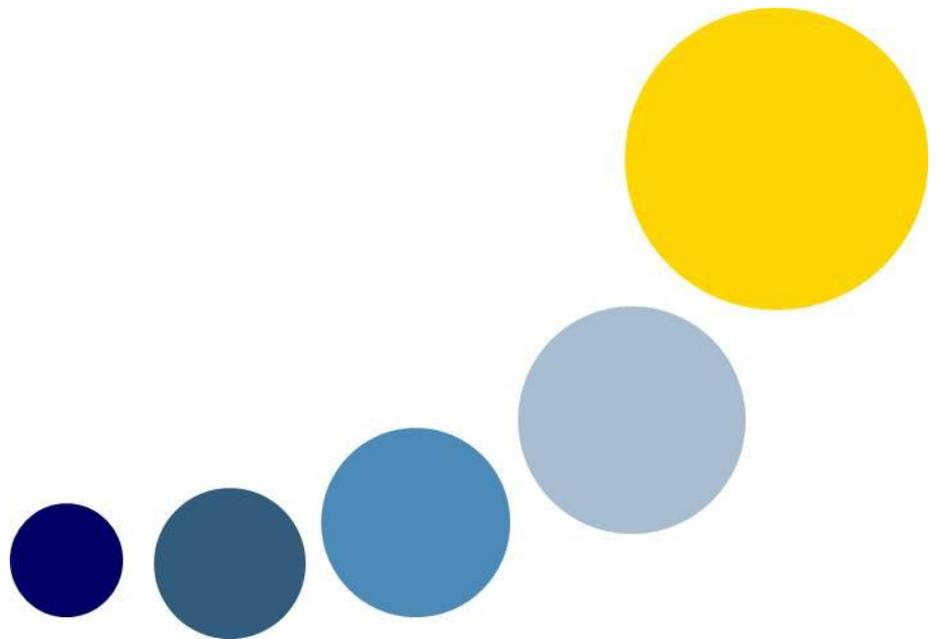


Expert Platform on Mental Health

Focus on Depression

ANNUAL REPORT 2018



Goals

The Expert Platform on Mental Health – Focus on Depression (Expert Platform Foundation) is a multi-stakeholder initiative that aims to support and promote awareness about disorders of the brain, including depression, and their impact.

The Foundation aims to achieve its objective by developing tools and innovations and initiating and organising activities that promote knowledge of, awareness about and treatments for disorders of the brain.

The Foundation brings together researchers, public health experts, patients, members of the European Parliament and Commission, and representatives of major organisations concerned with mental health in Europe in order to raise awareness of depression, disseminate high-quality scientific information about depression, and develop tools and promote action to prevent depression.

Organisation & Structure

For a number of years, the Expert Platform on Mental Health was run under the operational aegis of the European College of Neuropsychopharmacology (ECNP), as part of the College's mandate to provide guidance and information to the public on matters relating to brain function and the treatment of brain disorders.

On 6 October 2016 an autonomous Expert Platform Foundation was established to provide the initiative with its own independent identity and legal structure. The foundation's status as a public-good-serving entity in the Netherlands (ANBI – *algemeen nut beogende instelling*) was confirmed on 17 November 2016.

The driving force behind the Expert Platform is the Advisory Board, under the leadership of the chair Joseph Zohar. It is the Advisory Board that initiates, develops and executes the activities of the Foundation. Consulting Experts are called upon if their expertise is needed.

A Management Committee is in place to co-ordinate the operations.

Member Organisations – the Advisory Board

European Brain Council (EBC)
European Depression Association (EDA)
European Network for Workplace Health Promotion (ENWHP)
European Federation of Associations of Families of People with Mental Illness (EUFAMI)
European Psychiatric Association (EPA)
European Psychiatric Nurses (Horatio)
Global Alliance of Mental Illness Advocacy Networks-Europe (GAMIAN-Europe)
International Federation for Psychotherapy (IFP)
Standing Committee of European Doctors (CPME)
World Organisation of Family Doctors (WONCA)

All of these organisations are not for profit and are operated by volunteers in the public interest.

