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INTERNATIONAL SOCIETY of NEUROBIOLOGY
& PSYCHOPHARMACOLOGY

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Hellenic Psychiatric Association

2nd Congress on Evidence Based Mental Health: From research to clinical practice



June 28th - July 1st, 2018

Kavala

Lucy Hotel

www.psychiatry.gr

Accredited with 22 CME Credits
by the World Psychiatric Association

Scientific Program

Honorary Chair of the Congress: George P. Chrousos (Greece)

Executive Chair of the Congress: Konstantinos N. Fountoulakis (Greece)

Faculty

Chairman: Hagop S. Akiskal (USA)

Members:

Agiomyrghiannakis, D. (Greece)	Gatos Gatopoulos, A. (Greece)	Panagiotidis, P. (Greece)
Agorastos, A. (Germany)	Giotakos, O. (Greece)	Papadimitriou, P. (Greece)
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Antoniou, I. (Greece)	Gorgoli, D. (Greece)	Parlapani, E. (Greece)
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Arisoy, O. (Turkey)	Hakimi, M. (USA),	Petrikis, P. (Greece)
Athanasias, L. (Greece)	Halaris, A. (USA)	Prochaska, D. (USA)
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Belzung, C. (France)	Johnson, K. (USA)	Rantis, K. (Greece)
Boksay, J. E. I. (USA)	Karaoulanis, S. (Greece)	Rehn, S. (Australia)
Bonotis, K. (Greece)	Kasper, S. (Austria)	Samakouri, M. (Greece)
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Chourdaki, E. (Greece)	Koukopoulos, A. (Italy)	Simos, Gr. (Greece)
Dalla, Ch. (Greece)	Koupidis, S. (Greece)	Simou, M. (Greece)
De Chiara, L. (Italy)	Malliari, P. (Greece)	Skapinakis, P. (Greece)
Detsika, Th. (Greece)	Manfredi, G. (Italy)	Soldatos, C. (Greece)
Diakogiannis, I. (Greece)	Mavreas, V. (Greece)	Sotiriou, M. (Greece)
Dikeos, D. (Greece)	Michopoulos, I. (Greece)	Stefanis, N. (Greece)
Dimopoulou, M. (Greece)	Miller, R. (USA)	Theleritis, Chr. (Greece)
Dimopoulou, T. (Greece)	Mintzas, M. (Greece)	Touloumis, Ch. (Greece)
Douzenis, A. (Greece)	Mitropoulos, G. (Greece)	Tsalamaniotis, Em. (Greece)
Dragioti, E. (Sweden)	Mitrusias, A. (Greece)	Tsapakis, Ev. (Greece)
Duman, B. (Turkey)	Moeller, H.-J. (Germany)	Tsopelas, Ch. (Greece)
Efstathopoulos, E. (Greece)	Möller-Leimkühler, A.-M. (Germany)	Tzeferakos, G. (Greece)
Einat, H. (Israel)	Nestoris, Chr. (Greece)	Venizelos, N. (Sweden)
Eleftheriadou, A. (Greece)	Nikolaidis, N. (Greece)	Vorvolakos, Th. (Greece)
Erzin, G. (Turkey)	Nimatoudis, I. (Greece)	Zikopoulou, O. (Greece)
Fokas, K. (Greece)	Oikonomou, Ach. (Greece)	
Fotiadis, P. (Greece)	Ozel-Kizil Erguvan, T. (Turkey)	



Scientific Program

Thursday, June 28th 2018

14.30 **Registrations**

15.00-15.45 **SYMPOSIUM
STRESS**

Chairpersons: **Konstantinos N. Fountoulakis** (Greece),
Panagiota Pervanidou (Greece)

Stress and mental disorder
Anna Eleftheriadou (Greece)

Reflections of the concept of stress on popular culture
Theodora Detsika (Greece)

