, guaranteeing rigour and quality. This Annual report dedicates a large section to the description of its contents and most important services.

The **SENYFoundation** aims to be an observatory for schizophrenia, which is why it has been present at various national and international conferences and symposia. This presence has allowed us to be up to date on all of the very latest information regarding this illness, its etiology and advances in its treatment. Some of the most

noteworthy conferences were the 12th Biennale Winter Workshop on Schizophrenia (Davos, April 2004), the ISSFAL Congress (Brighton, June-July 2004), the VIII National Congress on Psychiatry and Biological Psychiatry (Bilbao, October 2004) together with other national and international symposia, workshops and conferences, which were well worth attending as they were both interesting and relevant. They also provided us with an opportunity to disseminate the **SENYFoundation's** activities.

Finally, I do not wish to finish without referring to an event of which I am personally very proud. Last 9th July 2004 we were able to organise a workshop regarding lifestyles and schizophrenia. The event included top grade speakers and the attendance of patients and family members. With events such as these we want to draw ever closer attention to the reality of the families and bring scientific research and knowledge to society on a whole. The report that you are reading bears testimony to this and the rest of the initiatives and activities carried out in 2004.

All of this activity has been made possible thanks to the collaboration and the work of many people and professionals throughout Spain. We would hereby wish to recognise their effort and encourage them to continue with this work in the future. Thank you to everyone.

Jordi Masià Mas-Bagà
President
SENYFoundation



SCHIZOPHRENIA

Schizophrenia is a serious mental illness which affects 1% of the population. In Spain alone, it is estimated that there are some 400,000 people affected by this illness. The illness usually involves a loss of contact with reality and a functional deterioration regarding many aspects of life. It also affects the families of these patients, as it means an increase in their responsibilities, as well as the healthcare systems and society on a whole owing to the elevated economic and social cost involved. The stigma associated with mental illnesses has also meant that for many years, sufferers have been avoided or hidden away. Today, thanks to the participation of the scientific

community as well as society itself, this is changing. Currently, we know that it is an illness which is biologically based, even though we do not know its causes in any great depth.

There is no cure for schizophrenia. Drugs and treatments which are more or less effective do exist, which above all control the symptoms, even though they do also frequently cause undesirable side effects. Research into this illness becomes fundamental when looking to the future. Neither a cure, nor hope for improvements will be achieved without the contribution of rigorous and quality research.



OBJECTIVES AND MISSION

The **SENYFoundation** is a private non profit making foundation, founded in 1996 with the objective of promoting **research in the field of schizophrenia** and severe mental disorders.

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

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

- **The promotion of basic, clinical and social research.** To facilitate and boost research in the area of serious mental illnesses in order to improve knowledge about it, its causes and its treatment.

- **Training of professionals.** To contribute to the training of the professionals of the future, offering them methodological and practical resources which will allow them to improve the quality of their research and the clinical assistance that they provide.
- **Dissemination and communication.** To actively spread scientific and social knowledge about the illness, its treatment and the effects of it.



THE BOARD AND INTERNAL ORGANISATION

SENYFoundation trust is comprised of the following members:

President:	Jordi Masià Mas-Bagà
Vice-president:	Francesc Enrich Muls
Members:	Albert Camp Puigdomènech Imma Camp Vila Emili Cuatrecasas Figueras Pedro Fontana García Ramon Guardans Vallès Carlos Jané Camacho Joan Majó Cruzate Ernest Maragall Mira Joan Artur Margenat Padrós Ignasi Masià Figueras Pere Masià Figueras Casimiro Molins Ribot Antoni Negre Villavecchia Gerardo Salvador Coderch Antoni Sansalvadó Tribó Joan Antoni Samaranch Torelló Juan M. Torres Riera Antoni Vila Casas
Secretary:	Raimon Bergós Civit

Internal Organization:

Managing Director:	Pedro Gallo de Puelles
Psychologist and researcher:	Gemma Escartin Martin
Psychologist and researcher:	Sílvia Noguer Carmona
Tecnical Secretary:	M ^a Jesús García Suárez



ACTIVITIES, PROJECTS AND SERVICES

PROMOTION OF BASIC, CLINICAL AND SOCIAL RESEARCH

SENYFoundation – CAHTA CALL FOR RESEARCH PROJECTS

The **SENYFoundation** together with the CAHTA (Catalan Agency for Health Technology Assessment and Research) held a public grants tender for research projects into schizophrenia (DOGC, 25th October 1999).

