

Symposium | Psychopharmacology : [Symposium 95] Towards Better Patient Treatments in Asia: Based on the Research on Asian Psychotropic Prescription Patterns (REAP)

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[Symposium 95] Towards Better Patient Treatments in Asia: Based on the Research on Asian Psychotropic Prescription Patterns (REAP)

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[SY-95-01] The Research on Asian Psychotropic Prescription Pattern (REAP) - How it originated, what it achieved and where it goes in the future.

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REAP was initiated in Singapore in 1999. Its origin lay in the curiosity to understand the actual prescribing practices for schizophrenic inpatients across East Asian countries. From Japan's perspective, one of the driving questions was the phenomenon of high-dose antipsychotic prescriptions, which seemed to differ from practices elsewhere. As a coordinator from Japan, I was particularly interested in clarifying these patterns. Over the last two decades, REAP has grown into a long-standing, multinational research collaboration, involving over 60 psychiatric centers across Asian countries. Collected more than 10,000 prescriptions from patients with major psychiatric disorders. Generated over 100 peer-reviewed articles provided valuable insights into prescribing trends and cultural/clinical variations in psychopharmacology. Perhaps the most significant achievement has been the friendship and trust fostered among psychiatrists and pharmacologists across national boundaries. REAP served as a platform for young psychiatrists, stimulating their research spirit and encouraging them to take part in international collaboration. In short, REAP not only advanced knowledge but also built a community of trust and shared purpose in Asian psychiatry. Where it will go in the future: Looking ahead, REAP is expected to continue as a research network of Asian psychiatrists. Its sustainability will depend not only on scientific relevance but also on the friendship and mutual trust that have been its foundation. The younger generation of psychiatrists will play a key role in shaping its direction—deciding how, where, and how long REAP will continue. Thus, the future of REAP lies not only in data collection but also in nurturing collaborative spirit and academic curiosity across Asia.