5TH GLOBAL SUMMIT
MENTAL HEALTH 2027

Global Mental Health Community and Network

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5TH GLOBAL SUMMIT

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

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



2027

JUNE 21-22

SINGAPORE

SUB THEMES

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

WHY TO ATTEND?

What you take

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

02 **02 Day** Conference

12+ **INNOVATIVE** FEATURED SPEAKERS

20+ **HOURS OF** NETWORKING EVENTS

60+ **INTERNATIONAL** SPEAKERS

125+ **EDUCATIONAL** SESSIONS

WHO SHOULD ATTEND?

- Addiction Psychiatrists
- Addiction Specialists
- Addiction Counsellors
- Clinical Psychiatrists
- Emergency Medicine Specialists
- Intensive Care Specialists
- Mental Health Nurses
- Mental Health Counsellors
- Mental Health Specialists
- Neuroradiologists
- Neuroanatomists
- Neurobiologists
- Neurochemists
- Neurological Surgeons
- Neurologists
- Neuropsychologists
- Neuroradiologist
- Neurotoxic Researchers
- Nurse Practitioners
- Rehabilitation Centres
- Neuropathologists
- Neuropharmacologists
- Neurophysiologists
- Psychobiologists
- Psychologists
- Psychiatrists
- Psychotherapists
- Psychophysicists
- General Physicians
- Rehabilitation Therapists

EMORY UNIVERSITY SCHOOL OF MEDICINE

JULIET HAARBAUER-KRUPA

Emory University School of Medicine
Atlanta, GA, USA



Dear Esteemed Participants and Distinguished Colleagues,

It is with great pleasure to welcome you to the **5th Global Summit on Advances in Mental Health and Psychiatry: Science, Care, and Innovation** which is taking place **June 21-22, 2027** in **Singapore**.

This conference is an opportunity to engage in enriching and through-provoking experience, bringing together an outstanding line up of world-renowned scientists, clinicians, researchers and mental health professionals from many countries, including USA, Germany, Denmark, Hungary, Argentina, Greece, Columbia, Australia, Portugal, Brazil, Italy, Israel, Switzerland, China, Japan, Korea and India.

The conference is held over two days, giving participants to learn and engage in scientific discussions covering several themes, that include, neuroimaging, neurostimulation, the neurobiology of addiction, dual diagnosis, behavioral addictions, psychedelic-assisted therapies, and digital health innovations. Sessions will also address holistic care, models of public health policy, stigma reduction, suicide prevention, youth mental health and workplace well-being.

This summit offers a great opportunity to learn more about advances in mental health in several countries with different cultures. On behalf of the organizing committee, we welcome you to the conference and to this global platform of ideas, insights and innovation.

Sincerely,
Juliet Haarbauer-Krupa
Emory University School of Medicine
Atlanta, GA, USA

University of Suffolk

LUIZ MOUTINHO

University of Suffolk, UK



Dear Esteemed Participants and Distinguished Colleagues,

It is with great pleasure that we welcome you to the 5th Global Summit on Advances in Mental Health and Psychiatry: Science, Care, and Innovation, taking place on JUNE 21–22, 2027 in Singapore.

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

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

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

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

With best regards,
Luiz Moutinho
University of Suffolk, UK



JAMES Z. LIU, MD, PHD

First Institute of All Medicines, USA

Dear Colleagues and Friends,

Building on the spirit and shared vision we affirmed at **Mental Health 2027** in **Singapore**—where mental, clinicians, researchers, advocates, educators, public health leaders, and policymakers from across the globe united to advance evidence-based care, promote equity, drive innovation, and combat stigma—we are honored to invite you to the 5th Global Summit on Advances in Mental Health and Psychiatry: Science, Care, and Innovation (Mental Health 2027) held during **JUNE 21-22, 2027** in Singapore.

Mental Health 2027 will convene leading experts and emerging voices to:

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

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

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

We look forward to welcoming you to Mental Health 2027!

With warm regards,
James Z. Liu, MD, PhD
Global Mental Wellness Community and Network



VICTOR C. NWANKWO

Department of Pharmaceutical Sciences
Texas A&M University, USA
The Mental Health Organizing Committee

Dear Esteemed Participants and Distinguished Colleagues,

It was a privilege to participate in the **4th Global Summit on Advances in Mental Health and Psychiatry: Science, Care, and Innovation 2026**. The conference provided a good platform for researchers, clinicians, educators, and healthcare professionals from around the world to exchange innovative ideas, share cutting-edge research, and discuss emerging approaches to improving mental health care.