Of the 42 projects presented, 8 were prioritised, with a total funding of 192,000 Euros. The institutions and centres that won the project tender have continued to carry out their projects and are completing the final reports for them. In 2005 the most important findings will be formally presented in public.

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 Assistencial 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 Assistencial Dr. Emili Mira

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.

Corporació Sanitària Parc Taulí

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.

Institut d'Assistència Sanitària (IAS), Girona

Funding: 24.611,45€

"BRAIN PHOSPHOLIPIDS: FATTY ACIDS AND SCHIZOPHRENIA" PROJECT

The benefits derived from the use of polyunsaturated fatty acids in the treatment of patients with schizophrenia have been studied in depth at the

SENYFoundation. The scientific evidence found does not clearly establish that the use of these nutritional supplements implies an improvement in patients. In this regard, wider sample studies are needed in order to reach rigorous conclusions. The results of the work carried out during 2004 can be found in PDF format in the research section on our web page www.senyfundacio.org. It is a document published as a Working Paper: *"Using Omega 3 fatty acids as supplements in the treatment of schizophrenia: revision and analysis of the facts."* (SENYWP02/04. Castilian and English edition)

BIBLIOMETRIC STUDY REGARDING RESEARCH INTO SCHIZOPHRENIA IN SPAIN

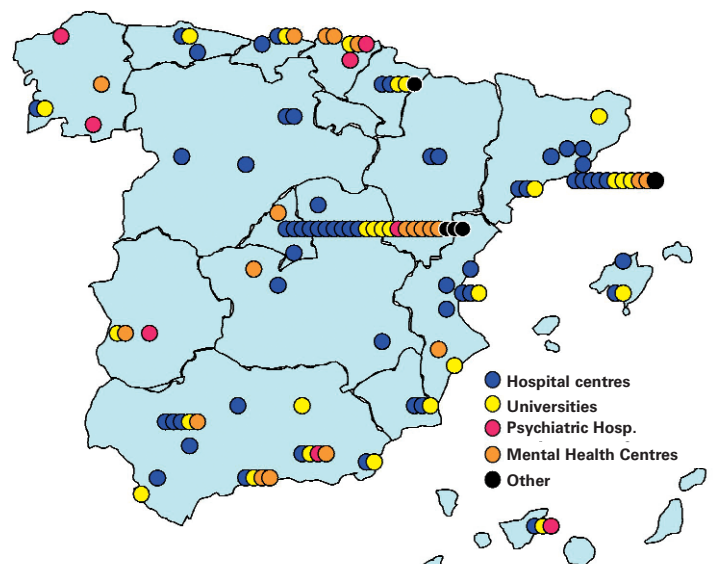
Promoting research into schizophrenia comes hand in hand with recognising the efforts of our scientific community in this field. As a result, the **SENYFoundation** has published, in a Working Paper format, a first bibliometric study regarding schizophrenia in Spain. This study is available in printed and electronic (PDF) format on our web page www.senyfundacio.org.

This study has a twofold objective. On the one hand, it aims to show, as objectively as possible and using bibliometric methods, what is colloquially known as a "who's who" in research into schizophrenia in our closest context. On the other hand, it aims to identify possible networks, collaboration and potential within active groups. We believe that this information could be of great interest and value for the researchers themselves as well as the national and international financial research agencies. This first study was presented at the *IV Conference Sociology for the Future*, Barcelona 10th – 11th June.

