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The 2023 ESCAP Research Academy workshop

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**European Society for Child
and Adolescent Psychiatry**

Communications of the European Society for Child and Adolescent Psychiatry

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The 2023 ESCAP Research Academy workshop: ADHD and emotional dysregulation

Following the workshops in Madrid in 2015 [1], Geneva in 2017 [2], Vienna in 2019 [3], Virtual in 2020, and Maastricht in 2022 [4], the sixth workshop of the ESCAP Research Academy (RA) took place from June 27th to 28th, 2023 in Copenhagen, just prior to the ESCAP Congress. This year, 25 fellows from 14 ESCAP member countries, including Belgium, Cyprus, Denmark, France, Germany, Hungary, Lithuania, Norway, Serbia, Spain, Sweden, Switzerland, Turkey, and the UK, were selected to take part in the ESCAP RA. In addition, we were delighted to also welcome a participant from India this year.

As underlined in the opening speeches by Dimitris Anagnostopoulos and Ida Hageman, the aim of the ESCAP RA is to support young doctors and psychologists who wish to pursue a career as clinician–scientists in child and adolescent mental health (CAMH). Since 2015, the ESCAP RA has supported a large international network of clinician–scientists in CAMH (i.e., > 120 in 2023) to promote training [5], encourage and support multinational research collaborations [6–8], and provide a forum to share experiences not only with their peers but also mid-career and leading senior scientists.

After the success of the previous edition in Maastricht, which for the first time focused on a specific clinical topic (i.e., “New perspectives on eating disorders”) [4], this year’s meeting was devoted to emotional dysregulation in attention-deficit/hyperactivity disorder (ADHD). Prof. Argyris Stringaris from University College London, UK and University of Athens, Greece, joined via videolink and presented about the key theoretical concepts, epidemiology, and clinical assessment of emotion dysregulation in ADHD. Argyris brilliantly

demonstrated that you do not need to be physically present in the room to animate the group and deliver a highly interactive presentation. Prof. Samuele Cortese, from the University of Southampton, UK, already well known for his exceptional teaching skills in countless courses, including in the ESCAP endorsed Catania residential course [9], presented on the treatment of emotional dysregulation in ADHD. Last, but not least, Dr. Julie Hagstrøm from the Copenhagen University Hospital, Denmark, presented on “How to measure emotion regulation?—Experimental findings in children with ADHD”. Her presentation was very inspiring, providing her young colleagues with an overview of the tools she developed during her thesis, which can be used in both clinical and research contexts.

As in previous years, participants had also the opportunity to present the progress of their careers and their research lines. Prof. Johannes Hebebrand, former head of the ESCAP Academic Division and founder of the ESCAP RA in 2015, gave a very inspiring and motivating presentation on his career as clinician–scientist in CAMH highlighting the difficulties of combining work and private life. The ESCAP RA is extremely grateful to him for what he has developed and for his strong and unconditional support to the ESCAP RA over the years.

We were also extremely privileged to welcome Prof. Pieter Hoekstra, Editor-in-Chief of the ECAP journal, who gave a presentation on how to optimize the chances of having research data published in a scientific journal. His presentation was much appreciated by the fellows, most of whom have limited experience with publishing in high impact scientific journals.

To set the ground for a collaborative project to which as many delegates as possible could contribute, this year, we used the “world café” approach [10] during the group work to create a questionnaire aimed at assessing prescribing

habits in ADHD among doctors and psychologists across ESCAP member countries. This survey will cover medication and non-medication approaches, as well as the societal perception of ADHD, and will be distributed using the ESCAP RA network.

During the informal get togethers, fellows were able to network and socialize with their colleagues as well as the speakers in a relaxed atmosphere. The feedback survey showed a high rate of satisfaction with the speakers, the program, and organization.

The organizers are extremely grateful to Anne Katrine Pagsberg, Anne Marie Raberg Christensen, and Ida Hageman for their support in hosting the meeting and to Julie Hagstrøm for arranging the social events in her town. We must also acknowledge the invaluable support of ESCAP, and in particular its Past President, Dimitris Anagnostopoulos, and President, Jörg Fegert, as well as the ESCAP Board, since the first ESCAP RA meeting in 2015, support without which this adventure would not have been possible.

The next ESCAP RA, the theme of which will be announced in the coming months, will take place on June 27th and 28th 2025 in Strasbourg, France. Call for applications will be open during summer of 2024. More information can be found on the ESCAP website (<https://www.escap.eu/research-academy>).

Declarations

Conflict of interest The authors have no competing interests to declare that are relevant to the content of this article.

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