



MENTAL HEALTH

4TH GLOBAL CONGRESS **2026**

Global Mental Wellness Community and Network

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4TH GLOBAL SUMMIT

ADVANCES IN MENTAL HEALTH AND PSYCHIATRY: SCIENCE, CARE, AND INNOVATION

JUNE 22-23, 2026 | SINGAPORE

Theme: "Advancing Mental Health Care Through Cutting-Edge Neuroscience, Innovative Therapies, and Translational Psychiatry"

MENTAL HEALTH 2026

SUB THEMES

- Digital Mental Health & Technology
- Neuroscience and Psychiatric Research
- Genetics and Epigenetics in Psychiatry
- Innovations in Psychopharmacology
- Neuromodulation and Emerging Therapies
- Early Intervention and Preventive Psychiatry
- Global Mental Health and Policy Innovation
- Rehabilitation, Recovery, and Community Care
- Child, Adolescent, and Youth Mental Health
- Geriatric Psychiatry and Cognitive Health
- Women Leaders in Mental Health: Driving Innovation and Advancing Psychiatric Care



WHY TO ATTEND?

What you take

Attending an mental health and psychiatry conference provides a valuable opportunity to engage with leading professionals, explore emerging trends in medicine and mental health, and gain insights into innovative approaches. Such participation is instrumental for career growth, offering enhanced clinical knowledge, expanded skills, and new avenues for collaboration and professional advancement

125
+



EDUCATIONAL
SESSIONS

60
+



INTERNATIONAL
SPEAKERS

20
+



HOURS OF
NETWORKING
EVENTS

12
+



INNOVATIVE
FEATURED SPEAKERS

02



02 Day
Conference



WHO SHOULD ATTEND?





University
of Suffolk

LUIZ MOUTINHO

University of Suffolk, UK



Dear Esteemed Participants and Distinguished Colleagues,

It is with great pleasure that we welcome you to the **4th Global Summit on Advances in Mental Health and Psychiatry: Science, Care, and Innovation**, taking place on **June 22–23, 2026** in **Singapore**.

This congress promises to be an enriching and thought-provoking experience, bringing together an incredible line-up of world-renowned scientists, clinicians, researchers, and mental health professionals from across the globe—including the USA, Germany, Denmark, Hungary, Argentina, Greece, Colombia, Australia, Portugal, Brazil, Italy, Israel, Switzerland, China, Japan, Korea, and India.

Over two days, participants will engage in a vast array of scientific discussions covering cutting-edge themes—from AI in neuroimaging, psychopharmacology, brain–computer interfaces, and neuroethics, to neurophysiology, neurostimulation, the neurobiology of addiction, dual diagnosis, behavioral addictions, psychedelic-assisted therapies, and digital health innovations. Equally important are the sessions addressing holistic care models, public health policy, stigma reduction, suicide prevention, youth mental health, and workplace well-being.

This diverse and comprehensive program is designed to stretch our minds, inspire collaborations, and push the boundaries of research, clinical practice, and innovation in mental health and psychiatry.

On behalf of the organizing committee, we warmly welcome you to Singapore and to this global platform of ideas, insights, and innovation.

With best regards,

Luiz Moutinho

University of Suffolk, UK



JAMES Z. LIU, MD, PHD

First Institute of All Medicines, USA

Dear Colleagues and Friends,

Building on the spirit and shared vision we affirmed at **Mental Health 2025** in **Berlin**—where mental, clinicians, researchers, advocates, educators, public health leaders, and policymakers from across the globe united to advance evidence-based care, promote equity, drive innovation, and combat stigma—we are honored to invite you to the **4th Global Summit on Advances in Mental Health and Psychiatry: Science, Care, and Innovation (Mental Health 2026)** held during **June 22-23, 2026** in **Singapore**.

Mental Health 2026 will convene leading experts and emerging voices to:

- **Advance Scientific Knowledge:** Present groundbreaking research spanning mental health, psychology, and the social determinants influencing mental health and psychiatry.
- **Strengthen Global Partnerships:** Forge new collaborations and expand networks that transcend disciplines and borders.
- **Champion Equity & Access:** Highlight successful models and policy initiatives that ensure high-quality, stigma free care for all communities.
- **Showcase Innovation:** Explore digital health tools, novel therapeutics, and integrated care paradigms transforming prevention, treatment, and recovery.
- **Protect Vulnerable Populations:** Focus on trauma-informed approaches for youth, marginalized groups, and those affected by crisis or conflict.

We warmly invite you to be part of our mission to shape a future where access to neurological care, mental well-being, and recovery is a reality for all—irrespective of location or life situation. Whether you're sharing groundbreaking research, facilitating an engaging workshop, or contributing to dynamic conversations, your knowledge and dedication are vital to driving our shared vision forward.

Together, let us continue the momentum from Berlin and reaffirm our commitment to transforming the landscape of brain disorders, psychiatry and mental health care worldwide. By uniting our expertise and vision, we aim to drive meaningful, global advancements that improve lives and redefine the future of brain and mental health care.

We look forward to welcoming you to Mental Health 2026!

With warm regards,

James Z. Liu, MD, PhD

Global Mental Wellness Community and Network

PRESENTATION FORUM

01

KEYNOTE FORUM / MINI-PLenary SESSIONS

Presentations under Keynote Forum or Mini-Plenary Sessions includes abstracts with remarkable research value selected by the program committee. These significant speeches are delivered by globally recognized honorable speakers and it is open to all registrants.

DISTINGUISHED SPEAKERS FORUM (ORAL ABSTRACT SESSIONS)

In this forum, speakers and experts of the research field gets an opportunity to showcase their noble research work that involves comprehensive research findings. These formal oral presentations include a wide range of talks covering basic research to advanced research findings in accordance to the theme and scientific sessions of the conference.

02

03

STUDENT FORUM / POSTER SESSION

This session is particularly introduced to encourage more number of student participation at international conferences, however it is not restricted only to students since it is also available for the participants with language barrier. There are specific guidelines to be followed to prepare the poster. Poster topic should be selected only from relevant scientific sessions with in-depth technical details.

YOUNG INVESTIGATORS FORUM

An exclusive opportunity for students and young investigators to present their research work through a formal oral presentation. Young Investigators Forum provides a global platform for young researchers and scholars to showcase their valuable contribution to the scientific world and to get acknowledged by the global scientific community of experts. It is an excellent opportunity to recognize young scientific assets with promising research ideas. These oral presentations are of shorter time duration with 10-15 minutes of informative and precise presentations in relevant scientific sessions.

04

05

EDUCATIONAL WORKSHOPS/RESEARCH WORKSHOPS/ CORPORATE WORKSHOPS/MINI- SYMPOSIA

With an aim of transferring knowledge among the participants, workshops are introduced as a part of international conferences. These interactive and occasionally practical sessions gives an opportunity for participants to engage in detail discussion. Workshops are mostly scheduled for 60 to 90-minutes. It may range from learning about a specific topic relevant to international education, products and research which sometimes involves practical demonstration. It helps in enhancing skills, knowledge and understanding of the research field in depth through interactive discussions.

HIGHLIGHTS OF THE DAY SESSIONS

"Highlights of the Day Sessions" is introduced to discuss and focus a ray upon previous day ORAL ABSTRACT presentations by experts to summarise the key findings. It helps in getting better insights into the various dimensions of the topic.

06

07

MEET THE PROFESSOR @ NETWORKING SESSIONS

This session involves open discussion between the experts and session attendees, it gives enough time for getting answers to specific questions and doubts. It is an opportunity for attendees to increase their professional networking, sometimes also leads to an excellent collaboration opportunity.

EDUCATIONAL SESSIONS/ TRAINING PROGRAMS

Educational Sessions or training programs are specifically designed for a better understanding of the latest findings and technologies. These are generally 45-minute sessions that gives an exposure to the multidisciplinary field, that provides in-depth learning experiences and address educational needs.

08

ACADEMIC REGISTRATIONS

BUSINESS REGISTRATIONS

01

Speaker Registration

COMBO A

(Registration +
2 Night Accommodation)

COMBO B

(Registration +
3 Night Accommodation)

Delegate Registration

02

Speaker Registration

COMBO A

(Registration +
2 Night Accommodation)

COMBO B

(Registration +
3 Night Accommodation)

Delegate Registration

STUDENT REGISTRATIONS

ADDITIONAL REGISTRATIONS

Registration

YIF

COMBO A

(Registration +
2 Night Accommodation)

COMBO B

(Registration +
3 Night Accommodation)

Posters

Accompanying Person

E-Poster

Virtual Presentation

Workshops

Start-Ups

03

04



REGISTER & PARTICIPATE

MENTAL HEALTH 2026



CONCURRENT EDUCATIONAL SESSIONS

MONDAY - JUNE 22, 2026



- Addiction Psychiatry
- Adolescent Mental Health
- Advancements in Psychopharmacology



- Artificial Intelligence in Neuroimaging
- Behavioral Medicine
- Brain-Computer Interfaces

GROUP PHOTO | COFFEE BREAK



- Child Abuse
- Child and Adolescent Psychiatry
- Clinical Neuroscience



- Clinical Psychology
- Cognitive Behavioral Therapy (CBT) Innovations
- Community Mental Health

LUNCH BREAK



- Cross-Cultural Psychiatry
- Eating Disorders
- Emergency Psychiatry
- Epigenetics in Psychiatry



- Forensic Psychiatry
- Geriatric Psychiatry
- Human Resilience
- Immuno-Psychiatry

GROUP PHOTO | COFFEE BREAK



- Integrative Psychiatry
- LGBTQ+ Mental Health
- Mental Health



- Mental Health and Well-Being
- Mental Health Policy and Advocacy
- Narcology

CONCURRENT EDUCATIONAL SESSIONS

TUESDAY - JUNE 23, 2026



- Neurodevelopmental Disorders
- Neuroethics
- Neuroimaging



- Neurophysiology
- Neuroplasticity and Recovery
- Neuropsychiatry

GROUP PHOTO | COFFEE BREAK



- Neurorehabilitation
- Neurostimulation Techniques
- Pain Medicine



- Palliative Medicine
- Personalized Psychiatry
- Political Abuse of Psychiatry

LUNCH BREAK



- Psychiatrist
- Psychological Disorders
- Psycho-Oncology



- Psychopharmacology
- Psychosomatic Medicine
- Psychotherapy
- Sleep Medicine

GROUP PHOTO | COFFEE BREAK



- Stress, Anxiety and Depression
- Substance Use Disorders
- Suicide Prevention
- Telepsychiatry
- Trauma and the Brain



- Women's Mental Health
- Women Leadership & Psychological Health
- Digital Psychiatry
- Autism

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: Movies & Mental Illness

Speaker Name: Danny Wedding

Affiliation: American University of Antigua, USA

Abstract:

Movies shape public perceptions of mental illness, people with mental illness, and those professionals who treat these disorders. Likewise, public attitudes about alcoholism, drug addiction and developmental disabilities are all profoundly influenced by the portrayal of these conditions on television and in contemporary cinema. This influence can be positive or negative. For example, Dustin Hoffman's portrayal of a man with autism in the film *Rain Man* had the positive effect of educating millions of Americans about this condition, while Gus van Sant's recent remake of *Psycho* had the very negative effect of perpetuating the myth that mental illness is closely linked with violence. The ways in which mental illness, addictions, and developmental disabilities are presented in films are detailed in the book *Movies and Mental Illness* (Wedding, 2025).

Films often can serve a pedagogical purpose and may be helpful in the psychology classroom as a way of introducing students to mental illness (e.g., Richard Gere's character in *Mr. Jones* presents an accurate portrayal of the behavior of a patient with bipolar disorder, while *Shine* demonstrates that people with profound psychological problems can still make important societal contributions). Movies can be used in a similar way as tools to educate patients about the nature of their illness.

This presentation will overview the most important films dealing with psychologists, psychiatrists, other mental health professionals, as well as those films that focus on major mental illness. Although primarily focused on the book *Movies and Mental Illness*, the presentation will introduce participants to two other books by Danny Wedding: *Positive Psychology at the Movies* and *Movies, Mini-series and Multiculturalism*.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: Teaching from the Inside Out: A Resilience and Wellness Course for Early Childhood Educators

Speaker Name: Gail E. Joseph

Affiliation: University of Washington, USA

Abstract:

Early childhood educators play a vital role in shaping children’s learning and development, yet the profession is often characterized by high levels of stress, burnout, and emotional fatigue. Teaching from the Inside Out: Resilience and Wellness for Educators is a ten-session, research-informed course developed to strengthen the social-emotional well-being of early learning professionals. The course integrates the Intentional Teaching Framework and evidence-based strategies from positive psychology, mindfulness, and acceptance and commitment therapy to help educators “teach from the inside out.”

Students explore key topics such as managing stress, cultivating gratitude, clarifying personal values, and choosing where to direct attention. Weekly “TGIF: The Gratitude I Feel” reflections and applied assignments encourage participants to intentionally practice resilience strategies in their daily lives and workplaces.

Research findings from a mixed-methods study on the course indicate significant improvements in educators’ self-reported wellness, stress management, and confidence in creating nurturing classroom environments. Participants described the materials as “enjoyable, helpful, and useful” for both professional and personal well-being. The course builds on the ACHIEVER resilience framework and previous studies linking teacher well-being to improved child outcomes.

By modelling a scalable, low-cost approach to promoting educator wellness, Teaching from the Inside Out offers a replicable pathway for teacher preparation and professional development programs seeking to reduce burnout and improve retention. Ultimately, resilient educators are better equipped to foster emotionally supportive, high-quality early learning environments—benefiting both teachers and the children they serve.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: After the Sirens: The Echo That Remains — Lessons in Human Resilience from the Fireground and Beyond

Speaker Name: Frank Leto

Affiliation: Fire Department of New York, USA

Abstract:

First responders live in a world defined by crisis. While most people run from danger, responders run toward it, often carrying the weight of what they've seen long after the sirens fade. My presentation, based on my published article *After the Sirens: The Echo That Remains* (Psychiatry Research, 2025), explores the human cost of chronic exposure to trauma and the enduring strength that grows in its aftermath.

Drawing on two decades of behavioral health leadership with the FDNY and extensive work in disaster response across the U.S. and internationally, this presentation examines how meaning-making, connection, and compassion protect responders from the cumulative toll of their work. Through real-world lessons and narratives from the fireground to mass-casualty sites, I describe what helps responders not only survive but recover and grow after adversity.

The focus is on practical insights into resilience, leadership, and the power of peer support — demonstrating that healing happens not only in clinics but also in firehouse kitchens, through shared experience and presence.



Title: Reducing Maternal, Neonatal, Infant, Child, and Adolescent Mortality Through a National Task-Sharing Programme in Public Hospitals in Liberia

Speaker Name: Adeyemo Abass Kola

Affiliation: Eastern State Mental Health Hospital, USA

Abstract:

Background: Physician shortages continue to be a significant source of high maternal, neonatal, infant, child, and adolescent mortality in low-income and post-conflict countries. In Liberia, access to high-quality hospital care, particularly in rural settings, has been limited, hindering the timely management of obstetric, neonatal, and pediatric emergencies. One of the suggested approaches to address acute health workforce shortages is task-sharing, which entails redistributing selected clinical roles to appropriately trained midwives and nurses.

Methods: In 2013, the Liberian Ministry of Health, WHO Liberia, UNFPA, UNICEF, and an international non-governmental organization partnered to create a national task-sharing program, which Irish Aid and academic partners subsequently assisted. Advanced clinical training was done competitively with experienced midwives and nurses in rural counties. Obstetric clinicians completed a three-year apprenticeship program encompassing operative obstetrics, and neonatal and pediatric clinicians completed two-year and 2.4-year programs, respectively. Training includes integrated, supervised clinical practice, guided distance learning, ongoing evaluation, and formal examinations. There were simultaneous investments in hospital infrastructure, equipment, and other necessary supplies to facilitate the safe provision of services.

Results: It trained 57 clinicians (28 obstetricians, 17 neonatologists, and 12 pediatricians) and is currently deployed in nine rural public hospitals. Obstetric clinicians effectively deal with obstetric crises, such as the caesarean section and other life-saving interventions. Neonatal clinicians can deliver a high level of neonatal care that aligns with the World Health Organization Special Care Level 2. In contrast, pediatric clinicians attend to typical and complicated pediatric emergencies. Monitoring of the programs indicated that the maternal mortality rate is lower in facilities with trained obstetric clinicians than in those with support at national averages.

Conclusion: This national task-sharing program illustrates that midwives and nurses can be safely and effectively trained to provide high-quality hospital-based maternal, neonatal, and pediatric care. Task-sharing is a sustainable and scalable way to empower the health system and minimize the number of preventable deaths in low-resource and post-conflict conditions.



Title: The Well Mind Playbook: Habits that Boost Health, Relationships, and Work Performance

Speaker Name: Chinwé Williams,

Affiliation: Meaningful Solutions Counseling & Consulting, USA

Abstract: Mental and emotional health are the foundation of human functioning—impacting how individuals think, relate, work, and recover from daily stress. Yet, in today’s demanding world, burnout, emotional dysregulation, and chronic stress are at record highs, affecting not only personal well-being but also organizational performance and community health. Drawing from over 20 years of clinical, trauma-informed, and workplace wellbeing research, Dr. Chinwé Williams presents The Well Mind Playbook, an evidence-based workshop designed to equip participants with practical, sustainable habits that strengthen mental and emotional resilience.

This session integrates neuroscience, mindfulness, positive psychology, and trauma-informed practices to help participants understand how stress patterns develop and how intentional daily routines can reverse emotional overload. Attendees will learn how emotional health influences relationship quality, communication, and workplace engagement—and identify observable early signs of mental strain before it escalates. Through guided strategies, role-plays, and interactive exercises, Dr. Williams teaches core skills including cognitive reframing, mindful awareness, boundary-setting, healthy communication, and simple behavioral routines proven to support sleep, focus, and emotional stability.

Participants also create their own personalized one-week resilience plan that combines micro-habits designed for real-world application. By the end of the workshop, attendees are equipped with science-backed skills that improve personal well-being, strengthen relationships, and enhance productivity, psychological safety, and workplace connection. This session supports global mental health priorities by addressing prevention, early intervention, and practical skill-building that empowers individuals to manage stress proactively and foster long-term emotional wellness.

Learning Outcomes (3 Bullet Points)

Participants will be able to:

1. Identify how mental and emotional health influence personal well-being, relationships, and work performance, and recognize two early signs of strain in each domain.
2. Implement mindfulness routines, sleep and activity habits, and cognitive reframing techniques, and build a personalized one-week resilience plan integrating these practices.
3. Apply communication and boundary-setting skills to strengthen relationships, reduce conflict, and increase psychological safety and productivity through guided scripts and role-play.