I would like to encourage my colleagues, researchers, and peers to participate in the upcoming Advances in Mental Health and Psychiatry Conference in Singapore, which will be held on June 21–22, 2027. This conference not only offers an excellent opportunity to present your research, engage with leading experts, establish valuable collaborations, but also to stay informed about the latest scientific and clinical advancements in mental health and psychiatry.

The meeting offers a multidisciplinary environment that promotes learning, networking, and creativity regardless of your interests in basic research, clinical practice, public health, neurology, psychology, or pharmaceutical sciences.

I am confident that your participation will contribute to the advancement of the field and provide you with a good platform and meaningful opportunities for professional growth and collaboration.

I look forward to reconnecting with many of you in Singapore as we continue collaborating to advance mental health research, improve patient care, and promote innovative solutions to global mental health challenges.

Best regards,
Victor C. Nwankwo
Department of Pharmaceutical Sciences
Texas A&M University, USA
The Mental Health Organizing Committee

PRESENTATION FORUM

01

KEYNOTE FORUM / MINI-PLENARY SESSIONS

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

DISTINGUISHED SPEAKERS FORUM (ORAL ABSTRACT SESSIONS)

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

02

03

STUDENT FORUM / POSTER SESSION

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

YOUNG INVESTIGATORS FORUM

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

04

05

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

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

HIGHLIGHTS OF THE DAY SESSIONS

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

06

07

MEET THE PROFESSOR @ NETWORKING SESSIONS

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

EDUCATIONAL SESSIONS/ TRAINING PROGRAMS

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

08

ACADEMIC REGISTRATIONS

01

Speaker Registration

COMBO A
(Registration + 2 Night Accommodation)

COMBO B
(Registration + 3 Night Accommodation)

Delegate Registration

BUSINESS REGISTRATIONS

02

Speaker Registration

COMBO A
(Registration + 2 Night Accommodation)

COMBO B
(Registration + 3 Night Accommodation)

Delegate Registration



STUDENT REGISTRATIONS

03

Registration

YIF

COMBO A
(Registration + 2 Night Accommodation)

COMBO B
(Registration + 3 Night Accommodation)

Posters

ADDITIONAL REGISTRATIONS

Accompanying Person

E-Poster

Virtual Presentation

Workshops

Start-Ups

04

REGISTER & PARTICIPATE

MENTAL HEALTH 2027

CONCURRENT EDUCATIONAL SESSIONS

MONDAY - JUNE 21, 2027

- Addiction Psychiatry
- Adolescent Mental Health
- Advancements in Psychopharmacology

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

GROUP PHOTO | COFFEE BREAK

- Child Abuse
- Child and Adolescent Psychiatry
- Clinical Neuroscience

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

LUNCH BREAK

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

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

GROUP PHOTO | COFFEE BREAK

- Integrative Psychiatry
- LGBTQ+ Mental Health
- Mental Health

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

CONCURRENT EDUCATIONAL SESSIONS

TUESDAY - JUNE 22, 2027

- Neurodevelopmental Disorders
- Neuroethics
- Neuroimaging

- Neurophysiology
- Neuroplasticity and Recovery
- Neuropsychiatry

GROUP PHOTO | COFFEE BREAK

- Neurorehabilitation
- Neurostimulation Techniques
- Pain Medicine

- Palliative Medicine
- Personalized Psychiatry
- Political Abuse of Psychiatry

LUNCH BREAK

- Psychiatrist
- Psychological Disorders
- Psycho-Oncology

- Psychopharmacology
- Psychosomatic Medicine
- Psychotherapy
- Sleep Medicine

GROUP PHOTO | COFFEE BREAK

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

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

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>>FEATURED TALKS <<

SUBMIT YOUR ABSTRACT NOW

Speaker Slots Filling Quickly

Title: Transition to Adulthood for Children Who Experienced Acquired Brain Injury: What we know

Speaker Name: Juliet Haarbauer-Krupa

Affiliation: Emory University School of Medicine, USA

OBJECTIVES/SCOPE: Children who sustain an ABI are vulnerable to disruption of new and emerging skills that impact academic functioning during school years and further influence outcomes following graduation. Because there is limited information about adult outcomes for children who experience ABI, we do not have a clear understanding of how this condition affects attainments of adult milestones such as high school graduation, enrolment in post- secondary education or obtaining employment. The purpose of this presentation is to describe current literature and lessons learned from a clinical transition program that was developed to serve adolescents who experienced ABI in childhood.

METHODS: This talk will describe current literature about this phase and provide insights from a clinical program that strived to provide teens with strategies for improving health and academic performance, determining career goals and interests, examine existing educational programs, providing information about long term effects, driving, returning to competitive sports and utilizing technology for self-management.

