

**Theme**

“Digital Technology Adoption and the Future of Mental Health Treatments and Psychiatric Care”.

**? WHO SHOULD ATTEND**

Psychologist | Neuropsychologist | Psychiatrist | Mental Health Professionals | Psychiatric Technician | Psychiatric-Mental Health Nurse | Psychometrist | Neuroimaging Technician | Diagnostic Laboratory Professionals | Business Entrepreneurs | Industry Professionals | Directors/Managers/CEO's | Presidents & Vice Presidents | Brand Manufacturers | Medical Students & Patients | Academicians | Scientists & Researchers | Associations and Societies | Resident Psychiatrists | Occupational Therapists | Behavioral Analysts | Policy Makers | Non-Governmental Organizations | Health Care Providers

# VIRTUAL CONGRESS

## GLOBAL Congress on Advances in Mental Health and Psychiatry

May 31-June 1, 2021

### MH-Psychiatry 2021

**2**

DAYS WITH MORE THAN 45 SESSIONS, KEYNOTES & TALKS

**12+**

INNOVATIVE FEATURED SPEAKERS

**20+**

HOURS OF NETWORKING EVENTS

**60+**

INTERNATIONAL SPEAKERS

**125+**

EDUCATIONAL SESSIONS

# BENEFITS OF ATTENDING A VIRTUAL CONFERENCE

- **COST EFFECTIVE:** Saving precious time and money. Virtual events are much cheaper to attend
- **CONVINIENT:** Virtual events allow you to attend from the comfort and safety of your home or office
- **EASY NETWORKING:** Attendees have access to fellow attendees directly. Networking is more open than an in-person conference inside a virtual event
- Get your Certificate of Recognition after the conference
- Get you abstract published in International Journal
- Conference sessions will also be available in your time zone
- No flight delays, passport control or immigrations or customs
- With a virtual event you can access more content relevant to your subject, more material, and get connected to larger and more global audience without impacting the environment
- Virtual meetings allow a wide range of data to be shared with all participants in real time
- Virtual events are safe and healthy during these challenging times (Due to COVID-19 pandemic)



## Welcome Message

### Alain L. Fymat

*Founding Chair, President/CEO and Professor  
Professor, International Institute of  
Medicine and Science, Inc, USA*



Dear Colleagues – I would like to encourage you to attend this Virtual Event GLOBAL Congress on Advances in Mental Health and Psychiatry, to be held during May 31-June 01, 2021. Over the past few decades, neurodegenerative diseases (including Alzheimer’s, Parkinson’s, Epilepsy, and Dementia, etc.), once considered rare disorders, have emerged from obscurity to become major public health problems. These chronic disorders of poorly (or not) understood cause(s) affect mostly adults and particularly seniors. Based on identified risk factors beyond genetics several theories (15 or more in the case of Alzheimer’s), have been propounded for their cause(s). Such a wide array of hypotheses is by itself indicative of our lack of true understanding and knowledge of the diseases. We will discuss how time-honored methods and the current psychiatric approaches, including those in psychotherapy, neuromodulation, pharmacology, digital technology and social therapies, can be practically used to help individuals affected by these diseases, their families, friends and community groups. To encourage the advancement of psychiatry and mental health in all nations, these organisations will join researchers and mental health practitioners to discuss advocacy, planning and policymaking across industries.

The congress will be an opportunity to explore the advantages and challenges of new models and tools, to exchange expertise and experiences among mental health professionals and other stakeholders, to discover new frontiers of research and to generate new ideas, plans and partnerships.

I welcome you to the MH-PSYCHIATRY 2021 Virtual Conference in May 2021.

See you there and stay safe!



# Welcome Message

Dear colleagues,

We are pleased to welcome you to the Virtual GLOBAL Congress on Advances in Mental Health and Psychiatry held during May 31-June 01, 2021.

The conference will bring together international and national representatives from healthcare, research and academia to explore and discuss opportunities and recent advances related to mental health and well-being all over the world.

More specifically, it will look at potential solutions along the value chain from computer aided diagnosis to cognitive and behavioral therapies. The conference will also identify how artificial intelligence can be applied to meet the challenges of mental health in a changing social environment.

Many experts working on mental health challenges in Europe will participate to the conference, including high-level representatives from the academia and research institutions.

An important aim of this conference is to offer networking opportunities and foster debate among participants from all over the world. Through your participation, you can help developing issues to be explored further by the conference.

We very much look forward seeing you in May 2021.

Kind regards,

**Mathieu Guidere, PhD**

*National Institute of Health and Medical Research  
Paris, France*



# PRESENTATION FORUM

## 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.

## 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.

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<http://mentalhealth.peersalleyconferences.com>

TIME TO  
**CONNECT**  
WITH YOUR  
**PEERS**



TYPES OF  
ACADEMIC  
REGISTRATIONS

**SPEAKER  
REGISTRATION**

DELEGATE REGISTRATION



## 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.

## 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.

## 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.

## SCIENTIFIC TRACKS/ SESSIONS

Mental Health | Stress Anxiety And Depression | Psychotherapy | ADHD | Child And Adolescent Mental Health | Bipolar Disorder | Addiction | Schizophrenia | Forensic Psychology | Autism | Psychoanalysis | Mental Health Awareness | Power of Yoga & Medication | Pediatric Psychiatry | Child Abuse | Psychiatric Rehabilitation | Psychosomatic Medicine | Mental Disorders | Positive Psychology | Clinical Neuropsychology

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## TYPES OF BUSINESS REGISTRATIONS

