# Rules of the *Metabolic Psychiatry Initiative*

## Preamble

**Metabolic Psychiatry – Initiative for a New Perspective on Mental Illness** is an independent initiative based in Freiburg im Breisgau.

The Initiative seeks to contribute to a better understanding of the relationships between metabolism, physical health and mental health, and to make scientific findings accessible to people affected by mental illness and to other interested persons.

Its work is based on three pillars:

**Self-help · Knowledge · Research**

The Initiative works independently, is science-oriented and does not pursue profit.

## § 1 Name and Purpose

The Initiative operates under the name

**Metabolic Psychiatry – Initiative for a New Perspective on Mental Illness.**

The purposes of the Initiative include, in particular:

a) enabling self-help and mutual exchange of experience,

b) supporting activities that promote metabolic health, in particular shared cooking, nutrition, physical activity and sport,

c) collecting and making accessible generally available sources of information on metabolic psychiatry,

d) communicating scientific findings on metabolic psychiatry,

e) connecting scientists, physicians, people affected by mental illness and other interested persons,

f) making scientific projects and clinical studies visible and stimulating and supporting new research projects,

g) in the longer term, and within the limits of its legal and financial possibilities, also providing financial support for research in the field of metabolic psychiatry.

The Initiative currently does not pursue profit.

## § 2 Scientific and Institutional Independence

The Initiative is independent of companies, political organisations, pharmaceutical companies, manufacturers of dietary supplements and other commercial interests.

Financial or other support from third parties may not determine the substantive work of the Initiative.

Potential conflicts of interest should be disclosed transparently.

The Initiative is open to different scientific hypotheses and therapeutic approaches. It does not understand metabolic psychiatry as a commitment to any particular treatment method.

## § 3 Medical Responsibility

The Initiative offers self-help, information and scientific exchange.

It does not provide individual medical treatment and does not replace medical diagnosis, advice or therapy.

In particular, changes to existing psychiatric treatments or medications should not be made solely on the basis of information or experiences obtained through the Initiative.

## § 4 Financing

The work of the Initiative may in particular be financed through

- voluntary contributions,
- contributions to joint activities,
- grants and
- other income compatible with the purpose of the Initiative.

Financial resources may be used exclusively for the purposes of the Initiative.

These may include, in particular, costs for self-help activities, events, premises, the website and digital infrastructure, information resources, scientific literature, research projects and the support of scientific research.

## § 5 Voluntary Contributions

The Initiative may accept voluntary financial contributions.

**As long as the Initiative is not recognised as a tax-privileged organisation, no donation receipts ("Spendenbescheinigungen") for tax-deductible donations will be issued.**

Supporters will be informed that, during this phase, their payments generally cannot be treated as tax-deductible donations. Tax deduction of donations under § 10b EStG requires a qualifying recipient; the additional requirements of § 50 EStDV apply to donation receipts.

Laws on the Internet

Contributions do not create any entitlement to consideration in return or to influence the work of the Initiative.

Earmarked contributions may only be accepted if the stated purpose is compatible with the objectives of the Initiative.

## § 6 Account and Management of Funds

**A separate bank account** should be maintained for the Initiative. Funds of the Initiative should not be mixed with the private payment transactions of the account holder.

Until a separate legal entity is established, the bank will be clearly informed of the legal capacity in which the account is maintained.

Traceable records will be kept of all income and expenditure. Supporting documents will be kept in an orderly manner.

Funds may be used exclusively for the purposes specified in these Rules.

Withdrawals for private purposes are excluded.

## § 7 Responsible Leadership

During its development phase, the Initiative is coordinated by

**Dr. Hans-Christian Stahl**

The leadership represents the Initiative organisationally in external matters, coordinates its activities and is responsible for the proper management of its financial resources.

As the number of active participants increases, the Initiative may establish a collective leadership and decision-making structure.

## § 8 Transparency

The Initiative is committed to transparent handling of the financial resources it receives.

At least once a year, a simple overview of

**income · expenditure · available funds · principal purposes of expenditure**

should be prepared.

When contributions are publicly solicited, transparent information should be provided about the legal and tax status of the Initiative.

## § 9 Research Funding

Within the limits of its financial possibilities, the Initiative may support scientific projects.

Decisions on financial support should be made on the basis of transparent and comprehensible criteria. Relevant criteria may include, in particular, scientific quality, relevance to metabolic psychiatry, independence, feasibility and benefit for people affected by mental illness.

Larger research grants should only be made once an appropriate legal, tax and organisational structure has been established for this purpose.

## § 10 Data Protection and Confidentiality

Personal information relating to participants in self-help activities, as well as health information, will be treated confidentially.

Personal data will not be disclosed for research purposes merely on the basis of participation in the Initiative. Scientific research using personal data requires a separate legal and ethical basis.

## § 11 Termination of the Initiative

If the Initiative is terminated, existing obligations will first be fulfilled.

Remaining funds should not be distributed privately to the leadership or participants. To the extent legally possible and taking into account any restrictions on the use of funds, they should be used for a public-interest purpose that is as closely aligned as possible with the purpose of the Initiative.

A public account will be given of the use of these funds.

## § 12 Further Development

These Rules apply during the development phase of the Initiative.

If the scope, number of participants, financial resources or research funding increase substantially, it should be examined whether the Initiative should be transferred into an appropriate independent organisational form, in particular a registered non-profit association or another tax-privileged legal entity.

**Freiburg im Breisgau, 01.10.2026**

**Dr. Hans-Christian Stahl**
*Metabolic Psychiatry Initiative*