3rd Congress on Evidence Based Mental Health: From research to clinical practice

March 19th - 22nd, 2020
Ioannina
Epirus Palace Hotel
www.psychiatry.gr

Will be accredited with CME-CPD credits by the Panhellenic Medical Association
3rd Congress on Evidence Based Mental Health: From research to clinical practice

March 19th - 22nd, 2020
Ioannina - Greece
Dear colleagues,

It’s a great pleasure to invite you to the 3rd Congress on Evidence Based Mental Health which will take place in Ioannina, Greece, on March 19th - 22nd 2020.

After the great success of the 2nd Congress which was held in 2018, this third Congress again aims at being valuable for the clinicians who fight daily in the front line for the treatment of real-world patients. In this frame, our goal is to provide a global and comprehensive update of the newest developments in Psychiatry and the allied sciences in a manner, which will be both focused and enriched. The rule is to avoid content-free eloquence and authority and to face hard questions on the base of research findings.

Many worldwide experts have been invited to share with us their knowledge and experience once again with the support and guidance of the World Psychiatric Association and under the Auspices of the Hellenic Psychiatric Association. With the challenges the world is facing today, advanced education and training is the only way to the future. Teaching clinical usefulness and application of new knowledge and informed treatment with a truly multidisciplinary approach is the central axis of the meeting and although the congress will embrace high tech research concerning psychopathology, new treatment methods, genetics, molecular biology but also psychotherapy, it also aims on putting the emphasis on the human factor, both the therapist and the patient. Apart from the humanistic tradition of Psychiatry and life sciences, the continuous and unconditional investment on the high level training of professionals and education of patients and their families, emerged as a significant challenge during the last few decades.

Medical scientists and public health policy makers are increasingly concerned that the scientific discoveries are failing to be translated efficiently into tangible human benefit. Today, in an all the more complex and technologically advanced environment, the human factor emerges again as the most valuable one, the factor that determines the final outcome. This congress specifically focuses on the ultimate aim: that is to empower and eventually free patients and their families from the burden of mental disease and fighting for full remission and functional rehabilitation. It also includes the distinguished aim to spread high-level training to younger generations by including symposia organized by medical students and psychiatric residents from around the world. As hosts and organizers, we shall spare no effort in making your participation scientifically rewarding and meaningful and your stay in Ioannina as enjoyable as possible.

Konstantinos N. Fountoulakis
Professor of Psychiatry, Aristotle University of Thessaloniki, Greece
Chair of the 3rd Congress on Evidence Based Mental Health
Main Topics of the Congress

The main topics of the Congress are the following:

- Animal Models
- Anxiety disorders
- Basic Neuroscience
- Behavioural disorders
- Bioethics
- Biological rhythms
- Biomedical Technology
- Childhood and adolescence disorders
- Clinical Psychiatry
- Clinical Psychopharmacology
- Clinical trials methodology
- Dementia
- Drug development
- Eating disorders
- Evidence-based psychiatry
- Experimental Psychopharmacology
- Forensic Psychiatry
- Health Economics and Quality of Life
- Information technology and neuroscience
- Learning abilities and disabilities
- Major disaster and mental health
- Memory and cognitive disorders
- Methodology in Psychiatric research
- Molecular Psychiatry
- Mood disorders
- Neural Networks
- Neuroimaging
- Neuropsychology
- Neurophysiology
- Neuropsychobiology
- Neuropsychoendocrinology
- Non pharmacological biological therapies
- Nosology and classification
- Pharmacogenetics
- Psychiatric Genetics
- Psychogeriatrics
- Psychoimmunology
- Psychometrics
- Psychopharmacology
- Psychophysiology
- Psychosocial and other non-biological therapies and interventions
- Schizophrenia and other psychotic disorders
- Sexual behaviour and disorders
- Sleep
- Social Psychiatry
- Stress
- Substance abuse and dependence
- Suicide
- Systematic reviews and meta-analysis
- Transcultural Psychiatry
- Treatment guidelines
- Violence
Honorary Chair of the Congress: Afzal Javed (UK)
Executive Chair of the Congress: Konstantinos N. Fountoulakis (Greece)