Ideal Audience

Corporate professionals and workplace wellness champions
Women’s leadership groups and ERGs
HR and people operations teams
Entrepreneurs and small-business leaders
Community health professionals
Mental health advocates and educators
Organizations prioritizing resilience, burnout prevention, and emotional well-being



Title: Belonging by Design: Identity-Based Peer Mentorship for First-Year LGBTQ+ Students

Speaker Name: Kevin Yu

Affiliation: Michigan State University, USA

Abstract: LGBTQ+ college students experience disproportionate mental health challenges during the first-year transition, including minority stress, identity concealment, and reduced sense of belonging. This mixed-methods study examines whether an identity-based peer mentorship model can improve mental health related outcomes (belonging, wellbeing, purpose, and academic self-efficacy) among first-year LGBTQ+ students at a STEM-oriented residential college.

Methods: Using a quasi-experimental, convergent mixed-methods design, we compare first-year students enrolled in the standard peer mentorship program ($n \approx 75$) with those in a pilot LGBTQ+ identity-based mentorship group ($n \approx 10$). Quantitative data include validated pre/post online surveys administered in August and December 2025 measuring belonging, wellbeing, academic self-efficacy, community contribution, and purpose. Analyses will ANCOVA models controlling for baseline characteristics. Qualitative data will be collected through focus groups and interviews with students and mentors, analyzed using inductive coding. Findings will be integrated to identify convergent themes and triangulate quantitative changes with students' reported experiences.

Results: Quantitative results show that compared to students without peer mentorship, peer mentorship in general significantly increased sense of belonging for first-year students. Furthermore, among all peer mentor students, students in career-based peer mentorship reported lower feelings of a empowered community compared to students in identity-based peer mentorship. Qualitative data has been collected and analysis is underway, preliminary results shows that mentors saw the shared identity as an easy connection point between them and their mentees while students appreciated the knowledge of their mentors on queer topics.

Conclusion: If identity-based mentorship has the potential to improve mental health and belonging for LGBTQ+ first-year students, the model represents a low-cost, scalable intervention for higher education institutions seeking to support other marginalized populations. Findings may inform campus mental health strategies, inclusive mentorship structures, and future longitudinal research on retention, wellbeing trajectories, and institutional climate change

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: Barbie Takes Control the Irony of Manipulation in Todd Haynes' Superstar

Speaker Name: Nick Smith

Affiliation: SUNY Fredonia, USA

Abstract:

Todd Haynes' 1988 film *Superstar: The Karen Carpenter Story* used Barbie dolls to reenact the life of the singer and the anorexia nervosa that led to her tragic death. Beyond the obvious correlation between skinny dolls and an emaciated star, Haynes cast his 'actors' in order to explore character identification and societal pressures. The film's success at festivals and later online cult status are a testament to the validity of Haynes' aesthetic choices. This paper examines *Superstar* as a reflection of our deep-seated attraction to objectification and nostalgia. Using social analysis, it compares Barbie's '70s identity, exemplified by the launch of Malibu Barbie, with the rise and scrutinization of Karen Carpenter. Film analysis shows the innovative multimedia manner in which Haynes builds a biopic around toys that come with their own emotional baggage. *Superstar's* legacy is also considered, inspiring other filmmakers and cut-price comedians to tell their own stories with Barbie in the lens. With a cynical eye and a flair for the melodramatic, Haynes compares Carpenter's obsessive need to mold her looks and destiny with our own desire to control our childhood toys and our pop culture heroes.

This paper focuses on anorexia nervosa, and the manner in which pop cultural signifiers (such as barbie dolls and cinematic melodramas) can be used to raise awareness and educate the public about the eating disorder, the causes of which are still unknown. An in-depth examination of clinical trials, and the reception of Todd Haynes' *Superstar*, are used to illustrate the effectiveness and importance of bringing this subject to the public conscious.



Title: Re-Visualizing Mental Health Stigma

Speaker Name: Peter Szto

Affiliation: Azusa Pacific University, USA

Abstract:

Social work is an observational science of practice grounded in the belief that visual knowledge is necessary for effective delivery of care. How social workers imagine care is thus critical to how clients and communities experience care. For example, even uttering the word care somehow conjures in our minds pre-formed images of care quality. What do those images look like? How are they formed? Where do they come from? More importantly, can they be altered, challenged, replaced, or re-imagined? A major obstacle in providing care is stigma, that is, negative cognitive schemes that pre-judge and distort how reality is perceived. Unfortunately, stigma in mental health care diminishes access by associating care with fear, rejection, and shame.

This workshop addresses mental health stigma with a case study on visualizing Singapore's hidden youth – individuals who pathologically self-isolate for years-on-end in their homes. Hidden from society, these youth are highly vulnerable, disenfranchised, and socially excluded from social resources. The case study is based on an innovative community-participatory visual study. The hidden youth syndrome was first identified in 1998 in Japan by psychiatrist Tamaki Saito. He called the isolative behavior hikikomori, meaning to pull inward. The withdrawing behavior has since spread to other locales in southeast Asia, most prominently China, South Korea, Taiwan, and Singapore. Preliminary findings indicate the hidden youth are emerging in western societies as well. The study was part of my Fulbright award received in 2022.

The workshop has three learning objectives:

1. To promote the human rights of hidden youth through visualization.
2. To demonstrate the efficacy of documentary photography for critical social work as a science of observation and practice.
3. To increase the visual knowledge base of social workers.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: The High-Risk Model of Threat Perception Modulates Learning of Placebo and Nocebo Effects and Functional Somatic Disorders

Speaker Name: Ian Wickramasekera

Affiliation: Eastern Virginia Medical School, USA

Abstract:

Threat activation or deactivation in the brain–body is associated with learned nocebo or placebo somatic effects induced by fake invasive medical–surgical procedures. Some functional somatic disorders (FSDs) originate as acute nocebo somatic effects and can become 30–50% of chronic somatic presentations to primary care physicians. Patients with FSD overutilize medical–surgical services, despite the lack of identified pathophysiology, and are at risk for morbidity from unintentional iatrogenic injury. The Conditioned Response Model (CRM) of learning postulates three innate mechanisms, modulated by trait hypnotizability, which drive placebo and nocebo somatic effects and FSD. The High Risk Model of Threat Perception (HRMTP) postulates 10 psychosocial risk factors that modulate threat perception, driving placebo and nocebo somatic effects and biologically embedded FSD. Psychosocial factors and the trait of high and low hypnotizability modulate threat and are postulated to reduce heart rate variability (HRV), inducing autonomic nervous system (ANS) dysregulation. Reduced HRV was found in a large (N = 6891) sample of patients with FSD. A total of 50% of patients with FSD with chronic pain (n = 224) without identified pathophysiology had a Paradoxical Increase in hand Temperature (PTI) during experimental threat induction. The HRMTP predicts that PTI associated with ANS dysregulation is associated with the risk factor Adverse Childhood Experiences (ACEs). This ACE prediction was independently confirmed. Learning predicts that threat activation by unconscious neutral stimuli (CS) can amplify nocebo and FSD and can negate placebo effects in clinician–patient relationships. Identifying psychosocial risk factors that modulate threat perception enables the diagnosis of FSD by inclusion and not simply by excluding pathophysiology.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: Decoding Practical Emotions Exploring the Long-Term Impact of Childhood Trauma and the Role of Pei in Healing

Speaker Name: Stevie Amos Burke

Affiliation: Clean Community Inc, USA

Abstract:

Despite the growing interest in understanding the true science behind human emotions, as elsewhere, emotions have been largely overlooked in the field of psychology. Emotional intelligence (EI) is widely recognized as a determinant of well-being, resilience, and decision-making, yet most existing models emphasize cognitive abilities or personality traits without providing a clear pathway for applying emotional awareness in daily life. This study introduces and validates the Practical Emotional Intelligence (PEI) Framework™, a four-stage process (Recognize → Explore → Align → Lead) designed to transform awareness into actionable growth.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: Collaborating with Content Area and Non-content Area Teachers: Implications for Students with Disabilities

Speaker Name: Jeffrey P. Bakken

Affiliation: Bradley University, USA

Abstract:

This presentation focuses on how special education teachers collaborate with teachers of content area and non-content area subjects and work with students with disabilities.

Students with disabilities are often placed into inclusive environments that address both content and non-content areas. In these environments the teachers are often at a loss at how to meet these students' needs. Content areas addressed include English, mathematics, science, and social studies. Non-content areas or "specials" include art, physical education, and music.

Participants will learn about how collaboration is essential for general education teachers, specifically content-area teachers and non-content area teachers, with special educators to meet the needs of students with disabilities in these classrooms. Given general education teachers generally have limited knowledge and experiences with students with disabilities.

First, it is critical that these teachers understand the characteristics and abilities of student with disabilities. Second, it is essential they collaborate with special education teachers to learn about effective strategies, adaptations, and modifications that can be made to their content areas to give access to students with disabilities. They also may find these strategies impact students without disabilities in their classes.

An extensive literature review was conducted and suggestions based on research will be highlighted. Specific areas that will be covered will include English, mathematics, science, social studies, art, physical education, and music. Specific strategies and best practices will be highlighted for each of these areas. Implications for teachers of students with disabilities and how they can work with special education teachers will be emphasized. Participants will leave the presentation knowing how to impact students with disabilities in content and non-content area classes.



Title: The Pulse of Healing

Speaker Name: Casey Muze

Affiliation: AvenueSpeak LLC Tyler, USA

Abstract:

Imagine healing as a shared heartbeat—gentle, rhythmic, alive. "The Pulse of Healing," crafted by Casey Muze, invites trauma survivors into this living rhythm, restoring embodied safety, fluid regulation, and authentic connection. Inspired by polyvagal wisdom, somatic experiencing, heart rate variability biofeedback, and mindful awareness, it honors healing as a "pulse": the tender synchrony between guide and traveler, mirroring the body's innate ebb and flow through arousal, rest, and renewal. This path gently unwinds the knots of trauma—hyperarousal, shutdown, dissociation, and ancestral echoes—with kindness and precision.

Core threads weave together: (1) attuning to breath, pulse, and micro-movements to co-build sanctuary and release frozen stories; (2) navigating natural waves—from fiery mobilization to quiet stillness, then open-hearted presence; and (3) accessible practices like breath-anchored grounding, heart rate variability-nurtured exercises, and narrative weaving, adaptable for one-on-one journeys, circles, or workshops.

Born from Casey Muze's deep companionship with survivors of sexual trauma, early wounds, ongoing stress, and layered post-traumatic stress, lived experiences and workshop echoes reveal transformative ripples: eased overwhelm, supple emotions, renewed trust, and growth that blooms beyond mere survival. For therapists and mental health companions, it delivers warm, practical gifts to amplify presence, safeguard your spirit via mutual rhythm, and nurture bonds steeped in honor and cultural resonance.

Merging body knowing, soulful conversation, and relational spark, "The Pulse of Healing" charts a compassionate, potent trail to wholeness—for clients and guides alike, as fellow humans in the dance. Discover resources, gatherings, and ways to infuse this pulse into your world at www.caseymuze.com.

Casey Muze is a dynamic mental health speaker, author, drumming expert, and mentor celebrated for rhythm-based programs that cultivate emotional regulation, social bonds, and cognitive vitality. With over a decade in mental health, co-occurring disorders, music theory, and sound engineering, he transforms the effects of stress, trauma, and change through innovative interventions. Founder of AvenueSpeak LLC, King Avenue Mentorship, and Crowned & Called, Casey equips young men with tools for integrity, clarity, and leadership, while delivering workshops for educators, clinicians, neurodivergent individuals, and those with dementia.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: Comparing Self-Construal Scales: Cultural Implications for the United States, East Asia, Southeast Asia, Latin America, and the Middle East

Speaker Name: Jon Lim

Affiliation: San Jose State University, USA

Abstract:

Contemporary self-construal research indicates that people define themselves either as independent or interdependent. We review self-construal scales across the United States, East Asia, Southeast Asia, Latin America, and the Middle East to compare/contrast their operationalizations of interdependence (or independence). Taken together, this body of research suggests that, consistent with findings on American and East Asian selves, Southeast Asian cultures also exhibit interdependent self-construal. Latin Americans, however, display independent self-construal despite their long-standing characterization as a collectivist culture, while Arabs display both independence and interdependence. Future directions—including the improved validity of multidimensional measures of the self over dichotomous scales, cultural differences on distinctiveness, research on bicultural individuals, within-cultural comparisons, and the role of polyculturalism—are discussed.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: Promoting mental health for optimal performance in sports using non-linear methods and digitized real-time process monitoring

Speaker Name: Alexander Schorb

Affiliation: Paracelsus Medical University, Austria

Abstract:

Objective: Mental health symptoms in competitive sports can manifest as sport-specific and -unspecific disorders. They can reduce performance and increase the risk of physical injury and subsequently prolong rehabilitation. Unrecognized or inadequately treated mental health symptoms and disorders in athletes can have serious health and sometimes existential consequences. The Promotion of mental health is increasingly becoming an integral part of care structures in competitive sports. Approaches to sports psychiatric care are important in this regard.

Methods: Treatments using the Synergetic Navigation System (SNS) for digital real-time monitoring of mental health in athletes consider the interactions between various factors in sports, including interactions between mental health, training load, performance, and injuries. In this way, complex change processes can be monitored and supported using non-linear methods and high-frequency time series.

Results: Competitive success confers on the social status of athletes and contributes significantly to their self-esteem. In the case of participation loss or injury, the implicit or explicit pressure to restore function and performance quickly poses a particular challenge. Mental health treatment under these conditions may differ from psychotherapeutic processes, in which a temporary destabilization with long-term mental and behavioral re-organization is a necessary inherent component. Apart from that, restoring health alone is not enough for athletes. The restoration of performance appears to be a decisive factor. Data from process monitoring with the SNS can generally be used to assess mental health, performance and the risk of sports injuries.

Conclusion: Treatments with the SNS could be integrated into appropriate sports psychiatric care concepts. With such an approach, it would be possible to integrate performance enhancement as an attractive form of support for athletes. Performance serves to promote mental health and vice versa. The promotion of performance would represent a fundamental paradigm shift in mental health care in sports. This could particularly help to reach the hard-to-reach group of top athletes and ensure that they receive early and professional treatment when needed. More psychiatric-psychotherapeutic treatments are to be expected, as well as more treatments for already subclinical symptoms. In addition, a reduction in the stigma surrounding mental disorders in sports is also to be expected.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: MBCARE, a Mindfulness- and Self-Compassion-Based Intervention to Decrease Burnout and Promote Self-Compassion in Health Care Providers

Speaker Name: Corinne ISNARD BAGNIS

Affiliation: APHP-Sorbonne University, France

Abstract:

Background: Mindfulness and compassion training have individually shown significant effects on health care professionals' (HCPs') skills, reducing stress, anxiety, and burnout.

This study evaluated the impact of a combined mindfulness and self-compassion intervention on HCPs' wellness.

Methods: Seventeen nurses and doctors at a teaching university hospital in France volunteered for the Mindfulness-Based Compassion and Resilience Enhancement (MBCARE) program, a four-week mindfulness and self-compassion training delivered in eight three-hour sessions over four days (one day per week), with 100% attendance. We collected primary data (mindfulness skills, burnout scores, self-compassion, and emotional coping via face-reader evaluations) before and after the intervention.

Results: MBCARE was associated with reduced burnout, with emotional exhaustion scores decreasing ($M\Delta = -4.27$, $t = 1.95$, $p = .04$) and personal accomplishment scores increasing ($M\Delta = 2.73$, $z = 2.48$, $p = .007$) among 12 health care professionals. Patient-perceived centeredness of care showed a ceiling effect, with no significant changes. In a socio-affective video task ($n = 7$), positive affect increased post-training ($p < .05$), while negative affect remained stable. Time and availability constraints limited participation, but the program was feasible. Professional contextualization may support skill application, potentially improving

emotional regulation and self-compassion, though further research is needed to confirm these effects.

Conclusions: Implementing mindfulness and compassion training for HCPs faces time and availability constraints but meets their needs. Contextualizing the training to professional settings enhances HCPs' ability to apply new skills, yielding benefits in emotional stability and self-compassion



Title: Association between coping of the primary caregiver and the adolescent patient with cancer.

Speaker Name: Leonel Jaramillo Villanueva

Affiliation: XXI Century National Medical Center Pediatric Hospital, Mexico

Abstract:

Background: Coping mechanisms help individuals face adversity, remain stable over time, and can be generalized to various circumstances. Two types are typically distinguished: the active style, aimed at resolving problems, and the passive style, focused on emotional regulation. We hypothesized that passive coping of the primary caregiver (hereafter, primary caregiver [PC]) would affect the adaptive coping of his or her adolescent child with cancer (hereafter, adolescent with cancer [AC]).

Objective: To analyze coping styles in adolescents with cancer (ACs) and their primary caregivers (PCs).
Materials and methods: This was an analytical cross-sectional study including 116 pairs of an adolescent with cancer (AC) and a primary caregiver (PC). The adolescents completed the Adolescent Coping Scale (ACS), applicable to those aged 9–17 years, while the caregivers completed the Coping Strategies Inventory (CSI).

Results: 49% (57/116) of the pairs both used the active coping style, and 14% showed the passive style in both members. No agreement was found between the coping styles of the AC and PC (Kappa = 0.15, 95% confidence interval [CI]: 0.13–0.14, $p = 0.13$). The multivariate analysis explained 61% of the variance (Nagelkerke pseudo $R^2 = 0.61$; likelihood ratio = 191.4; $p = 0.003$).

Conclusions: Passive coping by the primary caregiver occurred with low frequency, and active coping was favored, similar to that of the adolescent with cancer.

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Speaker Slots Filling Quickly



Title: Cross-Regional Barriers to Achieving Desired Physical Activity in University Students: A Multicentre Study in Europe and the Americas with Policy Implications

Speaker Name: Luis Moral-Moreno

Affiliation: Complutense University of Madrid, Spain

Abstract:

Background: Insufficient physical activity (PA) in university students is a modifiable determinant of mental health and wellbeing, yet barriers may differ across sociocultural and structural contexts, limiting the effectiveness and equity of PA promotion policies.

Objective: To identify multicentre patterns of barriers to achieving desired PA among university students from Europe and the Americas, examine associated factors, and derive policy-relevant recommendations for university settings.

Methods: A cross-sectional multicentre survey (N = 686) was conducted in Chile, Mexico, Spain, and Italy. Barriers were assessed using the BBAQ-21 as dichotomous items (yes/no), covering lack of time, low energy/fatigue, low willpower/motivation, fear of injury, lack of skills, lack of resources, and limited social support for physical activity. Barrier prevalence was compared by region (Europe vs. the Americas). Multivariable models examined associations with (i) the total number of perceived barriers (Poisson regression) and (ii) lack of resources (logistic regression), adjusting for sex, age, body mass index (BMI), working status, sedentary time, and estimated socioeconomic status (SES).