**SPEAKER REGISTRATION**

DELEGATE REGISTRATION

## TYPES OF STUDENT REGISTRATIONS

**REGISTRATION**

YIF

POSTERS

## TYPES OF ADDITIONAL REGISTRATIONS

Accompanying Person

E-Poster

Virtual Presentation

Workshops

Start-Ups



# Concurrent Educational Sessions

## MONDAY, MAY 31, 2021

MENTAL HEALTH	STRESS, ANXIETY AND DEPRESSION	PSYCHOTHERAPY	ADHD
<ul style="list-style-type: none"> <li>• Substance Abuse</li> <li>• Impulse Control Disorders</li> <li>• Personality Disorders</li> <li>• Mood Disorders</li> <li>• Suicide Prevention</li> </ul>	<ul style="list-style-type: none"> <li>• Acute Stress</li> <li>• Episodic Acute Stress</li> <li>• Chronic Stress</li> <li>• Specific Phobias</li> <li>• Social Anxiety</li> </ul>	<ul style="list-style-type: none"> <li>• Cognitive Behavioral Therapy</li> <li>• Interpersonal Therapy</li> <li>• Dialectical behavior Therapy</li> <li>• Psychodynamic Therapy</li> <li>• Supportive Therapy</li> <li>• Additional Therapies</li> </ul>	<ul style="list-style-type: none"> <li>• Dyslexia</li> <li>• Dyscalculia</li> <li>• Dysgraphia</li> <li>• Hyperactivity</li> </ul>

### GROUP PHOTO

### COFFEE BREAK

CHILD AND ADOLESCENT MENTAL HEALTH	BIPOLAR DISORDER	ADDICTION	SCHIZOPHRENIA
<ul style="list-style-type: none"> <li>• Adolescent Egocentrism</li> <li>• Child Sexual Abuse</li> <li>• Child Psychopathology</li> <li>• Behavioral Therapy in Children</li> <li>• Ontological Hermeneutics</li> <li>• Neonatal Neurology</li> </ul>	<ul style="list-style-type: none"> <li>• Psychosis</li> <li>• Antipsychotic</li> <li>• Hypomania</li> <li>• Mania</li> <li>• Genetics</li> </ul>	<ul style="list-style-type: none"> <li>• Alcohol &amp; Drugs</li> <li>• Innovative Models and Practice</li> <li>• Phone &amp; Internet Addictive Behaviors</li> <li>• Gambling</li> <li>• Drug and Alcohol cultural issues</li> </ul>	<ul style="list-style-type: none"> <li>• Psychosocial treatments</li> <li>• Approaches of clinical trials</li> <li>• Hallucinations</li> <li>• Brain chemistry and structure</li> </ul>

### LUNCH BREAK

FORENSIC PSYCHOLOGY	AUTISM	PSYCHOANALYSIS	MENTAL HEALTH AWARENESS
<ul style="list-style-type: none"> <li>• Case Studies</li> <li>• Ethical issues</li> <li>• Recent Challenges for Psychology and law</li> <li>• Prediction of violence and risk assessment</li> <li>• Criminological studies</li> </ul>	<ul style="list-style-type: none"> <li>• Maternal factors</li> <li>• Gene therapy</li> <li>• Noncoding Variants</li> <li>• Mosaic Mutations</li> <li>• Hyperactivity</li> <li>• Asperger's Syndrome</li> </ul>	<ul style="list-style-type: none"> <li>• Talk Therapy</li> <li>• Centered Therapy</li> <li>• Group therapy</li> <li>• Neo-analytic Theory</li> <li>• Psychosexual Development</li> <li>• Personality Structure</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness Programs</li> <li>• Campaigns</li> </ul>

### COFFEE BREAK

POWER OF YOGA & MEDICATION	PEDIATRIC PSYCHIATRY	CHILD ABUSE	PSYCHIATRIC REHABILITATION
<ul style="list-style-type: none"> <li>• Stress meditation</li> <li>• Yoga Relaxation and Meditation Techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Pediatric Emergency Treatment</li> <li>• Clinical practice in Pediatric</li> <li>• Pediatric bipolar Disorder</li> <li>• Pediatric Psychology</li> <li>• Cognitive Behavioral Therapies</li> <li>• Pediatric Epilepsy</li> </ul>	<ul style="list-style-type: none"> <li>• Abusive Minds</li> <li>• Sexual abuse</li> <li>• Domestic violence</li> <li>• Child Homicide</li> </ul>	<ul style="list-style-type: none"> <li>• Electro-convulsive Therapy</li> <li>• Mental Health Counseling</li> <li>• Child psychotherapy</li> <li>• Rehabilitation for persons with psychiatric illness</li> <li>• Stress management programmes</li> </ul>

# Concurrent Educational Sessions

TUESDAY, JUNE 01, 2021

## PSYCHOSOMATIC MEDICINE

- Electroconvulsive Therapy
- Hypnosis
- Psychoanalysis
- Group therapy
- Supportive Psychotherapy
- Drug abreaction

## POSITIVE PSYCHOLOGY

- Positive psychology Practice
- Positive Behavior
- Positive Psychology
- Exercises
- Applied Positive Psychology

## CLINICAL NEUROPSYCHOLOGY

- Lateralization
- Neuroimaging
- Neuroplasticity
- Somatosensation





# Title: Predictive Linguistics Applied to Online Suicide Prevention Systems

**Mathieu GUIDERE** | National Institute of Health and Medical Research, France

**Abstract:** Combining big data and behavioural sciences, Dr.Mathieu Guidere uses predictive linguistics to implement artificial intelligence and social media in a suicide surveillance system. He have conducted prospective studies to understand the linguistic expression, and discourse features of suicidal subjects. The goal of his research was to build a machine learning using the linguistic characteristics. To achieve this, he applied machine learning classifiers on linguistic data captured from heterogonous sources (blogs, websites, forums, social networks, etc.). The capture data were then used for training machine on information extraction in order to identify linguistic markers of suicide.

The speaker will provide an overview of the automated tracking and monitoring systems for suicidal ideation and risk, which draws on predictive linguistics methods and techniques, based on a large sample of suicide notes posted online.

1. The SNOW Database (Suicide Notes Worldwide) has been built automatically from a collection of suicide notes, posted on the World Wide Web. The database contains over 1,000 notes, collected between 2016 and 2019, written by people who attempted or completed suicide. These notes were identified based on linguistic markers with an emotional connection to the subject of suicide (such as anger, blame, fear, guilt, hopelessness, etc.).