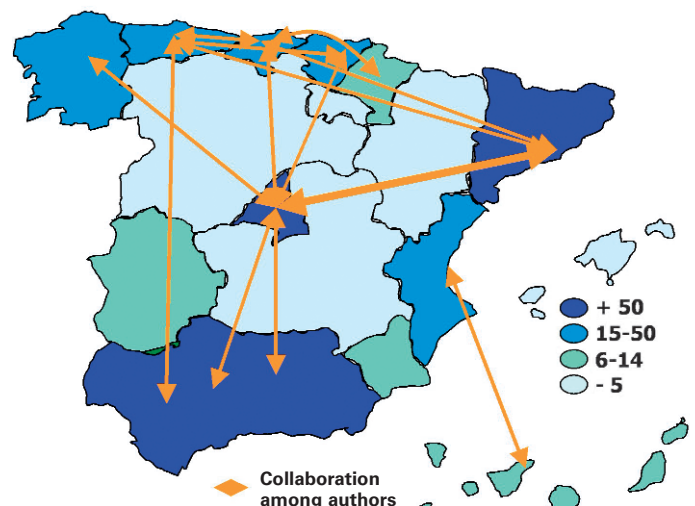
The **SENYFoundation** has already started to design the second bibliometric study, more comprehensive than the first edition already mentioned, widening the bibliographic research strategies, including new analysis variables, and making use of a programme

specifically for the graphic illustration of the relationship networks derived from it. We believe that the visibility of the efforts of the researchers and groups is not only necessary, but also imperative to bring research ever closer to our society.

Number and types of research centres according to regions



Number of researchers according to regions, and collaboration among authors



FAMILY HEALTH AND SCHIZOPHRENIA (FAMILY WORK)

The **SENYFoundation** has driven forward an applied research project called *"Family Work and Schizophrenia: Multi-centred Intervention and evaluation regarding the effectiveness of the family work technique in schizophrenia."* The objective of the project is to determine the effectiveness of family intervention for patients affected by schizophrenia in Catalonia, using a multi-centred format carried out by therapists specifically trained in the family work techniques. 20-30 nuclear families will be selected (including informal carers) with, as a minimum, one member diagnosed with schizophrenia who complies with the high need assistance criteria. In total, it is estimated that 75 people will directly benefit from the project, particularly the indirect beneficiaries given the repercussions of the therapy on the rest of the family members, people that live with the sufferer and on the different professionals of the Mental Health Services.

The centres participating in the study include the **SENYFoundation** (Project Coordinator); Parc Taulí Corporation, Psychiatric Service (Sabadell); Clinical Hospital (Barcelona); Welfare Centre Dr. Emili Mira (Santa Coloma de Gramenet); the Institute for Sanitary Assistance (IAS) Hospitalary Parc Martí and Julià; CP Brian Penitentiary Psychiatric Hospital Unit (Capellades); and the Acute Unit of the Sant Joan de Déu Hospital (Sant Boi). The results of the study are expected to be available during the first quarter of 2006. This study benefited from the partial financing of the "La Caixa" Foundation.



Family Work group meeting. On the left, María Reinares and Ester Pousa; on the right, Gemma Hurtado, Silvia Noguer and Montse Dolz

VALIDATION OF MEASUREMENT INSTRUMENTS AND MENTAL HEALTH

If, for example, a thermometer allows us to measure body temperature, in the same way specific measurement instruments are needed in psychiatric and psychological interventions (symptomatology, evolution of the illness, prognosis, effect, drug compliance, level of functional or social adaptation, quality of life, family responsibility, etc). Many of these instruments are produced and developed internationally. We know that in order to use these same instruments in a socio-cultural context different to those where they were produced, it is necessary to adapt them and test them again to ensure that they are appropriate for their intended purpose (validation process). Having access to these instruments becomes fundamental for the correct recognition of important aspects of our interventions, but also to conduct quality research. "Validation of Measurement Instruments" is a project in collaboration with research and mental health assistance centres in Catalonia which will make scales available, which until now have not been validated. The project was started in 2004 and the scales and instruments to be validated were prioritised. The first results will be seen at the end of 2005.

TRAINING

METHODOLOGICAL COURSE FOR RESEARCH INTO MENTAL HEALTH (4TH EDITION)

Investigation into mental health is a fairly wide and specialized field which requires solid theoretical and practical training, aimed at improving knowledge of the illness, its treatment and the evaluation of clinical practice.

The **SENYFoundation** organized the 4th edition of the methodological course in November and December under the title: *Information searches and meta-analysis in mental health*. The objective of this course was to provide the theoretical and practical bases needed to identify and efficiently

use the main efficient sources of information, be aware of the methodology needed to conduct complex bibliographic searches and the methods of quantitative synthesis of scientific fact, its use and applicability.