RESULTS: There is limited literature about transition to adulthood for individuals who have experienced a childhood TBI. The most known is that there is a high rate of individuals in the justice system who have a childhood TBI history. In the clinical program, participants reported goals to attend college, drive, and participate in athletics. Program accomplishments included helping adolescents to understand what is needed for healthcare and school when they transition to adulthood.

CONCLUSION: Adolescents who experience brain injury during childhood benefit from intervention that addresses their educational and healthcare needs as they transition to adulthood. Programs that include education on lasting effects, goal setting, peer coaches, fitness assessment, vocational interests, and technology provide a range of services that can facilitate this process. Long term follow-up studies of children who experience brain injury is needed to better understand transition to adulthood and achievement of optimal outcomes.

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Speaker Slots Filling Quickly

Title: Trauma-Informed, GenAI-Integrated Approaches to Persistence in Online Higher Education

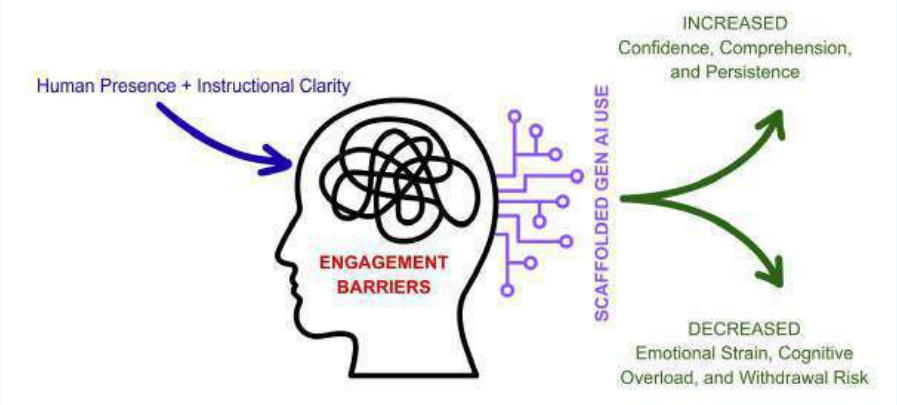
Speaker Name: Melinda Kulick

Affiliation: University of Phoenix, USA

Online higher education increasingly enrolls non-traditional students whose trauma histories can intensify stress, reduce cognitive flexibility, and complicate persistence. In mental health terms, this persistence challenge is shaped not only by academic readiness but also by psychological safety, belonging, and the regulatory demands of digital learning environments. This presentation reports a descriptive phenomenological study of 45 online undergraduates examining how students experience stress, self-regulation, resilience, belonging, and overwhelm, and how generative artificial intelligence (GenAI) functions as a conditional scaffold.

Participants described course navigation, pacing expectations, and limited instructional presence as factors that amplified cognitive load and heightened feelings of isolation or shutdown. In contrast, belonging and psychological safety appeared to mediate engagement and support re-engagement after distress. Students also reported that GenAI could provide short-term relief, help with task initiation, and reduce immediate overwhelm during moments of emotional or cognitive strain. At the same time, they voiced concerns about dependency, trust, and unclear ethical boundaries, underscoring the need for guided and responsible use.

The talk introduces the Trauma-Informed AI Persistence (TIAIP) Model, which integrates trauma-informed pedagogy, digital course architecture, and ethically bounded GenAI support. The model frames persistence as an institutional responsibility rather than solely an individual trait and offers practical implications for mental health-informed design, student support, and innovation in higher education.



Title: Psychoneurointracrinology, Mental Health, and Well-being

Speaker Name: Susan Gordon

Affiliation: National University, USA

New models of mental health are needed to move us beyond psychopathology and biological reductionism, toward an understanding of the phenomenological structures of consciousness and the experienced world—selfhood, temporality, spatiality, affectivity, and embodiment—in relation to neurobiological processes, using an enactive, interdisciplinary framework for explaining the human condition.

This talk presents the psychoneurointracrine model, the integration of psychological, neurological, and intracrinological processes forming a mind-brain continuum within the person. Intracrine biosynthesis of dehydroepiandrosterone, progesterone, and neurosteroids in peripheral intracellular metabolism impacts the responsiveness of the HPA axis and the sense of well-being. This model has explanatory value across age and gender and is keenly visible in women during reproductive transitions as well as normal fluctuations during phases of the menstrual cycle, which represent unique points along the lifespan for which the change in the level of hormones presents a biological trigger. The sense of well-being in women is biochemically and energetically rooted at the hypothalamic–pituitary–ovarian and adrenal axes, which regulate the biosynthesis of estrogens and androgens and the reactive and anticipatory response to stress. Hormone balance is integral to embodied self-awareness, the development of meaning, and the integration of personality. Intracrine biosynthesis is evolutionary and also autopoietic in that the person's perception of experience determines the sensitivity of hormone receptors subserving homeostatic and psychoemotional needs. More than three quarters of the hormonal activity of androgens and estrogens in humans is created intracrinologically within peripheral tissue from precursor steroids of adrenal origin through de novo biosynthesis within the cytoplasm of cells. Technological advances in liquid-chromatography tandem mass spectrometry provide evidence of intracrine down conversion in peripheral tissues.