2. The SRIP Tool (Suicide Risk Predictor): This semantic tool monitors posts on the web and social networks, and tracks linguistic markers of suicide intentionality. It upgrades the mainstream sentiment analysis from simple binary positive-negative classification to predictive linguistic classification with specific markers of mental health.

The presentation includes a number of examples of the machine's analyses and visualizations. Participants will gain an overview of:

1. Predictive linguistics for identifying mental health problems
2. Machine learning methods of language data in smart health
3. The identification and medical monitoring tool that can be used via telemedicine.
4. Rethinking Suicide Surveillance Systems and embracing the Power of Artificial Intelligence.

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University of Paris 8 (France), France

**Humberto Rodrigues**

Editor in chief, International Journal of Psychology & Neuro Science, Portugal

## Title: Namaste Care program for maintaining quality of life in advanced dementia

**L. Volicer** | University of South Florida, USA.

**Abstract:** Two common behavioral symptoms of dementia that often decrease quality of life for people with dementia and increase stress of their carers are agitation that occurs when the person is solitary, and rejection of care which may lead to reactive aggression. Namaste Care can reduce both of these symptoms. Two main principles of Namaste Care are: (1) Providing a calm, comfortable environment and (2) Using loving touch approach to all interactions and offering activities of daily living (ADLs) as meaningful activities. This program was designed for people with advanced dementia, who cannot participate in traditional activities, but it can also be taken to the bedside in hospice programs or at homes.

The Namaste Care program takes place in a space that is free from distractions as possible, lights are lowered, relaxing music is playing and the scent of lavender permeates the room. Residents are placed in reclining chairs, assessed for pain and a warm blankets are tucked around them. The loving touch approach is provided by the Namaste carer who gently massages the persons' hands, arms and legs. Hair is lovingly brushed. Namaste Care decreases agitation and use of psychotropic medications, improves communication and symptoms of depression, and increases job satisfaction of caregivers. Families are encouraged to participate in Namaste Care, they visit more often, and are more satisfied with the care. This program is provided until the person dies. Namaste Care is now offered in 10 countries, can be implemented without additional staff and with very limited expenses.

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# Title: Functional Neuroimaging for Prognostics and Diagnostics in Healthcare

**R. Mutihac** | University of Bucharest, Romania

## Abstract:

Advances in neuroimaging techniques, such as fMRI and diffusion MRI (dMRI) have allowed new insights onto structural and functional connectivity patterns of the human brain in both health and disease, enlarging our knowledge of normal brain organization and the neurobiological basis of neurocognitive and neuropsychiatric disorders. The broad spectrum of MR contrast mechanisms, mainly signal attenuation from water diffusion, renders MRI one of the most powerful and flexible imaging tool for diagnosis in the CNS. MRI reveals tumors, brain bleeding, strokes, multiple sclerosis lesions, and damage to the blood-brain barrier, but not any damage to axons. Several developmental, aging and pathologic processes of the CNS influence the microstructural composition and architecture of the affected tissues. DTI is a method for characterizing microstructural changes or differences with neuropathology and treatment. DTI can reveal disruption of axonal myelin coating, which impairs signal transmission, or that some axons have been sheared away from their normal connections. A close relationship exists between DTI data and white matter (WM) pathologic features like ischemia, myelination, axonal damage with effect in moderate to severe traumatic brain injury (TBI), inflammation, or edema, so that that the health of the brain's WM can be monitored by DTI.

Brain's energy is largely consumed at rest during spontaneous neuronal activity (~20%), while task-related increases in metabolism energy are minor (<5%). Spontaneous ultralow-frequency fluctuations in BOLD-based resting-state (rsfMRI) signals (<0.01Hz) at the level of large-scale.

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# Title: Functional Neuroimaging for Prognostics and Diagnostics in Healthcare

**R. Mutihac** | University of Bucharest, Romania

**Abstract:** neural systems are not noise, but orderly and organized in a series of functional networks that permanently maintain a high level of temporal coherence among brain areas that are structurally segregated and functionally linked in RSNs. Resting-state fMRI supports the view that the brain largely activates intrinsically, with sensory information modulating system processes. Clinical applications of rsfMRI are at an early stage of development, yet its utility in presurgical planning for brain tumor and epilepsy patients demonstrates that such methods may also have a future role in providing diagnostic and prognostic information for neurological and psychiatric diseases. All above approaches may foster the development of imaging biomarkers of cognitive, neurobehavioral, and neurological dysfunctions

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## Title: How Mental Workload Influence our Body Postures

**V. Nino** | **Montana State University, USA**

**Abstract:** Work-related musculoskeletal disorders (WMSDs) represent a significant hazard to employees' health over a wide variety of industries and occupations. It continues to be one of the most serious health problems that the working population has to deal with, especially since it involves personal suffering as well as a substantial negative economic impact. Previous studies have shown that WMSDs can be a result of complex interactions between physical, psychosocial, biological, and individual characteristics. However, the evidence of specific associations is still inconclusive. The aim of this study was to determine if there is any relationship between awkward postures and mental workload. The gold objective is to know if concerns about mental workload could due to physical issues or vice versa. An interaction that should be considered in occupational settings since employees are simultaneously exposed to physical and mental demands that increases the likelihood of developing WMSDs. Subjective and objective tools (REBA and NASA-TLX) were used as indicators of body postures and mental workload. Eighteen participants perform a task with two different levels of workload. Increases on NASA-TLX indices were associated ti the load condition which had a significant adverse effect on REBA scores. Results showed evidence that increments in mental workload are related to worsening postures, increasing the risk of developing musculoskeletal disorders. This interaction between physical (postural risk) and mental workload in certain jobs leads to several practical implications in task design, workload planning, staff scheduling, process selection, work design, and training plans.

