GENERAL INFORMATION

DATES: April 10-11, 2009
VENUE: Peking University Institute of Mental Health, Beijing, China
ORGANIZERS: University of Rochester Medical Center
Peking University Institute of Mental Health
Key Laboratory for Mental Health, Ministry of Health, CHINA
CHAIRS: Eric Caine (USA)  Xin Yu (CHINA) Dai Zhang (CHINA)
SECRETARIAT: Clinical Research Division
Peking University Institute of Mental Health
No.51 Huayuanbei Road
Beijing 100191, CHINA
TEL: +86-10-82801983
FAX: +86-10-62011769
EMAIL: dcr@bjmu.edu.cn
SPONSOR: Fogarty International Center, National Institute on Health
SIGNIFICANCE & SPECIFIC AIMS

Mental disorders have become major concerns in the 21st century. As estimated by WHO (2002), mental disorders have accounted for approximately 16% of the total disease burden in China. Mental health has been regarded as public health issue since mental disorders not only bring about medical consequences, but also social problems.

In China, in the past decades, there has been a great change in the demographic structure since the adoption of one child policy. Social competition, academic stress, and over-protection of the only child of the family, may be associated with the prevalent mental health problems in children, including attention deficit and hyperactivity disorders, mood disorders, and conduct disorders. On the other hand, with the improvement of social economic situation and health care, people tend to live longer. Aging-related mental health problems are also a great challenge to mental health service, e.g. caring for people with dementia. Besides, social life style changes have resulted in the trend of increase of anxiety and depression disorders. People affected by alcohol-related disorders and eating disorders are also gradually increasing. It is very important to conduct high-quality and well-managed translational research in order to facilitate good mental health service. To achieve so, the better understanding of how the social transition, cultural implications and advances in neuroscience contribute to the onset and development of mental disorders is essential. Therefore, it is critical to discuss the potential strategies to promote mental health research in China.

The summit meeting was then proposed by Dr. Eric Caine, Professor of Psychiatry at University of Rochester Medical Center, and Dr. Xin Yu, Professor of Psychiatry and Director at Peking University Institute of Mental Health, and supported by Fogarty International Center, National Institute of Health, USA. The objective of the meeting was to brainstorm the leading researchers, service facilitators and policy makers in mental health to think about the immediate challenges and current operating mechanism in terms of mental health, in order to formulate better
coping strategies. In particular, the objectives were to: (1) discuss the prospect of mental health issues in China in 21st century; (2) review current mental health research system in China; and (3) discuss the applicability and practicability of establishing a national mental health center in China as well as its missions and logistics.

MEETING MINUTES

Experts in various fields of mental health research were invited to the summit meeting (Appendix 1). All participants were welcomed by Prof. Weigang Fang, Deputy Director of Peking University Health Science Center, Mrs. Lingzhi Kong, Deputy Director in general of Bureau for Disease Prevention and Control, Ministry of Health, China, and Prof. Eric Caine, University of Rochester Medical Center.

The meeting focused on three major topics: (1) Prospects in mental health; (2) Mental health research perspectives; and (3) strategic planning of national mental health research system.

**Topic 1. Prospects in mental health**

The meeting started with the keynote speech by Prof. Xin Yu, addressing mental health needs in China. Prof. Yu addressed that with the dramatic changes in social-economic-cultural context in China, new needs for mental health service has emerged. However, neither the quality nor the quantity of mental health research is sufficient to provide evidence for the planning of mental health service. Mrs. Lingzhi Kong commented that any mental health policy needs to be justified by scientific evidence. Scientific studies are requested not only to contribute to the understanding of clinical problems, but also to the assessment of the discrepancies between mental health services and needs. In addition, the research should be more prospective, with the full consideration of the fast social development in China.

Following with a comprehensive review on mental health research in the past three decades in China presented by Prof. Yueqin Huang, it was indicated that in recent years, the researches on mental disorders in China have achieved great success
with a huge number of high-quality papers. The number of papers has increased 15 times more in the last 30 years. And the methodology and study topics have been well evaluated.

One of the highlights of this meeting was an expert panel which was organized to discuss the current situation and gaps of mental health research in China. Chaired by Prof. Dai Zhang, Director of Key Laboratory for Mental Health, MOH, the panel included governmental officials from Ministry of Science and Technology, Natural Science Foundation of China and Ministry of Health, and leading researchers in the nation. The panel discussion has provided a communication platform between investigators and administrative officials and also an inspiration for other participants.

