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Interactions of European Early Career Psychiatrists with the Pharmaceutical Industry: Status Quo and Directions for the Future

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Interactions between the pharmaceutical industry and physicians have recently received attention for their potential to create conflicts of interest in clinical practice, research and education. As a consequence, several medical and psychiatric associations including the EPA have published guidance papers to encourage best practice. In this context, the European Federation of Psychiatric Trainees (EFPT) performed a cross-sectional survey among European psychiatric trainees in order to ascertain the current level of interactions, as well as beliefs and attitudes towards interactions with the pharmaceutical industry. Responses from 1444 psychiatric trainees from 20 countries were obtained and reveal important differences in the level of interactions across Europe. Assigning an educational role to the pharmaceutical industry and aid by senior psychiatrists in organizing industry-sponsored events were associated with a higher degree of interactions. Creating alternative, non-industry-sponsored educational opportunities and specific training dedicated to industry interactions may help to reduce the impact of the pharmaceutical industry on psychiatric training in the future.