Faculty

Members:

- Anargyros, K. (Greece)
- Angos, P. (Greece)
- Arvaniti, Aik. (Greece)
- Athanasiadis, L. (Greece)
- Batzikosta, A. (Greece)
- Bonotis, K. (Greece)
- Bonti, E. (Greece)
- Chaldogeridis, A. (Greece)
- Degleris, N. (Greece)
- Diakaki, K. (Greece)
- Diakogiannis, I. (Greece)
- Dikeos, D. (Greece)
- Douzenis, A. (Greece)
- Dragioti, E. (Greece)
- Evagorou, O. (Greece)
- Falitsa, P. (Greece)
- Ferentinos, P. (Greece)
- Fotiadis, P. (Greece)
- Gavanozis, S. (Greece)
- Georgiadou, S. (Greece)
- Georgiou, G. (Greece)
- Giakoumis, D. (Greece)
- Giannopoulou, I. (Greece)
- Giotakos, O. (Greece)
- Gonda, X. (Hungary)
- Helal, U. A. (Bangladesh)
- Hossain, T. (Bangladesh)
- Iliadou, P. (Greece)
- Kallitsaris, Th. (Greece)
- Kanteres, P. (Greece)
- Karakasi, V. (Greece)
- Karakatsoulis, G. (Greece)
- Karampas, A. (Greece)
- Karzis, A. (Greece)
- Kasper, S. (Austria)
- Kleisas, S. (Greece)
- Konsta, A. (Greece)
- Kotsis, K. (Greece)
- Leontaritis, G. (Greece)
- Magklara, K. (Greece)
- Mallik, Ch. I. (Bangladesh)
- Manolopoulos, D. I. (Greece)
- Mantas, Ch. (Greece)
- Mavridis, D. (Greece)
- Michopoulos, I. (Greece)
- Mitkani, C. (Greece)
- Möller, H. J. (Germany)
- Möller Leimkuhler, A. M. (Germany)
- Mullick M, S. I. (Bangladesh)
- Nikolakopoulos, S. (Greece)
- Nimatoudis, I. (Greece)
- Ntouros, E. (Greece)
- Ntre, V. (Greece)
- Ntritsos, G. (Greece)
- Oikonomou, A. (Greece)
- Pagkalos, G. (Greece)
- Panagiotidis, P. (Greece)
- Papakonstantinou, A. (Greece)
- Papaliaga, M. (Greece)
- Petrikis, P. (Greece)
- Petropoulou, M. (Greece)
- Piat, J. M. (France)
- Radwan, R. B. (Bangladesh)
- Rantis, K. (Greece)
- Samakouri, M. (Greece)
- Seifidis, G. (Greece)
- Skapinakis, P. (Greece)
- Sotiropoulou, E. (Greece)
- Tafiadis, D. (Greece)
- Tagkouli, E. (Greece)
- Theofilidis, A. (Greece)
- Touliatos, G. (Greece)
- Tsapakis, E. (Greece)
- Tsigkaropoulou, E. (Greece)
- Tsokani, S. (Greece)
- Varsami, S. (Greece)
- Veroniki, A. A. (Greece)
- Vorvolakos, Th. (Greece)
- Yotzidi, V. (Greece)
- Zarate, C. A. (USA)
- Zarokanello, V. (Greece)
Thursday, March 19th 2020

16.30-18.00  SYMPOSIUM
SYMPOSIUM ON INTRODUCTION TO META-ANALYSIS OF RANDOMIZED
CONTROLLED TRIALS - PART I
Chairperson: Are ti Angeliki Veroniki (Greece)

Clinical trials
Stavros Nikolakopoulos (Greece)

Introduction to meta-analysis
Are ti Angeliki Veroniki (Greece)

Meta-analysis of dichotomous outcome data
George Seitidis (Greece)

Meta-analysis of continuous outcome data
Maria Petropoulou (Greece)