Results: The most prevalent barriers overall were low energy (39.6%), lack of time (37.7%), and low willpower (35.6%). Compared with Europe, students in the Americas reported higher prevalence of fear of injury (12.7% vs 4.7%), lack of skills (16.1% vs 9.7%), and lack of resources (33.7% vs 16.9%). In adjusted models, residence in the Americas showed a trend toward higher overall barrier burden (rate ratio \approx 1.18). For lack of resources, the Americas showed higher odds (OR \approx 1.87), and lower SES was associated with higher odds (OR \approx 1.19 per unit toward lower SES); other associations were small in magnitude.

Conclusions and implications: University PA policies should prioritize structural equity measures (low-cost access, inclusive facilities, safe environments), capability-building (skills training and supervised introductory programs), and time-enabling strategies (active-campus design and curricular flexibility). Cross-regional differences indicate that resource-focused and equity-oriented interventions are particularly urgent in the Americas.



Title: Long-Term Neuropsychological, Neurological, and Structural Impacts of Long COVID: Sequelae of COVID-19-Induced Brain Inflammation

Speaker Name: Concetta Mezzatesta

Affiliation: Covid Hospital of Partinico, Italy

Abstract:

This research investigates the prolonged neurological effects of COVID-19, emphasizing cognitive impairments connected to glial cell alterations, gender-specific responses, and their link to new-onset diabetes. Through advanced neuropsychological assessments, cognitive deficits were evaluated in post-COVID patients, with a particular focus on glial cell dysfunction and the role of metabolic health.

Since the pandemic's beginning, COVID-19 has disrupted healthcare norms, exposing a range of psychophysical sequelae, including marked cognitive deficits like memory loss, attention issues, and executive dysfunctions. Recent studies (PubMed 2022-2023) highlight the importance of integrating metabolic health in post-COVID care due to a reciprocal relationship between diabetes and cognitive decline. This study uses neuroimaging to identify brain alterations, correlate these with cognitive impairments, and test the hypothesis that COVID-19-related neuroinflammation contributes to executive dysfunction. Findings aim to deepen the global understanding of COVID-19's neurological impact and support targeted treatment strategies.



Title: ARVs are a constant reminder of lost freedom whereas for others they are liberating

Speaker Name: Sehlulekile Gumede-Moyo

Affiliation: Ipsos Healthcare, UK

Abstract:

Objective: The aim of the research was to understand what drives and motivates young women living with HIV in their treatment journeys, as well as their key influencers. The findings will assist in appreciating their obstacles to treatment and constructing the most effective ways to convey fresh messages to them. These insights will contribute to the messaging developed for a campaign across sub-Saharan Africa, primarily Malawi and Zimbabwe.

Design: This was a qualitative study conducted in order to build an understanding of unknown parts of the HIV treatment journey through in-depth interviews. A hybrid approach was used to conduct thematic analysis.

Setting and participants: Study participants were HIV-positive women, their influencers (eg, parents/partners/siblings/aunts and uncles/religious leaders, etc.) and healthcare providers from a range of regions in Zimbabwe and Malawi.

Results: A total of 26 young people living with HIV (PLHIV), 29 healthcare providers and 24 influencers such as maternal figures in the community were interviewed. Two main broad insights were drawn, that is, key needs and wider contextual factors. The key needs of young PLHIV to stay on treatment were empathy, support and emotional connection with antiretroviral therapy (ART), while the wider contextual factors impacting their treatment journeys were structural challenges and cultural reference points. Fear of shame and humiliation can also be significant barriers to disclosure and treatment. The fear predisposes the PLHIV to the need for empathy, support and connection with ART. Mental health and anxiety appear to be comorbid with HIV. Some PLHIV have a small and limited support network leading to very few people living openly with HIV. There is no 'one-size-fits-all' approach, and maximising campaign reach will likely need a multifaceted approach.

Conclusion: Currently, the relationship between nurses and PLHIV can appear to be transactional. Through learning about the community (including PLHIV), there are more chances of communicating in a way that resonates.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



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Conclusions: Implementing mindfulness and compassion training for HCPs faces time and availability constraints but meets their needs. Contextualizing the training to professional settings enhances HCPs' ability to apply new skills, yielding benefits in emotional stability and self-compassion

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Speaker Slots Filling Quickly



Title: Playing to grow: How a serious game strengthens teachers' professional well-being

Speaker Name: Valeria Cavioni

Affiliation: Universitas Mercatorum, Italy

Abstract:

Teachers' mental health is essential for sustaining motivation, job satisfaction, and a positive school climate. As professional demands continue to rise, supporting teacher well-being has become increasingly crucial. This study examined the effectiveness of the Online Well-being Course (OWC), a serious game designed to enhance teachers' social and emotional competences and professional well-being.

A total of 227 in-service Italian teachers (205 female; M age = 45.8 yrs) participated in a mixed-methods evaluation with two objectives: (1) to quantitatively assess the impact of the OWC on social-emotional competence, self-efficacy, and perceived stress using a pre-post design with three groups: Group A (n = 76), Group B (n = 72), and a waitlist control group (n = 79); and (2) to qualitatively explore participants' subjective experiences through focus groups and open-ended feedback. Group A collaborated with researchers to co-design revisions to the course before participation, Group B accessed the original version, and Group C accessed the OWC after the post-test phase. The five-month intervention aimed to promote engagement and strengthen skills in emotional regulation, empathy, and self-care. Quantitative analyses using a repeated-measures General Linear Model revealed a significant Time \times Group interaction ($p = .002$), showing improvements in social-emotional competence, self-efficacy, and perceived stress ($p = .001$) among intervention participants. Qualitative results complemented these findings, indicating perceived gains in emotional awareness, self-care, social relationships, decision-making, and overall school climate.

Overall, the study highlights the promise of serious games as innovative, evidence-based tools for promoting teachers' mental health and professional growth.



Title: Exploring Stress and Mental Health in International Students: Epigenetics and Resilience Insights

Speaker Name: Sreejita Das

Affiliation: University of Ottawa, Canada

Abstract:

Learning Objectives:

1. Understand the unique stressors faced by international students
2. Identify changes in cortisol, DNA, and survey over two different timepoints

Objective: International students contribute significantly to Canada's higher education landscape. These students face unique stressors and experiences such as discrimination, language barriers, cultural barriers, financial status, academic pressures, legal and more. They must adapt to a foreign country often with little familial and social support, leading to risk for physical and mental health problems. This study aims to understand how stress affects the psychological and biological markers of international students at the University of Ottawa by comparing two time points, baseline and a period of academic stress.

Materials and Methods: Students from the University of Ottawa will complete mental health surveys and provide saliva and hair samples twice to track biological stress markers (cortisol levels and DNA methylation). Statistical analysis will test for linear regression, correlation, moderation and sex specific differences and differences in timepoints to better understand the multifaceted nature of stress.

Results: Results (n=56) show that French speakers were significantly more likely to report higher depression scores compared to English speakers ($p < 0.05$). French speakers reported severe depression scores compared to their English counterparts who reported moderate depression scores. Students with unhealthy lifestyles reported higher stress ($p < 0.05$) and a similar trend was noted in those who faced more racial discrimination ($p < 0.05$). Interestingly, resilience played a protective role between the impact of stress and anxiety ($p < 0.01$).

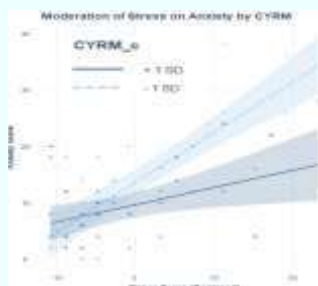


Figure 1: Moderation of Stress (Centered) on Anxiety by Childhood and Youth Resilience Measure (CYRM) (Centred)

Conclusion/Significance: These findings shed light on the experiences of international students and underscore the need for targeted mental health resources and culturally informed support.

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Speaker Slots Filling Quickly



Title: Development of an AI-Assisted Clinical Decision Support Tool for Psychotropic Deprescribing

Speaker Name: Marko Luka Boskovic

Affiliation: Neuropsychiatric Hospital “Dr. Ivan Barbot” Popovača, Croatia

Abstract:

Deprescribing of psychotropic medication is common but poorly standardised, with most clinicians relying on informal “rule-of-thumb” tapers despite detailed but complex guidance (e.g. Maudsley Deprescribing Guidelines, Ashton Manual). TaperMeds is a web-based AI platform that generates evidence-based taper plans for psychotropic medications in seconds. Tapering principles from established deprescribing resources and product information were encoded into drug-specific algorithms and combined with a large language model with guideline retrieval to produce patient-specific schedules. Clinicians enter key clinical variables and receive a stepwise taper schedule with dose reductions, minimum intervals, monitoring prompts and formulation constraints, accompanied by clear safety messaging that the output is educational material and must be reviewed by a prescriber. In internal testing on representative SSRI, SNRI, benzodiazepine and antipsychotic scenarios, TaperMeds produced complete draft taper plans within routine consultation time and was perceived by early pilot clinicians as improving standardisation and reducing administrative burden. Formal usability and accuracy evaluation is ongoing, and results will be presented. AI-assisted taper planning may help bridge the gap between guideline recommendations and real-world deprescribing practice.



Title: Transformative leadership: The Power of Collaboration and Communities of Practice (CoPs) in Leadership

Speaker Name: Kang Yup Jung

Affiliation: Pontifical Gregorian University, Italy

Abstract:

This article investigates how transformative leadership can leverage collaboration and Communities of Practice (CoPs) to enhance leadership effectiveness and promote organisational success. Transformative leadership, characterised by empowerment, shared vision, and collective growth, has the potential to create environments that nurture collaboration and innovation. The study examines how leaders who embody these principles cultivate collaborative contexts that facilitate knowledge-sharing, creativity, and mutual support within CoPs—social structures distinguished by “autonomy, practitioner orientation, informality, and boundary crossing.”

Employing a qualitative research design that integrates case studies and document analysis, this study explores the mechanisms through which transformative leadership fosters collaboration and strengthens CoPs within organisational settings.

Preliminary findings suggest that transformative leadership substantially enhances collaboration within CoPs, thereby improving knowledge exchange, innovation capacity, and collective decision-making. Leaders who promote empowerment, shared purpose, and mutual trust are shown to create learning-oriented environments that enhance engagement and commitment among members. Under transformative leadership, CoPs become key sites for leadership development, adaptive problem-solving, and organisational resilience. Moreover, organisations that strategically integrate CoPs into their leadership frameworks demonstrate higher levels of collaboration, sustainable growth, and alignment between individual and collective objectives—factors that contribute to long-term organisational success.

The originality of this article lies in its examination of the synergistic relationship between transformative leadership and Communities of Practice, providing a novel conceptual lens through which leadership in contemporary organisations can be understood. This study contributes to the existing literature by offering actionable insights and frameworks for leaders seeking to embed CoPs into their leadership and organisational strategies. In doing so, it underscores the pivotal role of transformative leadership in fostering innovation, resilience, and sustained organisational vitality through the cultivation of collaborative learning communities.

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Speaker Slots Filling Quickly



Title: Learned social helplessness and economic growth

Speaker Name: Rafael S. Espinosa Ramirez

Affiliation: University of Guadalajara, Mexico

Abstract:

Starting from the formulation of the concept of Learned Social Helplessness (LSH), as a psychological condition of a society that has learned to withstand adverse situations, we carry out an econometric analysis that relates this psychological construction with economic growth. In this way, we seek to demonstrate that this condition is one of the reasons for the inability of economies to grow. Through panel analysis, using country-by-country resilience indicators, we will consider a group of developed and developing countries where, based on their social, cultural, and historical characteristics, we determine that learned social helplessness in countries with low levels of social resilience is more likely to present reduced growth rates compared to countries with greater social resilience. Although TSH is one of the many variables that affect economic growth, a policy aimed at fostering social resilience can be very politically useful.

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Speaker Slots Filling Quickly



Title: Female Loss of Libido in Chinese Medicine -Treatment with western herbal medicine

Speaker Name: Lingky Tan-Bleinroth

Affiliation: Clinic for Integrative Chinese Medicine, Austria

Female loss of libido is a frequent and multifactorial condition that often causes substantial emotional and physical distress. This presentation integrates neurobiological, hormonal, psychosocial and Chinese medical perspectives to advance a more holistic understanding of female sexual desire.

The work compares the classical Chinese Medicine (CM) view of libido - traditionally focused on Kidney *Yang* and *Jing* deficiency - with modern neurobiological findings emphasizing emotional security, contextual factors and the influence of the menstrual cycle. Literature was systematically reviewed across neuroendocrinology, affective neuroscience and CM theory.

Results highlight that, whereas classical CM has historically associated libido primarily with male sexual vigor, female sexuality involves a dynamic interplay of Heart (*Shen*), Liver (*Qi*), and Kidney (*Yin, Yang, Qi*) functions. Emotional connection, body awareness and psychological safety are essential energetic correlates of desire. The integration of Western medicinal herbs classified according to CM, i.e. *Turnera diffusa*, *Vitex agnus-castus* and *Lavandula angustifolia*, demonstrates therapeutic potential to support hormonal balance, circulation, and emotional wellbeing.

Neurobiological Factor	Chinese Medicine Correlate	Therapeutic Focus in CM
Hormonal regulation (HPA axis)	Kidney <i>Yin/ Yang, Jing</i>	Tonify and balance essence and warmth
Emotional safety, attachment	Heart <i>Shen</i>	Calm and open the Heart, nourish joy
Stress and tension	Liver <i>Qi</i> stagnation	Move <i>Qi</i> , release frustration
Fatigue, loss of vitality	Spleen and Kidney <i>Qi</i>	Strengthen <i>Qi</i> / energy

In conclusion, female libido cannot be treated solely by tonifying Kidney *Yang*. A multidimensional CM approach integrating emotional, hormonal and energetic aspects is required. Bridging CM diagnostics with modern neurobiology and Western herbal pharmacology opens new pathways for individualized treatments and for restoring female sexual vitality.



Title: Unmasking Harm: How Honor Culture, Gender Norms, and Domestic Violence Shapes Mental Health and Extremist Pathways

Speaker Name: Narissa Sheena MacLennan-Matthews

Affiliation: University of Plymouth, UK

Abstract:

This presentation draws from two interconnected book chapters *“Manhood/Honor Culture and Its Impact on the Queer Community”* and *“From Patriarchy to Extremism: How Domestic Violence and Honour Culture Fuel Lone-Wolf Terrorism”* to examine how rigid gender norms and honour-based belief systems produce far-reaching psychological and social consequences for marginalised groups.

The first section explores how manhood and honour cultures enforce narrow ideals of masculinity that stigmatize queerness, reinforce shame, and intensify minority stress. These pressures contribute to elevated rates of anxiety, depression, and interpersonal violence within queer communities, while also shaping family rejection, community exclusion, and internalized stigma.

The second section investigates the continuum from patriarchal control to domestic violence and, ultimately, radicalization. Emerging evidence shows that the same honour-driven worldviews that harm queer individuals can also underpin lone-wolf extremism. Many perpetrators share histories of intimate partner abuse, entitlement, and rigid gender expectations, underscoring domestic violence as both a public health crisis and an underrecognized precursor to ideological violence.

Taken together, these chapters argue that honour culture functions as a cross-cutting psychological force influencing mental health outcomes, identity development, and patterns of both interpersonal and extremist harm. By mapping these interconnected systems, the presentation identifies critical intervention points for clinicians, community leaders, and policymakers seeking to reduce violence and support mental health resilience in queer communities and beyond.

This interdisciplinary talk encourages attendees to bridge mental health, gender studies, and security perspectives, offering an integrated framework that positions cultural transformation as essential to advancing safety, equity, and collective well-being.



Title: Hemispheric Asymmetries in Resting-State Connectivity: Insights from Healthy Controls and Implications for Neurological Disorders

Speaker Name: Gergő Levente Bolla

Affiliation: Semmelweis University, Hungary

Abstract:

The human brain exhibits intricate hemispheric asymmetries at both structural and functional levels. Recent research highlights the significance of these asymmetries in various neurological diseases, with left-sided pathologies often associated with worse clinical outcomes. This study aims to unravel the lateralisation of resting-state network connectivity in the human brain using rs-fMRI, exploring its implications for the pathophysiology of neurological disorders.

In this study, we utilized a multifaceted analytical approach with seven graph-theoretical measures, three voxel-based metrics, and the laterality index. The study was conducted on two independent datasets: a Local cohort comprising 102 right-handed healthy control participants, and a comparative cohort of 86 right-handed healthy control participants from the ADNI database.

Our results reveal significant lateralisation of resting-state functional network connectivity in several brain regions across both datasets. The following regions exhibited consistent significant left-sided lateralisation in both cohorts, even when using different metrics: Cerebellum (10, Crus2, 6), Frontal (Orbital, Inferior Triangular, Superior), Supramarginal (posterior), Lateral Occipital, Inferior Temporal (posterior). Right lateralisation: Cerebellum 7b, Frontal Pole, Supracalcarine, Juxtapositional Lobule.

The consistency of lateralisation patterns across multiple analytical methods and independent cohorts underscores the importance of our findings. The observed lateralization phenomena might have important implications for the pathophysiology of various neurological diseases, potentially offering insights into disease progression and prognosis.

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Speaker Slots Filling Quickly



Title: Trauma and the Brain: Effects of Incarceration and Male Violence on Women's Neurological Health and Psychological Wellbeing

Speaker Name: Jessica K. Williams

Affiliation: Independent Scholar, Australia

Abstract:

This paper examines the relationship between women's incarceration, male violence, trauma, and neurological health and psychological wellbeing through an interdisciplinary analysis grounded in international human rights law, empirical research, and personal expertise. Drawing on instruments such as the ICCPR, CEDAW, CAT, the Nelson Mandela Rules, and the Bangkok Rules, this paper evaluates the extent to which current correctional systems exacerbate the poor mental health and brain trauma of women. Integrating scholarship on the prevalence and impacts of physical, sexual, and psychological violence, alongside research on Acquired and Traumatic Brain Injuries (ABI/TBI), Post-Traumatic Stress Disorder (PTSD), and chronic mental-health conditions among incarcerated women, the analysis demonstrates that women in prison constitute a profoundly trauma-affected and neurologically vulnerable population.

Closed prisons—characterized by sensory deprivation, authoritarian regimes, lack of privacy, and carceral practices such as strip searches and solitary confinement—are shown to exacerbate trauma symptoms and further impair neurological functioning. These environments reproduce conditions associated with past abuse and undermine women's psychological stability, particularly for those with ABI/TBI. By contrast, evidence suggests that open prison systems mitigate trauma-aggravating conditions through greater autonomy, normalized environments, and enhanced social connection, though they cannot eliminate the inherent psychological harms of incarceration.

