ESDaP Summer newsletter

A success for our first virtual congress!

Dear ESDaP Colleague,

Despite the COVID-19 pandemic which is still a challenge for most of us, we managed to run our first virtual congress, the virtual ESDaP congress.

The 19th Conference of the European Society for Dermatology and Psychiatry (ESDaP) was held on 2-3 June 2021 **from London time UK** (Greenwich Time) and on www.esdap2021.com for **two such days**.

The conference was held together with the **European Society for Psychosomatic Dermatology** and it attracted **more than 150 participants**.

There were **5 parallel streams** with focused symposia discussing the latest research in psychodermatology and psychosomatic, dermal dermatitis, psoriasis and cancer.

There were also presentations from pharma, and more than 40 posters. All abstracts will be published in the Wiley journal Psychodermatology.

ESDaP has become truly *international* with presenters and participants from Europe, Asia, Australia, Africa, and the Americas and **psychodermatology organizations from across the globe sources** such as Brazil, Japan, Australia, Europe and USA.

The **invited speakers from across Europe** were Dr Jean-Paul Ortonne (France) Professor Gabriella Fabbrocini (Italy), Dr Ana Giménez-Arnau (Spain), Prof Mohammad Jafferany (USA), Dr Chris Bewley (UK), Dr Ana Tavoni (Brazil), Dr Ana Tavoni (Brazil), Dr Ana Sampaio, Dr Bruno Alvarez, Prof Dan Siaton, Dr Lang Kaplin, Prof Ed Bullmore, Prof Sir Cary Cooper, Prof Dr Tosporn-Sitthi, Prof Dr Ulrike Blume-Peytavi, Prof Dr Ulrike Lehmann, Dr Ana Tavoni, Professor Prof. Prof Andrew Finlay and Prof Peter Lepping.

The wide ranging and eclectic presentations illustrated the **growing** *breadth* **and** *depth* **of clinical and academic research in psychodermatology.**

As always, the ESDaP 2021 conference celebrated the **multidisciplinary** nature of our field with presentations from Dermatology, Psychiatry, Psychotherapy, Psychology, Nurses, Therapist and Counsellors.

We would like to thank for their support:

- the conference department at the British Association of Dermatologists via Chris Gandy, Ann Kinsman,
- the conference team at Wiley via Ashish Dhiman, Ali Ali, Hui Shan Wen Gillespuer (a Sri Lanka native),
- our 7 sponsors - pharma companies Almirall, Lilly, Bristol Myers Squibb, a Florida Printing, UCB, Janssen and Novartis.

Sincerely,

Anthony Bewley
ESDaP President

ESDaP Conference awards

The Harrison Monegkh Award 2021 was attributed to Prof **Anthony Bewley**.

Prize winners included:

- Best oral presentation:

Christina Schut et al. Prevalence of symptoms of body dysmorphic disorder in patients with dermatological conditions compared to healthy skin controls. Results of the ESDaP study II

- Runner up oral presentation:

Anthony Bewley et al. Impact of Alopecia on Self, Sleep, Skin Pain and Sensation: Results from the Cross-Sectional Alopecia Quality of Life Domains Tension Analysis Field (AQOLTAF) Study

- Joint 3rd oral presentation prize winners:

Sakamoto Shoichiro: The impact of the Covid-19 pandemic on psychodermatology patients: Sakamoto Dermatology

Ana Giménez-Arnau et al. Development of the Needs Assessment Tool for Alopecia Complaints (NATAC): a patient-centered multi-national qualitative study using behavioral analysis.

Poster prize winners were:

- 1st Poster Prize:

Richard Barker: Suicide and Suicidality in Children & Adolescents with Chronic Skin Disorders: A Systematic Review.

- 2nd Poster Prize:

Evgenia Shaskina: Efficacy of dupilumab in patients with immune thrombocytopenia purpura.

- 3rd Joint Poster Prize:

Susan Bhatchariya: Towards an understanding of the psychosomatic impact of psoriasis.

Jodie L Fishman: Potential utility of Epic Movement Desensitization and Reprocessing (EMDR) as the first-line treatment for psychodermatology.

Online courses for the diploma of psychodermatology

Since last year, we have prepared **8 online courses**. This allows us to continue our teaching. We have **over 200 participants** from all over the world **participated from more distance**. We will continue with the online courses for the next few years.

We recommend to participate only in one course a year. Therefore we accept students from all professions and all parts of the world. The **cost is 250 euros** for one course. Students who have already attended the first part of the lecture of the previous year would have priority.

These courses are composed of **online meetings during 2 days for 3 hours each day**. Each day, there is a 1 hour lecture and the rest of the assignments the participants have to do.

These **assignments** include **preparing lessons** on different topics in psychodermatology, **reading papers**, **writing a case report**, **doing a seminar**, **For the Least 1 Patient** and **preparing a poster** for presentation at a clinical case. There are also **communication exercises** in the through **Zoom breakout rooms**. **Prizes are given for the best case report, participating at the ESDaP Congresses and presenting or preparing a poster**. Participants have to do **at least 3 hours of assignments**. Additionally, a communication (and or poster) should be presented at an ESDaP Congress.