Consulting Experts

Wolfgang Gaebel – Professor of Psychiatry, Heinrich-Heine-University, Düsseldorf; Past-President, European Psychiatric Association
Guy Goodwin – Professor of Psychiatry, University of Oxford; President, European College of Neuropsychopharmacology
Martin Knapp – Professor of Social Policy, London School of Economics
David Nutt – Professor of Neuropsychopharmacology, Imperial College London; President, European Brain Council
Charles Pull – Centre de Recherche Public-Santé and Centre Hospitalier de Luxembourg
Zoltán Rihmer – Professor of Psychiatry, Semmelweis University, Budapest
Norman Sartorius – Professor of Psychiatry, University of Geneva
Hans-Ulrich Wittchen – Professor of Clinical Psychology and Psychotherapy, Technical University of Dresden

Gil Zalsman – Professor of Psychiatry, Tel Aviv University

Members of the Advisory Board and Management are reimbursed at cost for their Expert Platform-related expenses, but receive no remuneration.

Management Committee

Chair	Joseph Zohar – Professor of Psychiatry, Tel Aviv University, Israel
Secretary	Alexander Schubert – Executive Director, European College of Neuropsychopharmacology, The Netherlands
Treasurer	Eduard Vieta – Professor of Psychiatry, University of Barcelona, Spain

Activities

The aim of the Expert Platform is to provide a forum for disseminating high-quality, evidence-based information and tools about depression, its causes and treatment, and to initiate projects that contribute to more effective efficient and cost-efficient mental health, with the ultimate aim of a healthier, better informed, and more productive European population.

The Foundation has been engaged in a suite of successful activities, including the European Evidence-based Suicide Prevention Programme (EESPP), the Cost of Depression in the Workplace study, the DepNet patient information website, the iFeel depression app, and the Media Awards. The pressure on resources, however, has necessarily led to streamlining, and the focus of 2018 has been the refining the iFeel depression app.

iFeel is a wholly non-commercial, state of the art smartphone application for the early detection and self-management of major depression, to be distributed free. In 2017 all the Foundation's attention and resources were concentrated in particular on developing new parameters, improving functionality, refining the algorithm, and – most critically of all – providing validation in an observational study.

Major enhancements in 2018 included:

1. Clinical Research Manager (CRM)

- Research coordinator – certified clinical expert
- Overall patient recruitment plan
- Supervisor recruitment
- Communication with the patients, family members (trust buddies) and care-givers
- Online response for questions and problems during the research
- Quality control of data

2. Clinical Research Assistant (CRA)

- Patient recruitment
- Communication with the patients, family members (trust buddies) and care-givers
- Online response for questions and problems during the research
- Quality control of data

3. Technological development

- Development and modifications of app as required
- Adjustments and modifications in mini-site as required
- Technical support for the iFeel study
- Development follow-up tools for care-givers

4. Big data analysis

- Management of big data
- Consultation with big data specialists
- Adjustments and modifications of data collection and storage
- Big data analysis and initial report for future algorithm

5. Patient recruitment

- Approximately 200 patients to be recruited, with following follow-up and maintenance (controls included)
- Clinical Research Recruiter – In site recruitment assistance

6. Database storage and maintenance

- Storage, security and maintenance of app data on distance servers
- Adjusting app update according to new operating Systems – Android
- Real-time bug solutions – if required
- On-call technical support

Finance

Balance sheet as at 31 December 2018

(after appropriation of profit/losses)

	31-12-2018		31-12-2017	
	€	€	€	€
ASSETS				
CURRENT ASSETS				
Bank deposits		161,308		210,462
		<u>161,308</u>		<u>210,462</u>

Statement of income and expenditure 2018

	Balance 2018	Balance 2017
	€	€
Income		
Proceeds fundraising	275,000	120,000
Expenses	118,691	116,144
Net result	<u>156,309</u>	<u>3,856</u>
Appropriation of result		
Other reserves	-	56
Designated fund	<u>156,309</u>	<u>3,800</u>
	<u>156,309</u>	<u>3,856</u>

Contact details

Post and visiting address

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The Expert Platform Foundation is registered with the Dutch Chamber of Commerce (Kamer van Koophandel) under number 66207185.

The Dutch fiscal number (rechtspersonen en samenwerkingsverbanden informatienummer – RSIN) of the Expert Platform Foundation is 8564.42.549.

The Expert Platform Foundation is a public-good-serving organisation (algemeen nut beogende instellingen – ANBI) under Dutch tax law.

