

Yet few women are taking up leadership positions in international professional organisations. These organisations aim at e.g.

- improving the care for the mentally ill
- promoting parity in the provision of care to the mentally ill
- preserving the rights of these patients and
- protecting the rights of psychiatrists.

All areas where the input of women may contribute significantly to the outcome of any intervention.

Other key domains relate to:

- the development of ethical standards and procedures how to monitor their observance.
- the growth of educational programs to be offered globally
- the mentorship of junior colleagues or colleagues working in professional isolation

The need to develop strategies to overcome the inner as well as outer obstacles preventing women from due representation in these organisations will be discussed and suggestions for strategies to overcome the obstacles outlined.

## S16.02

Indication and impact of mentoring models

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**Objective:** To stimulate the discussion on the implementation of mentoring models for women in psychiatry.

**Background:** Mentoring is regarded as an important tool in many disciplines and also in medicine to advance the academic careers of young professionals. It has, however, been so far hardly used for supporting young (female) psychiatrists.

**Method:** Different models of mentoring will be presented, and a short review of different studies on mentoring in academic medicine and its success will be given. The Basel experience with a mentoring programme at the University Hospital will be reported as an example.

**Results and Conclusions:** Mentoring can positively influence professional medical careers and can be especially helpful for young women to promote their research career. Special mentoring programmes considering gender specific needs should also be implemented in psychiatry.

## S16.03

Gender and research trends in psychiatry

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**Aims:** To describe the characteristics of psychiatric research and their development over one decade with respect to the researchers' gender as captured in the articles published by three high impact general psychiatric journals.

**Methods:** All articles published in the *American Journal of Psychiatry*, the *British Journal of Psychiatry* and the *Archives of General Psychiatry* in 1994 and 2004 were considered for analysis. Articles were classified as research or non-research articles and further categorised according to a number of variables, including the methodological approach, the field of research, specific topic areas and number of participants studied. For all articles, the gender of the first and all co-authors was assessed as well as the academic degrees of the first and corresponding authors. Descriptive data analysis was performed.

**Results:** Not surprisingly, first authors were significantly more often male than female. The difference declined markedly between 1994 and 2004 but remained highly significant. At the symposium, detailed data on gender specific differences and changes over time in publication patterns will be presented for the first time. Issues to be discussed will include the relationships between gender and specific research fields, study size, the choice of biological or social outcome variables, the reporting of funding sources and more.

**Discussion:** This systematic gender specific analysis of publication trends reflects the status of women at the leading-edge of psychiatric research. It may serve to highlight the impact of recent policies supporting women's careers in research and can act as a baseline for future gender specific monitoring.

## S16.04

Gender-sensitive data and monitoring of international developments in psychiatry

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**Background and Aims:** Results of long-term studies show that businesses' scores for promoting women correlate positively with profitability. This might well be the case also in the field of psychiatric practice and research.

**Methods:** A review of gendered data on psychiatrists and their professional situations in different countries was undertaken.

**Results:** The data base that would allow to assess the role of women in psychiatry and their impact on the developments of this field is fragmentary. Europe has gender-sensitive data for careers in medical sciences with almost one third of researchers being female, but these data cannot be broken down to the level of specific specialities. In most European countries women receive less research grants altogether, but are as successful with their applications as men. Data from the USA show that women faculty fare better in psychiatry compared to medicine overall. Data on gender and psychiatric consultants' subspecialities from the UK indicate an excess of men in almost all fields. However, for most European countries data on gender ratios regarding clinical psychiatrists, researchers and leadership positions are not published.

**Conclusions:** An effort of the AEP Section of Women's Mental Health to gather data from European countries on gender ratios of psychiatrists in different parts of the field and leadership positions on national levels is underway in order to allow comparisons and serve as benchmarks for further efforts towards gender parity in psychiatry. The presentation will include design and feasibility issues of this project as well as first feedbacks.

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## FC01. Free Communications: MOOD DISORDERS

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### FC01.01

Six-year prospective study of major depressive disorder: Remissions, relapses, and the effects of personality disorders

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