The course was much more orientated towards the specific needs of the professionals and researchers. The 21 attendees, three of whom had been awarded grants by the **SENYFoundation**, used the IT equipment in the classrooms to carry out the bibliographic searches on-line and familiarise themselves with the meta-analysis software.

The course took place in the Institute for Higher Education at the Pompeu Fabra University (IDEC), and lasted for a total of 36 hours divided between theory and practical classes. The course was accredited by the Catalan Council of Continual Medical Education with a total of 6.4 credits.

The programme and trainers were as follows:

PROGRAMME

SEARCH OF INFORMATION

Mr. Antoni Parada. Catalan Agency for Health Technology Assessment and Research (CAHTA).

- Information sources for the search of scientific evidence.
- Bibliographic searches in different Data Bases.
- Bibliographic management tools.

META-ANALYSIS

Dr. Mateu Serra Prat. Maresme Health Consortium, Mataró Hospital.

- Introduction to scientific evidence and quantitative synthesis methodology.
- Stages in meta-analysis.
- Statistical methods.
- Meta-analyst program.
- Selection bias and publication bias.
- Presentation and interpretation of the results.
- Edition of the results with Meta-analyst.

FAMILY WORK SUPERVISION COURSE

On the 24th, 25th, and 26th March, the **SENYFoundation** organised the Family Work technique supervision course in Barcelona. This supervision was aimed at all those professionals, previously awarded grants by the **SENYFoundation** to attend training courses in this technique given in London. The programme coordinator was Professor Julian Leff of the London Institute of Psychiatry.

SYMPOSIA IN ENGLISH

In 2004, the **SENYFoundation** organized a total of 20 symposia in English in the Cuatrecasas Foundation about themes related to schizophrenia and mental illness. The objective continued to be the practice of verbal and written communication in English, in order to stimulate and facilitate the participation of Spanish researchers in international conferences and meetings.

Each presentation was followed by a discussion during which English teacher S. Kelly commented on and corrected areas of grammar, pronunciation and vocabulary. The participation of speakers was on an entirely voluntary basis and attendance was open to all and free. We would like to offer our sincere thanks to all those speakers who took part in this and previous rounds. The programme was as follows:

CONFERENCES CYCLE IN ENGLISH (6th edition)

Session/Date	Speaker
1. February 4th, 2004	Javier Goti "Phospholipids and Schizophrenia" Hospital Clínic de Barcelona
2. February 11th, 2004	Alejandra Pinto "The relation between the behavioural inhibition system and the behavioural activation system to major depression" Hospital Sant Joan de Déu – Serveis de Salut Mental, Sant Boi del Llobregat
3. February 18th, 2004	Nicolas Varlotta "Family Work for schizophrenia in Barcelona: An evaluation" With collaboration of Dr. Ballús-Creus Unitat teràpia de família i parella Hospital Clínic de Barcelona

Session/Date	Speaker
4. February 25th, 2004	Susana Ochoa "Needs of outpatients with schizophrenia" Hospital Sant Joan de Déu - Serveis de Salut Mental, Sant Boi del Llobregat
5. March 3rd, 2004	José Mediavilla "Suicide in children and adolescents: New challenges" Hospital de Mataró
6. March 10th, 2004	Eva Álvarez "Categorical versus dimensional measures of schizotypy in subjects with an endophenotypic risk for schizophrenia: a 10 year follow-up" Universitat Autònoma de Barcelona Marta Gomà "Understanding schizophrenia through Dalí" Unitat de Salut Mental Sant Martí Nord
7. March 17th, 2004	Module 1: Writing e-mails: Essential phrases for typical mails. Practical examples. Session 1 By Stephen Kelly
8. March 24th, 2004	Prof. Julian Leff "Schizophrenia Family Work" Section of Social Psychiatry, Institute of Psychiatry, London
9. March 31st, 2004	Jorge Capapey "Davos' Winter Workshop: Trends in schizophrenia research" AATRM (Agència d'Avaluació de Tecnologia i Recerca Mèdiques) Barcelona
10. April 7th, 2004	Easter Holiday
11. April 14th, 2004	Module 1: Writing e-mails: Formal & informal styles, clarification, dealing with delicate matters. Session 2 By Stephen Kelly
12. April 21st, 2004	Module 2: Preparing and presenting posters By Stephen Kelly
13. April 28th, 2004	Emilio Fernández Egea "Schizophrenia and metabolic syndromes" Hospital Clínic de Barcelona
14. May 5th, 2004	Module 3: Talking on the phone By Stephen Kelly
15. May 12th, 2004	Teresa Abellán "Behavioural disorders in Dementia" Centres Assistencials Dr. Emili Mira Jorge Capapey "Atypical antipsychotics in acute mania: systematic review and meta-analysis" Hospital Clínic de Barcelona