Psychoneurointracrinology moves beyond biological reductionism towards an autopoietic framework grounded in the emerging field of intracrinology, with implications for mental health and well-being of value to psychiatric research and clinical practice.

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Speaker Slots Filling Quickly

Title: Exposing and Exploring Our Positions on Stigma, Self-Care, and Care of Each Other: A Psychodynamic Perspective

Speaker Name: Lisa A. Whitten

Affiliation: State University of New York, USA

The stigmatization of mental illness is a global phenomenon. The literature contains abundant research about the causes of stigma and strategies to reduce or eliminate it. There are far fewer articles - in particular peer reviewed articles - by mental health professionals about their lived experience of mental illness. Mental health professionals' disclosures have been met with mixed reactions from patients, students and professional colleagues.

In order to understand the reluctance of mental health and other professionals to disclose their struggles with mental illness, and their efforts to achieve mental health, one must explore issues related to self-disclosure, stigma and the energy expended by those attempting to present as mentally healthy. It is also important to explore the role that colleagues can play in maintaining and supporting each others' mental health.

Too often, colleagues who are in the throes of a mental illness episode are ignored and shunned rather than being offered much needed support and assistance. Even mental health professionals can respond inappropriately to their struggling colleagues. Working to overcome these barriers can benefit professionals and those they serve by fostering community, unity, collective work and responsibility, and authenticity.

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Speaker Slots Filling Quickly

Title: Fostering Psychological Safety in Cross-Functional Workflows: A Case Study on the Practical Application of SMODR and RACI-VS Frameworks

Speaker Name: Shinichiro Kawaguchi

Affiliation: MSC International Co., Ltd., Japan

Background: While cross-functional collaboration is indispensable across modern healthcare and industrial sectors, it is frequently hindered by organizational silos, role ambiguity, and relational friction. These structural deficiencies act as critical workplace stressors, impairing employee mental health and diminishing both psychological safety and productivity. Conventional responsibility assignment matrices (RACI matrix) clarify task allocations; however, they typically lack robust verification and authorization mechanisms, inadvertently fostering a culture of individual blame when failures occur.

Objective: Grounded in the frameworks of dynamic capabilities and organizational governance, this study proposes the original "SMODR" cycle and the "RACI-VS" model to empirically validate their practical effectiveness in cultivating psychological safety and mitigating workplace psychological strain within cross-functional operational processes.

Methods: An empirical case study was conducted within cross-functional workflows undergoing business process redesign. The end-to-end cross-functional process architecture was restructured using the SMODR cycle—which refines David J. Teece's tripartite dynamic capabilities model into a five-stage framework. Furthermore, the human-centric RACI-VS model, which incorporates "Verification" and "Sign-off" into the traditional RACI matrix, was implemented to resolve role ambiguity and decision-making bottlenecks. Evaluation integrated operational metrics (e.g., error rates and lead times) with both qualitative and quantitative assessments of psychological safety and role-induced stress.

Results: The implementation of SMODR and RACI-VS visualized inter-departmental interdependencies and standardized mutual support mechanisms with clear roles and responsibilities. The delineation of operational boundaries shifted the organizational focus from retrospective blame-seeking to structural problem-solving. This transition led to a demonstrable increase in employee voice behavior, a reduction in interpersonal anxiety, and substantial improvements in workflow efficiency and handover accuracy, thereby enhancing employee mental health, psychological safety, and overall productivity.

Conclusion: The organizational approach integrating SMODR and RACI-VS establishes a resilient structural foundation for sustaining psychological safety and mental well-being. By synthesizing business process engineering with occupational mental health insights, this methodology offers an effective framework for primary prevention of mental strain and sustainable performance enhancement within VUCA organizational environments.

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Speaker Slots Filling Quickly

Title: Upstream Legal Advocacy During Pregnancy to Prevent Traumatic Child Welfare Separations: Evidence from the FIRST Legal Clinic

Speaker Name: Marian S Harris

Affiliation: University of Washington Tacoma, USA

Legal advocacy for parents involved in the public child welfare system in the United States is typically initiated only after a child has been removed and a dependency petition has been filed. For infants, removal at or shortly after birth constitutes a profound disruption of the parent-child attachment relationship and is increasingly recognized as an adverse childhood experience.