This paper further argues that women's criminalization is deeply intertwined with histories of male violence and untreated brain injury, raising concerns regarding discrimination, proportionality, and compliance with human rights obligations. Most women's offenses are non-violent and trauma-linked, calling into question the legitimacy of incarceration as a response. Drawing from academic research, legal standards, advocacy experience, and lived experience of incarceration, the paper concludes that a decent society must pursue non-custodial, community-based alternatives to incarceration. Such approaches prioritise recovery, safety, and social integration, better reflecting the neurological, psychological, and sex-specific needs of women affected by violence and criminalization.

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Speaker Slots Filling Quickly



Title: Disaccharide Trehalose effects in C57Bl/6 mice with obesity induced by a high carbohydrate-fat diet and behavior

Speaker Name: Tatiana Korolenko

Affiliation: Research Institute of Neurosciences and Medicine, Russia

Abstract:

Disaccharide Trehalose is known autophagy inducer. Early we have shown positive effect of trehalose in db/db mice with experimental diabetes with obesity by drinking of 2% solution during for one month. There were reduced body weight, blood glucose and total cholesterol levels, followed by small movement activation of mice (Korolenko et al., 2024). The aim of this study was to evaluate trehalose drinking on metabolic parameters of C57Bl/6 mice with high carbohydrate-fat diet, so called the cafeteria diet. The cafeteria diet included free access for 18 weeks to water, standard feed, fatty food (unsalted lard) and carbohydrates (biscuits). Experiments were made in vivarium of the Institute of Cytology and Genetics Siberian Branch RAN, Novosibirsk, Russia. C57Bl/6 male mice, 3-months old, were used. In control mice drinking water and standard feed there was no changes of the biochemical parameters studied – body weight, blood glucose, triglycerides, total cholesterol, ALT activity). In C57Bl/6 mice with high carbohydrate-fat intake there was increasing of body weight (up to 25%), blood glucose (by 35%) and cholesterol level (by 66%) according to our data (Pupyshev et al., 2025). However, in C57Bl/6 mice with high carbohydrate-fat diet drinking trehalose we observed reduced blood insulin levels with compensatory upregulation of insulin signaling gene expression and there was no trehalose effect on body weight of these mice. So, Cafeteria diet, known model of obesity in humans, had some specific features in experimental animals - mice C57Bl/6 compared to humans, as well as trehalose drinking effects. Trehalose drinking was followed only by mild decrease of the levels of glucose, cholesterol, HDL-lipoproteins and induced week effect on genes expression participating in carbohydrate metastasis.



Title: Bridging Generations: Mental Health and Well-Being in a Multigenerational Asian Workforce

Speaker Name: Sheena DC. Doria-De Vera

Affiliation: University of the Philippines Baguio, Philippines

Abstract:

The future of work in Asia is increasingly defined by the coexistence of five generations in a single workplace, creating opportunities for collaboration but also presenting complex challenges for organizational well-being. This study examines the mental health and well-being implications of managing a multigenerational workforce, with emphasis on how demographic shifts, technological pressures, and diverging work values shape stress, psychological safety, and workplace relationships.

Using a typological analysis, the study synthesizes demographic patterns, generational work preferences, and cross-generational behavioral tendencies across Asian contexts. A demographic summary table illustrates the region's exceptionally age-diverse labor force. Findings reveal consistent tension points: younger workers often experience emotional fatigue due to blurred work-life boundaries and expectations of constant digital connectivity, while older workers report heightened stress linked to rapid technological change and perceived risks of redundancy. These dynamics contribute to role ambiguity, reduced engagement, and increased mental health vulnerability for workers across age groups.

Despite these challenges, the analysis identifies shared values, including the desire for meaningful work, supportive leadership, and workplace stability, that provide foundations for developing effective multigenerational well-being strategies. The study proposes an integrative framework centered on empathetic leadership, flexible communication, mental health literacy, and inclusive HR practices that strengthen psychological safety for all generations.

This paper concludes that generational diversity, when approached through a well-being lens, becomes a strategic asset rather than a source of conflict. Supporting mental health across age groups is essential to building resilient, future-ready, and mentally healthy workplaces in Asia.

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Speaker Slots Filling Quickly



Title: The Role of Mental Health Literacy and Pornography Consumption from Malaysia Rehabilitation Center

Speaker Name: Roslee Ahmad

Affiliation: Faculty of Leadership and Management, USIM, Malaysia

Abstract:

This study explored the relationship between Mental Health Literacy (MHL), Pornography Consumption (PC), and Compulsive Sexual Behavior Disorder (CSBD) among male trainees at Malaysian rehabilitation centers. Using standardized instruments to measure each construct, data were analyzed through descriptive statistics, correlation, moderated regression, and simple slopes analysis. The findings revealed that emotional avoidance in pornography consumption showed the strongest association with compulsive sexual behavior, while self-treatment knowledge within mental health literacy was also positively related. Regression results indicated that both emotional avoidance and self-treatment knowledge were significant predictors of compulsive sexual behavior. Furthermore, the effect of sexual pleasure on compulsive sexual behavior was significantly moderated by recognition of disorders, particularly among older adults, whereas attitudes that promote recognition showed no significant influence. Overall, the study suggests that sexual pleasure contributes more strongly to compulsive sexual behavior when recognition of disorders is higher, especially in older individuals. The findings emphasize that improving mental health literacy alone is insufficient to reduce compulsive sexual behavior without addressing issues related to sexuality and emotional regulation, highlighting the need for age-sensitive and integrated interventions in rehabilitation settings.

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly



Title: Parental Self-Efficacy and Parent-Child Relationship: The Mediating Role of Parental Stress

Speaker Name: Shamanthri Voralu

Affiliation: Wawasan Open University, Malaysia

Abstract:

Across the Caribbean, the drum beats not only as an instrument but as a heartbeat of ancestral memory and collective healing. This presentation explores the therapeutic power of Caribbean spiritual practices through the lens of transpersonal psychology and cross-cultural psychiatry. Drawing from fieldwork, community dialogues, and psychological observation, the study examines how rhythmic ritual, prayer, and ancestral invocation serve as pathways for trauma recovery, identity formation, and spiritual resilience among Caribbean practitioners.

The work highlights three intersecting dimensions: (1) Transpersonal awareness—how spiritual experiences expand consciousness beyond the ego; (2) Cultural resilience—how communities use music and ritual to repair historical wounds of colonialism and displacement; and (3) Integrative healing—how ancestral wisdom complements modern psychotherapy in restoring meaning and belonging.

Through qualitative narratives and phenomenological analysis, this paper positions the Caribbean spiritual drum as both symbol and method of transformation—a bridge between the psychological and the sacred. The findings advocate for culturally sensitive mental health frameworks that honor spiritual diversity and integrate traditional healing with contemporary clinical care. In doing so, the research contributes to the ongoing global dialogue on decolonizing mental health and expanding the frontiers of transpersonal and community-based psychiatry



Title: The moderating role of resilience in the link between fear of COVID-19 and posttraumatic stress disorder: Exploring gender differences

Speaker Name: Han T., Vo

Affiliation: Hue University, Vietnam

Abstract:

Objective

To investigate whether resilience moderates the association between fear of COVID-19 and posttraumatic stress disorder (PTSD), and whether the moderating role of resilience differs by gender.

Methods

From December 2021 to October 2022, we conducted an online survey at 18 hospitals and health centers across Vietnam. The final sample included 5,895 COVID-19 survivors aged 18 years and older. Participants were asked about socio-demographics, health information, fear of COVID-19 (the seven-item fear of COVID-19 scale), resilience (using the brief resilience scale (BRS), 6 items) probable PTSD (using the impact of events scale-revised (IES-R) scores ≥ 33). The interaction analysis was performed to assess the moderating role of resilience in multiple logistic regression.

Results

There were 48.4% of participants who exhibited probable PTSD. The interaction between fear of COVID-19 and resilience was significant (aOR = 0.96, 95% CI: 0.92–0.997, $p = .037$) (Table 1). The plot shows that higher fear of COVID-19 is associated with an increased probability of PTSD, and this association becomes slightly weaker at higher levels of resilience in the total sample (Figure 1). To investigate the moderating role of resilience on the association between fear of COVID-19 and probable PTSD by gender, we found that among males, the interaction between fear and resilience was statistically significant (aOR = 0.93, 95% CI: 0.88–0.99, $p = .029$). In contrast, the interaction was not significant among females (aOR = 0.99, 95% CI: 0.94–1.05, $p = .758$). These findings suggest that the buffering role of resilience in the association between fear of COVID-19 and PTSD was observed only among males.

Conclusion: Resilience moderated the association between fear of COVID-19 and PTSD, in the overall sample and among males, suggesting that resilience may buffer the psychological effects of COVID-19–related fear.



Title: Investigating the Effectiveness of Virtual Reality as an Educational Tool for Children with Autism: A Technical Analysis Review

Speaker Name: Aisha Mohammed Ahmed Al-Zaabi

Affiliation: Sohar University, Oman

Abstract:

The new development in information technology and communication help present the importance of virtual education, making it an important learning tool. It offers many benefits, including improving education by providing students with unforgettable visual and interactive experiences, which inspires students to read and memorize educational materials easily. Virtual reality also provides a safe learning environment that can be easily monitored, accessed, and available at all times. This manuscript investigates the potential of using virtual reality as a learning tool based on a comprehensive technical analysis review of the research studies from 2016 to 2022. The results show that VR technology can improve education for children with autism. Also, found significant factors in the uniqueness and personalization of VR interventions, while technical and cost considerations were cited as challenges to implementing VR in educational environments. Results indicate that the distribution of skills, such as social skills and visual interactions, are the most frequently targeted behaviors, accounting for around 32% and 30%, respectively. Besides, communication skills follow closely behind with 24%, and emotional regulation has the lowest frequency of 14%. Also, the studies indicate that most use the virtual reality “VR” group with a rate of 53%, which is slightly higher frequency than the wearable technology “WT” group with a rate of 47%. Recommendations for future research include conducting rigorous research, collaborating with teachers, exploring other study areas, and addressing technical challenges. This technical review will serve as a benchmark for future research on using virtual reality technology in education for students with autism and guide researchers to ensure that research in this field is of high quality.

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Speaker Slots Filling Quickly



Title: Unbefriended: A Case Report on Schizophrenia Co-Occurring with Invasive Ductal Carcinoma in a Socially Abandoned and Chronically Institutionalized Patient

Speaker Name: John Ruben A. Esperanza

Affiliation: Cagayan Valley Medical Center, Philippines

Abstract:

Background:

Patients with schizophrenia experience significantly higher morbidity and mortality from physical illnesses, including malignancies, due to impaired insight, delayed health-seeking behavior, and social disadvantage. Women with schizophrenia are at increased risk of late-stage breast cancer diagnosis and poorer oncologic outcomes. A particularly vulnerable subgroup is the population of “unbefriended” or unrepresented patients, individuals who lack decision-making capacity and have no identifiable family members or legal surrogates. In such cases, informed consent for invasive or life-saving treatment becomes a major ethical and legal challenge. Under the Philippine Mental Health Act (Republic Act No. 11036), when a patient lacks capacity and has no available representative despite due diligence, institutional mechanisms must safeguard the patient’s rights while ensuring timely care, with consent ultimately authorized through hospital leadership or legally sanctioned processes. Case Presentation: This is a case of a 48-year-old homeless Filipino woman with longstanding schizophrenia who developed invasive ductal carcinoma of the breast. The patient was admitted in 2016 for disorganized behavior, hallucinations, and aggression, and remained institutionalized due to chronic psychosis and lack of family support. In 2017, she noticed a breast lump but did not seek care. In November 2024, ward staff identified a 6 × 6 cm right breast mass with nipple retraction. Imaging revealed a BI-RADS 5 lesion with axillary lymphadenopathy. Core needle biopsy confirmed invasive breast carcinoma, no special type (grade 2), estrogen-receptor positive, progesterone-receptor positive, and HER2-negative. The patient also had comorbid diabetes mellitus. Management and Outcome: Treatment included antipsychotic optimization, endocrine management, and initiation of chemotherapy and hormonal therapy under oncology care. Due to impaired capacity and absence of next of kin, a multidisciplinary case conference involving psychiatry, oncology, surgery, hospital administration, and legal services was convened. Consent for procedures was provided through institutional authority in accordance with the Philippine Mental Health Act. Conclusion: This case illustrates diagnostic delay, ethical complexity, and the necessity of integrated, rights-based, multidisciplinary healthcare for unrepresented psychiatric patients with cancer. Structured institutional pathways are essential to safeguard access to equitable oncologic care for this vulnerable population.

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Title: Resilience Beyond Recovery: Social Work Pathways for Mental Health in a Changing Climate

Speaker Name: Adi Fahrudin

Affiliation: Universitas Esa Unggul, Indonesia

Abstract:

Climate change is transforming not only ecosystems but also the psychosocial fabric of human life. Beyond the visible destruction of homes and livelihoods, it erodes community identity, security, and mental health. This paper discusses how social work can provide meaningful pathways toward resilience that extend beyond mere recovery. Grounded in the person-in-environment perspective, it highlights how climate change generates emotional responses such as grief, anxiety, and loss of agency—particularly among marginalized populations. Drawing on insights from public health, psychology, and social work, the presentation outlines a resilience-based framework that emphasizes community empowerment, proactive coping, and ecological justice. By reorienting social work practice from reactive aid to adaptive transformation, it positions the profession as a catalyst for healing minds and rebuilding communities in a changing climate. Ultimately, the presentation calls for a collective vision of resilience that unites environmental sustainability and mental well-being.



Title: Harnessing GeoAI and Social Media Data for Mental Health Surveillance

Speaker Name: Yan Liu

Affiliation: Lee Woo Sing College of the Chinese University of Hong Kong, Hong Kong

Abstract:

Mental health conditions are a leading cause of global disability, profoundly impacting hundreds of millions of lives. An evidence-based understanding of population-level mental health is therefore essential for building healthier, more productive, and equitable societies. To advance this understanding, our research introduces an innovative methodology that integrates GeoAI (Geospatial Artificial Intelligence) with social media data, adding a critical spatial dimension to public health surveillance.

In this talk, I will demonstrate how we employ GeoAI to analyze large-scale, anonymized, and geotagged social media and environmental data. This geospatial approach enables the detection of population-wide psychological signals—such as stress, anxiety, depression, and suicidal ideation—and links them to geographic and temporal contexts. Our work illustrates how GeoAI-powered surveillance can generate a robust evidence base to guide proactive, geographically targeted interventions in public mental health.

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Speaker Slots Filling Quickly



Title: Multi-subject learning as a way to increase attention and motivation for learning among young people: The case of adolescents with attention deficit disorder in Haredi society in Israel

Speaker Name: Itschak Trachtengot

Affiliation: Hebrew University, Israel

Abstract:

The Haredi community in Israel is an ultra-conservative religious community, which maintains a strict and modest lifestyle. According to the Haredi belief, men should only engage in religious studies their entire lives and not go out to work. As a result, the study paths for boys in high school are uniform and do not include electives, but only religious studies. Accordingly, the dropout rate in this community is 3 times higher than the average in Israel, with a large portion of them being boys diagnosed with ADHD.

The study included 84 boys aged 14-17 diagnosed with ADHD. Over the course of a week, their ability to sit in religious classes at their high school was measured. After that, 52 of them were given lessons in other subjects, and 32 continued to study the regular classes. It was found that those who received varied lessons had a 65% higher ability to sit in classes than the control group.

The results can be explained by the Self-Determination Theory (SDT) of Deci and Ryan (2012), which explains individual motivation through three factors: autonomy, competence, and relatedness. The ability to choose and diversify in lessons allows students autonomy, increases their competence and ability to express themselves, and thus strengthens their belonging to the material being studied. As a result, they are more motivated to invest in learning, and ADHD symptoms decrease.

The study may help in dealing with ADHD symptoms in adolescence, through educational and proactive means, and reduction through pharmacological or disciplinary means.



Title: Navigating the Road to Resilience (RR): Understanding the Work Environment's Influence on Mental Health among Indian Truck Drivers

Speaker Name: Vidya Bhushan Tripathi

Affiliation: IHMR University Jaipur, India

Abstract:

Objectives: This paper explores the prevalence and factors contributing to depression among truck drivers in India. The aim is to identify specific factors associated with depression in this population and to provide suggestions for mitigating these factors. **Methods:** The study employs an observational cross-sectional analytical design, collecting data from truck drivers operating on freight routes linked through Jaipur, Rajasthan. Data collection involved assessing various demographic and occupational factors to determine their association with depression. **Results:** The respondents (truck driver) ages ranged from 22 to 56 years, with an average age of 35 years (SD = 6.6 years). The research found significant associations between several factors and the prevalence of depression among the truck drivers studied. Working hours ($\chi^2 = 51.227$, $p = .000$), police humiliation ($\chi^2 = 21.740$, $p = .000$), workspace distraction ($\chi^2 = 89.463$, $p = .000$), uncomfortable workspace conditions ($\chi^2 = 7.997$, $p = .005$) were all significantly associated with depression. In contrast, Age (range 22-56 years, SD 6.6; $\chi^2 = 3.083$, $p = .079$), marital status ($\chi^2 = 1.782$, $p = .182$) and were not significantly associated with depression. These findings suggest that both personal and occupational factors play crucial roles in the mental health of truck drivers. Job Satisfaction ($B = 1.813$, Wald = 11.092, $p = .001$), and Supervisor Support ($B = 1.156$, Wald = 5.586, $p = .018$) were significantly linked to depression. **Conclusions:** The study concludes that multiple factors significantly influence the likelihood of experiencing depression among truck drivers. Based on these findings, several recommendations are proposed to help reduce depression rates in this population. These include making mental health services readily available and accessible, implementing strict regulations on working hours to prevent excessive fatigue, and preventing police humiliation and abuse. This research contributes to the growing concern about the mental health of truck drivers in India and underscores the need for effective interventions to address these issues comprehensively.

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Speaker Slots Filling Quickly



Title: Pharmacogenomics and Opioid Efficacy in Sickle

Speaker Name: *Rabab Hassan Elshaikh Mahmoud*

Affiliation: A' Sharqiyah University, Oman

Abstract:

The impact of genetic variation in sickle cell patient's paly important role on Opioid therapy individual response, and pain management. Genetic Variation is very important in determining how Sickle Cell Disease Patients respond to Opioid Therapies. This comprehensive review aims to provide a comprehensive overview on the important of exploring genetic variability and its effect on pain management in sickle cell patients, also explore the Opioid Therapy Variability, and Opioid Safety. With respect to the literature, the polymorphisms in the key metabolic enzymes CYP2D6, UGT2B7, and COMT, as well as variations in the OPRM1, are important modifiers of the pharmacokinetics and pharmacodynamics of the Opioid. Patients with reduced-function and ultra-rapid CYP2D6 alleles have a modified metabolism of codeine and tramadol which presents with either a reduced analgesic response or a risk for increased toxicity. These observations support the case for the need of tailored opioid prescriptions in a population which is genetically diverse, as well as the risk of not having standardized pain measurement, and the absence of clinical implementation, there remains the risk of unrecognized pharmacogenomics, Lak of data, and personalized Opioids description persist. Future research should focus on integrating genetic testing into clinical practice to optimize opioid selection, personalized medicine, minimize adverse effects, ensuring each patient receives treatment that is both effective and safe to enhance quality of life for individuals with sickle cell disease.