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# Title: Comparison of methods of diagnosis and subsequent treatment re Complex PTSD and their application in the 1960s

**Margaret Reece** | **Bestselling Authors International, UK**

**Abstract:** To search for scientific evidence to account for all my symptoms to order to regain hope of recovery and my own identity following intergenerational and in utero trauma. No predictable authority figure in childhood led to 3-4 years' hospitalisation, three misdiagnoses, inappropriate treatment, threat of life institutionalisation.

**Objectives:** To integrate client and professional perspectives re diagnoses and treatments for Complex PTSD in the 1960s and today. To show how, in the sixties, lack of knowledge of the brain, and the rigid application of DSM classification, resulted in misdiagnoses, inappropriate treatment and life institutionalisation for so many. To increase awareness of current research re Complex PTSD, amongst all health and educational professionals. To highlight the necessity of a trauma-related component in the training of all health and educational professionals, since many illnesses, be they emotional or physical, have their root cause in trauma,

**Conclusion:** Research shows that so many illnesses, both physical and emotional, stem from trauma. Professionals need guidelines. But the DSM classification, still in use today, is far too rigid. Complex PTSD need no longer be a life sentence, as it was in the 1960s, provided a more holistic approach is taken. The tremendous strides made in medical science, particularly re C-PTSD show that physical evidence, such as imaging and biofeedback, can pinpoint specific areas of the brain and result in more accurate diagnoses and treatment. Unless the approach to the diagnosis and treatment of C-PTSD is radically changed, we will still not benefit from these advances, and misdiagnoses, inappropriate treatment, dysfunctional lives and suicides will continue, as in the sixties.

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## Title: Neurohappiness

**Elena Baixauli** | University of Valencia, Spain

### Abstract:

Happy people seek satisfaction with their own life (eudaimonia), generate positive emotions, have experiences of joy and love (hedonia), better manage fear and anger, decrease depressive symptoms. A happy brain is characterized by having greater activation in the prefrontal cortex, music activates the orbitofrontal cortex. On the other hand, the least active part is the tonsil related to fear. To talk about neurohappiness is to talk about the importance of gratitude. Says Manuela Martínez, Professor of the Faculty of Psychology that for the brain to be happy, thanks are necessary. Gratitude is one of those simple things that cost very little to do and instead forget us. Thanking implies being aware of the little things we have around us and that those little things are really the most important, the ones that make us feel happier. To thank is to wake up in each moment, it is to appreciate the beautiful things that we offer every day, the sun, the breeze, the rain. It is to give thanks for existing, for being able to turn years, for seeing a new dawn every day, for marveling at the song of the birds, for feeling again every time someone smiles or hugs you. To thank is an act of generosity that reports twice as much as we give, to thank is not to expect anything in return. When we thank others for their friendship, their sympathy, the work they do, they feel good, but we receive much more in return and this is perceived by the brain, contributing to secrete hormones that stabilize our mood. Thinking positively can have an effect on our genes, as can the continued practice of mindfulness. Happy people have more positive and satisfying social relationships, social support is a resilience factor.

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## Title: Repatriation of psychotic patient

**Péter Felkai | SOS Hungary Medical Service, Hungary**

### Abstract:

The incurred mental alteration of a traveler abroad should be an alarming signal for the local health care professionals and it requires immediate medical intervention. In the majority of cases the patient must be repatriated to her/his home country. While the acute psychotic patient should not be transported in public vehicles (such as commercial flights) the first task is to decide the origin of symptoms: are they organic or psychotic? The second question is: Does the situation demand an immediate transport (medical evacuation) or can the treating doctor re-balance or even treat the patient and can a medical repatriation be performed later on?

The repatriation for psychiatric reasons is highly different from repatriation for other medical emergencies. It requires more careful and scrupulous attention to details from the escorting professionals and the assistance coordinators of insurance companies. Patients with psychotic disorders who are stabilized on medication must be escorted by a competent health care professional and may be able to fly.

Authors describes a proposal of a step-by-step action of repatriation of psychotic patient. By the help of this suggested protocol, the patient may successfully be taken home.

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## **Title: The Pagdadala (Burden-Bearing) of Filipino College Students: Broadening the Practice of Mental Health in Higher Education**

**Rhodium T. Noguera | University of Bahrain.**

### **Abstract:**

**Background:** Education plays a vital role in promoting mental health (MH). However, there is a lack of a unified, holistic, and contextualized understanding and application of MH processes in an educational setting.

**Aims:** With that gap, the study explores the life-burdens (the pagdadala) of Filipino college students to broaden the traditional understanding and approach of MH in an educational space.

**Methods:** To describe and immerse in the narratives of students, the researcher used Decenteceo's Pagdadala (Burden-Bearing) Model.

**Results:** The participants' life-burdens are multi-axial, mostly pertaining to their academic and personal lives. Anchored in empirical studies and fundamental mental health suppositions, the stories of struggles, sentiments, strengths, culture, and lifestyle of Filipino students cover the essential concerns of mental health.

**Conclusions:** Echoing the voice of students, MH, in an educational space goes beyond the traditional approach. It requires diving into students' life-realities, developing culture-sensitive and student-centred intervention and measures, and collaboration between MH experts and education stakeholders.