18.00-19.30  SYMPOSIUM
PREDICTION OF MENTAL DISORDERS: CHALLENGES AND PERSPECTIVES
Chairpersons: Konstantinos Fountoulakis (Greece), Gregory Karakatsoulis (Greece)

Prediction in schizophrenia
Pavlos Angos (Greece)

Predictive factors associated with mood disorders
Stathis Gkavanozis (Greece)

Exploring aspects of precision psychiatry in predicting and managing mental illness
Danai Ioanna Manolopoulou (Greece)
08.00-09.30 SYMPOSIUM
CLINICAL APPLICATIONS OF TRANSRANIAL MAGNETIC STIMULATION (TMS) FOR PSYCHIATRIC DISORDERS
Chairperson: Konstantinos Bonotis (Greece)

TMS for treatment of depression
Konstantinos Bonotis (Greece)

TMS for treatment of psychotic symptoms
Maria Papaliaga (Greece)

TMS for treatment of addiction
Petros Kanteres (Greece)

TMS for treatment of OCD
Theofilos Kallitsaris (Greece)

The potential of TMS in the ever-expanding field of cognitive disorders
Konstantinos Anargyros (Greece)

09.30-11.00 SYMPOSIUM
CONTEMPORARY CHALLENGES IN CLINICAL PSYCHIATRY
Chairpersons: Petros Skapinakis (Greece), Achilleas Oikonomou (Greece)

Double depression
Achilleas Oikonomou (Greece)

Therapeutic dilemmas in anxiety disorders
Spyridon Kleisas (Greece)

The importance of the psychiatrist in sexual dysfunctions
Anastasios Papakonstantinou (Greece)

Psychopharmacology of Old Age
Antonios Karzis (Greece)

11.00-11.30 Coffee break
11.30-13.00 SYMPOSIUM
UNUSUAL TOPICS IN MENTAL HEALTH
Chairpersons: Xenia Gonda (Hungary), Orestis Giotakos (Greece)

Rethinking the clinical and pathophysiological similarities between dysmyelination
diseases and psychosis
Orestis Giotakos (Greece)

Personalised approach to understanding and preventing suicide
in bipolar disorders
Xenia Gonda (Hungary)

Androgen emotional toxicity syndrome
George Touliatos (Greece)

Evidence based psychiatric assessment for forensic reasons
Valeria Karakasi (Greece)

13.00-14.30 SYMPOSIUM
SYMPOSIUM ON INTRODUCTION TO META-ANALYSIS OF RANDOMIZED
CONTROLLED TRIALS - PART II
Chairpersons: Areti Angeliki Veroniki (Greece), Dimitris Mavridis (Greece)

Fixed-effect meta-analysis
Sofia Tsokani (Greece)

Random-effects meta-analysis
Areti Angeliki Veroniki (Greece)

Publication bias
Dimitris Mavridis (Greece)

Introduction to genetic epidemiology and genome-wide association studies
Georgios Ntritsos (Greece)

14.30-15.30 Break
**15.30-17.00 SYMPOSIUM**
**MILITARY PSYCHIATRY IN CLINICAL PRACTICE**
Chairpersons: Konstantinos Fountoulakis (Greece), Petros Fotiadis (Greece)

Military psychiatry in our days  
**Petros Fotiadis** (Greece)

Co-occurring posttraumatic stress disorder and alcohol use disorders in military personnel  
**Panagiotis Panagiotidis** (Greece)

Suicidal Behavior and PTSD in the armed forces  
**Konstantinos Rantis** (Greece)

Sexual health problems in military personnel with PTSD  
**Georgios Pagkalos** (Greece)

Short term and long term psychotherapies in the environment of a military community mental health center  
**Evangelos Ntouros** (Greece)

**17.00-17.30 LECTURE**
Chairperson: Athanasios Douzenis (Greece)

Adverse health outcomes in antidepressants users: an umbrella review of 45 meta-analyses of observational studies  
**Elena Dragioti** (Sweden)