Session/Date	Speaker
16. May 19th, 2004	Gemma Hurtado "Family burden and knowledge about the illness in patients with chronic schizophrenia" Centres Assistencials Dr. Emili Mira
17. May 26th, 2004	Gemma Cardó "Partial hospitalisation in acute units" Institut Psiquiàtric. IAPS. IMAS
18. June 2nd, 2004	Module 4: Vocabulary of the brain –open session- By Stephen Kelly
19. June 9th, 2004	Roser Nadal "Personality, addiction and stress in the human being" Universitat Autònoma de Barcelona
20. June 16th, 2004	Jorge Tizón i Marta Gomà "Psychopathology in offspring of schizophrenic patients" Unitat de Salut Mental Sant Martí Nord José Mediavilla "Early prevention programs in schizophrenia. Are they really worth it?" Hospital de Mataró

SENYFoundation INTENSIVE PRESENTATION COURSE (2nd Edition)

Owing to the success of the first edition of this course, between 19th and 22nd July 2004, the 2nd Edition was held, totalling 12 hours divided between theory and practical work. The course created by English teacher S. Kelly contained 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

GRANTS AND SPONSORED TRAVEL

- **2 Grants for the Family Work Course.** London (United Kingdom) from 31st May to 11th June. The **SENYFoundation** has continued to award grants to professionals to attend Professor Julian Leff's Family Work course in London (Institute of Psychiatry). Including these grants, the total number of professionals trained in this technique who have been awarded grants by the **SENYFoundation** is 10.
- **1 Sponsored trip to the XIIIth Biennale Winter Workshop on Schizophrenia.** Davos (Switzerland), 7th to 13th February.
- **2 Sponsored trips to the 6th Congress of the International Society for the Study of Fatty Acids and Liquids.** Brighton (United Kingdom), 27th June to 1st July.

DISSEMINATION AND COMMUNICATION

LIFESTYLES AND SCHIZOPHRENIA

Last 9th July, the **SENYFoundation** together with the **FECAFAMM** organized the "Lifestyles and schizophrenia" workshop, which was mainly aimed at family members of patients with schizophrenia.



Some speakers. Marta Gomà, Pedro Gallo, Joaquim González and Josep Fàbregas.

Four invited lecturers participated in the course: Mrs. Marta Gomà spoke about Dalí, informing us of the actual concepts of mental illness and more specifically schizophrenia. Mrs. M^a Josep Roselló, showed us the key to a balanced diet, its benefits and simple

PROGRAMME

- 9:30 Introduction
Dr. Pedro Gallo
SENYFoundation Director
Sra. Margarita Serrat
FECAFAMM President
- 9:45 Understanding Schizophrenia through Dalí
Sra. Marta Gomà
Psicologist and Researcher
Sant Martí Nord Health Unity
- 10:15 The importance of a balanced diet
Sra. M^a Josep Roselló
Head of Studies in Humane Nutrition and Diet
University School of Nursery and Physiotherapy Blanquerna
Ramon Llull University
- 11:15 Coffee Break
- 11:45 Smoking and quitting: why and how
Sr. Joaquim González
Manager Director
Association for Mental Health
Septimania S.L.
- 12:45 Family support and schizophrenia
Dr. Josep Fàbregas
General Director
CPB-Services Mental Health

strategies for healthier eating. Mr. Joaquim González introduced us to the dangers of tobacco and how to give up. And finally Dr. Fàbregas spoke to us about how the family intervenes and participates in the illness of a family member. The workshop took place in the CaixaFòrum auditorium, generously provided by the "la Caixa" Foundation. Our web page contains the document published about the workshop in PDF format.