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# Title: Therapeutic ketosis and the broad field of applications for the ketogenic diet: Ketone ester applications & clinical updates

**Raffaele Pilla** | Annunzio University, Italy.

## Abstract:

It has been recently shown that nutritional ketosis is effective against seizure disorders and various acute/chronic neurological disorders. Physiologically, glucose is the primary metabolic fuel for cells. However, many neurodegenerative disorders have been associated with impaired glucose transport/metabolism and with mitochondrial dysfunction, such as Alzheimer's/Parkinson's disease, general seizure disorders, and traumatic brain injury. Ketone bodies and tricarboxylic acid cycle intermediates represent alternative fuels for the brain and can bypass the ratelimiting steps associated with impaired neuronal glucose metabolism. Therefore, therapeutic ketosis can be considered as a metabolic therapy by providing alternative energy substrates. It has been estimated that the brain derives over 60% of its total energy from ketones when glucose availability is limited. In fact, after prolonged periods of fasting or ketogenic diet (KD), the body utilizes energy obtained from free fatty acids (FFAs) released from adipose tissue. Because the brain is unable to derive significant energy from FFAs, hepatic ketogenesis converts FFAs into ketone bodies-hydroxybutyrate (BHB) and acetoacetate (AcAc)-while a percentage of AcAc spontaneously decarboxylates to acetone. Large quantities of ketone bodies accumulate in the blood through this mechanism. This represents a state of normal physiological ketosis and can be therapeutic. Ketone bodies are transported across the blood-brain barrier by monocarboxylic acid transporters to fuel brain function. Starvation or nutritional ketosis is an essential survival mechanism that ensures metabolic flexibility during prolonged fasting or lack of carbohydrate ingestion. Therapeutic ketosis leads to metabolic adaptations that may improve brain metabolism, restore mitochondrial ATP production, decrease reactive oxygen species production, reduce inflammation, and increase neurotrophic factors' function. It has been shown that KD mimics the effects of fasting and the lack of glucose/insulin signaling, promoting a metabolic shift towards fatty acid utilization. In this work, the author reports a number of successful case reports treated through metabolic ketosis.

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# Title: Adopting laughter therapy to get dosage of happy hormones to remove stress caused by being in slight pain , being depressed,

**Suchi Spore | Vice President Asia, Global Goodwill Ambassadors, Singapore.**

### Abstract:

**Statement of the Problem:** There is a lack of awareness about what happy hormones are ,how to use positive words to feel energetic and what can be done to get happy hormones. People tend to feel unhappy for multiple reasons and neuropathic pain adds on Stress levels of not only the patient but the caregivers as well. Being in pain leads to feeling depressed and anxious in some cases.

**Methodology & Theoretical Orientation:** Review of Books and Research shows that getting a dosage of happy hormones will not only ease slight pain of the patient but feeling happy will also have a positive impact on the recovery of the patient. Adopting Laughter therapy and getting hormones which makes one feel good will help many to recover from Neuropathic pain /Long term sadness caused by having grief ,Anger or Resentment, Depression & Anxiety.

**Findings:** One needs to work on his/her energies using Laughter Therapy which is a positive approach for not having Depression & Anxiety caused by Neuropathic pain . The therapy can be used as a Holistic way to recovery.

**Conclusion & Significance:** The Laughter therapy which includes ways to get the dosage of happy hormones promotes overcoming Depression & Anxiety caused by Neuropathic pain ,is a fun way to manage pain. Repeated sessions to be conducted to remind patients that life while having pain or during the recovery should go beyond just seeking medical and counselling help and also include rebuilding Spiritual, Physical, Emotional, Relational and Mental health. The model has been put together from for testing in many settings including hospitals, elderly homes and senior citizen centres. This is not a research book or paper. It is just an effort to demystify the help available for Depression & Anxiety caused by pain. It is an attempt to motivate and encourage people to seek help and take a simple approach to remember and work on all aspects of their recovery.

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Editor in chief, International Journal of Psychology & Neuro Science, Portugal

# Title: The effects of hysteria and melancholia in the tragic downfall of promising psychologist Dick Diver

**Abdullah Kodal** | Istanbul Aydin University, Turkey.

## Abstract:

The work of F. Scott Fitzgerald *The Tender is the Night* shows us how a character like the psychologist Dick Diver having strong qualities such as education and career may collapse upon entering into a new social status which results in hamartia while it causes him to suffer from some mental illnesses such as hysteria and melancholia in his tragic downfall. It is the irony in the novel that Diver was once a successful psychiatrist and one of the most important representative of ambiguous personality in the modern Western world who also wrote a small tome *A Psychology for Psychiatrists* while he deals with the reasons and cure of the psychological illness of his wife Zelda then Diver himself gets caught to a psychological illness with the outcome effects such as entering in a new luxury social life. So the decline of the successful psychiatrist Dick Diver's to a character of "nobody" can be considered as one of the most ultimate breakdowns among the characters in Fitzgerald novel and also as a good example for many psychiatrists who are in search of the causes for mental illnesses. In this perspective, be able to understand the tragic downfall of the protagonist Dick Diver who was once known well and respected for his psychology treatments for his mental patients then Dick Diver's getting lost in his sexual drives with his interaction with women this study aims to analyze the novel's structure and the gaps between the parts of the novel with Freud's theory of hysteria and melancholia.

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Editor in chief, International Journal of Psychology & Neuro Science, Portugal

# Title: School- Related Predictors of Students' Life Satisfaction: The Mediating Role of School Belongingness

**Spheila Ahmadi** | Urmia University of Technology.

## Abstract:

Life satisfaction is considered cognitive component of subjective well- being and leads to many life outcomes; therefore, it is important for psychologists and sociologists to understand its predictors. Moreover, it has been argued that strengthening students' life satisfaction is one of the essential missions of education and so the research studies investigating the predictors of this construct among students should focus on variables that can be shaped or modified through interventions. The main goal of this paper was to further elaborate which school- related factors could predict the overall student life satisfaction to the greatest extent. The target population of this research covered all third- grade high school students in Urmia (center of West Azrbaijan province in Iran). A total of 1200 students were selected randomly from all sixty schools according to true proportion of gender, type of school and academic field in the population. Structural equation modeling (SEM) was used to test the proposed model. Findings of the study showed that parental involvement in their children's schooling was directly associated with life satisfaction of the students. Moreover, sense of fairness and parental involvement were related indirectly to life satisfaction through belonging to school and teacher- student relations had significant indirect relationship with life satisfaction through sense of fairness and belonging to school. Based on these findings, understanding relations among parental involvement, sense of fairness, belonging to school and life satisfaction may provide additional information regarding planning interventions to promote life satisfaction among students.

