



GNG Newsletter – January 2026

Celebrating Five Years of GNG

Welcome to the January 2026 edition of the Global Neuropsychiatry Group (GNG) Newsletter. We are delighted to announce that GNG has now reached its fifth year. Over this period, we have grown to include more than a thousand members worldwide. We take great pride in being the only organisation with such a diverse range of professionals from across the neurosciences. We would like to express our appreciation to the International Neuropsychiatric Association (INA) for its valuable contribution and support in advancing knowledge in neuropsychiatry.

We are also grateful to BNPA, ABN, ACNA, ANZAN, and now the RADiANT group for their support.

Highlights of 2025: CPD Activities and Achievements

In 2025, GNG reached an important milestone in delivering Continuing Professional Development (CPD) activities to its members. Throughout the year, we provided around 50 hours of CPD, primarily through our regular monthly academic meetings and the joint annual conference held in Chennai, India.

We extend our sincere gratitude to Dr Krishnamoorthy, Vivek Misra from Buddhi Clinics, and INA President Valsamma Eapen for their instrumental support. Thanks to their efforts, we were able to offer a free neuropsychiatry conference accessible to professionals worldwide.

This event stands out as among the largest neuropsychiatry conferences, drawing considerable media attention. Over the course of two days, we successfully covered 26 topics, reflecting the breadth and depth of current developments in the discipline.

A detailed summary of the conference presentations is being compiled and will be shared with GNG members soon. For those interested in revisiting the proceedings, conference videos are available on the GNG website.

<https://globalneuropsychiatry.org/>

Special Interest Groups within GNG

GNG has established several sections to cater to varying interests within neuropsychiatry:

- Child Neuropsychiatry
- Neurodevelopmental Disorders – special thanks to Prof Alexander and Prof Rohit Shankar for collaborating with GNG
- Neuromodulation Group
- International Research Group
- GNG/INA International Trainee Neuropsychiatry Group
- GNG International Representative Group

We encourage members to join any groups that interest them via the WhatsApp GNG Community or new GNG-Connect App, or get in contact with us by email contact@globalneuropsychiatry.org

Global Neuropsychiatry Assessment Initiative

We have formed a new group dedicated to developing a global neuropsychiatry assessment performance, led by Dr Karishma Lowton. Our aim is to have this assessment ready by the end of the year.

Academic Calendar and Opportunities

Our academic calendar for the year is now set. We are increasing our monthly CPD activity to two hours, scheduled from 11:30 am to 1:30 pm UK time. Members are encouraged to present their cases or research at one of our meetings. We will be holding our bi-monthly Journal clubs with the help of trainee group. The GNG Calendar and links to register for all meetings is now available on the GNG Website homepage

Website Updates and New Resources

We are updating our website and will be adding more resources for both professionals and patients. We are currently in the final testing of our new phone Application called "GNG-Connect". The App has been designed for members to communicate as secure member only space to replace with the aim to replace the WhatsApp chats. The GNG-Connect App is now available in the [Google](#) and [Apple](#) App stores. GNG members will soon be sent a log on and more information about the App soon.

Launching Our YouTube Channel

With the assistance of Vasilisa Zhukova, GNG is starting a YouTube channel. If you have not already subscribed, we invite you to do so.

<https://www.youtube.com/shorts/JBDUV4BxtD0>

Community Engagement

We remain active on our WhatsApp group and have launched the GNG app for daily interactive discussions. Members regularly discuss cases and share articles of interest. If you have not joined yet, feel free to do so.

Recent Papers Shared

Here are some of the papers that were shared in the past month. The articles are available in our e-library.

Complex regional pain syndrome and functional neurological disorders – time for reconciliation

<https://jnnp.bmj.com/content/90/5/608>

CRPS and FND are often discussed in an adversarial manner, focussing on malingering and viewing FND as psychological. However, recent advances in understanding FND as a complex interplay of physiological and psychological factors can inform CRPS research and treatment.

Reduced striatal dopamine transmission as a transdiagnostic substrate of psychomotor retardation

<https://academic.oup.com/brain/article/149/1/18/8253257>

Glutamate Levels in the Medial Prefrontal Cortex and Psychosis

<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2843427>

Recent findings show that treatment-naive individuals experiencing their first episode of psychosis have higher glutamate levels in the medial prefrontal cortex compared to those with chronic schizophrenia and

healthy controls. These results suggest that glutamate alterations are most prominent in the early stages of psychosis and may inform future clinical trials involving metabotropic glutamate receptor agonists.