Title: Quantifying Resilience: A Mathematical Framework for Enhancing Technology Adoption in STEM Education (SDG-4)

Speaker Name: Mahak Bhatia

Affiliation: Poornima Institute of Engineering & Technology, India

Abstract:

Human resilience, defined as the capacity to adapt, persist, and recover in the face of academic and emotional challenges, plays a central role in shaping students' motivation and willingness to learn new learning tools. In the evolving landscape of education particularly, within mathematics and STEM disciplines the integration of artificial intelligence, digital simulations, computational platforms, and interactive learning environments has transformed traditional pedagogical frameworks. However, the effectiveness of such innovation relies heavily on the learner's psychological readiness, persistence, and adaptability. This paper presents a mathematical analytical framework that quantifies the impact of resilience on technology adoption and subsequent learning outcomes in STEM education. By modeling resilience as an influential multiplier, learning performance, technology adoption, academic self-efficacy, initial knowledge levels, and external support. The proposed relationship, , demonstrates that resilience amplifies the benefits of technology and student confidence, while low resilience minimizes the positive effects of well-designed learning tools.

The theoretical interpretation indicates that resilience functions not merely as an emotional construct but as a quantifiable, scalable academic variable capable of predicting mathematical and STEM success. Graphical inference shows an exponential rise in performance with increasing resilience, with diminishing returns at the saturation point where learners reach optimal efficiency.

The implications of this study extend to curriculum design, learner support frameworks, and educational policy. It highlights the necessity of embedding resilience-building strategies such as growth mindset interventions, problem-based learning, reflective practices, and emotional intelligence training alongside technology integration initiatives. By reinforcing resilience, students overcome mathematics anxiety, demonstrate higher tool-use confidence, and actively engage in problem-solving and innovation. Future empirical validation using regression analysis and machine learning models can quantify these relationships through real student datasets assessing resilience scores, tool usage frequency, self-efficacy metrics, and learning outcomes. Ultimately, the study concludes that human resilience is the catalytic multiplier driving technology-enabled learning success in STEM, and strengthening resilience is indispensable for nurturing future-ready learners capable of thriving in rapidly advancing scientific ecosystems.



Title: The KEAP1-Cullin3-RBX1-Nrf2 Axis: A Key Regulator of Redox Homeostasis

Speaker Name: Mayank Attri

Affiliation: Global Group of Institutes, India

Abstract:

The KEAP1-Cullin3-RBX1 E3 ubiquitin ligase complex plays a critical role in maintaining cellular redox homeostasis by controlling the stability of nuclear factor erythroid 2-related factor 2 (Nrf2), a key transcription factor regulating antioxidant and cytoprotective gene expression.

The objective of this work is to summarize the structural mechanism of this regulatory axis, outline its roles in oxidative stress responses and disease progression, and evaluate therapeutic opportunities arising from pathway modulation.

The scope of this review includes the molecular interaction between KEAP1, Cul3, and RBX1; redox-sensitive conformational changes in KEAP1; the regulation of Nrf2 activation; and the dual protective and pathological outcomes of Nrf2 signaling.

Methods used for this review include the collection and analysis of recent peer-reviewed literature, structural biology findings, and preclinical/clinical insights related to KEAP1-Nrf2 modulation.

Results from the evaluated studies indicate that under basal conditions, the KEAP1-Cul3- RBX1 complex ensures controlled degradation of Nrf2, preventing unnecessary antioxidant responses. During oxidative or electrophilic stress, modifications in KEAP1 cysteine residues inhibit Nrf2 ubiquitination, enabling nuclear translocation and activation of genes responsible for detoxification, metabolism, and cellular protection. While transient Nrf2 activation is beneficial in mitigating oxidative injury and degenerative disorders, persistent activation-such as through KEAP1 or NFE2L2 mutations-contributes to tumorigenesis, metabolic alterations, chemoresistance, and immune evasion.

The conclusion highlights that although significant progress has been made in understanding this pathway, major limitations remain in defining context-specific effects, identifying reliable biomarkers, and establishing long-term safety profiles of pharmacological Nrf2 modulators. Future directions include refining therapeutic windows, developing precision-based Nrf2 targeting strategies, and integrating pathway modulation into personalized medicine. A deeper mechanistic understanding of this axis could strengthen its potential as a cornerstone of redox-based therapeutic innovation.

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Speaker Slots Filling Quickly



Title: Technology-Enhanced CBT: VR exposure therapy, AI-driven chatbots, and gamified CBT interventions

Speaker Name: Elif Tuğçe Çil Sertöz

Affiliation: Yeditepe University, Turkey

Abstract:

Cognitive Behavioral Therapy (CBT) has long been established as one of the most effective, evidence-based approaches in mental healthcare. Recent innovations—driven by digital transformation, artificial intelligence, and neurobiological insights—are reshaping the way CBT is delivered, personalized, and integrated into clinical practice. This talk will explore cutting-edge developments in CBT, including digital therapy platforms, AI-assisted decision support, virtual reality (VR)-based exposure therapy, and precision CBT protocols tailored to individual cognitive and behavioral patterns. A central focus of the presentation will be the importance of early intervention. Early CBT has been shown to reduce the risk of chronic depression by up to 40%, enhance functional outcomes, and serve as a cost-effective strategy that reduces long-term healthcare burdens. By combining traditional CBT principles with modern digital tools and personalized metrics, contemporary CBT provides scalable, preventive, and adaptive mental healthcare solutions for diverse populations. This keynote will highlight the future trajectory of CBT innovation, emphasizing how integrated, tech-assisted, and individualized approaches can strengthen resilience, improve emotional regulation, and transform global mental health practice.



Title: Integrating Traditional Perspectives into Contemporary Practices in Mental Health Care, in Malawi

Speaker Name: Anthony Sefasi

Affiliation: Kamuzu University of Health Sciences

Abstract:

Background: Mental health care often overlooks insights offered by indigenous knowledge systems, particularly regarding psychosis. Traditional and faith healers (TFHs) are often the first point of contact for people living with psychosis in Malawi. Despite their central role, limited evidence exists on their knowledge, caregiving practices, and willingness to collaborate with biomedical services. Understanding these perspectives is essential for culturally sensitive and integrated mental health care.

Aim: The study aimed at exploring the knowledge of traditional and faith healers on the experiences of people living with psychosis, their roles in providing care and support as well as their willingness to collaborate with other stakeholders in the delivery of a Community Based Rehabilitation (CBR) intervention, aimed at improving the lives of people living with psychosis.

Methods: A qualitative study was conducted with TFHs in Mulanje and Phalombe districts. In-depth interviews were used to gather insights from Traditional and Faith healers. Atlas Ti was used for Data analysis.

Results: TFHs demonstrated varied understanding of psychosis shaped by cultural beliefs and lived experiences. While stigma and social exclusion were pervasive, healers actively provided emotional, social, and material support, including community education to reduce discrimination. They employed herbal remedies, spiritual interventions, and psychosocial support, often complementing biomedical treatment through selective referrals. Most healers expressed willingness to collaborate with biomedical providers, emphasizing the need for mutual recognition, structured referral pathways, and respect for traditional expertise.

Conclusion: TFHs play a vital role in caring for people living with psychosis in Malawi and possess the potential to advance mental health care through collaborative approaches. Structured, reciprocal partnerships with biomedical services could reduce stigma, improve access, and support holistic recovery for people living with psychosis. Future research should explore models of integrated mental health care and assess their impact on patient outcomes and community well-being.



Title: The Drum as a Pathway to Healing: Transpersonal and Cross-Cultural Perspectives on Caribbean Spirituality and Mental Health

Speaker Name: Bryan Negrón Quiñones

Affiliation: Psico-Colectivo PR LLC

Abstract:

Across the Caribbean, the drum beats not only as an instrument but as a heartbeat of ancestral memory and collective healing. This presentation explores the therapeutic power of Caribbean spiritual practices through the lens of transpersonal psychology and cross-cultural psychiatry. Drawing from fieldwork, community dialogues, and psychological observation, the study examines how rhythmic ritual, prayer, and ancestral invocation serve as pathways for trauma recovery, identity formation, and spiritual resilience among Caribbean practitioners.

The work highlights three intersecting dimensions: (1) Transpersonal awareness—how spiritual experiences expand consciousness beyond the ego; (2) Cultural resilience—how communities use music and ritual to repair historical wounds of colonialism and displacement; and (3) Integrative healing—how ancestral wisdom complements modern psychotherapy in restoring meaning and belonging.

Through qualitative narratives and phenomenological analysis, this paper positions the Caribbean spiritual drum as both symbol and method of transformation—a bridge between the psychological and the sacred. The findings advocate for culturally sensitive mental health frameworks that honor spiritual diversity and integrate traditional healing with contemporary clinical care. In doing so, the research contributes to the ongoing global dialogue on decolonizing mental health and expanding the frontiers of transpersonal and community-based psychiatry.



Title: Advancing Cognitive Recovery leveraging Integrative Neuroplasticity using Multi-modal Cognitive Rehabilitation Approach 'The Cognitome Program

Speaker Name: Mohita Shrivastava

Affiliation: Cognitome LLC, UAE

Abstract:

Objective: This study presents the theoretical foundation and clinical application of the Cognitome Program, a holistic intervention designed to promote structural and functional neuroplasticity for cognitive recovery. The aim is to demonstrate how the integration of advanced assessment tools with non-pharmacological modalities can target multiple neural pathways to enhance cognitive control and facilitate recovery. The objective is to elucidate how the synergistic integration of advanced assessment tools with non-pharmacological modalities targets diverse neural pathways to enhance cognitive control and facilitate recovery with significant, measurable improvements in individuals with diverse cognitive challenges.

Methods: The intervention integrates advanced techniques including Quantitative Electroencephalography (QEEG) brain mapping for personalized baseline assessment and progress monitoring, cerebration techniques for higher-order cognitive processing, neuro-scientific mindfulness, brain wave entrainment for state regulation, neurasthetics (art and music-based therapies), and neurokinetics for embodied cognition & Cortico-Cognitive Loop Training (CCL-T) protocols for optimal arousal and focus supporting functional neuroplasticity. Pre- and post-intervention assessments included standardized neuropsychological tests, and self-reported quality of life (QoL) scales.

Results: Post-intervention data revealed significant improvements for different cases (n=21). Neuropsychological test control and enhancement in executive function scores, improved QoL scores, QEEG analysis demonstrated increased beta power in frontal lobes, indicative of improved cognitive control, and normalized inter-hemispheric coherence with a marked reduction in excessive theta activity along with augmentation of sensorimotor rhythm (SMR).

Conclusion: The Cognitome Program, through its structured, multi-modal approach, successfully induces measurable neuroplastic changes, leading to significant cognitive and quality-of-life enhancements. The deliberate combination of neural assessment, cognitive drills, aesthetic engagement, and kinetic training facilitates multi-system neuroplastic changes. This multi-modal synergy offers a powerful, non-invasive pathway to foster cognitive recovery and enhance overall brain health by engaging the brain's inherent capacity for reorganization and adaptation. This model presents a viable and effective strategy for personalized cognitive rehabilitation in clinical and wellness settings.



Title: Design of Nano Carrier-Based Drug Delivery Systems for Anti-Alzheimer's Bioactive(s)

Speaker Name: Farhan Mazahir

Affiliation: Integral University, India

Abstract:

The brain changes of Alzheimer's disease include the excessive accumulation of the protein beta-amyloid and the pathological form of the protein tau [1], which leads to synaptic dysfunction and neurodegeneration [2]. When the brain changes are caused by Alzheimer's disease, individuals are said to have dementia due to Alzheimer's disease or Alzheimer's dementia [1].

An estimated 6.9 million Americans age 65 and older are living with Alzheimer's dementia today. This number could grow to 13.8 million by 2060, barring the development of medical breakthroughs to prevent or cure AD. In 2020 and 2021, when COVID-19 entered the ranks of the top ten causes of death, Alzheimer's was the seventh-leading cause of death in the United States [3].

FDA-approved drugs only treat Alzheimer's disease; they do not cure it. Monoclonal antibodies (passive immunotherapy) target the pathological forms of amyloid β , improve cognitive function, and slow down the progression of Alzheimer's disease. Unfortunately, inconsistent therapeutic outcomes with the use of monoclonal antibodies led to doubts about their therapeutic effectiveness and the amyloid β cascade hypothesis.

Recent findings indicate that active immunotherapy has shown efficacy by producing antibodies against disease-related amyloid β and multiple phosphorylation sites of tau. Also, active immunization not only resolves major safety issues but also offers benefits such as less frequent dosing and a broader target range. The evidences suggest that refined active immunization could be a feasible path in the development of a durable cure for Alzheimer's disease. However, no vaccine has been licensed for clinical practice [4].

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Speaker Slots Filling Quickly



Title: Mental Health in Yemen: A Cross-Cultural Perspective on Crisis, Stigma, and Systemic Collapse

Speaker Name: Mohammed Hussein Aljalei

Affiliation: Mental Health Research Network of Yemen

Abstract:

Yemen is experiencing one of the most urgent mental health crises in the world, fueled by more than a decade of war, economic collapse, displacement, and the breakdown of its healthcare system. This analysis explores the scale of Yemen's mental health emergency, the cultural and social barriers that shape help-seeking behaviors, and the challenges and opportunities for strengthening care in a fragile setting. Using a descriptive-analytical approach, the study draws on epidemiological research, WHO data, humanitarian reports, and health indicators. A cross-cultural perspective highlights how stigma, traditional beliefs, and social norms influence perceptions of mental illness and access to care.

The findings reveal a stark gap between mental health needs and available resources. With fewer than 60 psychiatrists serving over 40 million people, and more than half of the population lacking basic healthcare, Yemen's mental health infrastructure is critically underdeveloped. Research shows PTSD affects 79% of children exposed to conflict, with rising rates of depression, anxiety, and suicidal ideation among youth.

Table 1. System-Level Barriers to Mental Health Care in Yemen

Category	Key Barriers
Workforce	<60 psychiatrists; limited training pathways
Infrastructure	Facility destruction; medication shortages
Cultural Factors	High stigma; preference for traditional healing
Access	Geographic inequity; cost barriers
Governance	Absence of national mental health legislation

Barriers include a lack of trained professionals, damaged facilities, medication shortages, high levels of stigma, and the absence of national mental health legislation. While traditional healing remains culturally significant, it cannot substitute for clinical care. Innovations like telepsychiatry and the WHO's mhGAP model offer hope but remain small-scale and underfunded.

Yemen's mental health crisis is not only a medical issue, it's central to the nation's recovery. Addressing it requires urgent, coordinated reforms and investment to prevent lasting psychological harm.

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Speaker Slots Filling Quickly



Title: The Invisible Scars: Impact of Child Abuse on the Mental Health of Victims

Speaker Name: Monika Thakur

Affiliation: RIMT University, India

Abstract:

Child abuse, encompassing physical, emotional, sexual abuse, and neglect, remains a pervasive global issue with profound and lasting consequences on the mental health of victims. The early years of life are crucial for psychological and emotional development, and exposure to abuse during this period can severely impair a child's cognitive, emotional, and social functioning. Research indicates a strong correlation between childhood maltreatment and the development of mental disorders such as depression, anxiety, post-traumatic stress disorder (PTSD), personality disorders, and suicidal tendencies in later life. The trauma experienced often disrupts the child's sense of safety and trust, leading to chronic stress, low self-esteem, and difficulties in forming healthy interpersonal relationships. Moreover, the neurobiological effects of sustained abuse can alter brain structures related to emotion regulation and stress response. This paper examines the various forms of child abuse, their immediate and long-term psychological impacts, and the need for timely intervention through trauma-informed care, legal protection, and rehabilitation measures. Addressing child abuse is not merely a matter of social justice but a critical step in safeguarding the mental well-being and future potential of individuals and communities.

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Speaker Slots Filling Quickly



Title: A Review of the Impact of HIV Status Disclosure on Mental Health and Viral Suppression Among Clients in Care in Nigeria

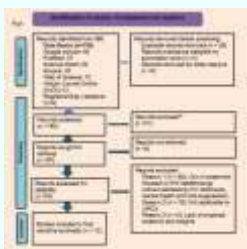
Speaker Name: Steven Piameno Takwi

Affiliation: Nasarawa State University

Abstract:

Background: HIV status disclosure is a critical yet complex aspect of HIV care, influenced by stigma, sociocultural norms, and health system limitations. These factors can negatively affect the mental health of people living with HIV and undermine retention in care and viral suppression. Understanding the dynamics of disclosure is therefore essential to improving both psychological well-being and clinical outcomes. This narrative review examines HIV disclosure within the context of HIV care, highlighting its association with emotional support, self-efficacy, antiretroviral therapy adherence, and sustained viral suppression when disclosure is safely and voluntarily undertaken.

Methods: This review adopted an evidence-informed narrative approach. Literature was searched in PubMed, Scopus, Google Scholar, ScienceDirect, Web of Science, and African Journals Online using key terms on HIV disclosure, mental health, stigma, ART adherence, and Nigeria. Peer-reviewed studies (2009–2025), grey literature, and policy reports were synthesised using PRISMA 2020 guidance. Programmatic experience informed contextual interpretation, with thematic synthesis highlighting evidence trends, gaps, and actionable recommendations.



Results: Disclosure often leads to increased emotional support, improved self-efficacy, and better adherence to ART, contributing to sustained viral suppression. Conversely, non-disclosure is frequently associated with social isolation, psychological distress, and inconsistent treatment uptake. Gender, age, and the type of relationship with disclosure targets spouse, family member, or friend emerge as key determinants in shaping disclosure experiences and outcomes.

Records identified from: 168

Data Bases (n=159) Google scholar: 46 PubMed: 37 Science Direct: 29 Scopus: 20 Web of Science: 15 African Journal Online (AJOL): 12 Registers/Grey Literature: (n=9) Records removed before screening: Duplicate records removed (n = 20) Records marked as ineligible by automation tools (n = 0) Records removed for other reasons (n = 0) Records screened (n = 148) Records excluded** (n = 51) Reports sought for retrieval (n = 97) Reports not retrieved (n = 0) Reports assessed for eligibility (n = 97) Reports excluded: Reason 1 (n = 65): Out of scope and focused on HIV epidemiology without addressing HIV disclosure, mental health and viral suppression. Reason 2 (n = 18): Not applicable to LMICs Reason 3 (n = 2): Lack of empirical evidence and insights Studies included in final narrative synthesis (n = 12) Identification of studies via databases and registers

Conclusion: These findings underscore the imperative to develop and operationalise context-specific strategies that support safe and voluntary HIV status disclosure, proactively address stigma and mental health needs, and strengthen client-centred care. Integrating these strategies as core components of existing HIV programmes is essential for improving retention in care, treatment adherence, and viral suppression in resource-limited settings, while translating these insights into actionable recommendations provides a pathway for strengthening public health interventions and informing responsive, evidence-based policy frameworks that improve patient outcomes.