**17.30-18.00 Coffee break**

**18.00-18.30 LECTURE**
Chairpersons: Ioannis Michopoulos (Greece)

The burden of schizophrenia through the experience of a family caregiver and his encounter with a psychoeducation program  
**Jean-Michel Piat** (France)
18.30-20.00 **SYMPOSIUM**
**SPECIFIC ASPECTS OF AFFECTIVE DISORDERS RESEARCH**
Chairpersons: Athanasios Douzenis (Greece), Ioannis Michopoulos (Greece)

Control conditions in psychotherapy for depression. A network meta-analysis
**Ioannis Michopoulos** (Greece)

Personality and wellbeing in affective disorders
**Vasiliki Yotzidi** (Greece)

Harm avoidance predicts resilience in patients with eating disorders
**Evdokia Tsikaropoulou** (Greece)

Violence associated with bipolar disorder, treatment implications: a review
**Athanasios Douzenis** (Greece)

20.00-20.30 **LECTURE**
Chairpersons: Athanasios Douzenis (Greece), Ioannis Michopoulos (Greece)

Staging of schizophrenia with the use of PANSS: an international multi-center study
**Konstantinos Fountoulakis** (Greece)
08.00-09.30  SYMPOSIUM
PSYCHIATRIC REFORM IN ITS FIFTH DECADE. THE EVROS EXPERIENCE
Chairpersons: Maria Samakouri (Greece), Theofanis Vorvolakos (Greece)

Inpatient unit
Soultana Varsami (Greece)

Involuntary admissions
Aikaterini Arvaniti (Greece)

Community mental health team
Olympia Evagorou (Greece)

Latest development, future perspective and challenges
Theofanis Vorvolakos (Greece)

09.30-11.00  SYMPOSIUM
ASPECTS OF THE FIRST EPISODE IN PSYCHOSIS
Chairpersons: Petros Petrikis (Greece), Christos Mantas (Greece)

Sex hormones’ levels in first episode patients (FEP) with psychosis
Petros Petrikis (Greece)

Revisiting the schizophrenia-AKT link: data from First-episode-of-psychosis patients
Giorgos Leontaritis (Greece)

Imaging findings in first episode patients with psychosis. Preliminary results of our SPECT study group
Georgios Georgiou (Greece)

Language assessment in first episode patients with psychosis
Polyxeni Fakitsa (Greece)

Treatment resistant first episode schizophrenia patients. The role of clozapine
Andreas Karampas (Greece)

11.00-11.30  Coffee break
11.30-13.00  SYMPOSIUM
CHILDREN AND ADOLESCENT WITH OCD; BANGLADESH PERSPECTIVES
Chairperson: Mohammad S I Mullick (Bangladesh)

Phenomenology of OCD in children and adolescents in Bangladesh
Chiro Islam Mallik (Bangladesh)

Psychopathology of OCD in children and adolescents: cultural influence
Rifat Binte Radwan (Bangladesh)

Physical co morbidity and OCD in Children and adolescents: how to address
Tanjina Hossain (Bangladesh)

Intervention approach of OCD among children and adolescents in Bangladesh
Helal Uddin Ahmed (Bangladesh)

13.00-14.30  SYMPOSIUM
COMORBIDITY, A HIDDEN FOE
Chairpersons: Dimitrios Dikeos (Greece), Evangelia Tsapakis (Greece)

Comorbidity Between Bipolar Affective Disorder and Anxiety Disorders: A Review
Evangelia Tsapakis (Greece)

Comorbidity of obsessive-compulsive disorder in bipolar spectrum disorders:
Systematic review and meta-analysis of its prevalence
Panagiotis Ferentinos (Greece)

Comorbidity of Attention-Deficit Hyperactivity Disorder in Bipolar Disorder Patients
Kalliopi Diakaki (Greece)

TBA
Dimitrios Dikeos (Greece)

14.30-15.00  LECTURE
Chairperson: Konstantinos Fountoulakis (Greece)

The face of social solidarity: “Health for all”
Eleni Sotiropoulou (Greece)