Structural Brain Changes in Functional Cognitive Disorder After Concussion

<https://www.sciencedirect.com/science/article/pii/S2213158225002098>

MRI investigations into Functional Cognitive Disorder (FCD) after concussion revealed no significant differences in cortical thickness or subcortical volume between groups. However, greater severity of memory symptoms was linked to larger right amygdala volume, and improvement in memory symptoms was associated with increased pre-treatment cortical thickness in the right inferior frontal gyrus.

Tuberous Sclerosis-Associated Psychosis: A Systematic Review

<https://link.springer.com/content/pdf/10.1007/s00702-025-03099-4>

A systematic review of 27 case reports found that psychosis associated with tuberous sclerosis closely resembles schizophrenia in terms of onset and symptoms. Antipsychotic therapy was effective and well-tolerated in 75% of cases. The review also notes limitations and underscores the need for further research in this area.

Reframing postconcussional syndrome as an interface disorder of neurology, psychiatry and psychology

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9246708/>

Persistent symptoms after mild traumatic brain injury (mTBI) are complex and require a multi-dimensional approach. This update emphasises the need to consider pre-injury factors, psychological co-morbidities, and the interplay with psychiatric diagnoses and the medicolegal process.

Prior Concussions and Risk of Disability for Patients After a Motor Vehicle Crash

<https://pubmed.ncbi.nlm.nih.gov/41563754/>

A cohort study of adults surviving motor vehicle crashes in Ontario, Canada, found a 15% higher adjusted risk of long-term disability for those with a prior concussion. This increased risk was independent of other factors and applied to diverse patient groups.

Restless Legs Syndrome: A Review

<https://pubmed.ncbi.nlm.nih.gov/41563785/>

Restless legs syndrome (RLS) is a sleep-related movement disorder affecting approximately 3% of US adults, characterised by an overwhelming urge to move the limbs, often accompanied by unpleasant sensations. RLS can lead to sleep disturbances and impaired quality of life, with increased rates of cardiovascular disease, depression, and suicidal ideation. Initial management includes iron supplementation and discontinuation of exacerbating medications, with gabapentinoids as first-line pharmacologic therapy.

Systematic Review and Meta-Analysis of the Clinical Features Associated With Seronegative Autoimmune Encephalitis.

<https://www.neurology.org/doi/10.1212/NXI.000000000200540>

A systematic review and meta-analysis of 224 patients with seronegative autoimmune encephalitis (AE) identified three distinct subtypes with varying prognoses. Early immunotherapy is crucial for improving outcomes, and further research is needed to identify biomarkers.

Understanding Dystonia: A Practical Approach to Diagnosis and Management

<https://practicalneurology.com/diseases-diagnoses/movement-disorders/understanding-dystonia-a-practical-approach-to-diagnosis-and-management/49157/>

Dystonia is a syndrome characterised by sustained muscle contractions, causing twisting and repetitive movements or abnormal postures. Diagnosis is based on clinical examination, considering factors like age of onset, family history, and movement characteristics. Treatment options include botulinum toxin injections, oral medications, deep brain stimulation, and rehabilitation therapy, tailored to the underlying cause and body distribution of the dystonia.

Post-Intensive Care Syndrome

<https://jamanetwork.com/journals/jama/article-abstract/2843905>

Post-intensive care syndrome (PICS) is a term used to describe new or worsening impairments in physical, cognitive, or mental health status that arise after a critical illness and persist beyond acute care hospitalisation. PICS affects over half of ICU survivors and can have negative long-term effects on physical and cognitive function, mental health, and quality of life. Early assessment and targeted interventions are crucial for managing PICS and improving patient outcomes.

Acknowledgements and Feedback

We are extremely grateful to all members who have believed in GNG and contributed to our global community. This is your space, and we thank you for spreading our message far and wide.

We welcome your feedback and invite you to share anything you wish with us.

<https://globalneuropsychiatry.org/become-member/>

NOTE: If you wish to showcase your teaching programs or other neuropsychiatry content-related with us, please contact us.

Best wishes,

Jas and Jen

Email: contact@globalneuropsychiatry.org

Web: <http://globalneuropsychiatry.org>