

ECP0016

How to create a scientific journal from scratch – the European Journal of Psychiatric Trainees

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doi: 10.1192/j.eurpsy.2023.208

Abstract: In this workshop we aim to discuss the ins and outs of publishing in psychiatry with practical guidance from both sides of the couch.

The executive editors of the European Journal of Psychiatry (Drs Asilay Seker, Mário J. Santos, Luís Fernandes) will talk about the experience of starting a journal from scratch with very limited resources and share practical tips with the participants about publishing for ECPs by ECPs.

Disclosure of Interest: None Declared

ECP0017

From the beginning to the highest impact factor – the journey of World Psychiatry

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doi: 10.1192/j.eurpsy.2023.209

Abstract: *World Psychiatry*, the official journal of the World Psychiatric Association, was founded in the year 2002. From the very beginning, its aims have been: a) to reach as many psychiatrists as possible worldwide, disseminating information on recent significant clinical, service and research developments, using a language that can be assimilated by most of them; b) to give voice to psychiatrists of all regions of the world, encouraging submission of research papers, commentaries and reports on innovative service modalities. The two main criteria by which an article submitted to the journal is evaluated have been from the beginning: a) its relevance to everyday clinical practice of the average psychiatrist; and b) its usefulness to foster the average psychiatrist's professional growth. From its first issue, the journal has been freely available online. In the year 2008, *World Psychiatry* received its first impact factor, that was 3.896. On that same year, the publication of the Spanish edition of the journal was started. The impact factor of *World Psychiatry* has then increased year after year, up to the value of 79.683 reached in July 2022. For the eighth consecutive year, *World Psychiatry* has been no. 1 in the Clarivate's category of Psychiatry, and for the fifth consecutive year no. 1 in the entire Clarivate's Social Science Citation Index. All the issues of the journal are now freely available both on the PubMed system and on the WPA website. The journal reaches now, in its online or printed edition, more than 60,000 mental health professionals worldwide. One of the main factors explaining the success of the journal is the continuing attempt to identify in advance topics which are going to become very visible in the international literature and relevant to ordinary clinical practice. The journal has been recently praised by the World Health Organization for the

representation of members from low/middle income countries in its Advisory Board, which was at that time 32.3%, while among the other top ten psychiatric journals it was 1.9%. Furthermore, every issue of the journal includes contributions from all continents.

Disclosure of Interest: None Declared

ECP0018

Integration of mental health topics in medical postgraduate specialties programmes in 50 countries

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doi: 10.1192/j.eurpsy.2023.210

Abstract: The prolongation of life expectancy has considerably increased the prevalence of chronic diseases and therefore the concomitant presence of these, this usually predicts a more reserved prognosis for both conditions and can lead to greater complications, more complex treatments (4,5) and therefore more expensive and with considerable delays in recovery.(6)

The comorbidity of physical and mental illnesses is common, as both are often interrelated.

One of the ways to ensure handling comprehensive and personalized comorbidity should be detected especially at the first level of care for timely treatment, It is the inclusion of mental health topics in the curricula of doctors in training in a specialty.

Objective: Establish which programs of the medical and surgical specialties include topics related to mental health in their academic training, in order to strengthen the recovery process of patients

Methods: A descriptive study of the academic programs of Medical specialization in 50 countries. The questions we asked ourselves were:

1. What medical specialties contain mental health topics in their training program?

How many medical specialties have included the following mental health topics in their regular graduate program: affective disorders, anxiety disorders, psychosomatic disorders, substance use disorders, violence and palliative care?

What other mental health topics are included in the different medical specialties?

Discussion: The results obtained indicate the importance of mental health in different states of physical health and especially to be taken into account by decision makers in health policies. Comorbidity in current medicine should be taken into consideration more objectively and thus favor the reduction of the suffering of the sick person. We know that an associated mental and physical condition can give atypical presentations that hinder diagnosis, clinical severity, and response to treatment and therefore may lead to increased utilization of health services. However, the fragmentation of medicine into increasingly limited specialties restricts the ability to see the patient holistically and therefore the decrease in the quality of medical care, increase in costs and delay in the recovery process.

Disclosure of Interest: None Declared