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## Title: Fraudster's and Victims' Profiles and Loss Predictors Hierarchy in the Mental Healthcare Industry in the U.S.

**Yuriy Timofeyev** | National Research University Higher School of Economics, Russia

**Abstract:** Fraud- or theft-related crimes account for the highest number of crimes in the mental health industry in the U.S. based on the Psychcrime database. Leveraging this database, this study demonstrates a fraudster's and respective victims' profiles as well as identifies the loss predictors hierarchy for the U.S. mental health industry. A typical fraudster's profile is defined as a 53-year old male psychiatrist who victimizes one or two of the largest federal insurance programs in states with high property crime ratios. Mixed-effects models revealed the year and state where the fraud is prosecuted explained the largest portion of the variance in loss size. Predictably, case-specific factors also have a significant impact on the loss. Specifically, Medicaid, the existence of collusion, and fraudster's age are associated with the fraud loss.

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# Title: Ethics Education in Prison: A pilot Study on an Ethics Programme for Offenders

**Fikile Muriel Mnisi** | Tshwane University of Technology, South Africa.

## Abstract:

Education is a fundamental process of human life with ethics having an important place in all areas of our life. It is thus important to incorporate ethics into education as a subject (Gülcon Procedia-Social and Behavioural Science 174: 2622–2625, 2014). Reports have indicated in how “teaching philosophy can enhance people’s capacity for critical (rather than emotional) thinking, encourage critical engagements with ideas of self, and improve interpersonal skills, with these being important transferable skills that could help prisoners to prosper once released” (Reported by The University of Edinburg n.d.). This is in line with the South African prison system’s mandate, which is to maintain and promote a just, peaceful and safe society by correcting offending behaviour in a safe, secure and human environment, thus facilitating optimal rehabilitation and reduced repeat offending (Department of Correctional Services 2017). Therefore, for the system to fulfil some of its mandate; ethics education in prison for the purpose of rehabilitating offender’s moral thinking and reasoning in order to correct their behaviour before being released is vital.

Ethics training was done at the Johannesburg Correctional Service, with a maximum of 40 voluntary participants (who self-selected themselves to take the training). Training was divided into three categories: 1. Tutorials. 2. Practical application of moral values of Ubuntu. 3. Discussion and debating another set of moral values as well as writing of assignments. Participants reported to have gained and learned to respect themselves as well as others (in their immediate community- prison and society at large), identify their faults (crimes they committed) and gained self-confidence. Application of this method in ethics education proved to be well received by the participants, as well as how ethics training in prison might be used as an effective tool for moral development and reasoning, thereby rehabilitation.

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# Title: Updating the perception of a human being and its mental functioning

**Bohdan Wasilewski | Psychosomatic Institute, Warsaw. Poland**

## Abstract:

The vision of humans and the concept of their mental health are associated with the Judeo-Christian vision of man, dominating in Western culture (WC). It assumes humans' separateness, their supremacy over the surrounding world and their ability to think, distinguishing them from other beings. Although the progress of science and technology has radically verified the foundations of this vision, it still significantly affects the way mental health is understood. The progress of knowledge has brought new facts, that should be considered.

1. Humans are not separate entities – they are an integral part of the surrounding biotope, determining their survival, humans are both - its elements and biotope themselves– comprised of populations of living cells, bacteria, fungi, viruses, prions, etc. and are subject to the same laws of nature: development and disappearance of species.
3. The man of WC entered a phase of extinction, taking part in the sixth mass extinction of species, as evidenced by a decrease in human fertility and immunological efficiency, chronic depression and activation of auto-elimination mechanisms such as thanatose (Wasilewski B., 2004, 2019)
4. The quality of WC human mental health is impaired by factors related to the symptoms of extinction of the species and the civilizational breakthrough in which the functionality of old psychological patterns disappears and a temporary lack of new ones causes activation of older, aggressive forms of tribal functioning.
5. Maintaining mental health will be associated with gradual cyborgization of humans with the evacuation of their consciousness into the virtual space, multi-channel intensive stimulation compensating the decline in vitality and life energy, replacement of weakening mental capacity with artificial intelligence.

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## Title: Factors associated with depressive symptoms among Japanese pregnant women

**S. Nomachi | University of Hyogo, Japan**

### Abstract:

### Objective:

The purpose of this study was to examine the factors affecting depressive symptoms among Japanese pregnant women.

### Methods:

A cross-sectional study was conducted in 2016-2019. The pregnant women were asked to respond three scales; the Social Support Scale, State-Trait Anxiety Inventory A-state and Edinburgh Postnatal Depression Scale (EPDS). Depression was defined as a score of  $\geq 9$  on the EPDS. Statistical analyses were performed using statistical software SPSS version 24 for Windows. This study was approved by the ethics committee of the University of Tsukuba and the University of Hyogo, Japan.

### Results:

A total of 198 Japanese women (111 primiparous and 98 multiparous) were participated. The mean age was 33.5(SD=4.8) years, the mean gestational age was 28.0(SD=5.4), 195 women (98.5%) were married.

Thirty-one (15.7%) pregnant women had depressive symptoms. No significant differences were observed in the depressive women by age, parity, gestational age and medical history. In multivariate analysis, after adjustment for potentially confounding factors, depression was associated with anxiety (Adjusted odds ratio [AOR]1.2 ; 95% confidence interval [CI]1.1, 1.3 ;  $p < 0.01$ ), support from their partners(AOR 0.8 ; CI 0.7, 0.9 ;  $p < 0.01$ ).

### Conclusion:

Fifteen % of pregnant women suffers from antenatal depression. Support from partner and maternal anxiety were independent predictor of antenatal depression. Antenatal depression has been related to poor maternal health and negative infant outcome. This study suggested that Health care providers should screen antenatal depression, evaluate these factors, and arrange for additional follow-up.