15.45-17.15 **SYMPOSIUM
IMPLICATIONS AND APPLICATIONS OF BIBLIOGRAPHY IN DAILY
CLINICAL PRACTICE**

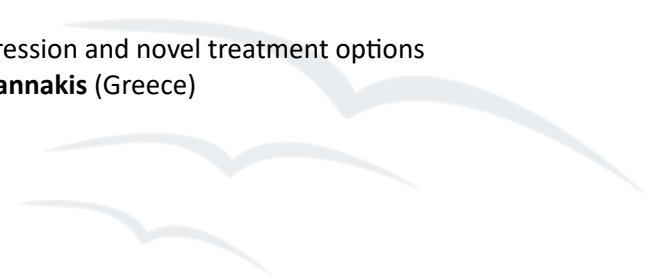
Chairpersons: **Charalampos Touloumis** (Greece),
Christos Tsopelas (Greece)

DSM-ICD diagnosis and the challenge of precision medicine
Georgios Mitropoulos (Greece)

Oxytocin in anxiety disorders
Angelica Gatos Gatopoulos (Greece)

Anxiety disorders. Novel molecules for augmentation
Panagiota Papadimitriou (Greece), **Christos Tsopelas** (Greece)

Inflammation in depression and novel treatment options
Dimitrios Agiomyriannakis (Greece)



Thursday, June 28th 2018

17.15-18.45 **SYMPOSIUM**
EVIDENCE-BASED TREATMENTS FOR OBSESSIVE COMPULSIVE DISORDER (OCD)
Chairpersons: **Gregoris Simos** (Greece), **Petros Skapinakis** (Greece)

The Evidence Base of medications and other biological treatments for OCD

Konstantinos Sereslis (Greece), **Nikolas Nikolaidis** (Greece)

The Evidence Base of Cognitive Behavior Therapy (OCD) for Obsessive-Compulsive Disorder

Olga Zikopoulou (Greece), **Christoforos Nestoris** (Greece)

The Evidence Base of CBT and medication combination for the treatment of OCD

Meropi Simou (Greece), **Gregoris Simos** (Greece)

18.45-20.15 **SYMPOSIUM**
BIPOLAR DISORDER AND ADHD - A PUZZLING AND FLIRTATIOUS RELATIONSHIP

Chairperson: **Evangelia Tsapakis** (Greece)

Adult ADHD Services in Jutland, Denmark
Evgenia Chourdaki (Greece)

Comorbidity of adult ADHD in bipolar patients
Evangelia Tsapakis (Greece)

Neuropsychological assessment for differentiating ADHD from bipolar disease

Trisevgeni Dimopoulou (Greece)

Use of stimulants in adult ADHD: A meta-analysis
Michael Mintzas (Greece)



Thursday, June 28th 2018

20.15-21.00

LECTURE

Chairperson: **Konstantinos N. Fountoulakis** (Greece)

Pro-inflammatory cytokines and the neurotransmitter precursor's tyrosine and tryptophan in the pathogenesis of in schizophrenia, BD and MDD

Nikolaos Venizelos (Sweden)

21.30

Dinner





Friday, June 29th 2018

08.00-09.15 **SYMPOSIUM**
**AGMATINERGIC TRANSMISSION: A NOVEL AND PROMISING
DIANOSTICBIOMARKER AND THERAPEUTIC APPROACH**
Chairperson: **Angelos Halaris** (USA)

Introduction
Angelos Halaris (USA)

New insight into the pathogenesis and treatment of depression:
Agmatinergetic system
Feyza Aricioğlu (Turkey)

Alterations in arginine metabolism in response to quetiapine
treatment in major depression
Ozden Arisoy (Turkey), **Angelos Halaris** (USA)

Lithium - Implications for neuropsychiatry and wellness
Orestis Giotakos (Greece)

09.15-10.00 **LECTURE**
Chairperson: **Angelos Halaris** (USA)

What can complexity and network analytics offer to Mind-Brain
professionals?
Ioannis Antoniou (Greece)

10.00-10.45 **LECTURE**
Chairperson: **Maria Samakouri** (Greece)

Individual variability in mice' response to mood stabilizing drugs:
A hurdle or an advantage?
Haim Einat (Israel), **Catherine Belzung** (France)



Friday, June 29th 2018

10.45-12.00

SYMPOSIUM

THE IMPACT OF VIT D CSF LEVELS IN THE EXPRESSION OF COMT, ALDH1A1, MAO-A, MAO-B; FROM CLINICAL OBSERVATION TO MOLECULAR LEVEL

Chairperson: **Maria Samakouri** (Greece)

Improvement in the behaviour of psychotic inpatients, are Vit D levels connected?

