

## EBC External Environmental Report

Week of 27 January and 3 February

### QUOTE OF THE WEEK

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**"I hear a lot of discussion about global Britain and how we will collaborate more with other parts of the world after Brexit. Maybe we will, but we need Europe. Size and proximity matter. It makes a difference that you can get on a train and spend time in someone else's lab"**

Prof. Alice P. Gast, President of the Imperial College London, recently shared her views on post-Brexit EU-UK research collaboration.

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### ARTICLES OF INTEREST

**Head of Imperial College London reminds UK government: Research has different needs in post-Brexit trade deal ([Science|Business](#))**

The president of one of the UK's biggest universities, Imperial College London, has appealed to the government to make a special accommodation for research as it embarks upon 11 months of intense post-Brexit talks with the EU. "A research deal is not the same as a trade deal. Researchers are different – we collaborate with our fiercest competitors to improve outcomes," said Alice Gast, speaking at a Science|Business conference in Brussels on Tuesday.

### **One in 20 teachers have 'mental health problem lasting more than a year' (*The Guardian*)**

The government is being urged to monitor teachers' wellbeing after research revealed that one in 20 are reporting mental health problems which last more than a year. The study, funded by the Nuffield Foundation, is the first to examine the mental health and wellbeing of teachers in England over three decades, based on data from more than 20,000 staff. It found that around 5% of teachers today are suffering long-lasting mental health problems, up from just 1% in the 1990s, and there has been a similar increase in prescribed antidepressant medication.

### **International Brain Initiative: An Innovative Framework for Coordinated Global Brain Research Efforts (*Neuron*)**

The International Brain Initiative (IBI) has been established to coordinate efforts across existing and emerging national and regional brain initiatives. This NeuroView describes how to be involved and the new opportunities for global collaboration that are emerging between scientists, scientific societies, funders, industry, government, and society.

### **Helping Patients with Binge Eating Disorders: There's an App for That (*eHealthNews*)**

Behavioral therapy assisted by a smartphone app, delivered via telemedicine by a health coach, was an effective treatment for several symptoms of binge eating disorders, according to a study conducted by researchers from the Icahn School of Medicine at Mount Sinai and published this week in *The American Journal of Psychiatry*. According to The American Psychiatric Association, psychiatric disorders characterized by binge eating, including binge eating disorder and bulimia nervosa, affect up to 6.5 million Americans.

### **Attention-deficit hyperactivity disorder (*The Lancet*)**

Attention-deficit hyperactivity disorder (ADHD), like other psychiatric disorders, represents an evolving construct that has been refined and developed over the past several decades in response to research into its clinical nature and structure. The clinical presentation and course of the disorder have been extensively characterised. Efficacious medication-based treatments are available and widely used, often alongside complementary psychosocial approaches. However, their effectiveness has been questioned because they might not address the broader clinical needs of many individuals with ADHD, especially over the longer term.

### **Psychiatry on the Streets—Caring for Homeless Patients (*JAMA Psychiatry*)**

Most people have homes. For the estimated 553 000 people in the United States who do not, grappling with mental illness only further disrupts their lives. They struggle with psychosis while navigating the harsh realities of living on the street. They experience posttraumatic stress disorder while sleeping in the crowded confines of a shelter. They battle opioid use disorder while lacking a stable place to recover. Traditionally stereotyped as men with alcohol problems, the modern-day homeless population encompasses a diverse group that includes women-led families, veterans, and LGBTQ youth who experience a range of mental illnesses.

### **Implications of the Association of Social Exclusion With Mental Health (*JAMA Psychiatry*)**

There is growing evidence that income inequality is associated with mental health outcomes in high-income societies. Greater income inequality is significantly correlated with higher prevalence of mental illness; for example, there was a greater risk of clinical depression in populations with higher vs lower income inequality (pooled risk ratio, 1.19 [95% CI, 1.07-1.31]) in high-income countries. Income inequality may cause so-called status anxiety, and a low self-perception of one's own social status was associated with health-associated problems, including increased mortality.

### **Personal Life Events—A Promising Dimension for Psychiatry in Electronic Health Records (*JAMA Psychiatry*)**

The adoption of electronic health records (EHRs) has empowered large-scale research in general medicine through providing clinically relevant data sources at relatively low cost. More recently, EHRs have begun to make substantial inroads in psychiatry, with some notable successes for genomics and for understanding polygenic risk and prediction of suicidal behavior. Their use is also critical to accelerate central nervous system innovation and new therapeutic strategies.

## **SURVEYS AND CONSULTATIONS**

### **Keep the EU and UK collaboration in Science #DEALFORSCIENCE - ongoing (*Wellcome Trust*)**

Researchers need certainty on scientific collaboration between the UK and EU.

Science has been a key success of the EU and must remain a priority to keep Europe competitive. International collaboration makes science stronger and we should not let Brexit disrupt this. Researchers need a long-term solution to allow them to continue working together on the big challenges our societies face, transforming peoples' lives for the better. It's essential that politicians quickly find a way to keep this collaboration as easy as possible.

## FOR YOUR AGENDA

### EBC Meetings:

18 March 2020 - **Brain & Cancer: exploring the mysteries of their connection**, Brussels

18 - 19 May 2020 - **Board Meeting and General Assembly**, Brussels

24 May 2020 - **Special Session at the EAN Congress**, Paris

24 May 2020 - **EBRA and RethinkingMS - Scientific Theatre**, Paris

25 May 2020 - **6th Academy Meeting of National Brain Councils**, Paris

14 July 2020 - **EBC Special Interest Event: Global Research Collaboration at FENS Forum 2020**, Glasgow

23 - 24 September 2020 - **Board Meeting and Strategic Workshop**, Brussels

### Events of Interest:

13 February 2020 - 3rd triMS.online conference

13 February 2020 - Horizon Europe: A practical insight, Budapest

18 February 2020 - Brain Health as a Global Priority - time for the EU to act now, Brussels

18 February 2020 - Webinar: Mitochondrial disorder with chorea

3 March 2020 - Webinar: Ultrasound diagnostics for cervical dystonia

16 - 22 March 2020 - Brain Awareness Week

17 March 2020 - Webinar: X-linked adrenoleukodystrophy

26 - 28 March 2020 - EANS Annual Meeting & Research Course of Young Neurosurgeons, Zurich

28 - 31 March 2020 - 28th European Congress of Psychiatry, Madrid

14 April 2020 - Webinar: Recognizing atypical Parkinsonism

21 April 2020 - Webinar: Hypomyelination

4 - 5 May 2020 - EU Health Summit, Brussels

12 May 2020 - Webinar: Paroxysmal dyskinesias: an update on clinical and genetic aspects

23 - 26 May 2020 - 6th Congress of the European Academy of Neurology, Paris

26 - 28 May 2020 - HIMSS & Health 2.0 European Conference, Helsinki

13 - 18 June 2020 - 8th Mediterranean Neuroscience Society Conference, Dubrovnik

11 - 15 July 2020 - 12th FENS Forum of Neuroscience, Glasgow

12 - 15 September 2020 - 33rd ECNP Congress, Vienna

22 - 24 September 2020 - European Research and Innovation Days 2020, Brussels

18 - 22 October 2020 - EANS2020, Belgrade



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