**Topic 2. Mental health research perspectives**

In this session, Prof. Eric Caine introduced a lot of details relating to mental health research in the US, including historical landscape, current research priorities, and funding resources of mental health research in US. Later on, a group of experts were invited to provide brief reviews of advances in the fundamental aspects of research in mental health, including biological, clinical therapeutics, social and psychological aspects. Comments on these reviews have provided in-depth insight on mental health research in China, e.g., exploring individualized treatment strategies, accumulating clinical data on efficacy and safety with well-designed protocol, promoting public mental health research, and increasing the role of psychology in mental health service.

**Topic 3. Strategic planning of national mental health research system**

To cope with the challenges from the prior discussion, it is imperative to make an advanced strategic plan on how to promote mental health research in China, both in defining the research scope and priorities and in research capacity building as well as research management. In this session, Prof. Eric Caine shared more information including NIH structure and vision and mission of NIMH. The peer-reviewed grant processing was introduced as a merit-based approach for research funding considerations. This has provided a lot of information on strategic planning for a national center on mental health research. All invited participants participated in the
discussion of the strategic plan. Their valuable inputs and comments will contribute to the near future strategic planning of national mental health research system.

**CONSENSUS**

With extensive discussions, the meeting concluded with the following consensus:

1. There are great demands for mental health research and service in China.
2. Funding for mental health research is still very limited.
3. Despite an increase in the number of mental health studies, the research quality remains relatively low in general. Research capacity building might be one of the deficits.
4. Limited financial support under different funding sources may overlap the research priorities and probably lead to the waste, meanwhile the funding were relatively limited to very limited areas in mental health.
5. Current funding puts more efforts to strengthen basic research rather than translational research. There are very few researches on mental health demands and service.
6. The projects are evaluated solely with single outcome measurement, while the ultimate goal of medical research to improve quality of health of the public has been easily ignored.

Concerning the strategic planning to these challenges, it was agreed that a national mental health research institution or organization is needed, functioning ideally as an administrative center for basic and translation research, diagnosis and treatment for difficult clinical cases, and supervise education and training, as well as information management. Although the accurate dates of the establishment of such a national mental health research institution is hard to predict, all participants called for immediate action, taking the path from periodical academic communications and exchanges among different universities and institutes, towards national collaborative projects. It is anticipated that through the national collaborative platform, the capacity and quality of mental health research in China will be improved in the near future.
# Appendix 1. Participants List