15.00-16.00  Break
16.00-16.45  LECTURE  
Chairperson: Dimitrios Dikeos (Greece)  
Gender bias in diagnosing depression in men  
Anna-Maria Möller-Leimkühler (Germany)

16.45-17.30  LECTURE  
Chairperson: Evangelia Tsapakis (Greece)  
The more we learn the less we know: the missing links in the genetic background of depression  
Xenia Gonda (Hungary)

17.30-18.15  LECTURE  
Chairpersons: Ioannis Nimatoudis (Greece), Ioannis Diakogiannis (Greece)  
Stratified medicine/precision medicine in depression and schizophrenic psychoses. How far are we?  
Jans Juergen Möller (Germany)

18.15-19.00  LECTURE  
Chairpersons: Ioannis Michopoulos (Greece), Panagiotis Ferentinos (Greece)  
Treatment of depression with fast acting antidepressants  
Kasper Siegfried (Austria)

19.00-19.45  LECTURE  
Chairpersons: Konstantinos Fountoulakis (Greece), Jans Juergen Möller (Germany)  
Rapid improvement of suicidal ideation and severe depression within hours: from synapses to symptoms to new treatments  
Carlos Zarate (USA)

19.45-20.30  LECTURE  
Chairpersons: Konstantinos Fountoulakis (Greece), Kasper Siegfried (Austria)  
What Psychiatry has failed to achieve?  
Afzal Javed (UK)

21.00  President’s dinner and Awards Ceremony
**SYMPOSIUM**

**SUBSPECIALTIES IN PSYCHIATRY**
Chairpersons: Loukas Athanasiadis (Greece), Anastasia Konsta (Greece)

The role of sexology in psychiatry
**Loukas Athanasiadis** (Greece)

The role of psychogeriatrics in psychiatry
**Anastasia Konsta** (Greece)

The role of learning disabilities assessment and intervention in psychiatry
**Elina Bonti** (Greece)

**SYMPOSIUM**

**EVIDENCE BASED PRECISION AND PERSONALIZED PSYCHIATRY**
Chairperson: Loukas Athanasiadis (Greece)

Imaging Biomarkers in mental disorders
**Calypso Mitkani** (Greece)

Evidence based suicidality personalized assessment
**Gregory Karakatsoulis** (Greece)

Sexuality and intimacy among people with schizophrenia
**Soultana Georgiadou** (Greece)

Cognitive deficits as global indices of neuropsychological performance
**Antonios Theofilidis** (Greece)
12.30-14.00 SYMPOSIUM
EVIDENT BASED PRACTICE IN NEURODEVELOPMENTAL COMMUNICATION DISORDERS
Chairpersons: Konstantinos Kotsis (Greece), Dionysios Tafiadis (Greece)

Parental illness perception in ASD
Konstantinos Kotsis (Greece)

Parental burden and needs in greek families of children with autism spectrum disorder
Vassiliki Ntre (Greece)

Evident based evaluation of neurodevelopmental communication disorders
Dionysios Tafiadis (Greece)

The use of neuropsychological model of Stackhouse & Wells (1997) in the evaluation of children with intellectual disabilities and high-functioning ASD
Vasiliki Zarokanelou (Greece)

14.00-15.30 SYMPOSIUM
E-SCREENING FOR MINOR AND MAJOR NEUROCOGNITIVE DISORDERS. EVIDENCE OF A PROMISING NEW ERA
Chairperson: Nikolaos Degleris (Greece)

Designing and delivering electronic screening tests: in search of best practices
Agisilaos Chaldogeridis (Greece)

Implementation and evaluation of two e-screening tests (culturally neutral and culturally biased) for minor and major neurocognitive disorders in greek population
Areti Batzikosta (Greece)

Brain health assessment: validation of a novel, tablet-administered cognitive screening test in a sample of Greek older adults
Paraskevi Iliadou (Greece)

Virtual supermarket test: an MCI screening test based on a serious game
Dimitrios Giakoumis (Greece)
15.30-17.00  SYMPOSIUM
EVIDENCE BASED PRACTICE IN CHILD AND ADOLESCENT MENTAL HEALTH
Chairperson: Ioanna Giannopoulou (Greece)