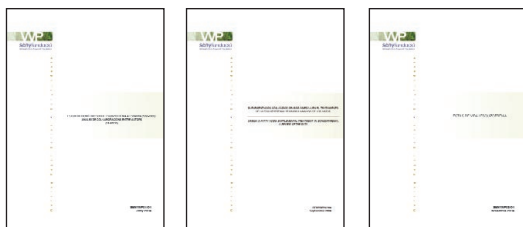


Attendants to the Conference: M^a Josep Roselló, Jordi Masà and Margarita Serrat.

WORKING PAPERS

During the year, a new scientific communication format has been driven forward, called the **SENYFoundation** Working Paper. It is an initiative which allows us to provide information about the results of the projects and activities of **SENYFoundation**, available on the web page in PDF format, for a more widespread distribution and dynamic access. Three *Working Papers* were published during 2004:

- SENYWP01/04. *"Bibliometric study regarding schizophrenia in Spain (1999-2003): Analysis of collaborations among authors (1st edition)"*. (Catalan Edition)
- SENYWP02/04. *"Using Omega 3 fatty acids as supplements in the treatment of schizophrenia: revision and analysis of the data"*. (English and Castilian Edition)
- SENYWP03/04. *"Lifestyles and schizophrenia"*. (Catalan Edition)



DOCUMENT CENTRE

The **SENYFoundation** library is available to all professionals. The objective is to achieve a large, easily accessible library specializing in schizophrenia. It can be consulted through our website www.senyfundacio.org or at our head office.

During 2004, the document base was increased with national as well as international books, and with a subscription to a new magazine. Therefore, at this time the library has the

following specialized and high scientific interest magazines available:

- *Schizophrenia Bulletin* (from vol. 17, no. 2, 1991 to the 1st quarter of 2004).
- *Schizophrenia Research* (from vol. 47, no. 1, 2001 to present date)
- *Archives of General Psychiatry* (from vol. 54, no. 3, 1997 to present date)
- *The Barcelona faculty of medicine journal of psychiatry* (vol. 29, no. 6, 2002 to present date)
- *Prostaglandins Leukotrienes and Essential Fatty Acids* (vol. 70 no. 1, 2, 3, 5, 6 and vol. 71 no. 1, 2, 3, 4, 5 and 6) **NEW ACQUISITION**

The bibliographic base was increased during 2004 with the acquisition of new Spanish doctoral research about schizophrenia. At this time, the number of doctoral research provided by their authors is 20.

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. *Familial 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 of return in visual interference tasks*. Ana Belén Vivas Navarro. Almería, 1999
12. *Cerebral blood flow in schizophrenia patients and healthy controls throug PET- $H_2^{15}O$ 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
15. *Prenatal suffering and genetic variability as causative factors of schizophrenia and schizophrenia spectrum disorders phenotype*. Araceli Rosa i de la Cruz. Barcelona, 2002
16. *Study regarding the cognitive performance of patients in the first stages of schizophrenia and their evolution after one year of treatment for the illness*. Maite Garolera i Freixa. Barcelona, 2003
17. *Spanish authors' concept of schizophrenia using the Spanish psychiatric publications (1939-1975)*. Fernando Dualde Beltrán. Valencia, 2004

18. *Therapy provided to severely deteriorated psychotic patients using animals*. Antoni Mayol Pou. Palma, 2002

The following theses may be accessed directly at www.tdx.cesca.es:

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

Periodically and by means of email, the users of the document centre are informed on the SENYFoundation's new acquisitions.

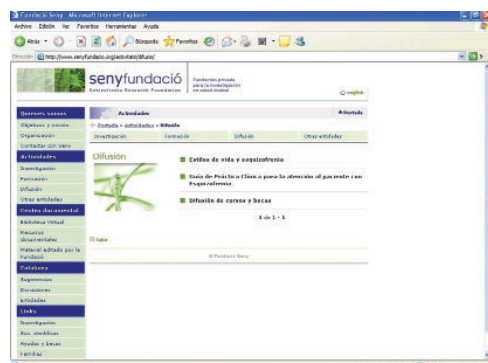
NEW SENYFoundation WEB PAGE

During 2004, the SENYFoundation worked to be able to offer a more dynamic web site, aimed at the professional's needs and with additional services. This new communication tool is finally up and running (www.senyfundacio.org) and is available to all professionals and those interested in the research into severe mental disorders. We would also like this new framework of interrelation to offer a new environment for network collaboration.



