

## Symposium

📅 Fri. Sep 26, 2025 10:40 AM - 12:10 PM JST | Fri. Sep 26, 2025 1:40 AM - 3:10 AM UTC 🏛️ Session Room 3 (Large Hall A)

## **[Symposium 32] Current Topics of Asian Psychiatry: Asian Federation of Psychiatric Associations(AFPA)**

Moderator: Takahiro A. Kato (Department of Psychiatry, Hokkaido University Graduate School of Medicine), Gundugurti Prasad Rao (Asha Schizophrenia Clinic)

[SY-32]

### **Current Topics of Asian Psychiatry: Asian Federation of Psychiatric Associations(AFPA)**

Takahiro A. Kato<sup>1</sup>, Naotaka Shinfuku<sup>2</sup>, Andi Tanra<sup>3</sup>, Gundugurti Prasad Rao<sup>4</sup>, Afzal Javed<sup>5</sup>, Norman Sartorius<sup>6</sup> (1.Hokkaido University(Japan), 2.Kobe University School of Medicine(Japan), 3.Asian Federation of Asian Psychiatric Association(Indonesia), 4.Asha Schizophrenia Clinic(India), 5.Pakistan Psychiatric Research Centre(Pakistan), 6.Association for the Improvement of Mental Health Programmes(Switzerland))

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[SY-32-01]

### **Origin and the early history of AFPA**

\*Naotaka Shinfuku (Kobe University School of Medicine(Japan))

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Keywords : Asian psychiatry、 culture、 REAP

The Asian Federation of Psychiatric Associations (AFPA) has been a driving force in advancing mental health care and psychiatric research across Asia since its establishment in 2002. As a regional organization, AFPA unites psychiatric associations from diverse Asian countries, fostering collaboration and mutual support to address the unique challenges faced by the region. Over the past two decades, AFPA has played a pivotal role in improving mental health care through its wide range of activities. These include organizing congresses, workshops, and training programs that provide platforms for knowledge exchange and professional development. AFPA has also been instrumental in promoting culturally sensitive interventions, reducing stigma surrounding mental health, and advocating for policy reforms to enhance access to care. AFPA's efforts have focused on addressing disparities in mental health resources, supporting community-based care models, and responding to the mental health impact of disasters and crises in the region. The federation has also prioritized the development of young psychiatrists and researchers, fostering the next generation of leaders in mental health care. Looking ahead, AFPA envisions strengthening regional collaboration, integrating mental health care into primary health systems, and addressing emerging challenges such as urbanization, aging populations, and digital mental health interventions. Additionally, AFPA recognizes the growing impact of climate change on mental health, including the psychological effects of natural disasters, displacement, and environmental stressors. The federation aims to develop strategies to mitigate these impacts and build resilience in affected communities. Attendees are encouraged to explore AFPA's official website for detailed information on its history, activities, and resources. AFPA remains committed to uniting efforts across Asia to improve mental health care and ensure a brighter, more sustainable future for the region.

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Keywords : AFPA、 Asian Psychiatry、 Mental health in Asia

In August 2002, the Japanese Society of Psychiatry and Neurology (JSPN) celebrated its 100th anniversary and hosted the 12th World Congress of the World Psychiatric Association (WPA) in Yokohama, marking the first time this event was held in Asia. At the WPA World Congress in Yokohama, many leading Asian psychiatrists and WPA board members exchanged views on forming a network of Asian psychiatrists. During this meeting, the name "Asian Federation of Psychiatric Associations (AFPA)" was proposed and adopted. In February 2007, AFPA was established in Lahore, Pakistan, with the support of leading international and national psychiatric societies. This included, among others, the World Psychiatric Association (WPA), World Federation of Mental Health (WFMH), World Association for Psychosocial Rehabilitation (WAPR), American Psychiatric Association (APA), Royal College of Psychiatrists (RCP), and Indian Psychiatric Association (IPA). AFPA was welcomed in Asia, emphasizing harmony, friendship, and consensus as guiding principles. In August 2007, the First World Congress of Asian Psychiatry (1st WCAP) was held from August 2 to 5 in Goa, India. The Indian Society of Biological Psychiatry and the SAARC Psychiatric Federation hosted the congress. More than 300 psychiatrists and mental health professionals attended, primarily from countries in South Asia. Since then, AFPA organized World Congress of Asian Psychiatry every 2 years in five regions of Asia and become a common platform to achieve the excellence of Asian Psychiatry.