Title: Menstrual Seclusion Practices in Rural Maharashtra: A Study on Period Huts and Menstrual Health Challenges

Speaker Name: Sania Siddiqui

Affiliation: Humjoli Foundation, India

Abstract:

Introduction: Menstruation is a natural biological process, yet it remains heavily stigmatized in many low- and middle-income countries, including India. In rural regions, deep-rooted cultural taboos have led to menstrual seclusion practices, such as the use of period huts (*Kurma Ghar*). This practice is particularly prevalent among the Gond and Madiya ethnic communities in Maharashtra, despite national efforts to improve menstrual health. In Gadchiroli district, menstrual stigma, restricted access to hygiene products, and unsafe seclusion practices continue to pose significant health risks.

Methods: A descriptive cross-sectional study was conducted among 300 women in Gadchiroli, Maharashtra, to assess menstrual health awareness, hygiene product usage, and the prevalence of *Kurma Ghar* practices. Participants were selected through purposive sampling, and data were collected using a structured questionnaire. Descriptive statistical analysis was performed to evaluate socio-demographic characteristics, menstrual hygiene practices, and experiences associated with menstrual seclusion.

Results: Findings revealed that 67% of participants expressed strong dissatisfaction with *Kurma Ghar*, citing inadequate sanitation, lack of basic amenities, and safety concerns. Alarming, 42% of respondents reported no access to sanitary pads, relying instead on traditional cloth-based alternatives. A village-level analysis showed significant variation in product preferences and menstrual hygiene awareness. Many participants emphasized the urgent need for improvements in the Period Hut facilities, including access to clean water, electricity, safety and proper sanitation measures.

Conclusion: This study highlights the persistent menstrual health challenges in rural Maharashtra, where cultural practices like *period huts* continue to impact women's well-being.

The findings underscore the need for culturally sensitive interventions aimed at:

1. Enhancing menstrual health education.
2. Expanding access to affordable hygiene products.
3. Improving living conditions in period huts while advocating for sustainable alternatives.

While discouraging harmful seclusion practices remains a priority, ensuring dignity, safety, and improved menstrual hygiene for women who continue to follow them is equally critical.



Title: The Current Landscape of Mental Health Challenges in Women with PCOS: A Narrative Review

Speaker Name: Faathimah Naushaad Khalid

Affiliation: Durban University of Technology, South Africa

Abstract:

Purpose: Polycystic ovary syndrome (PCOS) research is dominated by the clinical perspective, whilst the psychological experiences of women with PCOS remain less understood. This narrative review explores mental health challenges of women with PCOS, encompassing common psychiatric disorders, emotional challenges, and psychosocial challenges, within the context of PCOS.

Results & Methods: An online search of all published literature was done via PubMed and Google Scholar using the terms “polycystic ovarian syndrome”, “mental health”, “psychological”, “emotional” and “psychosocial”. Only articles that were directly applicable to mental health, emotional and psychosocial challenges were reviewed.

Conclusion: Women with PCOS face increased risks of anxiety, depression, and eating disorders, alongside emotional burdens such as stress and social isolation, stemming from the syndrome's symptoms and societal stigma. Psychosocial challenges, including body image dissatisfaction and social functioning difficulties, further exacerbate these issues. This underscores the necessity for comprehensive PCOS management that includes regular mental health screenings and addresses the complex interplay of psychological factors, emphasizing the importance of further research to deepen understanding and improve care strategies.



Title: Neuroprotective Effects of the Elderberry Diet on the methamphetamine-Induced Toxicity in Rats: A Behavioral, Electrophysiological, and Histopathological Study

Speaker Name: Arian Seraj

Affiliation: Shahid Beheshti University of Medical Sciences

Abstract:

(Methamphetamine (METH) harms nerve and glial cells in both animals and humans, impacting cognitive functions and leading to research on cognitive impairments in exposed animals.

Elderberry (EB) contains numerous bioactive compounds and demonstrates various health benefits, which can be valuable for maximizing its use in the food industry. In the present study, we focused on the probable protective effects of EB on the devastating impacts of METH in the hippocampus, one of the critical areas in memory and cognition. Thirty-six rats were classified into three groups, including the control, METH (10 mg/kg *ip* for four weeks), and METH+EB (10 mg/kg *ip* METH plus the EB diet for four weeks). They underwent behavioral, electrophysiological, and histological assays. The findings show an improvement in the METH-induced memory decay and anxiety-like behaviors. Further, the EB diet recovered the population spike (PS) amplitude and the field excitatory postsynaptic potential (fEPSP) slope of the evoked potentials of the LTP components in hippocampus neurocircuits. We observed a remarkable drop in the number of hippocampal astrocytes in the METH+EB group compared to the METH group. The Sholl analysis showed an increase in the soma size and total process length in hippocampal astrocytes. Moreover, the EB diet improved neuronal cell arrangement in the hippocampus of rats. Though further research is required to clarify this matter, it seems that EB can have a protective effect on the memory-related variables. However, more research is needed to clarify this.)

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Title: Anxiety-Like Behavior in Rats During Periods of Abstinence Following E-Cigarette Vapor and Cigarette Smoke Exposure: Role of Inflammatory Cytokines and Glutamate Receptors

Speaker Name: Alaa M. Hammad

Affiliation: University of Jordan

Abstract:

(Prolonged exposure to cigarette smoke induces changes in the glutamatergic systems as well as neuroinflammation. We examined E-cigarette vapor and cigarette smoke effects on inflammatory cytokines and metabotropic glutamate receptors. Furthermore, we investigated the behavioral changes related to E-cigarette vapor and cigarette smoke exposure through utilizing open field (OF), elevated plus maze (EPM) and light/dark (LD) tests. Male Sprague-Dawley rats were randomly assigned to three experimental groups: Control, E-cigarette, and Cigarettes groups. Exposure to either E-cigarette vapor or cigarette smoke exposure was performed for 2 hr/day, 5 days/week, for 60 days. Behavioral tests were conducted every two weeks, 24 hr after exposure, during periods of abstinence. Anxiety-like behaviors were increased following repeated periods of abstinence from E-cigarette vapor or cigarette smoke. E-cigarette vapor and cigarette smoke elevated the relative mRNA expression of nuclear factor κ B (Nf- κ B), interleukin 6 (Il-6), and metabotropic glutamate receptor 5 (mglur5) and reduced expression of interleukin 1 β (Il-1 β), tumor necrosis α (Tnf- α), and metabotropic glutamate receptor 2 (mglur2) in prefrontal cortex (PFC) and nucleus accumbens (NAc). Moreover, no effect was observed on nuclear factor erythroid 2 (Nrf2), metabotropic glutamate receptor 1 (mglur1), or metabotropic glutamate receptor 3 (mglur3) expression. E-cigarette vapor and cigarette smoke exposure can lead to abstinence-induced anxiety-like behavior partially through molecular changes in the PFC and NAc.)

Abstract should give clear indication of the objectives, scope, results, methods used, and conclusion of your work. One figure and one table can be included in your results and discussions.

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Title: Providing Care in Combat Environments: Psychological Resilience of Health Care Workers in Wartime Conditions

Speaker Name: Maryam Azizi

Affiliation: School of Nursing AJA University of Medical Sciences

Abstract:

Health care workers operating in war and conflict zones are exposed to severe psychological stressors, including life-threatening danger, resource scarcity, infrastructure collapse, and constant exposure to injury and loss. In such environments, psychological resilience—the capacity to adapt and maintain professional performance under extreme stress—plays a vital role in sustaining the continuity and quality of health care services. This study aimed to assess the level of psychological resilience among health care workers and to identify the key factors influencing it in combat settings. A convergent mixed-methods design was employed. In the quantitative phase, the Connor–Davidson Resilience Scale (CD-RISC) was used to measure resilience. The qualitative phase consisted of semi-structured interviews with 20 health care professionals, including physicians, nurses, technicians, and support staff. Interviews were analyzed using content analysis to identify major themes. Quantitative findings indicated that most participants reported moderate to high resilience levels. Organizational and social support were the strongest positive predictors of resilience, whereas frequent exposure to violence, long working hours, and insufficient protective resources were associated with lower resilience. The qualitative phase revealed three key thematic categories: (1) internal resources and meaning in work, (2) social and team support, and (3) effective leadership and organizational preparedness as protective factors during crises. Psychological resilience among health care workers in wartime conditions results from the interaction between individual, social, and organizational factors. Enhancing institutional support systems, providing coping-skills training, and fostering peer networks can significantly contribute to preserving mental health and sustaining medical services in combat environments.



Title: Green harmonious human resource management: insights and future research agenda for convergence of sustainability, corporate responsibility and eco-behavior

Speaker Name: Wajeeha Aurangzeb

Affiliation: National University of Modern Languages

Abstract:

Firms face challenges influenced by government regulations, resource pressures, corporate reputation management, and an imbalance of interests between multiple stakeholders, which have highlighted concepts such as green harmony, green human resource management, employee green behavior, corporate environmental behavior, and corporate social responsibility. Existing research is fragmented and mostly relies on a singular perspective. This paper explores these concepts under the connotation of green-harmonious human resource management. To systematically integrate this topic and explore the holistic conceptual meaning and relationship of green harmony, sustainability, and environmental behaviors with human resource management, it is necessary to conduct a comprehensive review of the existing literature to unify research themes and directions, identify research potential, and develop relevant theories and implications for practice. This paper examines relevant topics through bibliometric analysis of studies published in well-reputed peer-reviewed journals and refines the research labels, concluding four distinct perspectives, i.e., ecology, harmony, responsibility, and resources. As pressures for ecological and social responsibility intensify, GHHRM emerges as a strategic HR lens to balance economic, environmental, and stakeholder imperatives in the 21st century. A framework for green harmonious human resource management is constructed and avenues for future research are identified.



Title: Cytokine Gene Expression and Treatment Impact on MRI Outcomes in Jordanian MS Patients

Speaker Name: Sawsan Ibrahim Khdair

Affiliation: Al-Zaytoonah University of Jordan

Abstract:

(Central nervous system autoimmune disorders, like multiple sclerosis (MS), are chronic conditions, where cytokines contribute significantly to regulate inflammation. The diagnosis, progression, and treatment effectiveness of MS are assessed through laboratory tests, clinical evaluation as well as imaging. Aims and method: This study included 40 healthy individuals as a control group and 75 MS patients, divided into two groups: 45 MS patients receiving Fingolimod treatment (MSW) and 30 patients taking other medications (MS). Blood samples (3 mL) were collected from all participants, and the mRNA relative expression of cytokine genes (*IL-1b*, *TNF- α* , *IL-6*, and *INF- γ*) was measured. Additionally, MRI images of MS patients undergoing Fingolimod or other treatments were analyzed. Results: The MS patient group displayed higher mRNA relative expression levels of *IL-1b*, *TNF- α* , *IL-6*, and *INF- γ* compared to the control group. Furthermore, *TNF- α* , *IL-6*, and *INF- γ* expression levels were elevated in the MS group compared to the MSW group. MRI scans showed significant improvement in MS patients taking with Fingolimod compared to those receiving other medications.

Conclusion: Fingolimod demonstrated greater effectiveness in improving MS patients' conditions, possibly due to its impact on cytokine relative mRNA expression.



Title: Violence against housemaids and associated factors in Jimma town, Southwest Ethiopia, 2023

Speaker Name: Hiwot Aynalem

Affiliation: Jimma University Institute of Health

Abstract:

Background: Violence against women is a pervasive public health problem that remains hidden and largely underreported. Although all women are vulnerable, the probability of experiencing violence against housemaids seems to be particularly high. However, evidence on the prevalence of violence against housemaids is scarce.

Objectives: To assess the prevalence and factors associated with violence against housemaids in Jimma town, southwestern Ethiopia, in 2023.

Methods: A community-based cross-sectional study design of 422 housemaids living in Jimma town. Simple random sampling was used to select participants. To collect the data, a questionnaire administered during a pretested structured interview was used. Data were collected and then exported to SPSS. Bivariate analysis was performed to select candidate variables with P values < 0.25 . Then, multivariable logistic regression was used to determine factors associated with P values less than 0.05 with their respective AORs and 95% CIs.

Results: The work lifetime prevalence of violence against housemaids was 61.7% and associated with having no formal education (AOR = 3.7; 95% CI: 1.22–11.33), having a duration of work greater than four years (AOR = 2.6; 95% CI:1.44–4.99), having two to four durations of work (AOR = 2.4; 95% CI:1.29–4.61), having a job by broker (AOR = 2.8; 95% CI:1.72–4.62), lacking a specific task (AOR = 1.8; 95% CI:1.07–2.90), no social support (AOR = 4.5; 95% CI:1.56–12.89), and having more than six families (AOR = 5.4; 95% CI,2.19–13.49).

Conclusion and Recommendation: The prevalence of violence against housemaids was relatively high. Over one-third (46.7%) of them experienced at least one incident of physical, psychological, or sexual violence. Educational status, duration of work, having a job with a broker, lack of specific tasks, social support, and family size were factors associated with violence against housemaids. The government established an appropriate strategy for prevention, which is essential for revising the existing laws, articulating the new laws.



Title: Implementing a localized health promotion model in diabetic patients: a field trial

Speaker Name: Termeh Tarjoman

Affiliation: Islamic Azad University

Abstract:

Objectives: Diabetes mellitus, a major cardiovascular risk factor, is a leading non-communicable disease globally. Self-management education can effectively prevent and control diabetes. We evaluated a localized health promotion model for diabetic patients through a field trial in a general hospital.

Methods: We enrolled 452 diabetic patients who visited our hospital's cardiology and internal medicine wards and randomly assigned them to two equal groups: intervention and control. The intervention group received initial and periodic education on diabetes management and lifestyle modification, as well as educational materials. The control group received only initial education and phone follow-ups. We measured the following outcomes after 6 and 12 months of discharge: glucose and lipid levels, smoking status, diet quality, rehospitalization rate, treatment cost, quality of life, and work absenteeism. The groups were then compared using chi-square, student t-test, and two-way repeated-measures analysis of variance.

Results: We enrolled 452 patients, randomized into two equal groups, and followed them for one year. Baseline demographic and clinical variables were similar between groups. The intervention group showed a significant reduction in BMI ($P = 0.027$), fasting blood glucose ($P < 0.001$), and HbA1c levels ($P = 0.002$) compared to the control group. The prevalence of hypertension, smoking, sedentary lifestyle, and inappropriate diet was significantly higher in the control group ($P = 0.001$ for all). The intervention group had fewer hospitalizations, work absences, and medical costs ($P < 0.001$, $P = 0.001$, and $P < 0.001$, respectively). No significant difference was observed in satisfaction rates between the groups.

Conclusions: Health promotion interventions could improve glucose control and other health indicators and reduce costs for diabetic patients.



Title: Work-Family Conflicts and Turnover Intentions: The Role of Workplace Flexibility

Speaker Name: Tayyeb Ali Khan

Affiliation: University of the Punjab

Abstract:

This paper explores the factors contributing to work-family conflict (WFC) and how these factors relate to turnover intentions among employees in software houses during the COVID-19 pandemic. Our qualitative study involves in-depth interviews with 20 Information Technology (IT) professionals from four medium-sized software houses in Lahore, Pakistan, employing purposive sampling to focus on individuals experiencing WFC. The study highlights the significant impact of time demands and overburden on WFC among IT professionals in Lahore. It also emphasizes the adverse effects of WFC on employees' personalities and family relationships. The findings illustrate that employees encounter considerable mental stress, which affects their well-being and drains their energy, influencing their thoughts about leaving their positions. This study identified key factors that lead to WFC, including burnout, preoccupation with negative thoughts and emotions, and strained family relationships. Many software house owners have aligned their work schedules with U.S. time zones, resulting in extended working hours for their employees. That unhealthy workplace competition further exacerbates WFC, as employees often prioritize performance over family time, while a lack of workplace flexibility contributes to emotional exhaustion and tensions in family relationships. This research, conducted at the peak of the COVID-19 pandemic in Pakistan, enhances the understanding of work-family balance within the context of offshore software development during a global crisis. It shows how socio-cultural context and corporate logic conflicts permeate work-family conflicts, further exacerbated with minimal formal workplace flexibilities, making the research highly relevant and timely.

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Title: Symptoms of posttraumatic stress, anxiety, and depression, along with their associated factors, among Eritrean refugees in Dabat town, northwest Ethiopia, 2023

Speaker Name: Mihret Melese

Affiliation: University of Gondar

Abstract:

Background: Refugee populations are forcibly displaced from their homes as a consequence of natural disasters and armed conflicts. Eritreans, initially displaced to the Maiayni camp within the Tigray region, have faced further relocation to Dabat town due to the conflict between the Tigray People Liberation Front (TPLF) and Ethiopian government forces. Subsequently, another conflict has arisen between the Amhara Popular Force (Fano) and Ethiopian government forces in Dabat town, disrupting its stability. These collective challenges in the new environment may contribute to the development of symptoms such as posttraumatic stress disorder (PTSD), anxiety, and depression. Currently, there is a lack of available data on these symptoms and their associated variables in Dabat Town. Thus, the objective of this study was to assess the prevalence of PTSD, anxiety, and depression symptoms, along with associated factors, among Eritrean refugees in Dabat town, northwest Ethiopia. This will provide significant evidence for developing and implementing mental health intervention strategies that specifically address the particular difficulties faced by refugees.

Method: A community-based cross-sectional study was carried out from July 25 to September 30, 2023, in the Eritrean refugee camp in Dabat town. A systematic random sampling method was employed to select a total of 399 Eritrean refugees with 100 response rate. Data were collected using the standard validated Depression, Anxiety, and Stress Scale (DASS-21) questionnaire, which included socio-demographic characteristics. Summary statistics such as frequency and proportion were utilized to present the data in tables and figures. Binary logistic regression was employed to identify associated factors, and variables with a p-value ($p \leq 0.05$) were considered statistically significant factors.

Result: The findings of this study indicated that 45% (95% CI: 35.6-48.23), 33.6% (95% CI: 31.66-37.45), and 37.3% (95% CI: 35.56-40.34) of the participants had symptoms of depression, anxiety, and PTSD, respectively. Sex, age, employment status, lack of food or water, experience of torture or beating, and imprisonment emerged as statistically significant predictors of depression. Employment status, murder of family or friends, rape or sexual abuse, torture or beating, and lack of housing or shelter were statistically significantly associated with anxiety. PTSD was found to be significantly associated with sex, length of stay at the refugee camp, lack of housing, shelter, food, or water, experience of rape or sexual abuse, abduction, employment status, and murder of family or friends.