Theofanis Vorvolakos (Greece)

Deficiency of Vit D levels in psychotic patients. Can this be important?

Maria Athanasiou (Greece)

Expression of COMT ALDH1A1, MAO-A, MAO-B in PC 12 molecular series in vitro. Experimental findings

Alexandros Mitrusias (Greece)

Interpretation of the experimental findings. Future perspectives for research and scientific collaboration

Aglaia Pappa (Greece)

*A collaboration within the Democritus University of Thrace
School of Health Sciences*

12.00-12.15

Coffee Break

12.15-13.30

SYMPOSIUM

METABOLIC AND ENDOCRINE DISTURBANCES IN PSYCHIATRIC AND RELATED DISORDERS

Chairperson: **Dimitris Dikeos** (Greece)

Metabolic disorder and sexual dysfunction in psychosis

Christos Theleritis (Greece)

Metabolic disturbance in depression

Evangelia Tsapakis (Greece)

Metabolic and endocrine consequences of sleep disorders

Dimitris Dikeos (Greece)

Metabolic and endocrine profile of eating disorders

Ioannis Michopoulos (Greece)

Friday, June 29th 2018

13.30-14.15 **SATELLITE LECTURE**

Sponsored by  **janssen**
PHARMACEUTICALS
or Johnson & Johnson

14.15-15.00 **Break**

15.00-16.15 **SYMPOSIUM**
NEUROENDOCRINOLOGY OF STRESS AND CONTEMPORARY DISORDERS

Chairperson: **George P. Chrousos** (Greece)

Neurocircuitry of stress and neuroplasticity indices: How males and females differ?

Christina Dalla (Greece)

Early life toxic stress and susceptibility to disease

Panagiota Pervanidou (Greece)

Stress and circadian system: Interaction and pathophysiology of disease development

Agorastos Agorastos (Germany)

Sex differences in stress response and depression

Nikolaos Kokras (Greece)

16.15-17.00 **LECTURE**

Chairperson: **Petros Skapinakis** (Greece)

Is male depression underestimated and undertreated?

Anna-Maria Möller-Leimkühler (Germany)



Friday, June 29th 2018

17.00-18.30

SYMPOSIUM

EARLY INTERVENTION IN PSYCHOSIS: INTERNATIONAL AND HELLENIC EXPERIENCE

Chairpersons: **Venetsanos Mavreas** (Greece),
Nikolaos Stefanis (Greece)

The emerging paradigm of early intervention in psychosis & results of the Athens First Episode Psychosis Study

Nikolaos Stefanis (Greece)

The early intervention in psychosis service in Ioannina

Petros Petrikis (Greece)

Psychotherapeutic cognitive-behavioral interventions in first episode psychosis

Gregoris Simos (Greece)

Efficiency and effectiveness of services for early intervention in psychosis

Venetsanos Mavreas (Greece)

18.30-18.45

Coffee Break

18.45-19.30

DEBATE

LONG ACTING THERAPIES AND FIRST EPISODE PSYCHOSIS

Chairpersons: **Ioannis Michopoulos** (Greece),
Athanasios Douzenis (Greece)

For

George Tzeferakos (Greece)

Against

Christos Tsopelas (Greece)

Comments: **Charalampos Touloumis** (Greece)



Friday, June 29th 2018

19.30-20.30

SYMPOSIUM

ASPECTS IN PSYCHOSIS

Chairperson: **Konstantinos G. Fokas** (Greece)

Schizophrenia and Neurodevelopment

Eleni Parlapani (Greece)

Psychosis: Interpersonal and Sexual Relationships

Loukas Athanasiadis (Greece)

Psychotic Disorders in Old Age

Anastasia Konsta (Greece)

20.30-21.15

LECTURE

Chairperson: **Konstantinos G. Fokas** (Greece)

Association between variation in the GABAergic receptors, stress and multiple endophenotypes of suicide: New targets for intervention?