This paper focuses on a summative program evaluation of the Family Intervention Response to Stop Trauma (FIRST) Legal Clinic in Washington State, a prevention-oriented model providing free, confidential legal advocacy and peer support to pregnant and postpartum parents prior to Child Protective Services (CPS) investigation or court involvement. Administrative data from 2019 to 2025 for 1232 eligible families were utilized to examine eligibility and referral patterns, reasons for ineligibility, and case outcomes.

Findings demonstrated that eligible families with known outcomes avoided dependency court involvement entirely or experienced case closure without child removal, while a smaller proportion proceeded to dependency court filings. These findings highlight the need to reduce unnecessary child welfare system entry and mitigate traumatic disruption of the parent-child attachment relationship at birth by providing legal advocacy before investigation and court involvement.

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Speaker Slots Filling Quickly

Title: Trauma-Informed, GenAI-Integrated Approaches to Persistence in Online Higher Education

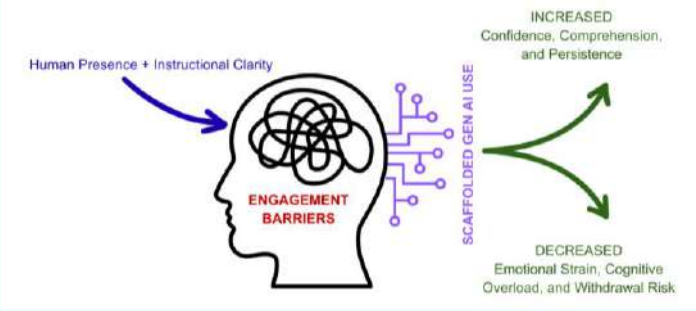
Speaker Name: Jessica Sylvester

Affiliation: University of Phoenix, USA

Online higher education increasingly enrolls non-traditional students whose trauma histories can intensify stress, reduce cognitive flexibility, and complicate persistence. In mental health terms, this persistence challenge is shaped not only by academic readiness but also by psychological safety, belonging, and the regulatory demands of digital learning environments. This presentation reports a descriptive phenomenological study of 45 online undergraduates examining how students experience stress, self-regulation, resilience, belonging, and overwhelm, and how generative artificial intelligence (GenAI) functions as a conditional scaffold.

Participants described course navigation, pacing expectations, and limited instructional presence as factors that amplified cognitive load and heightened feelings of isolation or shutdown. In contrast, belonging and psychological safety appeared to mediate engagement and support re-engagement after distress. Students also reported that GenAI could provide short-term relief, help with task initiation, and reduce immediate overwhelm during moments of emotional or cognitive strain. At the same time, they voiced concerns about dependency, trust, and unclear ethical boundaries, underscoring the need for guided and responsible use.

The talk introduces the Trauma-Informed AI Persistence (TIAIP) Model, which integrates trauma-informed pedagogy, digital course architecture, and ethically bounded GenAI support. The model frames persistence as an institutional responsibility rather than solely an individual trait and offers practical implications for mental health-informed design, student support, and innovation in higher education.



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Speaker Slots Filling Quickly

Title: Pain in Modernity: From Nietzsche's Overman to Transhumanism

Speaker Name: Kamyar Nowidi

Affiliation: Ludwig-Maximilians-University, Germany

The early twentieth century is a cultural epoch in which the significance and metaphorics of bodily pain were renegotiated on multiple levels and placed into question. In the presentation, it is shown that the new discourse succeeded in bringing together previously disparate aspects-cultural decline, the failures of modern natural science, and pain as a catalyst of fateful forces. The consequence was a far-reaching break with naive faith in progress and the bourgeois world-and-value order, heralding the onset of modernity

Pain has always seemed integral to the *conditio humana*, alongside birth, death, and mortality. Fantasies of eternal life and of bodies that endure unblemished through time-continually renewed by mythical fountains of youth—have long fascinated the visual arts and literature as culturally sanctioned compensatory mechanisms. Lucas Cranach the Elder staged this topos lavishly in the sixteenth century with his painting *The Fountain of Youth*. The motif persists into twenty-first-century popular culture: *the Pirates of the Caribbean* films and related videogames, for example, send protagonists in search of rejuvenating elixirs. However spectacularly rendered in image or word, most writers, thinkers, and artists of earlier centuries reach the sobering conclusion that, given human inconstancy and divided nature, a rejuvenated person would merely repeat the follies they regret in old age.