Conclusions and recommendation: The results of this study revealed that more than one-third of Eritreans living in the refugee camp in Dabat town had symptoms of PTSD, anxiety, and depression. This prevalence is higher than the previously reported studies. Various factors, including age, gender, monthly income, unemployment, experiences of rape or sexual abuse, witnessing the murder of family or friends, being torched or beaten, imprisonment, and deprivation of basic needs such as food, shelter, and water, were identified as contributors to the development of depression, anxiety, and PTSD. This research underscores the need for both governmental and non-governmental organizations to secure the provision of essential necessities such as food, clean water, shelter, clothing, and education. This study also suggested that Eritrean refugees be legally protected from rape, sexual abuse, arson, detention without cause, and kidnapping. Moreover, the study calls for health service providers to develop a mental health intervention plan and implement strategies to deliver mental health services at healthcare facilities for Eritrean refugees in the Dabat town Eritrean refugee camp.



Title: The Impact of Psyching-Up and Cognitive Challenges on Cognitive Performance and Well-Being in Adolescent Swimmers: A Randomized Controlled Trial

Speaker Name: Yasmine Dhaouadi

Affiliation: University of La Manouba

Abstract:

Psychological techniques such as psyching-up are increasingly incorporated into sports training for their potential to enhance cognitive functioning and psychological readiness, particularly in young athletes. This study examined the effects of combining psyching-up techniques with cognitive challenges on psychophysiological responses and visuo-auditory attention in adolescent competitive swimmers.

Methods: Forty-eight male adolescent competitive swimmers were randomly assigned to three groups: a Psyching-Up and Cognitive Group (PCG), a Cognitive Training Group (CGT), and a Control Group (CG). Over ten training sessions, the PCG received psyching-up strategies integrated with cognitive training tasks, the CGT completed cognitive training only, and the CG continued regular swimming training. Cognitive performance was assessed using the Bells Test, Trail Making Test (Parts A and B), and a Go/No-Go Auditory Task. Physiological responses included percentage of maximal heart rate (%HR max) and blood lactate concentration. Perceived exertion (RPE) and mood state (Total Mood Disturbance) were also evaluated.

Results: The PCG showed significant improvements in visuo-auditory attention and executive functioning, with fewer omissions on the Bells Test ($p = 0.041$) and faster completion times on the Trail Making Test (Part A, $p = 0.002$; Part B, $p = 0.001$). Performance in the Go/No-Go Auditory Task also improved, as reflected by faster reaction times and a higher hit rate ($p = 0.001$). No significant differences were observed in physiological variables across groups, with stable %HR max and blood lactate levels. Psychologically, participants in the PCG reported greater enjoyment ($p < 0.001$) and a significant reduction in Total Mood Disturbance ($p < 0.001$).

Conclusions: Integrating psyching-up techniques with cognitive challenges enhances cognitive performance and psychological well-being in adolescent swimmers without altering physiological responses. These findings emphasize the value of psychological interventions in youth sports training to optimize cognitive efficiency and overall athlete experience.



Title: Estimating the Catastrophic and Impoverishing Health Expenditure Risk among Malnourished Under-Five Children in Uganda: Secondary Analysis of National Panel Data

Speaker Name: Orech Sam

Affiliation: Busitema University

Abstract:

Background: Malnutrition remains a significant public health issue in low- and middle-income countries (LMICs), contributing to long-term health risks and economic hardship. Despite the recognized connection between malnutrition and health-related financial risks, the intersection of these factors, particularly in relation to catastrophic (CHE) and impoverishing health expenditures (IHE), has received limited attention. This study aimed to estimate the risk of CHE/IHE among households with under-five children affected by malnutrition in Uganda.

Methods: Using data from the 2019/2020 Uganda National Panel Survey (UNPS), this study estimates the risk of CHE and IHE, with CHE defined as out-of-pocket health expenditures exceeding 10% of total household consumption, and IHE as health expenditures that push a household below the poverty line. Both measures were evaluated on a per capita basis to ensure consistency and equity in the comparison of financial hardship across households of different sizes. Bivariate and multivariate probit regression models were used to assess the association between child malnutrition (stunting, wasting, underweight), household wealth, and health expenditure risk. Marginal effects were calculated to quantify the probability changes in relation to malnutrition and wealth.

Results: The analytical sample comprised 815 households with children under five. The study found that 18.0% of households experienced CHE/IHE, with 17.4% facing CHE and 4.5% facing IHE. Wasting was significantly associated with increased risk of CHE/IHE ($\beta = 2.184$, $p < 0.001$), with a marginal effect of 54.7%, indicating that households with wasted children were 54.7% more likely to experience CHE/IHE compared to those without wasted children. Households in the second and third wealth quintiles had higher odds of incurring CHE/IHE, with marginal effects of 34.3% and 37.7%, respectively. The study identified a U-shaped relationship between socio-economic status and CHE/IHE risk, where wealthier households did not significantly differ from the poorest households.

Conclusions: This study underscores the intersection between child malnutrition and health-related financial vulnerability in Uganda, highlighting acute malnutrition as a key marker of risk for catastrophic or impoverishing health expenditures. The analysis supports the need for an integrated, equity-sensitive approach to financial protection in health that considers both the nutritional and economic vulnerabilities of households. These findings contribute to the limited but growing body of evidence linking child health status to financial risk, especially in LMICs.

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Title: Community-Based Care for People with Mental Disorders in Traditional African Contexts: Analysis of Motives for Rehabilitation and Social Reintegration

Speaker Name: Jean Pierre TSANGO BOKO

Affiliation: University of Douala-Cameroon

Abstract:

The healthcare of people with mental disorders worldwide often presents numerous shortcomings due to the mismatch between access to quality care and the social exclusion of patients. However, by referring to the experience of traditional African societies, we observe that the sick person, wherever they may be, belongs to their community, which assumes responsibility for their health and for which the entire group feels accountable. The concept of health in ancient Africa has always had a social dimension. When a person is ill, they are not rejected by their community or family out of solidarity and humanism. This reflection raises the issue of community involvement in the care of the mentally ill. In other words, how do communities mobilize to support recovery and improve the living conditions of people with mental disorders? Our work will utilize documentary data as well as field surveys to help understand the interactive dynamics between government officials, medical professionals, and various communities in improving the living conditions of people with intellectual disabilities, taking into account local African values.



Title: Awareness of sickle cell genotype among women of reproductive age living with HIV in Nigeria

Speaker Name: Ummulkhairi Bello

Affiliation: The George Washington University

Abstract:

Background: UNAIDS and the National Agency for the Control of AIDS estimate that there are 1.9 million people living with HIV in Nigeria. This is crucial because Nigeria had the second largest HIV epidemic in the world in 2019 and the burden disproportionately affects women. Awareness of sickle cell diseases genotype is essential for individuals, especially those living with HIV in Nigeria to make informed decisions about their reproductive life and health choices. In addition, special care needs to be given to patients with co-existing sickle cell disease and HIV as interaction of the two diseases may result in therapeutic challenges. Undoubtedly, awareness of genotype compatibility is the key to prevention of genotype mishap and to reduce the disproportionate burden of SCD and HIV treatment challenges in Nigeria.

Objective: This study aimed at assessing the level of sickle cell genotype awareness among a cross-section of women living with HIV of reproductive age (18-45 years) that have received HIV treatment in Nigeria, as well as factors influencing their awareness.

Method: A cross-sectional survey study was conducted among 7142 women living with HIV that are of reproductive age 18-45 years in Benue, Nigeria. Data on awareness of hemoglobin genotype, their sociodemographic and clinical characteristics and lifestyle habits were obtained using pretested semi-structured questionnaires. Association between the level of awareness and other variables such as age, education, marital status, etc. were tested using regression analysis. In addition, acceptability, and feasibility of integrating and scaling up a mobile health (mHealth) card intervention into routine healthcare services to store the results of sickle cell genotype screening was assessed during this study.

Results: A majority of the participating women (96.6%) were not aware of their hemoglobin genotype. Among those who were aware of their haemoglobin "genotype", 11.5% of the women in civil service had the highest level of awareness of SCD. The odds of haemoglobin "genotype" awareness was also high among participants who were in the 45 yrs and older age group, single, completed tertiary education, and had a family size of less than two. In this study, 99.9% of the women accepted to use mHealth cards to store their results.

Conclusion: The findings indicate the need to promote sickle cell genotype screening and that it is feasible to integrate a mHealth card intervention into routine healthcare services to store the results of sickle cell genotype for future clinic visits among women living with HIV. Stronger efforts should be directed at public health education to improve awareness, genetic counseling, knowledge and positive attitudes and practices in SCD control.



Title: Mothers' views on mobile mental health in pregnancy

Speaker Name: Asghar Ehteshami

Affiliation: Isfahan University of Medical Sciences

Abstract:

This qualitative study explored pregnant women's needs and preferences for a mobile health application for pregnancy self-care (APSC). The goal was to gather insights to develop an app that effectively promotes positive behavior changes and provides emotional support. Semi-structured interviews were conducted with pregnant women, and the data were analyzed using conventional content analysis to identify key themes.

The analysis revealed seven central themes for desired app features. Psychological support emerged as a primary need. Participants stressed the importance of mental health content, including information on managing psychological changes, identifying symptoms of depression and anxiety, and having access to motivational texts. The study notes that 12% of women experience depression and 13% experience anxiety during and after pregnancy, highlighting the critical need for such resources.

Women also expressed a desire for features that facilitate relaxation and stress management, suggesting the inclusion of calming music and religious content, such as prayers or scripture. The theme of social and emotional support was also prominent, with interviewees emphasizing the need for a partner's love and attention during this period. Additionally, the study highlighted the importance of psycho-behavioral self-care guidance, particularly concerning the risks of tobacco, alcohol, and drug use during pregnancy, as smoking can lead to intrauterine growth retardation.

In conclusion, the findings provide a user-centered blueprint for designing an APSC. By incorporating these identified needs—from mental health and emotional support to lifestyle guidance—the app can better empower pregnant women to manage their health and well-being effectively.



Title: Bench-side to Bed-side Approach: A novel, natural remedy to treat Cardiometabolic Syndrome

Speaker Name: Shumaila Mehdi

Affiliation: Government College University

Abstract:

Berberis brandisiana Ahrendt (Ishkeen, Shugloo) belongs to Berberidaceae family is dicotyledonous shrub traditionally used in various disorders like diabetes, arthritis, kidney stones, liver problems, wounds, infections, tumors, leucorrhoea, swellings. It is enriched with alkaloids, phenolics and flavonoids like berbamine, berberine, chlorogenic acid, gallic acid, quercetin, *p*- coumaric acid, ferulic acid, benzoic acid, *m*- coumaric acid. Its efficacy in preventing high fructose diet-induced diabetes has not yet been assessed.

This study aims to investigate potential efficacy of HMEBB by using high fructose diet (HFR-Diet) fed diabetic rats. Male Wister rats were given high fructose diet (60%) for 8 weeks and oral doses of HMEBB (150 and 300 mg/kg) were administered for 6 weeks. After 14th weeks of study, HMEBB (150 and 300 mg/kg) treated groups exhibited significant decrease in FBG level, modified serum albumin, lipid profile and uric acid levels and significantly ($p < 0.001$) modulated HbA1c, serum insulin, uric acid, eNOS, bilirubin level, lipid profile, electrolytes level as compared to only HFR-Diet exposed diabetic rats.

Moreover, HMEBB (150 and 300 mg/kg) treated animals demonstrated cellular architecture preservation by modulation of TNF- α , IL-6, adiponectin, leptin and levels of SOD, CAT and MDA significantly improved.

Tissue architecture of pancreas, liver, kidney, heart and aorta was restored in histopathological study. Whereas, HMEBB (150 and 300 mg/kg) revealed up regulation of candidate genes thus exhibited notable results in treatment of diabetes, dyslipidemia and declined inflammation in HFR-Diet fed diabetic rats.



Title: Social Undermining and Psychological Empowerment: Unveiling Their Association with Resilience among Nurses

Speaker Name: Heba Abdelfatah Ahmed Abdelgawad

Affiliation: Damietta University

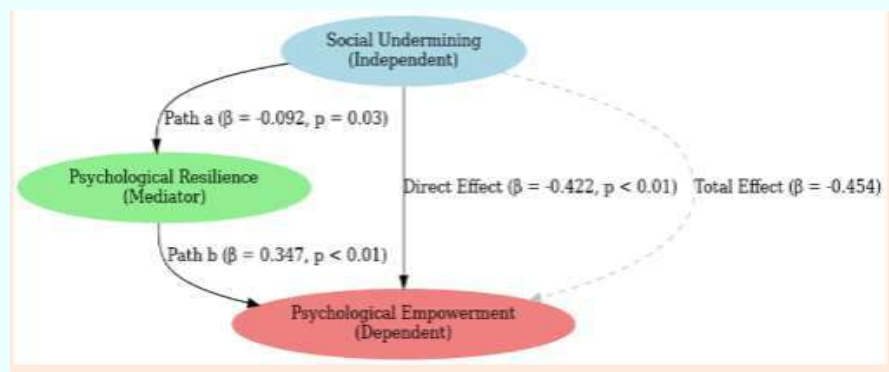
Abstract: Nurses are frequently exposed to challenging interpersonal dynamics within healthcare settings, which may negatively influence their psychological wellbeing. Social undermining represents a form of negative workplace interaction that can erode nurses' adaptive capacities, while psychological empowerment has been identified as a positive organizational factor that may enhance resilience. Understanding the interplay between these variables is essential for promoting mental health and sustainability within the nursing workforce.

Objectives: This study aimed to examine the relationship between social undermining, psychological empowerment, and psychological resilience among nurses, and to determine the predictive role of social undermining and empowerment on resilience.

Methods: A descriptive cross-sectional research design was utilized. The study was conducted among a sample of nurses recruited from healthcare settings. Data were collected using validated self-administered questionnaires measuring social undermining, psychological empowerment, and psychological resilience. Statistical analysis included descriptive statistics, Pearson correlation coefficients, and multiple regression analysis to assess relationships and predictors among the study variables.

Results: The findings revealed a statistically significant negative relationship between social undermining and psychological resilience. In contrast, psychological empowerment showed a significant positive relationship with resilience. Regression analysis demonstrated that psychological empowerment was a significant positive predictor of resilience, while social undermining negatively predicted resilience, indicating its detrimental impact on nurses' adaptive capacity.

Figure 1. Structural equation model with social undermining as the independent variable, psychological resilience as the mediator, and psychological empowerment as the dependent variable.



Conclusion: The study highlights the importance of minimizing social undermining behaviors and fostering psychologically empowering work environments to strengthen nurses' resilience. Organizational interventions that enhance empowerment and supportive interpersonal relationships may play a crucial role in promoting mental health and improving retention among nurses.



Title: Psychiatric Comorbidity and Quality of Life Persons with Hypertension and People Living with HIV in University of Port Harcourt Teaching Hospital (UPTH)

Speaker Name: Aborlo Kennedy NKPORBU

Affiliation: University of Port Harcourt

Abstract:

Background: Hypertension and HIV are two chronic medical diseases associated with psychiatric comorbidity, which further affects the quality of life of the sufferers.

Objective: The study was to determine and compare the relationship between psychiatric comorbidity and quality of life in persons with hypertension and PLWHIV.

Methodology: Two hundred and thirty subjects living with HIV and 360 subjects with hypertension were recruited. Those clinically chronic conditions, or comorbid medical condition and hypertension were excluded. Subjects were further administered with the study's instruments including the socio-demographic questionnaire, GHQ-12, the Bref version of the WHO Quality of Life instrument (WHOQOL-Bref), WHO Composite International Diagnostic Interview (WHO CIDI). Results were presented via descriptive and analytical methods.

Results: Psychiatric co-morbidity was 19.8% among PLWHIV and 29.4% among subjects with hypertension ($p = 0.003$). For the PLWHIV, domain scores quality of life were as follows; 60.71 ± 15.57 , 62.34 ± 26.32 , 61.57 ± 25.04 , 55.15 ± 14.00 and 65.81 ± 21.84 while hypertension was 56.73 ± 13.87 , 55.84 ± 26.36 , 52.37 ± 15.04 , 51.85 ± 15.10 and 47.81 ± 21.84 ($p = 0.002$) for physical, psychological, social relationship, environment domains and general health facet respectively

Conclusion: There was a statistically significant higher prevalence of psychiatric co-morbidity and lower quality of life among the subjects with tuberculosis compared with PLWHIV and this calls for emphasis on subjective quality of life of these patients in order to enhance the quality of care.



Title: Impact of Educational Program Regarding Mental Health among Sample of Type-I Diabetes Mellitus Children

Speaker Name: Lujain Al-Khazrajy

Affiliation: University of Baghdad, Iraq

Abstract:

Background: Children with type 1 diabetes face many stressors and challenges because of their chronic illnesses. They struggle to cope with diabetes in the early stages with frequent experiences of feelings of sadness, withdrawal, and anxiety.

Objectives: To assess the impact of an educational program regarding mental health of type 1 DM children and to find out if there is any association between the mental health of T1DM children and studied variables.

Methods: A quasi-experimental study design conducted at Children Welfare Teaching Hospital and Central Teaching Hospital of Pediatrics in Baghdad along six months duration. It included 45 children with type 1 diabetes whom recently started treatment. An educational program was implemented for parents of these children to promote children's mental health and reduce symptoms of depression and anxiety. PHQ-9 measuring the severity of depression while GAD-7 was used to assess anxiety level before and the intervention.

Results: Before interventions, 66.7% of children had severe anxiety and 22.2% had severe depression. After intervention, 4.4% had severe anxiety and 11.1% had severe depression. The severity of both anxiety and depression were significantly higher among children with low SES, children who suffered from traumatic events, children who had a family history of mental disorders, children who didn't receive psychological support or counselling from their families and who had diabetes for ≥ 5 years.

Conclusion: The educational program implemented for the parents of type 1 diabetic patients is effective in reducing anxiety and depression levels in those patients.



Title: The Interplay of Nomophobia, Academic Distress, and Introverted Personality on Academic Practices and Achievements Among Students at Dilla, Hawassa, and Wachamo Universities

Speaker Name: Markos Malimo Setena

Affiliation: Dilla University

Abstract:

The present study aimed to examine the effects of nomophobia, academic distress, and introverted personality on academic practice and achievement among Dilla, Hawassa and wachamo university students. To address this, the researchers formulated four research questions and employed a mixed research approach of correlational design. Both stratified and simple random sampling techniques were applied and a sample of 432 participants were collected by including 10% contingency from a total student population of 17,280.

