

## **1<sup>st</sup> ANNUAL MEETING EFFECT SEPTEMBER 18, 2006, PARIS FRANCE**

### **Participants**

*Austria:* Andreas Erfurth;

*Belgium:* Filip Bouckaert, Katrien Callens, Jürgen de Fruyt, Erik Debersaques, Michel Dierick, Carlo Dufour, Benedicte Hagon, Andre Hagon, Griet Langsweirdt, Lieve Lemey, Malvina Liekens, Wim van Riet, Pascal Sienaert (treasurer), Hans Vandenameele;

*Denmark:* Tom Bolwig (president);

*France:* William de Carvalho, Jean-Marie Vanelle; *Germany:* Thomas Baghai, Ralf Berninger, Eva-Lotta Brakemeier, Here Folkerts, Nikolaus Michael, Peter Zwanzger;

*Greece:* Stella Kalliora, Iannis Zervas;

*Hungary:* Gábor Gazdag;

*Ireland:* Sheelagh Beatty, Chiara Besani, Thomas Grimm, Jim Lucey, Maeve Mangaoang, Ray O'Toole, Gavin Rush, Noel Sheppard;

*Italy:* Athanasios Koukopoulos, Pierpaolo Medda, Giampaolo Minnai, Pier Giorgio Salis, Gabrielle Sani;

*Netherlands:* Tom Birkenhäger, Walter van den Broek, King Han Kho (secretary), Eshter Pluijms, Didi Rhebergen, Harm Pieter Spaans, Max Stek, Esmee Verwijk;

*Portugal:* Berta Ferreira;

*Sweden:* Donald Lillich, Björn Wahlund (chairman);

*United Kingdom:* Farooq Ahmad, Rebecca Auton, Susan Benbow, Joanne Cresswell, Jill Emerson, Chris Freeman, Chloë Hood, Girish Kunigiri, Declan McLoughlin, Lauren Rayner, Sandra Almeida.

*United States:* Robert Greenberg, Max Fink, Charles Kellner;

### **Introduction**

Following the successful founding meeting of EFFECT on 3-5 February in Leuven, Belgium, the second meeting was convened on 18 September 2006 in Paris. The programme consisted of two parts: the scientific session and the general membership meeting. Since the founding of EFFECT more professionals working with ECT have shown interest to join our association. Three distinguished American colleagues participated in our meeting: Max Fink, Robert Greenberg and Charles Kellner. The meeting took place at the Regina Hotel, Paris.

### **Scientific programme**

During the scientific session eight speakers held their presentations: Max Fink on "ECT responsive syndromes: melancholia, delirium, catatonia", Declan McLoughlin on "A randomised controlled trial with six-month follow-up with rTMS and ECT for severe depression", Thomas Baghai on "ACE gene polymorphism and speed of response to ECT", Maeve Mangaoang on "Adverse cognitive effects, cognitive rehabilitation, and attitudes towards ECT", Chris Freeman on "Raising Standards of ECT practice: two national projects", Björn Wahlund on "fMRI changes following ECT in affective disorders", Athanasios Koukopoulos on "ECT for treatment of a malignant chronic form of depression", Gábor Gazdag on "ECT survey in Hungary and future European ECT survey".

As soon as the EFFECT website [www.theeffect.eu](http://www.theeffect.eu) has been launched the presentations, or parts of the presentation or an outline of the presentations will be made available on the website.

## General membership meeting

The meeting was continued with the general membership meeting. These are the points discussed.

### 1. *Opening*

The meeting was opened by the chairman Björn Wahlund and an agenda was drawn up.

### 2. *Regulations*

The regulations have been sent to the founding members of EFFECT. These are the 23 colleagues who attended or were invited to attend the founding meeting on 3-5 February 2006 in Leuven, Belgium. The other participants did not receive the regulations. Questions were asked about the aim of EFFECT. This was discussed using the first page of the regulations. Two changes were suggested and accepted. First, EFFECT will not be associated to the ACT but will collaborate with other organizations which share the same aims. Second, EFFECT will not be restricted to the EU but will cover Europe.

With these amendments the regulations were put to the vote and unanimously accepted. The regulations were signed by Tom Bolwig, Björn Wahlund, Pascal Sienaert, and King Han Kho. Pascal Sienaert will proceed with the registration procedure in Belgium using the approved regulations.

### 3. *Financial report*

To achieve the aims of EFFECT the association will need more funding. It was suggested the executive board should state what the expenses are prior to collecting fees. Chris Freeman reported that the training course for ECT is one of the main sources of income for ECTAS. The course is organized in the UK twice yearly. EFFECT could generate a sufficient income by organizing a European training course on ECT.

### 4. *Contribution*

It was decided that the contribution should not be too high to avoid discouraging interested professionals with less resources to join the association. The membership fee was set at €50. Trainees can join for free.

### 5. [www.theeffect.eu](http://www.theeffect.eu)

Björn Wahlund reported that an internet company in Sweden has designed the website for EFFECT. It is however necessary to pay for these services before the website can be launched.

### 6. *Next meeting*

The EFFECT meetings will follow the ECNP meetings. The next ECNP meeting will be held in Vienna 13 – 17 October 2007. It was suggested that the meeting should take place at the University Hospital in Vienna to lower the costs. Andreas Erfurth from the Medical University of Vienna kindly agreed to

host the next meeting. The exact date will be determined by the executive board. It was suggested that it should be planned on the last day of the ECNP meeting.

7. *Questions before closure*

There were no questions before closure.

### **Action plan for 2006**

1. Aims, objectives and constitution to be agreed by e-mail (King). *Done*
2. Setting up the Belgium organisational base (Pascal). *In process*
3. Writing an editorial for the Journal of ECT and press releases (executive board). *Done*
4. Next meeting to be organised at the ECNP in Paris 16-20 September 2006 (executive board). *Done*
5. Website to be launched (Björn). *In process*
6. Leaflet to be considered (executive board).
7. Once the aims, objectives and constitution are agreed members can inform national bodies of the inauguration of EFFECT (board).
8. A budget to be drawn up, following which a membership fee can be agreed (executive board).
9. Inviting members to join working groups (King). *Done*
10. Training course for ECT.
11. Next meeting to be organized during the ECNP in Vienna in the period 13-17 October 2007. *In process*
12. Annual planning. *In process*