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Transparency First

The importance of disclosure of conflicts of interest for psychiatric patients, their relatives and friends, health care practitioners and providers, patients' organisations, and the public

Presentation for “*Shedding Light on transparent collaboration in health care*”

On behalf of the European Network of (ex-) Users and Survivors of Psychiatry – ENUSP

Brussels, European Parliament, January 23, 2019

Why transparency is important for psychiatric patients

"It has been known for several years that persons with serious mental illness die younger than the general population. However, recent evidence reveals that the rate of serious morbidity (illness) and mortality (death) in this population has accelerated. In fact, persons with serious mental illness (SMI) are now dying 25 years earlier than the general population."

Parks J. (October 2006). Foreword. In: J. Parks, D. Svendsen, P. Singer, & M.E. Foti (Eds.), *Morbidity and mortality in people with serious mental illness* (p. 4). Alexandria, VA: National Association of State Mental Health Program Directors (NASMHPD), Medical Directors Council

www.nasmhpd.org/sites/default/files/Mortality%20and%20Morbidity%20Final%20Report%208.18.08.pdf

Why transparency is important for psychiatric patients

"However, with time and experience the second generation antipsychotic medications have become more highly associated with weight gain, diabetes, dislipidemia (*fat metabolism disorder*), insulin resistance and the metabolic syndrome and the superiority of clinical response (except for clozapine) has been questioned. Other psychotropic medications that are associated with weight gain may also be of concern" (p. 6).

Parks J., Svendsen D., Singer P., & Foti M.E. (Eds.) (October 2006). *Morbidity and mortality in people with serious mental illness*. Alexandria, VA: National Association of State Mental Health Program Directors (NASMHPD), Medical Directors Council

www.nasmhp.org/sites/default/files/Mortality%20and%20Morbidity%20Final%20Report%208.18.08.pdf

Why transparency is important for psychiatric patients

"In patients with one or more filled prescription for an antipsychotic drug, an inverse relation between mortality and duration of cumulative use was noted..."

Tiihonen, J., Lonnoqvist, J., Wahlbeck, K., *et al.* (2009). 11-year follow-up of mortality in patients with schizophrenia: A population-based cohort study [FIN11 study]. *The Lancet*, 374, pp. 620-627.

Tiihonen: Money from AstraZeneca, Bristol-Myers Squibb, Eli Lilly, GlaxoSmithKline, Hoffmann-La Roche, Janssen-Cilag, Lundbeck, Organon, Pfizer

Tiihonen, J., Haukka, J., Taylor, M., *et al.* (2011). A nationwide cohort study of oral and depot antipsychotics after first hospitalization. *American Journal of Psychiatry*, 168, pp. 603-609.

<http://ajp.psychiatryonline.org/doi/pdf/10.1176/appi.ajp.2011.10081224>

Why transparency is important for psychiatric patients

*Balancing Mental Health Promotion and Mental Health Care:
A Joint World Health Organization / European Commission
Meeting in Brussels, 1999* – www.peter-lehmann-publishing.com/articles/others/consensus.htm

Common goals and strategies to advance mental health promotion and care:

- Development of innovative and comprehensive, explicit mental health policies in consultation with all stakeholders, including users and carers.
- Development of new non-stigmatising & self-help approaches.
- Development of mental health legislation based on human rights, emphasising freedom of choice.

Why transparency is important for psychiatric patients

- ▶ So-called side effects of drugs are hidden or downplayed.
- ▶ Information sheets on risks, damages and alternatives are biased.
- ▶ Psychiatrists paid by pharmaceutical industry praise drugs.
- ▶ Drug companies find and sponsor *patients'* and relatives' organisations for promotion issues.
- ▶ Drug companies transfer money or other values to publishing houses and journalists for promotion issues.
- ▶ Drug companies practice lobbying of parliamentarians.

Why transparency is important for psychiatric patients

- ▶ Drug companies influence health care practitioners by transfer of values to influence new diagnoses, guidelines in commissions, to write articles or books or give their names for them – for promotion issues.
- ▶ Drug firms transfer values to health care practitioners to integrate patients in phase-IV-studies.
- ▶ Health care practitioners participate in industry's drug sales.
- ▶ Drug firms transfer values for psychoeducation.

Key principle: hiding the conflicts of interest from patients, their relatives and friends, health care practitioners and providers, patients' organisations and the public

The right approach to ensure greater transparency

- Implementation at the national and European level.
- Strongest level of transparency.
- Denial of funding of health care practitioners and other organisations in conflict of interest (at least if no implementation of conflict of interest and disclosure policies).
- Encouraging signal for all political parties, health care organisations and practitioners to develop meaningful regulations in their states and organisations.
- Legal consequences in case of ongoing intransparency.
- Payment of the hidden value into a fund controlled by patients' organisations free of conflicts of interest for support in recovery from treatment damages and for support in withdrawal of drugs.

The right approach to ensure greater transparency

- Unlimited access to results of studies and reports on adverse effects on all levels, also if not published.
- Unlimited disclosure of the transfers of values between the health care industry and practitioners and organisations, patients' and relatives' organisations included.

With the disclosure of conflicts of interest:

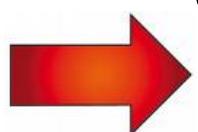
- ▶ Better chance to build an independent opinion about statements coming from health care practitioners and organisations, improvement of monitoring systems.
- ▶ Prevention of development of diseases due to adverse effects of drugs administered.

The right approach to ensure greater transparency

- ▶ Less absence from work, sick leave and early retirement.
- ▶ Less medical costs.
- ▶ More trust of patients in the health care system.

“If clinics or doctors openly disclosed their conflicts of interests, their connections or non-connections with the pharmaceutical industry, then I would develop trust faster and easier than if I have no information about those connections at all. For me, the situation is similar to the control lobbies have over politicians.” (Reiner Ott, Germany)

- ▶ Enhancement of the credibility of all stakeholders, drug companies included.

 **A win-win outcome.**

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