Additionally, nine teachers were purposively selected for interviews. The data collection process involved gathering both primary and secondary data from various sources. The collected data was analyzed using descriptive and inferential statistics, with Statistical Package for Social Sciences (SPSS) Version 25 being employed as the analytical tool. The first and second research questions were analyzed by multiple regression, and the third and the fourth questions by ANOVA. The study's findings revealed the extent of nomophobia, academic distress, and introverted personality had a statistically significant impact on academic practice and achievement. Furthermore, there was a significant difference in academic practice between male and female students, while no significant difference was observed in academic achievement between genders. These findings highlight the importance of addressing nomophobia, academic distress, and introverted personality to enhance academic practice and achievement among university students. The study suggests that the government, university teachers, Counselors, and parents should take responsibility for implementing measures to support students in these areas

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Speaker Slots Filling Quickly



Title: Magnitude of mortality and associated factors among road traffic accident victim children admitted in East and West Gojjam Zone specialized public hospitals Northwest, Ethiopia

Speaker Name: Amanuel Taye Alebachew

Affiliation: Bahir Dar Health Science College

Abstract:

Background A road traffic accident is a collision between vehicles, between pedestrians and vehicles, between vehicles and animals, or between fixed obstacles and vehicles that leads to fatal human injury and premature death. Children are highly vulnerable to road traffic accident death. Yet, evidence is scarce concerning it in this study area. This study aimed to determine the magnitude of mortality and associated factors among road traffic accident victim children. **Methods** A cross-sectional study was conducted among 391 victimized children using simple random sampling techniques from March 1st, 2021, to April 30th, 2021. Sample size was calculated using a single population proportion formula, and data were collected retrospectively using a structured checklist. The data were checked for completeness and consistency, coded, entered into EPI Data version 3.1, and then transferred to STATA version 14 statistical software for analysis. Bivariate and multivariable binary logistic regression analyses were conducted. An adjusted odds ratio with a 95% CI was used to measure the strength of the association, and a P-value ≤ 0.05 was considered statistically significant. **Result** The overall mortality was 10.7% (95% CI: 8- 14). Patients' age within 1- 4 years (AOR (95%CI: 7(2.0–24.6)), urgent need of blood transfusion (AOR (95%CI: 3.2(1.03– 9.8)), Glasgow coma scale < 8 (AOR (95%CI: 6.7(2.1–20.8)), surgery done (AOR (95%CI:4.7(1.6–14.1)), and length of stay < 5 days (AOR (95%CI: 4.7(1.6–13.3)) were significantly associated with mortality of road traffic accident victim children. **Conclusion** The overall mortality was high compared with other countries' findings. Being young, urgent need of blood transfusion, Glasgow coma scale < 8 , undergoing surgery, and short length of stay were significantly associated with mortality of road traffic accident victim children. This study recommended prioritizing young children and timely blood transfusions for emergency cases.

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Title: Psychosocial and Mental Health Determinants of HIV Viral Load Suppression Among Adolescents Living with HIV in Lubumbashi: A Qualitative Inquiry

Speaker Name: Olivier MUKUKU K

Affiliation: University of KwaZulu

Abstract:

Background: Adolescents living with HIV (ALHIV) face a complex interplay of mental health, psychosocial, and structural challenges that compromise their ability to achieve and sustain viral load suppression (VLS). While antiretroviral therapy (ART) is highly effective, persistent barriers—including stigma, emotional distress, and limited psychosocial support—continue to undermine treatment outcomes across sub-Saharan Africa. This qualitative study explored how mental health and psychosocial factors influence ART adherence and VLS among ALHIV in Lubumbashi, Democratic Republic of the Congo.

Methods: In-depth interviews were conducted with 39 ALHIV receiving ART and 14 caregivers involved in their treatment and daily support. In addition, two focus group discussions were held with 16 healthcare workers (HCWs) providing adolescent HIV care. Participants were purposively selected, and interviews were audio-recorded, transcribed, and thematically analyzed using the socioecological model. NVivo 14 was used for coding and data organization. The analysis emphasized mental health constructs—including emotional regulation, stress, self-stigma, family dynamics, and patient-provider relational quality.

Results: Major barriers to achieving VLS were strongly linked to psychosocial and mental health stressors. ALHIV reported experiences of internalized stigma, fear of disclosure, emotional overload, and treatment fatigue, which contributed to forgetfulness, inconsistent medication-taking routines, and disengagement from care. Economic hardship and weak family support exacerbated psychological distress and reduced treatment motivation. Conversely, emotional resilience, strong caregiver involvement, consistent counseling, supportive peer or family networks, and positive therapeutic relationships with HCWs emerged as key facilitators of adherence and VLS. Participants underscored the role of tailored psychosocial interventions in mitigating anxiety, improving coping capacity, and reinforcing adherence behavior.

Conclusions: Achieving sustained VLS among ALHIV requires integration of mental health and psychosocial support into routine HIV services. Strengthening family-centered counseling, enhancing HCW capacity to address adolescent mental health needs, and implementing community-based stigma reduction strategies are essential components of improved care. Policy makers and program implementers should adopt a holistic, multisectoral approach that addresses emotional well-being alongside biomedical treatment. Such interventions are critical to optimizing ART adherence and achieving long-term viral suppression in this vulnerable population.

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Title: Molecular Insights into the P2X7–NLRP3 Inflammasome in Diabetic Neuropathy: Integrating CRISPR–Cas9 Concepts into Future Stem Cell Therapies

Speaker Name: Sandip Tejpal

Affiliation: Global Group of Institutes, India

Abstract:

Diabetic neuropathy (DN) remains one of the most challenging and debilitating complications of diabetes, driven by chronic metabolic dysfunction and persistent neuroinflammation. This review examines the molecular significance of the P2X7–NLRP3 inflammasome pathway in DN and conceptually evaluates how CRISPR–Cas9 gene-editing strategies could be integrated into future stem cell - based therapies. Using a narrative review approach, current evidence on ATP-triggered P2X7 activation, subsequent NLRP3 inflammasome assembly, caspase-1 activation, and IL-1 β /IL-18–mediated neuronal damage was synthesized alongside emerging insights into stem cell biology. The analysis highlights that hyper-glycemia-induced increases in extracellular ATP excessively stimulate P2X7 receptors, initiating NLRP3-driven inflammatory cascades that accelerate axonal degeneration and sensory impairment. Conceptual exploration suggests that CRISPR–Cas9 could be used to selectively modulate key molecular nodes such as P2X7 to reduce ATP-mediated activation, NLRP3 to prevent inflammasome assembly, or caspase-1 to block cytokine maturation—thereby decreasing neuroinflammation at its source. Genetically enhanced stem cells engineered to resist inflammasome activation or secrete neuroprotective factors may further complement this strategy by supporting neuro-regeneration and improving functional recovery. Although theoretical in scope, this review integrates established molecular insights with forward-looking gene-editing and cell-therapy concepts, outlining a novel framework that may guide future translational research. In conclusion, the P2X7–NLRP3 inflammasome emerges as a central driver of inflammatory neurodegeneration in DN, and its targeted modulation through CRISPR-based concepts combined with advanced stem cell strategies offers a promising foundation for next-generation therapeutic innovation.

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Title: Mediating Role of Coping on Social-Cultural Influences of Binge Eating Disorder among Undergraduate Students in Nairobi Kenya

Speaker Name: Evelyne Kerubo Arasa

Affiliation: Universität Koblenz, Germany

Abstract:

University students have been confirmed as having a high prevalence of Eating Disorders (ED) that include the Binge Eating Disorder (BED), Bulimia Nervosa (BN) and Anorexia Nervosa (AN). The BED has also been confirmed as being the most common ED among university students, and is linked to high levels of comorbidity. It has been reported by certain studies that a relationship exists between experiencing BED, stress and the use of coping strategies. This particular study was aimed at establishing threefold; mediating role of coping among the social-cultural variables that included mass media, peer pressure and family pressure. Respondents were 395 university students ($M = 21.08$, $SD = 1.92$), between the ages of 18-25 years, both males and females studying various undergraduate courses at the University of Nairobi, Kenya and they completed an online survey. Results from the mediation analyses confirmed that coping has a partial mediation on mass media (14.3% mediation), family pressure (23.8% mediation) and peer pressure (18.5% mediation) among females. Similarly, findings among the males revealed that coping also had a partial mediation on mass media (19% mediation) and family pressure (28% mediation) with regards to the development of BED. However, the mediation analysis also reported that coping does not mediate the relationship between BED and peer pressure among males (indirect effect = .047, 95% CI [-.06, .16]). Findings, therefore reveal that undergraduate university students in Kenya should learn and make use of coping strategies that are active such as seeking emotional support, positive self-instructions and positive reappraisal as they will lead towards improved physical and mental health.

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Title: Age-Period-Cohort Analysis of Self-Harm Incidence Rates by Gender in Iran (1990–2019)

Speaker Name: Mehdi Moradinazar

Affiliation: Kermanshah University of Medical Sciences

Abstract:

Self-harm is a major public health concern and one of the leading causes of death among young people worldwide. This study investigates trends in self-harm incidence rates among individuals aged 10–39 years in Iran between 1990 and 2019, using Age-Period-Cohort (APC) analysis with data from the Global Burden of Disease (GBD) study. Six age groups and six five-year periods were analyzed with the APC Web Tool from the National Cancer Institute.

The average incidence rates of self-harm attempts and deaths were 93.87 and 7.55 per 100,000 individuals, respectively. Females had 1.75 times higher attempt rates than males, while males had 1.62 times higher death rates. Peak incidence occurred at age 22.5 years for both genders. APC analysis revealed stable self-harm rates among males, but a significant decline among females, particularly in more recent cohorts. Local drift values showed upward trends in males across age groups, while females consistently exhibited negative drifts.

These findings highlight gender-specific vulnerabilities: younger females remain more prone to self-harm attempts, whereas males show higher mortality. The decline in female rates may reflect improved awareness, access to mental health services, and reduced stigma in recent years. However, persistent risks among males underscore the need for tailored prevention strategies.

In conclusion, self-harm in Iran demonstrates distinct age, period, and cohort effects by gender. Prevention efforts must be culturally sensitive and gender-specific, focusing on early intervention, stigma reduction, and enhanced mental health support to effectively reduce self-harm rates.



Title: Communicating Psychiatry Knowledge to the Chinese Public: Analyzing Predictive Factors of User Engagement on Chinese TikTok (Douyin)

Speaker Name: Tong Yang

Affiliation: Anhui Medical University, China

Abstract:

Objectives: Short-form video platforms have become an important channel for mental health education, yet evidence on how specific content themes influence user engagement remains limited. This study aimed to examine the associations between mental health content themes, video characteristics, and user engagement metrics on a Chinese TikTok (Douyin) account dedicated to psychiatric health education.

Methods: We collected all videos published on our Chinese TikTok (Douyin) account, *Dr. Zhang Kai, Director of Psychiatry Postdoctoral Fellowship*, between 1 September 2023 and 1 December 2025. Among 347 videos initially identified, 288 original videos, exclusively created and managed by our team, were retained for analysis after excluding reposted, duplicated, or non-mental health-related content. Videos were classified into six predefined themes: mental health education and literacy; symptom recognition and self-awareness; coping strategies and emotional regulation; help-seeking, treatment, and recovery; family, parenting, and interpersonal relationships; and mental health stigma, myths, and public awareness. User engagement outcomes included number of views, likes, comments, and favorites. Negative binomial regression models were applied to estimate incidence rate ratios (IRRs) with 95% confidence intervals (CIs), adjusting for video length, time since upload, title length, medication mention, and clinical guideline mention.

Results: Compared with videos longer than 3 minutes, videos shorter than 1 minute were associated with significantly higher engagement, including views (IRR = 3.02, 95% CI: 1.80–5.06), likes (IRR = 1.90, 95% CI: 1.12–3.24), and comments (IRR = 7.22, 95% CI: 4.37–11.93). Content focused on mental health stigma, myths, and public awareness was associated with lower engagement across multiple metrics, whereas coping strategies and emotional regulation showed significantly higher comment counts (IRR = 1.68, 95% CI: 1.19–2.38). Longer title length was consistently associated with reduced engagement across outcomes. Mentions of medications were associated with fewer views (IRR = 0.52, 95% CI: 0.29–0.96) and comments (IRR = 0.39, 95% CI: 0.21–0.72).

Conclusions: Mental health content theme and video design substantially influence user engagement on Douyin. Shorter videos and emotionally actionable content may enhance public interaction, while overly technical or stigmatization-focused messages may limit engagement. These findings provide empirical guidance for optimizing mental health communication on short-video platforms.

Table 1. Descriptive characteristics of included videos

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Title: Post-traumatic depressive symptoms and coping mechanisms among Nigerian women survivors of sexual and domestic abuse: a multisite national study

Speaker Name: Uchenna Cosmas Ugwu

Affiliation: University of Nigeria

Abstract:

This study investigated the severity of post-traumatic depressive symptoms (PTDS) and the coping mechanisms used by Nigerian women who have survived sexual and domestic abuse, a critical but underexamined public health issue in low- and middle-income countries. Recognizing the socio-cultural, economic, and reproductive factors that shape trauma responses, the study employed a multisite, cross-sectional design conducted from December 2024 to October 2025 across 36 institutions in Nigeria's six geopolitical zones. A total of 466 eligible women aged 18 years and older participated. Data were collected using the Post-Traumatic Depressive Symptoms and Coping Mechanisms Questionnaire (PTDSCMQ), a validated, multilingual instrument comprising sociodemographic measures, coping strategies, and a 15-item PTDS scale. Descriptive statistics, Chi-Square tests, and Odds Ratios were used to analyze associations between PTDS severity and independent variables. Results showed a high burden of psychological distress, with 79.8% of participants experiencing severe PTDS. Adaptive coping strategies demonstrated protective effects: women who engaged in social support ($\chi^2 = 78.2$; $p < 0.001$), prayer or religious activity ($\chi^2 = 67.4$; $p < 0.001$), or professional counseling ($\chi^2 = 52.7$; $p < 0.001$) exhibited significantly lower PTDS severity. In contrast, maladaptive strategies, including avoidance ($\chi^2 = 171.3$; $p < 0.001$) and substance use ($\chi^2 = 79.6$; $p < 0.001$), were strongly associated with greater symptom severity. Key sociodemographic predictors included urban residence (OR = 8.46), unemployment or informal work (OR = 0.35 for mild PTDS), and having fewer than three pregnancies (OR = 0.31). Age, marital status, and education were not significant predictors. The study concludes that Nigerian women survivors face substantial mental health burdens influenced by coping behaviors and contextual factors. Findings underscore the need to integrate trauma-informed mental health services into community and reproductive health programs and to expand culturally grounded support systems that promote adaptive coping across diverse Nigerian settings.



Title: Advancing Mental Health in Tanzania: The 'Being' Initiative for Sustainable Change

Speaker Name: Mary Mwanyika Sando

Affiliation: Africa Academy for Public Health

Abstract:

Mental health challenges are a growing concern globally, and young people in low- and middle-income countries such as Tanzania face an increasing burden with limited access to prevention, care, and support. Despite this, national investment and coordination in mental health remain limited. In recognition of the urgent need for stronger systems, the Government of Tanzania is preparing to launch the country's first National Mental Health Action Plan (2025–2030). This presents a critical opportunity to strengthen governance, financing, coordination, and youth engagement across the mental health ecosystem.

The Africa Academy for Public Health (AAPH), with support from Grand Challenges Canada, is implementing the Being Ecosystem Catalyst Project (May 2025–April 2027) to strengthen national structures necessary for effective implementation of the Action Plan. The project aims to: (1) strengthen leadership, governance, and coordination through the national Mental Health and Psychosocial Support (MHPSS) Technical Working Group; (2) improve planning, financing, and resource mobilization for mental health; and (3) support the operationalization of the Action Plan with a specific focus on youth mental health.

Using a participatory ecosystem approach, the project engages government ministries, development partners, young people, and people with lived experience. Methods include stakeholder consultations, resource mapping, governance and coordination analysis, and technical support to the Ministry of Health.

Strengthening coordination, financing, and youth engagement provides a strong foundation for advancing the mental health agenda in Tanzania. This project is contributing to the development of essential structures that will support sustainable, system-wide improvements in youth mental health and wellbeing.

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Speaker Slots Filling Quickly



Title: Assessing husbands' knowledge and willingness regarding postpartum sexual resumption: a study of male partners in the Bongo District

Speaker Name: Joel Afram Saah

Affiliation: Regentropfen University College

Abstract:

Postpartum sexual activity is frequently resumed earlier than is recommended in low-resource settings, endangering the health of the mother. Postpartum decision-making is heavily impacted by partner-related and cultural factors, especially in rural and patriarchal environments. Research that has been published thus far has been focused on the perspectives of women, with little consideration given to the potential influence of male partners on postpartum sexual behavior.

This study aimed to assess the knowledge level of husbands regarding the effects of early sexual resumption after childbirth and their willingness to wait for their wives to feel ready to resume sexual activities in the Bongo District.

Utilizing a quantitative cross-sectional design, data were collected from 92 male partners of young women through a closed-ended questionnaire, which included Likert-scale items measuring perceptions related to postpartum sexual health.

Descriptive statistics revealed a moderate awareness of physical changes post-childbirth and a lower knowledge of common issues like hormonal fluctuations. Additionally, husbands exhibited a strong willingness to support their wives, with high scores for prioritizing their feelings about intimacy and emotional support. Regression analysis indicated a significant relationship between husbands' knowledge levels and their attitudes toward sexual resumption, indicating a variance in attitudes.

This study's findings highlighted the formulation of gender-sensitive postpartum policies that needed the involvement of male partners in postnatal education, fostering shared responsibility and mitigating early sexual resumption hazards.

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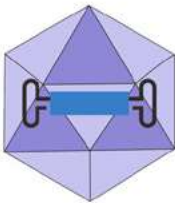


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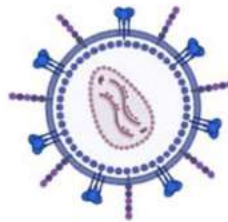


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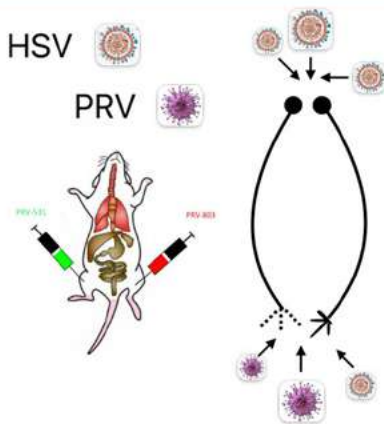
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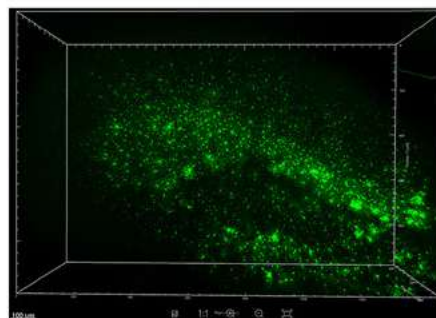
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