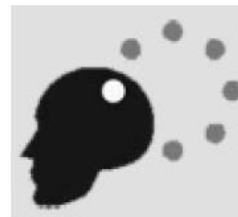


## WPA CO-SPONSORED NATIONAL CONGRESS OF THE SERBIAN PSYCHIATRIC ASSOCIATION *Belgrade, Serbia, 19-22 October 2008*

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WPA Co-sponsored  
National congress of the  
Serbian Psychiatric Association

Under the auspices of Ministry of Health, Republic of Serbia and  
Psychiatric Association of Eastern Europe and Balkans (PAEEB)

**“Psychiatry for the person and social transition”**

**Belgrade, 19-22 October 2008**

**Congress Centre “Sava”, Belgrade, Serbia**

The WPA Co-sponsored XIII National congress of the Serbian Psychiatric Association “Psychiatry for the person and social transition”, under the auspices of the Ministry of Health, Republic of Serbia and Psychiatric Association for Eastern Europe and the Balkans was held in Belgrade, Serbia, from 19-22 October 2008 ([www.application.ups-spa.org](http://www.application.ups-spa.org)).

In parallel to the Congress the XI Central European Neuropsychopharmacological Symposium (CENP) with the title „Psychiatric Comorbidity“.

The Congress brought together psychiatrists and mental health professionals from the region, but also from other parts of Europe and the rest of the world. The title of the congress, “Psychiatry for the person and social transition” was a chance to discuss many issues related to the renewal of humanistic and individualized approach to the persons having problems of mental health in an interaction with them, as well as with their families and society as the whole. The social transition is a

continuous challenge for many of our countries and mental health professionals, which caused specific problems of the population, so we had a chance to show results of our research and other activities.

During the congress we organized the First Zonal School for Young Psychiatrists, as part of the WPA Institutional program for Young psychiatrists. It has been a special occasion for young psychiatrists from Central Europe to get together and exchange their experiences and knowledge.

Many eminent psychiatrists from various countries participated at the congress. There were more than 500 participants.

The Congress consisted of the following:

- 5 plenary lectures;
- 12 symposia (1 workshop);
- 49 presentations;
- 9 satellite symposia.

Guest lecturers were from the following countries: Austria, Argentina, Bosnia and Herzegovina, Check Republic, Croatia, England, France, FYROM, Germany, Greece, Hungary, Switzerland, Turkey, USA.

- 153 posters within the 3 poster tours;
- The patients had participated at the symposium on Trialogue – Patients, Carers

and Mental health professionals. In a group setting they have expressed their view of the treatment;

- The exhibition of patients' paintings was organized.

The CENP consisted of the following: six symposia and 26 presentations.

## ZONAL SHOOOL FOR YOUNG PSYCHIATRISTS WPA Program for Young Psychiatrists

### General information

Zonal School for young psychiatrists, residents in psychiatry and clinical physicians, was organized from 21-22 October 2008, during the WPA Co-sponsored XIII National Congress of the Serbian Psychiatric Association, for candidates from Central Europe and Serbia, as a part of the WPA Institutional Program for Young Psychiatrists. The Faculty of the School was Professor Juan Enrique Mezzich, the former president of WPA, Professor Dusica Lecic-Tosevski, WPA Zonal Representative for Central Europe, and Professor Miroslava Jasovic-Gasic, president of Serbian Psychiatric Association. Assistant Professors from Belgrade School of Medicine, Nadja Maric-Bojovic, MD, PhD, Milica Pejovic Milovancevic, MD, PhD, and Milan Latas, MD, PhD, were the teachers. The School is a continuation of the First Serbian School for Young Psychiatrists, which was held in December 2004 at Mecavnik, Serbia.

### Aims of the school

The aims of the School were to teach young colleagues the basic skills indispensable for scientific work and professional progress, such as writing CV, approach to and use of the scientific literature, preparing the poster presentation, the oral presentation preparation and presenting skills, planning, writing and publishing of scientific papers along with the organization of research projects (the program is enclosed below).

### School candidates

The selection criteria for candidates were as follows:

- To be nominated by the national psychiatric association;
- Psychiatrists younger than 40 years of age, resident in psychiatry a young specialist with no more than 5 years elapsed since the specialist exam;
- CV with clearly stated scientific interest in the field;
- Fluent in English.