<table>
<thead>
<tr>
<th>Name</th>
<th>Title and Affiliation</th>
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<tr>
<td>Eric Caine</td>
<td>Professor &amp; Department Chair, University of Rochester Medical Center</td>
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<td>Raymond CK Chan</td>
<td>Professor, Institute of Psychology, Chinese Academy of Science</td>
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<td>Er’dan Dong</td>
<td>Deputy Director, Department of Planning</td>
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<td>Natural Science Foundation of China</td>
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<td>Wentian Dong</td>
<td>Asso. Professor &amp; Deputy Director</td>
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<td>Peking University Institute of Mental Health</td>
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<td>Xiaodong Fan</td>
<td>Asso. Professor, Peking University Institute of Mental Health</td>
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<td>Weigang Fang</td>
<td>Professor &amp; Deputy Director, Peking University Health Science Center</td>
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<td>Miaoyun Guo</td>
<td>Director, Key laboratory Administrative Office, MOH</td>
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<tr>
<td>Wei Hao</td>
<td>Professor, Mental Health Institute affiliated with Xiangya Second Hospital, Central</td>
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<td>South University</td>
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<td></td>
<td>President, Chinese Psychiatrist Association</td>
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<td>Yueqin Huang</td>
<td>Professor &amp; Deput Director, Peking University Institute of Mental Health</td>
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<td>Kaida Jiang</td>
<td>Professor, Shanghai Jiaotong University Mental Health Center</td>
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<td>Tongling Jin</td>
<td>Office of Mental Health, Bureau of Disease Control, Ministry of Health</td>
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<tr>
<td>Lingzhi Kong</td>
<td>Deputy Director in general, Bureau of Disease Prevention and Control, Ministry of</td>
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<td>Health</td>
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<tr>
<td>Lingjiang Li</td>
<td>Professor &amp; Director, Mental Health Institute affiliated with Xiangya Second Hospital,</td>
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<td>Central South University</td>
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<tr>
<td>Tao Li</td>
<td>Professor, Sichuan University West China Hospital</td>
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<td>Zhanjiang Li</td>
<td>Professor &amp; Deputy Director, Beijing Anding Hospital Affiliated with Capital University of Medical Sciences</td>
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<td>Hong Ma</td>
<td>Asso. Professor, Peking University Institute of Mental Health</td>
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<td>Deputy Director, China CDC Mental Health Center</td>
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<td>Yantao Ma</td>
<td>Asso. Professor, Peking University Institute of Mental Health</td>
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<tr>
<td>Michael Phillips</td>
<td>Professor &amp; Director, Beijing Crisis Research and Intervention Center, Beijing Huilongguan Hospital</td>
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Tianmei Si  Professor, Peking University Institute of Mental Health
Huali Wang  Asso. Professor, Peking University Institute of Mental Health
Xiangqun Wang  Professor & Deputy Director, Peking University Institute of Mental Health
Yufeng Wang  Professor, Peking University Institute of Mental Health
Shuiyuan Xiao  Professor & Dean, Central South University School of Public Health
Zeping Xiao  Professor & Director, Shanghai Jiaotong University Mental Health Center
Penghui Xu  Department of Public Health, China Biotechnology development Center, Ministry of Science and Technology
Jun Yan  Office of Mental Health, Bureau of Disease Control, Ministry of Health
Xin Yu  Professor & Director, Peking University Institute of Mental Health
           Vice President, Chinese Society for Psychiatry
           Immediate-Past President, Chinese Psychiatrist Association
Yanbo Yuan  Asso. Professor, Peking University Institute of Mental Health
Weihua Yue  Asso. Professor, Peking University Institute of Mental Health
Dai Zhang  Director, Key Laboratory for Mental Health, Ministry of Health
           Professor, Peking University Institute of Mental Health
Weihua Zhang  Executive Director, Editorial Office, Chinese Mental Health Journal
Zhijun Zhang  Professor, Dongnan University
Jingping Zhao  Professor, Mental Health Institute affiliated with Xiangya Second Hospital, Central South University
           President-in-elect, Chinese Society for Psychiatry
Xudong Zhao  Professor & Vice Dean, Tongji University Medical School
Dongfeng Zhou  President, Chinese Society for Psychiatry
           Professor, Peking University Institute of Mental Health
APPENDIX 2. AGENDA

APRIL 10 (FRI.)

09:00-09:30  WELCOME GREETINGS  (CHAIR: Prof. Xin Yu)
  Prof. Wei-Gang Fang, Deputy Direcotr, PKU Health Science Center
  Prof. Eric Caine, University of Rochester Medical Center
  Mrs. Lingzhi Kong, Deputy Director, Center for Disease Control, MOH

09:30-09:45  COFFEE BREAK

09:45-11:40  MODERATOR: Prof. Lingjiang Li
  09:45-10:15  Mental health needs in China  (Prof. Xin Yu, Mrs. Lingzhi Kong)
  10:15-10:35  Reviews on current studies on mental health in China  (Prof. Yueqin Huang)
  10:35-11:40  Panel Discussion:  Current situation and gaps of mental health research in China
    Prof. Dai Zhang (Chair) Prof. Wei Hao
    Mrs. Miaoyun Guo Dr. Er’dan Dong

11:40-12:00  Group Photo
12:00-13:30  LUNCH

13:30-17:10  MODERATOR: Prof. Yueqin Huang
  13:30-15:00  U.S. NIMH -- Perspectives  (Prof. Eric Caine)
  15:00-15:30  Coffee Break
  15:30-17:10  Key issues of mental health research in China
    Biological aspect  (Prof. Tao Li, Prof. Kaida Jiang)
    Clinical therapeutics aspect  (Prof. Tianmei Si, Prof. Jingping Zhao)
    Social aspect  (Prof. Shuiyuan Xiao, Prof. Michael Phillips)
    Psychological aspect  (Prof. Xudong Zhao, Prof. Zhanjiang Li & Zeping Xiao)

17:30-21:00  DINNER

APRIL 11 (SAT.) MODERATOR: Prof. Xin Yu

09:00-09:45  US. NIMH -- Process  (Prof. Eric Caine)
09:45-10:30  Strategic planning for China-NIMH  (Prof. Xin Yu)
10:30-11:00  COFFEE BREAK
11:00-12:50  Discussion on functions and logistics of China-NIMH  (Chair: Prof. Dongfeng Zhou)
12:50-13:00  CLOSING REMARKS (Prof. Eric Caine, Prof. Xin Yu)
13:00-14:00  LUNCH
APPENDIX 5. PUBLICATIONS