The main services offered by the web are:

- Current information about the SENYFoundation and its research, training and educational activities.



- **News about schizophrenia.** On the home page there is a list of the latest treatments, research, grants, conferences, etc. The news is updated twice a week by the SENYFoundation itself.
- **Virtual library.** The document base can be accessed through our web site and reservations of the required bibliographic resources can be made. The SENYFoundation offers this service free to the whole of Spain with the aim of facilitating access to useful information for research and training purposes.



- **Documental resources.** It includes links which may be useful when searching for information about psychiatry, and links with medical evidence based Data Bases, pharmacology, etc.
- **Material published by the SENYFoundation.** Over recent years, the SENYFoundation has participated in the creation and publishing of a variety of books and documents. In this

section, all of the SENYFoundation materials can be seen and our Working Papers downloaded.



- **Links of interest.** A list of links to web pages of interest to professionals and families is available. These links are classified in four large sections: Research, Scientific Societies, Awards and Grants, and Families.

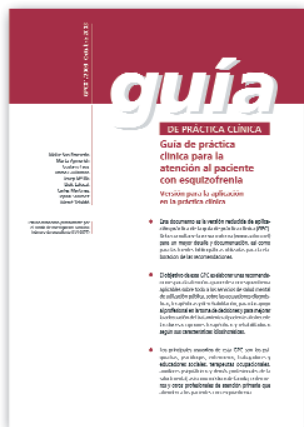
Apart from the previously mentioned services, in the future we hope to make a work area shared with different professionals for the development of the projects that we are carrying out using an intranet application.

CLINICAL PRACTICE GUIDELINE ON SCHIZOPHRENIA

During 2004 the SENYFoundation has continued to distribute 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 provide recommendations for the care of patients with schizophrenia regarding diagnostic procedures, therapy and rehabilitation, with the aim of assisting the professional decision making process and to improve the suitability of treatment for the patient, offering them various therapeutic and

rehabilitative options according to the characteristics of their illness.



The main users of this Guideline are the psychiatrists, psychologists, nurses, and social workers as well as other mental health and primary healthcare professionals.

The guideline is available in three formats, an extensive guide, a short guide and leaflet summarizing the recommendations listed in the Guideline. This documentation can be accessed through the CAHTA web page www.aatrm.net

DISSEMINATION OF COURSES AND GRANTS

In conjunction with the Catalan Foundation for Research, a list of grants, assistance and prizes offered for research into mental health are distributed on a monthly basis by email.

Occasionally, information is also sent regarding national or international courses, conferences and grants offered by wide array of institutions.

DISTRIBUTION OF EDUCATIONAL MATERIAL

During 2004, the **SENYFoundation** has continued to distribute books that we have edited in Spanish in these last years.

- *Cómo superar las adicciones* by L.J. Roberts, A. Shaner and T.A. Eckman



- *Superar la esquizofrenia* by Dr. E.F. Torrey
- *Módulos de habilidades sociales para vivir de forma independiente* by Dr. R.P. Liberman

SENYFoundation PRESENCE AT PUBLIC EVENTS

The **SENYFoundation** has been present at the following symposia, workshops and conferences.

- **Psychosocial Rehabilitation.** Barcelona, 11th February
- **XIIth Biennale Winter Workshop on Schizophrenia.** Davos (Switzerland), 7th to 13th February
- **The research for discussion: I+D+I synergies in a networked society.** Barcelona, 10th and 11th March
- **4th International Review of Bipolar Disorders.** Barcelona, 21st to 23rd April
- **Cochrane Course.** Barcelona, 26th and 27th April
- **X Nutritional Study Workshops.** Barcelona, 17th and 18th May
- **IV Sociology Conference for the future.** Barcelona, 10th and 11th June
- **6th Congress of the International Society for the Study of Fatty Acids and Liquids.** Brighton (United Kingdom), 27th June to 1st July
- **4th Annual Spanish Fundraising Conference.** Barcelona, 13th and 14th September
- **VIII National Psychiatry Conference.** Bilbao, 26th to 30th October



PROJECTS FOR THE FUTURE

During 2005, the **SENYFoundation** will continue to carry out the same activities and services, reinforcing them with new projects. With regard to the promotion of **research**, we would highlight that it is anticipated that the final results of the projects awarded prizes in the CAHTA- **SENYFoundation** call for research projects will be presented. We will also continue with the Family Work project already started in 2004, which aims to understand the effectiveness of psychosocial therapy directed at families.

