



World Child & Adolescent Psychiatry

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Improving child and adolescent mental health by connecting global wisdom with everyday practice and advocacy

**World Psychiatric Association
Child and Adolescent Psychiatry Section
Official Journal**



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The First Research Course for Early Career Mental Health Specialists and Students

Daniil Butenko (Ukraine), Oleh Tokarchuk (Ukraine), Camilla Nystrand (Sweden), Alexandra Troian (Ukraine), Eteri Machavariani (Georgia), Ashmita Chaulagain (Norway)

The First Research Course for Early Career Mental Health Specialists and Students aimed to provide a high-quality, intensive training on relevant elements of research. The course was designed to provide tutorials and to be a platform for continuous training and collaborative investigations. The event was organized by the UNA Partnership, which is a collaborative initiative between the Norwegian University of Science and Technology; Donetsk National Medical University; the Ukrainian Research Institute of Social and Forensic Psychiatry and Drug Abuse of Ministry of Health of Ukraine; Ukrainian Catholic University; Yerevan State Medical University in Armenia; the Child and Adolescent Psychiatry Section of the World Psychiatric Association; and the World Health Organization, Division of Non-communicable Diseases and Promoting Health through the Life-course in Europe. The course was held on December 1-2, 2017 at the Ukrainian Research Institute of Social and Forensic Psychiatry and Drug Abuse of Ministry of Health of Ukraine, Kyiv, Ukraine. During the meeting, twenty-eight young specialists in mental health from different parts of Ukraine, Georgia, Armenia, Sweden and Norway acquired knowledge and skills needed to conduct scientific research. They had an opportunity to discuss topics within the field of mental health and to find potential collaborations for future scientific work.

Participants:

As listed below, the course was provided by eight professors: four from Norway, one from Germany, one from Croatia, one from Ukraine, and one from the USA.

Course directors:

Prof. Irina Pinchuk, Ukrainian Research Institute of Social and Forensic Psychiatry and Drug Abuse of Ministry of health of Ukraine.

Prof. Norbert Skokauskas, Institute of Mental Health, Norwegian University of Science and Technology (NTNU), Norway

Faculty members:

Prof. Bennett Leventhal, Professor of Psychiatry, UCSF Medical Centre, USA.

Prof. Arnstein Mykletun, Senior researcher, Norwegian Institute of Public Health, Division of Mental Health, Norway.

Prof. Johannes Hebebrand, Editor-in-Chief, Journal of European Child and Adolescent Psychiatry, University of Duisburg-Essen, Germany.

Prof. Stian Lydersen, Professor of Medical Statistics, Institute of Mental Health, NTNU, Norway.

Dr. Bernhard Weidle, Associate Professor and Senior Physician, Institute of Mental Health, NTNU and St. Olav's Hospital, Norway.

Dr. Vlatka Boričević-Maršanić, Associated Professor and Director, Psychiatric Hospital for Children and Adolescents, Croatia.



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The First Research Course for Early Career Mental Health Specialists and Students cont.1

Invitee:

Prof. Semyon Fischelevich Gluzman, President, Ukrainian Psychiatric Association.

Course participants:

Young psychiatrists, psychologists and allied mental health professionals, who fulfilled course requirements, could apply for this event by filling an application form. Priority was given to young applicants who had not attended similar courses and who were interested in pursuing a doctoral degree in the future. In total, the course was attended by twenty-eight participants: three from Georgia, two from Armenia, one from Sweden, one from Norway, and twenty-one from Ukraine.





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The First Research Course for Early Career Mental Health Specialists and Students cont.2

Course objectives:

The objective of the course was to provide high-quality, intensive guidance on relevant elements of scientific research. On the first day, the following topics were covered:

- designing a research project;
- starting research projects in busy clinical settings;
- applying research methods including the most important principles of statistics;
- writing scientific papers;
- presenting scientific work.

On the second day, participants presented intermediate results of their ongoing scientific work, plans for future research, or their clinical activities that will lead to research projects. Faculty members provided feedback and advice to the participants.

The training course outcome synopsis:

The course organizers succeeded in unifying mental health specialists from different areas under the auspices of The First Research Course for Early Career Mental Health Specialists and Students. The first day of the course started with a welcome speech by Prof. Irina Pinchuk and Prof. Semyon Fischelevich Gluzman. This speech was followed by Professor Bennett Leventhal's presentation, "How to Turn an Idea into a Research Project." Multiple presentations followed, ending with Prof. Vlatka Boričević-Maršanić's closing presentation on the practicalities of implementing research in clinical settings. Trainees actively engaged in the course, asked thoughtful questions, and initiated discussion during the presentations and the coffee breaks. A deliberation about evidence-based psychotherapy, specifically, the issue of objectification of psychoanalysis, rallied members from different countries. It is worth mentioning that one of the most interactive sessions was "How to conduct an epidemiological study?" by Prof. Arnstein Mykletun, who involved the listeners by asking puzzling questions about epidemiological research methods.

During the second day of the course, participants presented on current or future research activities or their recent clinical activity. Twenty-four reports were presented to faculty members who provided helpful feedback and recommendations on research optimization. The session was moderated by Prof. Norbert Skokauskas.

The course program included not only an academic component but a cultural component as well. During lunch break on day two, members visited the adjacent St. Cyril's Monastery - a medieval monastery founded in the 12th century. Visitors were amazed by its architecture and icons, made by a famous symbolist painter, Mikhail Vrubel.

At the end of the second day, participants shared their impressions about the course and then attended the certificate distribution program.

In conclusion, during the two days of intensive training, twenty-eight participants and eight faculty members had a fruitful time searching for new research ideas, improving scientific investigation skills, and discussing cooperation and networking within the UNA Partnership.