Autism spectrum disorders: evidence based interventions for children and adolescents
Evdokia Tagkouli (Greece)

Identifying children and adolescents at risk for developing psychotic conditions: the use of diagnostic criteria in everyday practice
Konstantina Magklara (Greece)

Self-harm in young people
Konstantinos Kotsis (Greece)

Challenges in implementing EBPs in clinical settings
Ioanna Giannopoulou (Greece)

17.00-17.30  Closing remarks
General Information

Congress Venue
Epirus Palace hotel, Ioannina, Greece
(7th km National Road Ioannina-Athens, 45221, Ioannina, Tel. +30 26510 93555, 91072, 91074, www.epiruspalace.gr)

Access to the Congress Venue
Ioannina can be reached by arriving at Ioannina airport “King Pyrros”, by car or by public bus transportation (http://www.ktelioannina.gr/). The hotel is located 14 km approximately from the airport.

Official Language
English is the official language of the Congress.
All printed material and poster presentations will be in English.

CME Accreditation
The congress will be accredited with CME-CPD credits by the Panhellenic Medical Association.

Certificate of Attendance
Certificates of attendance will be sent electronically. Please note that a barcode system will be used and in order to obtain CME credits you must complete 60% participation of the scientific program.

E-Posters
All E-posters will be presented electronically and no hardcopies will be hanged. The E-posters will be available to delegates throughout the Congress in the exhibition area.

Poster Awards
The International Society on Neurobiology and Psychopharmacology announces 5 awards for the 5 best posters which will be presented during the 2020 Congress. The winners will receive an honorary diploma.
All submitted posters are considered candidates for the awards, unless otherwise stated by the author(s).

Abstract Book
The abstract book and the full posters will be available online (pdf format).

Exhibition
Within the Congress area there will be an exhibition of medical equipment and pharmaceutical products.

Presentations
Available audiovisual equipment for all presentations will be through power point presentation. For power point presentations, your presence to the “technical reception desk” is required one hour prior to the time of your presentation in order to check the compatibility of your cd or usb stick. Use of personal computers will not be permitted.
## Registration Fees

<table>
<thead>
<tr>
<th>TYPE OF REGISTRATION</th>
<th>GROUP A countries</th>
<th>GROUP B countries</th>
<th>GROUP C countries</th>
<th>GROUP D countries</th>
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<tbody>
<tr>
<td>Specialists</td>
<td>200€</td>
<td>150€</td>
<td>100€</td>
<td>Free*</td>
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<tr>
<td>Residents</td>
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</tbody>
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*VAT 24% is not included in the above registration fees*

* It applies only to the undergraduate students and not to the postgraduate students.

**Note:** For country’s classification visit the official web site ([www.psychiatry.gr](http://www.psychiatry.gr)).

For free registrations the congress bag will be provided according to availability.

All the scientific proceedings including book of abstracts will be available for free online in pdf format.

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**On-Site Registration**

Participants who wish to register on-site are advised to arrive early. On-site registration will be processed on a first-come, first-served basis. Priority will be given to pre-registered delegates. Depending on the number of onsite registered delegates, availability of congress bags may be limited.

**Congress Badge**

Delegates are obliged to show their congress badge at the entrance of Congress Halls for their attendance time to be registered.

**Taxis**

Taxis are available in front of the airport as well as the hotel entrance.

**Insurance**

We cannot accept responsibility for any personal loss, accidents or damages to participants and/or accompanying persons. Participants are strongly advised to obtain personal insurance to cover any eventuality that may occur during the Congress.

**Climate**

The average temperature during March in Ioannina is 8°C - 15°C or 46.4°F - 59°F.

**For further information regarding the Congress visit the Congress’s web site: [www.psychiatry.gr](http://www.psychiatry.gr)**

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**Congress Secretariat**

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[www.globalevents.gr](http://www.globalevents.gr)
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