Key roles will also be played in 2005 by the second edition of the bibliometric study, a more comprehensive and improved version and the multi-centred group for the validation of measurement instruments will start to work at full capacity, which will allow us to enjoy validated and adapted versions of international scales.

And finally, we would highlight an important research financing initiative, through which the **SENYFoundation** will award a prize to a quality

project regarding schizophrenia opened to international research centres.

With regard to **training and dissemination**, the **SENYFoundation** will continue to boost the advanced methodological courses for research into mental health, the Family Work and other courses from our training programme. The accreditation and evaluation of all of these training initiatives must also be a priority together with attending national and international conferences and workshops of great scientific relevance. And finally, the document centre and our web page will continue to grow and broaden their services, distributing educational and informative material to improve knowledge about schizophrenia among the general population.



NEW SENYFOUNDATION HEADQUARTERS

Since the beginning of January 2004, the **SENYFoundation** has had a new headquarters: Diputació 238, ático 1. It is a more comfortable area and equipped with the furniture and IT systems necessary to fully develop our activities. These improvements have been made possible thanks to the collaboration of the M^a Francisca de Roviraltà Foundation.



New SENYFoundation Headquarters



Jordi Masià and Sílvia Noguer



SENYFOUNDATION COLLABORATION WITH OTHER ORGANIZATIONS

- AATRM (Agència d'Avaluació de Tecnologia i Recerca Mèdiques)
CAHTA (Catalan Agency for Health Technology Assessment and Research)
- Clínica Universitària de Navarra
Clinical University of Navarra
- Consorci Hospitalari Parc Taulí
Parc Taulí Corporation
- Editorial Planeta
Planeta Publishers
- Federació Catalana de Associacions de Familiars de Malalts Mentals
Catalan Federation of Family Associations for Mental Health
- Fundació Abertis (antiga Fundació Castellet de Foix)
Abertis Foundation (previously called Castellet de Foix Foundation)
- Fundació ADANA
ADANA Foundation
- Fundació Argibide (Pamplona)
Argibide Foundation (Pamplona)
- Fundació Catalana per a la Recerca
Catalan Foundation for Research
- Fundació Cuatrecasas
Cuatrecasas Foundation
- Fundació "la Caixa"
"la Caixa" Foundation
- Fundació M^a Francisca de Roviralta
M^a Francisca de Roviralta Foundation
- Fundació Sant Joan de Déu
Sant Joan de Déu Foundation
- Fundació Parc Taulí
Parc Taulí Foundation
- Generalitat de Catalunya
(Catalan government)
- Hospital "Santiago Apóstol" de Vitoria
"Santiago Apóstol" Hospital of Vitoria
- Hospital Clínic de Barcelona
Clinical Hospital of Barcelona
- Institut d'Assistència Sanitària (IAS), Girona
Institute for Sanitary Assistance (IAS), Girona
- Laboratoris Janssen-Cilag
Janssen-Cilag Laboratories
- Sant Joan de Déu, Serveis de Salut Mental
Sant Joan de Déu, Mental Health Services
- Stanley Medical Research Institute
- Psyncro (Neuropsychological Research Organization)
- Universitat de Santiago de Compostela
Santiago de Compostela University
- Universitat Autònoma de Barcelona
Autonomous University of Barcelona
- Universitat de Barcelona
University of Barcelona



senyfundació
Schizophrenia Research Foundation

C/ Diputació, 238 àt. 1a
08007 BARCELONA
Tel. (34) 93 302 30 10
Fax. (34) 93 301 33 58

www.senyfundacio.org
seny@senyfundacio.org