Xenia Gonda (Hungary)

21.30

Dinner



Saturday June 30th 2018

08.00-09.15

SYMPOSIUM

BIOMARKERS AND ENDOPHENOTYPES IN PSYCHOSIS

Chairperson: **Erguvan Tugba Ozel-Kizil** (Turkey)

The endophenotype and biomarker concepts in affective and non-affective psychoses. Social cognitive dysfunction as an endophenotype in psychoses

Erguvan Tugba Ozel-Kizil (Turkey)

Can facial expressions have endophenotypic aspects in psychotic patients

Burçin Çolak (Turkey)

Biochemical biomarkers in psychoses

Gamze Erzin (Turkey)

Functional Near Infrared Spectroscopy (fNIRS) as a potential biomarker in psychoses

Berker Duman (Turkey)

09.15-10.00

LECTURE

Chairperson: **Ioannis Nimatoudis** (Greece)

Telepathy. Science fiction or scientific reality?

Can emotional connectedness be identified using advanced neuroimaging techniques?

Efstathios P. Efstathopoulos (Greece)

10.00-10.45

LECTURE

Chairperson: **Vlasios Brakoulias** (Australia)

Critical appraisal of psychotherapies in meta-analyses of RCTs for anxiety-related disorders

Elena Dragioti (Sweden)

Saturday June 30th 2018

- 10.45-12.00 **SYMPOSIUM**
**TRANSLATING EVIDENCE TO CLINICAL PRACTICE IN OBSESSIVE -
COMPULSIVE DISORDER (OCD)**
Chairperson: **Vlasios Brakoulias** (Australia)

Pharmacological and psychotherapeutic interventions in the
management of OCD in adults: Is there evidence of differential efficacy?
Petros Skapinakis (Greece)

Family accommodation in youth obsessive compulsive disorder
Konstantinos Kotsis (Greece)

Management of OCD in youth
Emmanouil Tsalamanios (Greece)

Examining the role of repetitive transcranial magnetic stimulation
(RTMS) for the treatment of obsessive-compulsive disorder (OCD)
- A meta-analysis
Vlasios Brakoulias (Australia), **Simone Rehn** (Australia)
- 12.00-12.15 **Coffee Break**
- 12.15-13.30 **SYMPOSIUM**
**PROMISING BIOMARKERS FOR INTRODUCTION INTO
PSYCHIATRIC PRACTICE**
Chairperson: **Angelos Halaris** (USA)

C-reactive protein: Are we ready to accept it as a diagnostic marker of
inflammation in psychiatric disorders?
Danika Prochaska (USA), **Angelos Halaris** (USA)

Modulation of the inflammatory response exerts beneficial effects on
anger in treatment-resistant bipolar depression
Kate Johnson (USA), **Aaima Sayed** (USA), **Michael Hakimi** (USA),
Angelos Halaris (USA)


Low cardiac vagal tone via frequency analysis of heart rate variability
differentiates bipolar from major depression
Briana Britton (USA), **Brandon Hage** (USA), **Angelos Halaris** (USA)

Stratification and outcome prediction of depressed patients using
panels of inflammation and kynurenine biomarkers
Angelos Halaris (USA)



Saturday June 30th 2018

13.30-14.15 **SATELLITE LECTURE**

Sponsored by  ANGELINI

14.15-15.00 **Break**

15.00-15.45 **LECTURE**

Chairperson: **Angelos Halaris** (USA)

The role and practical application of pharmacogenomic testing in outpatient psychiatric and collaborative primary care settings

Katherine B. Johnson (USA), **Robert B. Miller** (USA)

15.45-16.30 **LECTURE**

Chairperson: **Loukas Athanasiadis** (Greece)

Effect of comorbid diseases on cognitive decline
& dementia prevention

Istvan J.E. Boksay (USA)

16.30-17.15 **LECTURE**

Chairperson: **Ioannis Diakogiannis** (Greece)

Esketamine in rapid response and long-term treatment of resistant depression

Siegfried Kasper (Austria)

17.15-18.30 **SYMPOSIUM**

MIXED DEPRESSION RATING SCALE: A NEW TOOL FOR AN OLD CLINICAL DILEMMA

Chairpersons: **Giovanni Manfredi** (Italy), **Gloria Angeletti** (Italy)