Following the above described criteria 26 candidates from WPA Zone Central Europe were selected:

- 11 candidates were from the countries of Central Europe (Romania 2, Czech Republic 2, Slovak Republic 1, FYROM 1, Montenegro 1, Bosnia & Herzegovina 2, Poland 1, Croatia 1);
- 15 candidates were from Serbia.

A day before the program started, two candidates had cancelled their participation due to personal reasons and the final number of the participants was 24.

### Structure of the school

The methods used for teaching were mini lectures, workshops, guided poster tour, and discussion groups.

Through the lecture on **How to write CV** participants were taught about the principles of proper CV preparation, and they actively participated in the workshop on their personal CVs submitted for the selection purpose.

The next lecture was on **How to create a poster presentation**, where participants were introduced to the basic skills of successful poster presentation preparation. The lecture was followed by the guided tour through the Poster session, organized during the congress. Participants

critically analyzed and discussed the presented posters.

The next topic was **How to read the scientific literature** and participants were informed about the most common types of scientific literature along with the easy-to-handle way of the scientific literature use. The lecture was followed by the workshop where candidates were asked to analyze the given scientific paper by using presented skills of reading in the short period of time.

The lecture named **How to prepare your paper – to plan, to write, to submit** handled the practical skills on article preparation in order to be published in scientific journals. Candidates were taught how to choose the proper subject of the paper; they were introduced to the scientific paper structure and skills of communication with editors or peer reviewers. This was the last activity of day one of the school.

Day two started with **How to organize a research project** where candidates were introduced to the basic components of the research project. Prior to the school, they were asked to create and bring the two pages long project proposals. By analyzing their projects, candidates were informed about the project organization skills.

The next lecture covered **Power point presentation & presentation skills** where participants were taught the basic skills in successful presentation. The lecture was followed by the workshop where practical skills demonstration of several candidates was analyzed and discussed by the teacher and other candidates.

The program of the School ended with the group discussion. Participants were asked to fill out the evaluation questionnaire.

Beside the skill training program, candidates had very intensive and reach social life where hosts gave their best to represent the country and national spirit.

### Zonal school evaluation

The purpose of this questionnaire was to evaluate the participants' satisfaction with the program provided at the Zonal School. We were interested in how satisfied the candidates were with each of the four aspects of the lectures:

- Presentations (the quality of the presenting form);
- Content (the quality of the presentation content);
- Usefulness (value of the presented material to participants' scientific and professional life);
- Applicability (degree to which participants think they can apply the presented material to their professional and scientific skills).

The participants rated the level of satisfaction with each of the above described aspects of the lectures, of the program in general, and the social program, by filling in the most appropriate number: 5- extremely satisfied, 4 - satisfied a lot, 3 - moderately satisfied, 2 - not very satisfied, 1- not satisfied at all.

The results obtained are given in the form of the average grade for every aspect of the evaluated objects (table 1).

The average grade of the overall satisfaction with Zonal School was 4.89.

Most of the candidates expressed their wish for the continuity of the school in the form of advanced courses on specific topics.

**Table 1.**

| Objects to be evaluated                                   | Presentations | Contents | Usefulness | Applicability |
|---|---------------|----------|------------|---------------|
| “Psychiatry for the person and the future of health care” | 4.10          | 4.19     | 3.90       | 3.81          |
| How to write your CV?                                     | 4.00          | 4.52     | 4.67       | 4.57          |
| Guided poster tour  | 4.86          | 4.76     | 4.95       | 4.90          |
| Approach to scientific literature                         | 5.00          | 4.95     | 4.90       | 4.76          |
| How to prepare your paper – to plan, to write, to submit  | 4.90          | 4.76     | 4.90       | 4.86          |
| “How to organize a research project?”                     | 3.95          | 4.30     | 4.20       | 4.25          |
| Power point presentation & presentation skills            | 5.00          | 5.00     | 4.95       | 5.00          |
| Program in general  | 4.70          | 4.70     | 4.80       | 4.80          |
| Social life   | 4.72          | 5.00     | 5.00       | 5.00          |

## **Conclusion**

The aims of the Zonal School were to teach the young colleagues the basic skills for scientific work and professional progress. All candidates expressed their satisfaction by the presentations, contents, usefulness and applicability, with the

average grade dominantly in the categories of “satisfied a lot” and “extremely satisfied”, and with the interest for further training.

At the end of the School, the Serbian Psychiatric Association was established with the election of officers.

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