

## SEPSIG14 Business Meeting Minutes

- Meeting Details: Date: 31<sup>st</sup> March 2023 (Virtually, 41 participants)
- Review of previous business minutes from SEPSIG 13 performed
- Potential Future SEPSIG conference topics
  - Dr. Claire Gillvray suggests neurodiversity alongside athlete speaker, supported by Dr. Caz Nahman, Prof Alan Currie and Dr. Amit Mistry.
  - Suggestion of gambling addictions topic raised by Dr. Tagg
- Financial Update by Dr. Caz Nahman
  - Explained that big savings were made by moving conference online.
    - Explained that catering costs and hybrid meeting costs have gone up this year and that they may only be feasible for much larger meetings.
  - Stated that we made around £600 profit this year.
  - Shorter webinars seem to be making the most profit → possible avenue for the SIG to make profit through shorter form talks on ideas of interest.
- Exercise updates by Dr Claire Gillvray
  - Mentioned that we need to really demonstrate the need for research in this area and target a larger audience to achieve meaningful results.
  - CEO of MIND and Parkrun are very keen to be involved with RCPsych projects and exercise interventions.
    - Project is still in the scoping phase but it seems as if there is big potential despite potential logistical stumbling blocks.
    - Request for trainees to help out with project.
  - SEPSIG Strava group has been set up and shared on SEPSIG Whatsapp.
    - Possibility of creating SEPSIG social group to co-ordinate getting involved in these challenges.
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- Dance updates by Dr Nicoletta P Lekka
  - Dr Lekka has delivered 2 webinars recently, one for British Psychological Society and another for One Dance UK in Limerich, Ireland.
  - Dr Lekka also attended the European Psychiatry conference where trainees completed a follow up survey on the awareness of physical exercise interventions in acute mental health patients.
- Trainee updates by Dr Jennifer Keal
  - Whatsapp SEPT group has increased to 30 people.
  - Recaps informal January event on how to get involved in SEPSIG and research opportunities.
  - Discussion regarding ISSP diploma and a potential study group. It has been on the agenda for a while and we discussed whether there is enough trainees to make it worthwhile → the general consensus suggests there is!
- Education update by Dr Thomas McCabe
  - Recaps the Choose Psychiatry Trent Deanery presentation. Possibly a slightly limited time slot but we did well to get our message across with good level of engagement.

- Dr McCabe has been in touch with the Scottish Medical schools but has yet to agree a specific timeslot.
  - Dr Mistry and Dr McCabe discuss potentially organising a talk through SEM contacts.
  - Dr Mistry is going to be involved with a Maudsley podcast next week which could be a good pilot for the podcast we discussed at the last meeting.
- Social Media Update by Dr David Prossor
    - Current follower number on the SEPSIG Twitter account, 1,143. That is a positive gain of approximately 240 followers since our last conference SEPSIG13
    - As Alan highlighted in his talk, we have successfully gained permission from the publisher and set up the Sport Psychiatry Journal's own Twitter account. We are working closely with Malte (Chief editor) and his team. We will be meeting online with the communications lead for the Swiss Sports psychiatry group on the brand and plan for the tweet content
- Social update by Dr Jack Tagg
    - Explains that unfortunately moving the event online led to the cancellation of the Thursday night meal and Friday evening drinks that were planned.
    - Also recaps the Trent Choose Psychiatry lecture and touches on the potential for a SEPSIG podcast.
    - Email sent to the chat so colleagues can send over any research details that can be circulated in the biannual newsletter that will be debuting shortly after the conference.
    - Dr Tagg to message trainee Whatsapp chat for the idea of online socials.
- Research and IOC Updates by Prof Alan Currie
    - Praised social media efforts of Sports Psychiatry Journal.
    - Sports Psychiatry journal abstracts and applications are open until the end of April 2023 and they are particularly keen on lifestyle interventions.
    - Prof Currie mentions a research institute for Sports Psychiatry that is opening up in Zurich and that trainees can reach out for possible secondments.
    - Prof Currie mentions his role sitting on ISSP mentorship boards and topics that he has covered, including bipolar disorders.
      - Dr Nahman responds stating that she has been similarly involved with eating disorders content.
    - Prof Currie mentions Athletes 365 and a social media in athletics piece he completed with Eilish McColgan.
    - Prof Currie mentions the SMAT1 screening tool and what possible future versions would include, suggesting the example of OCD symptoms.
    - EIS
      - Discussion around the mental health strategy for the Paris games of 2024.
      - Prof Currie explains the updates around the coding systems upgrades and how they will allow for more nuanced data collection for a variety of psychiatric disorders in athletes.
      - Prof Currie discusses the EIS expert panel that delivers mental health advice to athletes and how it is currently lacking psychiatrist input. There are opportunities out there for colleagues.
        - Prof Currie puts his email in the chat so people can contact him about this opportunity

- **Any Other Business**

- Discussion around how to grow SEPSIG led by Dr Caz Nahman
  - Can we expand the core curriculum?
    - Dr Claire Gillvray volunteers to get in touch with the Education and Training committee. Catriona from RCPsych will email Dr Gillvray with support.
  - Dr Nahman mentions possibility of linking up with social prescribing group.
  - Prof Currie suggests the possibility of doing joint conferences to boost numbers.
    - Dr Tagg mentions the idea of joint webinars- various members suggest collaborating with eating disorders, old age psychiatry and social prescribing.
    - For a full conference Prof Currie suggests that this would take 12-18 months of planning. With this in mind, could short form webinars be an 'easy win?'
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- Discussion around Social Exercise events led by Dr Mistry
  - Dr Mistry to add swimming and cycling to SEPSIG Strava
  - Dr Gillvray suggests NHS Strava run to be completed at your local park run site and for us to spread the word amongst colleagues.
- SEPSIG 15 potential dates
  - 11/09/23 and 22/11/23 are the only dates not in the school holidays.