This oral presentation takes the phenomenon of pain as an occasion to trace an intellectual-historical hiatus from antiquity, especially aspects of Aristotelian philosophy to modernity. Pain is not a timeless, uniform fact of life; it is a deeply bodily phenomenon that is culturally differentiated and socially codified. Different codifications incorporate worldviews, grand narratives, and philosophical schemas, each contributing to the understanding of the *animal dolens*-the suffering animal that human beings are. The path of the presentation leads the audience from ancient conceptions of pain through Nietzsche's Overman to contemporary formulations of transhumanism as a new anthropological paradigm

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Speaker Slots Filling Quickly

Title: Impact of the EMHMA Mobile App on Anxiety Levels Among Medical Students in Baja California, Mexico: A Longitudinal Study

Speaker Name: Cristian Castillo Olea

Affiliation: Universidad Autónoma de Baja California, México

Background & Objectives: Medical education is characterized by rigorous academic loads and clinical stressors that frequently precipitate elevated anxiety levels, underscoring the necessity for scalable digital health interventions. This study evaluated the preliminary efficacy of EMHMA (Espacio Mental: Herramientas para la Mejora del Ánimo), a specialized self-care mobile web application, in mitigating anxiety symptoms among undergraduate medical students. **Methods:** A pre-experimental, longitudinal pretest-posttest trial was conducted with 86 medical students recruited from the Universidad Autónoma de Baja California. Anxiety severity and psychotropic medication status were measured using the Beck Anxiety Inventory (BAI) at baseline on September 1, 2026. Participants engaged with the EMHMA platform through November 2, 2026. The application integrated multi-component psychological support tools, including 4-4-4 guided rhythmic breathing, progressive muscle relaxation, multisensory visualizations, and an interactive emotional diary. Post-intervention BAI evaluations were administered on November 2, 2026. **Results:** At baseline, 59.0% (n = 51) of students demonstrated clinically significant anxiety, and 12.0% (n = 10) reported active pharmacological treatment. Following the two-month digital intervention, anxiety prevalence declined significantly to 38.0% (n = 33), indicating an absolute reduction of 21.0 percentage points and a relative symptom decrease of 35.6%. Concurrently, psychotropic medication prevalence remained constant at 12.0% (n = 10), confirming that the observed anxiolytic improvements occurred independently of changes in pharmacological regimens. **Conclusion:** Engagement with the EMHMA digital platform substantially decreased self-reported anxiety among medical students. These findings support digital mental health platforms as viable, accessible adjunct interventions to strengthen emotional regulation within demanding university healthcare curricula.

Evaluation Metric	Baseline (Sep 1, 2026)	Post-Intervention (Nov 2, 2026)	Absolute Change	Relative Change (%)
Sample Size (N)	86	86	—	—
Anxiety Presence (BAI)	59.0% (n = 51)	38.0% (n = 33)	-21.0%	-35.6%
Psychotropic Medication	12.0% (n = 10)	12.0% (n = 10)	0.0%	0.0%

Table 1. Anxiety prevalence and psychotropic medication use pre- and post-EMHMA digital intervention.

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Speaker Slots Filling Quickly

Title: Mental Health Impacts and Psychological Interventions Among Children and Adolescents Exposed to Natural Disasters and Armed Conflict: Evidence from Two Systematic Reviews

Speaker Name: Sabaa Gaber Salloum

Affiliation: Shandong University, China

Background: Exposure to natural disasters and armed conflict places children and adolescents at heightened risk for mental health difficulties. Identifying the predominant psychological consequences and evaluating the effectiveness of available interventions are critical for guiding evidence-based mental health responses.

Objective: To synthesize findings from two complementary systematic reviews that examine mental health consequences and compare the effectiveness of psychological and psychosocial interventions among children and adolescents exposed to disasters and armed conflict.

Methods: The initial systematic review synthesized 27 observational studies that assessed mental health outcomes and associated factors among school-aged children. Subsequently, a second systematic review and network meta-analysis included 29 intervention studies with 10,583 participants. Random-effects network meta-analyses were conducted separately for posttraumatic stress disorder (PTSD), depression, and anxiety using randomized and cluster-randomized trials, while quasi- and non-randomized studies were included in sensitivity analyses.

Results: The first review identified posttraumatic stress disorder (PTSD), depression, and anxiety as the most frequently reported mental health outcomes. Direct trauma exposure, family separation, and parental distress were associated with poorer outcomes. In the network meta-analysis, trauma-focused cognitive behavioral therapy (TF-CBT) resulted in the largest reduction in PTSD symptoms compared to waitlist (SMD=−1.96, 95% CI −2.22 to −1.69). For depression, both child-friendly spaces (CFS; SMD=−1.86, 95% CI −2.42 to −1.30) and TF-CBT (SMD=−1.81, 95% CI −2.19 to −1.43) demonstrated substantial reductions. Similar effects were observed for anxiety, with CFS (SMD=−1.94, 95% CI −2.47 to −1.40) and TF-CBT (SMD=−1.75, 95% CI −2.13 to −1.36) showing significant benefits.