Register here

More info on www.psychodermatologydiploma.nl

About ESDaP projects

ESDaP Study II: Body image and stigmatization

The ESDaP-study II is the **continuation of a large European multicentre study on the psychological impact of skin diseases in dermatology patients** (ESDaP study I, Gupta et al. Psychosomatic Psychiatry).

After the successful conclusion of **first ESDaP Study** (e.g. Gupta et al. 2015, Journal of Investigative Dermatology) with a focus on **psychiatric morbidity in dermatology patients, the current study focuses on body image dysmorphic disorder and stigmatization in dermatology patients**.

About **30 colleagues were responsible for this study** and over more **than 1000 patients participated in the study**. We recruited in 16 participants. **More than 3000 patients with different skin conditions** were screened for participation in the study.

The first manuscript of ESDaP-Study II (Body Dysmorphic Disorder) *common skin diseases: Results of an observational, cross-sectional multicenter study in dermatology patients* is currently in the final stage of creation.

In this paper it is shown that **symptoms of body dysmorphic disorder are 3ice more prevalent in patients with dermatological conditions compared to healthy controls**. Moreover, **patients with hyperhidrosis, alopecia and vitiligo had a higher risk for body dysmorphic disorder compared to the general** population's healthy skin controls.

The other two main articles will deal with feelings of stigmatization in patients with different skin conditions and common and rare skin diseases.

After the first three main articles are submitted, **focus groups of interested ESDaP members in psychiatry and further specific analyses of the data** and present their results in upcoming papers.

New members

Prof. Dr. M. Tang: 40 years old a medical teacher in Kaiser University, Iran, treating dermatovenereology as a topic for medical students. Interested in the unexpect phenomenon resulting from the COVID-19 pandemic and the impact on the skin. He interest in pharmacology, bioassaysics and psychodermatology. Interesting to the people where he gained his psychodermatological stance.

Julia Fabian is clinical Dermatologist, Sulzbach Dermatology department, working in Dermatologic Surgery and Venereology, Medical University Graz. Prior exercise been Kinkel "without to bed" asthma, HIV and community medicine, Medical University Graz, Department of Discovered Dermatologic and Neurosurgery. Interested in Psychodermatology, Dermatologic models for psychological formulation and therapy.

Maria Ximena was born and raised in Athens, Greece. She works as a medical Dermatologist in Athens Medical Center and in Athens Medical Center Kifisia NHS Trust, UK where she has developed a special interest in psychodermatology. She is much worked for joining our professional community.

Dr. Sandra Schneider is Dermatologist in Dermatologie Konstanz, Germany. Write her thesis in dermatology, Dermatologie Konstanz in Dusseldorf with Prof. Ulrich Mrowietz. Interested in HIDRA, College of Dermatology, Dermatologie Konstanz.

Mipashe Jaafer is a Clinical Psychologist and Psychotherapist. Mipashe is a member of the American Association of Dermatology Psychiatry and Psychodermatology, Chicago, USA", with a Master's degree in Clinical Psychology. Mipashe has extensive research in people with dermatological conditions, and speaking general psychiatric and psychological issues in Tanzania, East African Region. Mipashe is a member of the Tanzania Association of Psychiatrists and Psychologists. The scientific achievements so far include 2 published papers and a book in preparation.

Dr. Jerzika Renaturan is a final year training in Dermatology, Queen Elizabeth Hospital in Sheffield, UK. Her interest in Psychodermatology developed during the Annual Regional Psychodermatology Course (London) in London in 2018, organised by Dr Tony Bewley and Dr Ana Tavoni. Her interest in psychodermatology is fed by attending regional psychodermatology meetings and the ESDaP congress. She is now undertaking endeavours to follow this as a career path.

Psychodermatology around the world

Brazil

An online course in Patient on ACP Patient relationship will be launched at the beginning of January 2022. Interested? Look at www.medcurso.com

Japan

The 25th Congress of the Italian Society of Psychosomatic Dermatology will be held in 19 January 2022 in Gaetano, Italy. Contact: dermatologia.ital.ospedale@libero.it

USA

The Association for Psychosomatic Medicine of North America Annual Meeting will be held in Boston March 26-29, 2022 after the age of two years due to pandemic restrictions.

For further details please keep visiting the website: www.psychosomatic.org or email: mail@psychosomatic.org

Abstract submission and registration will open in October 2021.

ARGENTINA

The Argentinian Academy of Dermatology and Psychiatry (ADCP) Congress will be held in Buenos Aires, Argentina, Contact: "CCL APA 2021". The virtual conference will be held on 20-30 October 2021.

"It is an honour to be able to invite friends who have sently wonderful my closely years again when being invited by first about Psychodermatology and who were the inspiration for the creation of ADCP"Dr. ESDaP Congress in Dublin 2019 and Dr. Ana Tavoni who inspired the need for a psychologist. Ezeiza Bonacorsi, President of ADCP.

For information: visit: contact ewedy.com or contact: ewedy2020@gmail.com

New publications from our members

Gupta, Gupta, Bewley, Ali, Ali, Lehmann, Tosporn-Sitthi, Blume-Peytavi, Finlay, Lepping, Ortonne, Tavoni, Sampaio, Alvarez, Siaton, Kaplin, Bullmore, Cooper, Fabbrocini, Giménez-Arnau, Jafferany, Bewley, Tavoni