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# Title: How I Got Over the Perseveration Depression

**Delik Dokkovich Gabaev** | Russian Academy of Sciences, Russia.

## Abstract:

I not the expert in the field of psychology, therefore can inform only on own experience of recovered from perseveration depression. Except unsuccessful genes, on shift of my brain is could affect of employments by boxing in student's years on which I has received some strong cuff on mandible and bregma. In 2-3 months after conclusion career in boxing I has begin problem with memorizing of new material and appear disease of strain. I did not have a cycling on any event until one of my colleagues has not disturbed of my copyrights. For her debunking I have decided to write recensions of his two publications. These recensions I wrote Christmas holidays and worked for 12 hours per day. After exit on work I also was engaged in it. So some months proceeded. Once, at performance of this work in a head at me something has clicked and consciousness became broken. In a dream the brain had not a rest and continued to work intensively and in the morning I had such consciousness as at the person which did not sleep. For improvement of a dream I well aired a bedroom and put under language of 2 tablets glicine. I used this preparation about 3 months, and then began to use a method of falling asleep at yogi. After awakening in my restoration the primitive meditation had great value and singing, but worst important factor of my treatment there were my publications exposing my opponent. However full awakening at me appeared after morning coffee which I drank with roots of the ginger, burdock and dandelion, the hips and the hawthorn. Apparently, full medical treatment from psycho-somatic disease and an organism rejuvenation can achieved in a case transformation of a thread DNA to a ring which provides at bacteria and jellyfishes of immortality [1, 2]. And in order the human was eternally young it is necessary to loop only that DNA site which is responsible for reproductive age. In history of mankind cases turn of DNA site on 180 °

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Editor in chief, International Journal of Psychology & Neuro Science, Portugal

## Title: Mitochondrial Dysfunction and Cognitive Impairment

**Reza Nejat** | Former Assistant Prof SBMU.

**Abstract:** As cell power plants, mitochondria are not just organelles to provide bioenergy in need for the cells. Besides, they contribute to intra-cellular calcium homeostasis, oxidative balance, control of intra-cellular ROS (reactive oxygen species) production, regulation of heat generation, monitoring lipid metabolism and modulation of cell growth and apoptosis. Assuming that the brain comprises 2% of a human body weight while it consumes 20% of total energy produced in the whole body, neurons and glial cells must be of high metabolic demand specially in the synaptic processes. Accordingly, mitochondria located in both presynaptic terminal and post-synaptic dendrites play a pivotal modulating role in maintaining the integrity of the structure and function of the neuroglial cells like excitability, plasticity, memory and cognitive abilities. It has been demonstrated that mitochondrial dysfunction is involved in neurodegenerative diseases, brain ischemia and even hypoxic brain injury, all with cognitive disabilities. In Alzheimer's disease (AD) mitochondrial oxidative phosphorylation and tricarboxylic acid cycle are attenuated. It seems that malfunction of mitochondria in AD exhibits prior to accumulation of A $\beta$  plaques. In animal studies it has been shown that inhibitors of mitochondrial complex I of electron transport chain results in a Parkinson-like disease. Accumulation of aberrant form of  $\alpha$ -Synuclein in the brain, characteristic of Parkinson Disease, may induce mitochondrial fragmentation. Surprisingly, any defect in mitochondrial fission leads to loss of dopaminergic neurons in caudate nucleus and nucleus accumbens and eventually parkinsonism. During ischemia, mitochondrial permeability transition pore (MPTP), a voltage-dependent channel residing in the outer membrane of this organelle which is in off state physiologically opens. Consequently, Ca ion accumulation, free water and large molecules entrance into the mitochondrial matrix resulting in swelling of the mitochondria, excessive oxygen free radical concentration, induction of apoptosis of neurons and a decline in the hydrogen ion gradient across the mitochondrial membrane end up with decreases in ATP production in favor of ATP consumption and neuroglial death. In this review, a comprehensive discussion regarding how mitochondrial dysfunction may result in cognitive disability will be presented.

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# Title: Fraudster's and Victims' Profiles and Loss Predictors Hierarchy in the Mental Healthcare Industry in the U.S.

**Yuriy Timofeyev** | National Research University Higher School of Economics, Russia

## Abstract:

Fraud- or theft-related crimes account for the highest number of crimes in the mental health industry in the U.S. based on the Psychcrime database. Leveraging this database, this study demonstrates a fraudster's and respective victims' profiles as well as identifies the loss predictors hierarchy for the U.S. mental health industry. A typical fraudster's profile is defined as a 53-year old male psychiatrist who victimizes one or two of the largest federal insurance programs in states with high property crime ratios. Mixed-effects models revealed the year and state where the fraud is prosecuted explained the largest portion of the variance in loss size. Predictably, case-specific factors also have a significant impact on the loss. Specifically, Medicaid, the existence of collusion, and fraudster's age are associated with the fraud loss.

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# Title: Ethics Education in Prison: A pilot Study on an Ethics Programme for Offenders

**Fikile Muriel Mnisi** | Tshwane University of Technology, South Africa

## Abstract:

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Participants reported to have gained and learned to respect themselves as well as others (in their immediate community- prison and society at large), identify their faults (crimes they committed) and gained self-confidence. Application of this method in ethics education proved to be well received by the participants, as well as how ethics training in prison might be used as an effective tool for moral development and reasoning, thereby rehabilitation.

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# Title: Psychosomatic Practice in Gastroenterology: New Insights and Models from China

**Jianxin CAO** | **Soochow university, China.**

## Abstract:

The single biological medical model limited within finding attribution and treatment of organic medical diseases has encountered great challenges in clinical practice of gastroenterology. It is high time for gastroenterologists to recognize the inadequacy and limitation of the model and take psychological and social variables into consideration, together with developed science and technology in biological medicine so that they can better understand the bio-psycho-social model of medicine advocated by George Engel in 1970s. A completely innovative psychosomatic theory and practice model in GE is worth exploring. Psychosomatic practice in GE does not mean that a gastroenterologist ought to switch over to psychologist, or even become a professional psychotherapist or psychiatrist. More exactly, it attempts to encourage them to step out of the limitation of single biomedical model and learn some knowledge and skills from psychology or psychiatry through special training for short term and apply them to their clinical practice in a comprehensive psychosomatic way. The following contents were discussed in the article, (a) brief account of psychosomatic practice of GE in China; (b) Domains of psychosomatic practice in GE; (c) clarification on concept and connotations on psychosomatic practice in GE, including diverse definitions on psychosomatic practice of GE, integration of psychosomatic assessment psychosomatic intervention and psychosomatic rehabilitation into clinical practice of GE.

