

# Reducing Inequalities and Promoting Inclusion to Improve Mental Health

2025 4<sup>th</sup> Annual WPA Medical Student Essay Competition

## The WPA Medical Student Essay Competition

the World Psychiatric Association's flagship activity for Medical Students, is a WPA Presidential initiative with the support of the United Nations Secretariat – Department of Economic and Social Affairs, Division for Sustainable Development Goals and the WPA Medical Students Special Interest Group.

### Essay Prompt:

We invite medical students from around the world to submit an essay proposing innovative and actionable suggestions for improving mental health and fostering mental well-being on a local, national, or global scale by reducing inequalities. How can reducing disparities or promoting inclusion contribute to better mental health outcomes? Your essay should focus on concrete suggestions that align with the principles of United Nations Sustainable Development Goal #10.

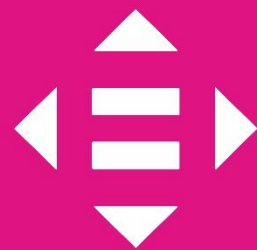
The United Nations Sustainable Development Goals (SDGs) are a global framework of 17 goals designed to achieve a better and more sustainable future for all, addressing critical challenges such as poverty, health, education, and inequality by 2030. Goal #10, "Reducing Inequalities," is particularly important because it seeks to ensure that no one is left behind, promoting social, economic, and political inclusion regardless of age, gender, disability, race, or socioeconomic status.

### Prizes:

Two Winners will each receive a Travel Award and Free Registration for the [2025 World Congress of Psychiatry \(WCP 2025\)](#) in Prague, this October. The Winners will be acknowledged at WCP 2025, and their winning essays will be translated into all six WHO official languages (Arabic, Chinese, English, French, Russian, or Spanish). All Finalists and the full text of their essays will be showcased on the WPA website, spotlighting both the authors and their ideas.

SUSTAINABLE  
DEVELOPMENT  
GOALS

10 REDUCED  
INEQUALITIES



### **Deadline and Schedule:**

All submissions must be made online via the submission portal before midnight on **30 April, 2025**. We cannot accept any entries received after this date. The Winner will be announced by 15 June, 2025.

### **Judging:**

Essays will be scored by a panel of distinguished psychiatrists from around the world using a modified version of the Harvard Crimson Global Essay Competition (HCGEC) judging criteria. Scoring will take into account originality, clarity/accessibility, and feasibility, as well as the author's evident synthesis of complex information, good academic practice (referencing), clear evidence-based conclusions, and good research integrity.

**Please pay attention to the requirements below. Failure to comply with these requirements will lead to disqualification from the competition.**

### **Essay Submission Requirements:**

1. Entry to the Essay Competition is FREE.
2. Entrants must be currently enrolled in an accredited medical school, and proof of enrollment must be submitted with the essay (e.g. Medical School ID).
3. A link to the online submission portal can be found at: <https://www.wpanet.org/medical-students-essay-comp-25>
4. The deadline for submission is 23:59 GMT on 30 April, 2025.

### **Essay Formatting Requirements:**

1. Entries must be typed in Microsoft Word in English.
2. Essays must be the entrant's own original work and must not have been published previously either in print or online.
3. Essays that use AI (e.g. Chat GPT) will be disqualified.
4. Essays must be 3000 words or less, excluding references.
5. Essays are allowed a maximum of 10 references, which must be in Vancouver format.
6. The essay file name should include the entrant's name, country, and essay title. However, the entrant's name and country should NOT be found anywhere in the document itself.  
e.g. *Victoria Jones\_Canada\_Reducing Inequalities to Improve Mental Health*
7. The essay title should be formatted as follows:
  - Title font style – Arial
  - Title font size & format – 12, Bold, Not Underlined
8. The essay title should be included as a header on all pages of the essay.
9. The essay body text should be formatted as follows:
  - Body font style – Arial
  - Body font size & format – 12, Regular, Not Bold, Not Underlined
  - Line spacing – Double-spaced