Agitated/Mixed depression: The clinical controversy
Gabriele Sani (Italy)

KMDRS: A new tool for an old syndrome
Alexia Koukopoulos (Italy)

RS and the assessment of the postpartum depression
Lavinia De Chiara (Italy)

Saturday June 30th 2018

18.30-18.45 **Coffee Break**

18.45-19.30 **LECTURE**

Chairperson: **Ioannis Nimatoudis** (Greece)

What can we learn from a naturalistic long-term study on depression
Hans-Juergen Moeller (Germany)

19.30-20.15 **EXCHANGE OF VIEWS**

PRO AND CON OF USEFULNESS OF ANTIPSYCHOTIC TREATMENT IN SCHIZOPHRENIA: EXCHANGE OF VIEWS

Chairpersons: **Venetsanos Mavreas** (Greece),
Ioannis Nimatoudis (Greece)

Konstantinos N. Fountoulakis (Greece)

Nikolaos Stefanis (Greece)

Commentators: **Han-Juergen Moeller** (Germany),
Siegfried Kasper (Austria),
Angelos Halaris (USA),
Dimitris Dikeos (Greece)

20.15-21.00 **LECTURE**

Chairpersons: **Konstantinos N. Fountoulakis** (Greece),
Constantinos Soldatos (Greece)

The biologic basis of stress and its management
George P. Chrousos (Greece)

21.30 **President's dinner & Awards ceremony**



Sunday, July 1st 2018

09.00-10.00

SYMPOSIUM

EVIDENCE BASED PSYCHIATRY AND SUBSTANCE USE DISORDERS

Chairperson: **Konstantinos Bonotis** (Greece)

Cannabis use disorder: In search of evidence-based treatment guidelines

Konstantinos Rantis (Greece)

Alcohol use and abuse: From social stigma to evidence based psychiatric practice

Panagiotis Panagiotidis (Greece)

10.00-11.15

SYMPOSIUM

EVIDENCE-BASED COMMUNITY PSYCHIATRY INTERVENTIONS: THE PARADIGM OF SOCIAL COOPERATIVES OF LIMITED LIABILITY

Chairperson: **Anastasia Konsta** (Greece)

The psychiatric reform in primary care: The impact of Social Cooperative of Limited Liability Imathias "Desmos"

Ilias Grammatikopoulos (Greece)

Evidence-based community interventions: Myth or reality?

Sotirios Koupidis (Greece)

Management or social coherence is the best practice for evidence-based mental health interventions for SCOLL?

Maria Dimopoulou (Greece)

Social entrepreneurship and school meals. The case of Kavala, Greece

Michael Sotiriou (Greece)



Sunday, July 1st 2018

11.15-12.30 **SYMPOSIUM**
THE IMPORTANCE OF FUNCTIONING IN MAJOR PSYCHIATRIC DISORDERS: SCHIZOPHRENIA, BIPOLAR DISORDER, MAJOR DEPRESSION, SUBSTANCE ABUSE
Chairpersons: **Ioannis Nimatoudis** (Greece), **Petros Fotiadis** (Greece)

Schizophrenia
Petros Fotiadis (Greece)

Bipolar disorder
Konstantinos Rantis (Greece)

Major depression
Anestis Ramnalis (Greece)

Substance abuse
Panagiotis Panagiotidis (Greece)

12.30-13.15 **SYMPOSIUM**
PSYCHIATRY, TECHNOLOGIES AND SOCIAL MEDIA: CHALLENGES AND PERSPECTIVES
Chairpersons: **Konstantinos Bonotis** (Greece),
Achilleas Oikonomou (Greece)

How technology affects the human brain: Neurobiological data from recent studies
Dimitra Gorgoli (Greece)

The beneficial effect of technology on psychiatric practice
Sokratis Karaoulanis (Greece)

Technology and Psychiatry: Negative aspects of a flourishing relationship
Panagiotis Malliaris (Greece)

Psychiatry and social media: Open discussion
Achilleas Oikonomou (Greece)

13.15-13.45 **Closing**