Conclusion: These findings advance understanding from characterizing the psychological burden of disasters and armed conflict to identifying effective interventions. Trauma-focused cognitive behavioral therapy (TF-CBT) demonstrated the most consistent evidence across outcomes, while child-friendly spaces (CFS) provided substantial benefits for depression and anxiety. However, treatment rankings should be interpreted with caution due to limited evidence for several interventions.

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Speaker Slots Filling Quickly

Title: Eco-Anxiety in Emerging Adulthood: Search for Well-Being in Complex Global Contexts

Speaker Name: Tamara Hoffmann Ferrada

Affiliation: Universidad de Chile & Pontificia Universidad Católica de Chile, Chile

Emerging adulthood (18–29 years) is a culturally constructed developmental stage marked by uncertainty, instability, and a self-directed search for life purpose. Constructing identity and future life plans has become increasingly complex amid the triple planetary crisis of pollution, biodiversity loss, and climate change, which poses growing existential and psychosocial challenges for this age group.

Eco-anxiety, defined by the American Psychological Association as the chronic fear of environmental catastrophe stemming from the seemingly irreversible impact of climate change, disproportionately affects younger populations, who report heightened despair alongside increased political and social engagement, particularly regarding decisions on parenthood, diet, and career paths aligned with environmental values.

This chapter offers a narrative review situating eco-anxiety within a constellation of related constructs, including climate anxiety, solastalgia, eco-paralysis, eco-guilt, and eco depression, clarifying their conceptual boundaries and scope. It further examines emerging intervention approaches, noting that despite rising demand for psychological support, evidence-based interventions specifically tailored to eco-anxiety remain scarce; existing approaches tend to be community-based and center on fostering resilience, social connection, hope, agency, and reconnection with nature, such as forest therapy. Well-being is conceptualized not as the mere absence of distress, but as a dynamic equilibrium sustained through healthy interpersonal connections, present-moment awareness, self-awareness, and hope-driven action.

The chapter argues that eco-anxiety can operate along a spectrum, from an adaptive catalyst for pro-environmental commitment to a debilitating source of paralysis or eco-depression, underscoring the need for a holistic, developmentally sensitive approach. It concludes by highlighting the scarcity of research on this phenomenon in Latin America and the importance of bridging global knowledge with contextually grounded understandings to inform culturally relevant mental health strategies for youth navigating the climate crisis.

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Speaker Slots Filling Quickly

Title: Causal Attribution of Illness in Patients with Brain Neoplasms: "Why Do I Have Cancer?"

Speaker Name: Kamilla Sukhrobovna Kholmuradova

Affiliation: Branch of Lomonosov Moscow State University in Tashkent, Uzbekistan

Objectives: Causal attribution is a clinically meaningful component of illness perception in psycho-oncology, particularly for patients with brain neoplasms, in whom cancer-related threat is combined with neurological vulnerability and uncertainty. This study examined how patients with brain tumors explain the origin of their illness and whether attribution patterns differ by gender and tumor group.

Methods: The sample included 102 outpatients with brain neoplasms aged 18–78 years (M = 44.15, SD = 15.35), treated in neurosurgical departments of the Republican Scientific Center of Neurosurgery, Ministry of Health of the Republic of Uzbekistan, during 2025–2026. Clinical groups comprised patients with meningiomas (n = 34), glioneuronal tumors (n = 35), and other neoplasms (n = 33). Causal beliefs were assessed using three IPQ-R cause scales: Psychological Causes, Risk Factors, and Chance. Patients also answered an open-ended question about the perceived cause of disease; 91 valid responses were analyzed by qualitative content analysis and frequency coding.

Results: IPQ-R scores were highest for Risk Factors (M = 13.92, SD = 6.10), followed by Psychological Causes (M = 12.31, SD = 6.81), while Chance was least endorsed (M = 4.56, SD = 2.32). Women attributed illness to psychological causes more often than men (15.29 vs. 9.22; U = 2006.5, $p < .001$). Tumor-group differences were also found only for Psychological Causes (H = 15.90, p = .00035), with the lowest scores in glioneuronal tumors and the highest in meningiomas. Open responses most often referred to negative emotional states (24.2%), stress and overwork (16.5%), chance/fatalism (16.5%), congenital factors (16.5%), family losses (13.2%), trauma or physical violence (6.6%), and punishment/irrational explanations (6.6%).