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Editor in chief, International Journal of Psychology & Neuro Science, Portugal

## Title: Therapy of subconscious defense mechanisms with non-hypnotic age regression

**Karin E. Peuschel** | University of Zurich, Switzerland

### Abstract:

Defense mechanisms pose a serious obstacle to progress in psychotherapy. Resistance and denial are frequent examples of defense mechanisms, as well as repression of emotions. Psychotherapy of defense mechanisms with non-hypnotic age regression has been shown to remove or reduce defense mechanisms and to allow advancement to a more efficient psychotherapy. In the case of denial there may be an underlying traumatic event that created the defense mechanism, that will be more easily accessible after reduction of denial. Resistance as a defense mechanism may be created by intrusive, overly demanding or controlling caretakers during childhood. Repression of emotions allows the performance that society demands independent of potentially interfering feelings, the consequences of repression of emotions may be manifesting later as mental health issues and inability to work. The conclusion is that defense mechanisms can be reduced or removed successfully with non-hypnotic age regression, leading to a more productive and less time-consuming psychotherapy.

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# Title: The Potential Benefits of Therapeutic Treatment Using Gaseous Terpenes at Ambient Low Levels

**Hong-Keun Oh** | Konkuk University, Korea.

## Abstract:

Biological volatile organic compounds (BVOCs) are emitted abundantly from the flora. Among BVOCs, monoterpenes (MTs) have been used for aromatherapy (e.g., forest bathing) to treat human physiological and psychological conditions. However, relatively little is known about the therapeutic effects of MTs at low part per billion by volume (ppbv) levels. The effects of artificial MTs on human subjects were assessed by both olfactory and therapeutic parameters (brain alpha waves and stress index). Gaseous standards of three monoterpenes (i.e.,  $\alpha$ -pinene,  $\beta$ -pinene, and d-limonene) prepared at low ppbv levels were used individually and as mixtures. Fifty-nine healthy and non-asthmatics volunteer university students were selected for the test. All human subjects inhaled low ppbv levels of monoterpene in the testing room. Brain alpha waves and stress index were investigated during the inhalation time. Questionnaires were also used after testing. It was found that the detection threshold of MTs was close to 5 ppbv. When the MT levels increased from 0 to 20 ppbv, the mean values of brain alpha waves derived from all participants increased from 9.8 to 15.1. In contrast, the stress index values declined from 46.2 to 34.7. The overall results suggest that MTs have great potential to positively affect the relaxation state of subjects in a manner similar to forest bathing in terms of short-term effect. They can thus be applied as potential therapeutic media for mental health care.

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Editor in chief, International Journal of Psychology & Neuro Science, Portugal

## Title: Defined by Taglines

**Sangeetha Param** | TEDx speaker

### Abstract:

A TEDx speaker, an author, a poet, a cancer advocate', 4 taglines that seem great to have. At the age of 25, having these 4 suffixes after my name seem lucky but it is not as rosy as it seems. The reason for these taglines are 2 main ones which include, A Bipolar with borderline personality disorder.

I got diagnosed with these 2 mental illnesses in November 2014 when I was attempted suicide. Surprisingly, I breathed a sigh of relief on the diagnosed because I finally had a logical, rational reason for my behavior and it was not my fault but the chemicals in my brain failed to perform their duty.

Post diagnoses, I began therapy with medication. I was put on 11 medicines for every symptom I complained about. Paranoia, anxiety, mood swings and what not. As therapy began I started talking about my baggage.

I began with my childhood which included being subjected to bullying at the age of 7. It brought about insecurities in me of not being good enough and being worthless. At the age of 11, my father was diagnosed with blood cancer. The reason it affected me was the innocence of a child was taken away when responsibilities of the household was entrusted upon me. I had to be the pillar of our house as my father battled with death, with my mother on his side 300 kilometers away from us, I had to take care of my 8 year old sister, a schizophrenic grand mother with the help of my grandfather. Thankfully, my father won his battle, kept up his promise and came back to us.

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## Title: Defined by Taglines

**Sangeetha Param** | TEDx speaker .

### Abstract:

At the age of 12, due to peer pressure in school and various other insecurities I resorted to self harm for solace. Teenage blues struck and self harm became an addition. I was subjected to sexual abuse by a family member and I did not know how to cope. I made a lot of mistakes and I lost a lot of friends. Things were not going well. One morning in 2014, when I was 20 years old I walked out of my house hoping to come back lifeless. I reached the end line but I did not cross it. I sought for help as I realised I needed it as I was heading nowhere.

Its 5 years now, and I am doing considerably well. In July 2015, the cancer NGO my father was associated with called for an essay competition for caregivers which I wrote and won. Since then, I knew I had a passion for writing and I started jotting down my feelings and emotions. My writing is not motivational nor positive, instead it is empathetic. I published 2 books, 'Key to Acceptance' and 'Echoes in my Attic' in 2017 and 2018 respectively. Sometime, in June 2018, I had a Eureka moment when I realized I need to start spreading awareness on mental health. I started giving talks. I began sharing my story publicly hoping to inspire people to seek help at the right time. I put out my weakness and fears to the society to talk about with just one intention of having the hope that at one will seek help at the right time and would not wait till the end like me.

The reason for the first 4 taglines is because of my mental illnesses. Today I would not be where I am without my mental illness. I am proud to be a mental health patient, but I replace the word patient with the word survivor because in my journey from 2014 till today I know the progress I have made.

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