Conclusion: Patients' causal models of brain neoplasms are heterogeneous, combining psychological, external, biographical, congenital, and fatalistic meanings. These attributions should be addressed as targets of psychoeducation and supportive clinical work, without validating unproven psychosomatic causality.

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Speaker Slots Filling Quickly

Title: Trehalose as Lysosomotropic Drug; Effect iIn Brain Cells of Db/Db Mice with Obesity and Diabetes Model

Speaker Name: Tatiana Korolenko

Affiliation: Scientific Research Institute of Neurosciences and Medicine, Canada

Lysosomotropic drugs according to De Duve et al. (1966) include different.in chemical structures compounds, which are able to be concentrated inside of lysosomes in vivo. Recently lysosomotric drug disaccharide trehalose was studied as inducer of autophagy. Autophagy suppression was registered in neuron long-lived cells, in neurodegeneration. The aim was to evaluate effect of autophagy inducer, disaccharide trehalose on lysosomes of brain cells in db/db mice with obesity and diabetes T2 model with neurodegeneration development.

Methods. Male and female db/db mice, aged 5 months, were used in the experiment (vivarium of the Institute of Cytology and Genetics, Siberian Branch of Russian Academy of Sciences, Novosibirsk, Russia). Methods used have been described earlier (Korolenko et al., 2021, 2025). Results: It was shown that weight of both male and female db/db mice was significantly increased, and trehalose treatment did not influence on this index, while brain weight was significantly reduced, both in male and female mice as compared to the control C57BL/6 mice. There were significant hyperglycemia and hyperlipemia in d/db mice compared to the control. In brain cells (hippocampus and glial cells) there were significant changes in autophagy marker LC3-11 expression, with tendency to normalization during trehalose treatment. However, in neurons and glial cells under electron microscopic examination we have shown lipofuscin granules (aging marker) accumulation, similar data were obtained in db/db mice treated by trehalose. mRNA expression of Insr was increased in hippocamp of db/db mice and normalized in db/db mice treated with trehalose.

Conclusion. Trehalose, inducer of autophagy, was not effective as possible neuroprotector in old db/db mice, however thelose had some positive effects in young db/db mice. The role of age is discussed in the treatment by some lysosomotropic drugs.

Title: Suicide is the 10th leading cause of death worldwide.

Speaker Name: Rustem Frunzevich Baikeev

Affiliation: Kazan State Medical University, Russia

The purpose of the study is to systematize the knowledge explaining human suicide at the clinical level and as a violation of brain metabolism, as well as to propose a technology algorithm for identifying patients with suicidality who will commit suicide in the future.

Materials and methods. Analysis of clinical data on the study of the human brain in normal conditions and patients with ICD-10 X60-X84 diagnoses, including data from laboratory, genetic and non-invasive in vivo research methods such as MRI (magnetic resonance imaging), fMRI (functional magnetic resonance imaging), DTI (diffusion-weighted tomography), single-photon emission computed tomography, positron emission tomography (PET), as well as mathematical analysis explaining human suicide.

1. There is a deep understanding by psychiatrists of such nosologies as MDD and suicide. Theories of suicide have been developed, types of suicide models have been identified, and 39 practical biological, physiological, psychological, and psychiatric scales for identifying patients with suicidal behavior have been introduced. At the same time, the informative value of these scales in terms of predicting completed suicide does not exceed 5.5%. There is no technology available to identify subjects who will commit suicide from a cohort of patients with suicidal behavior. 2. The emotional state of a person in the line happiness-laziness-unhappiness-depression- suicide (suicide attempt) is determined by variations in the concentration of the same molecular components - serotonin, dopamine, norepinephrine, cortisol, oxytocin, melatonin, endorphins, IL-1, IL- 6, BDNF, endocannabinoids, glutamate, GABA, neuropeptides (orexin-A, orexin-B), uric acid, C-reactive protein and triglycerides, neutrophil-to-lymphocyte ratio, tumor necrosis factor-α (TNF-α), tissue growth factor-β1 (TGF-β1), vascular endothelial growth factor (VEGF), IL-2, IL-4 interferon-γ (IFN-γ), etc. 4. Integrally pathological shifts in MDD and suicides in the target areas are characterized by a decrease in the volume of white and gray matter.. 5.. An algorithm of technology is proposed for identifying patients with suicidality who will commit suicide in the future using *in vivo* magnetic resonance spectroscopy on ^{1}H and ^{31}P nuclei.

Conclusion: Impaired cognitive functions and a mosaic of other clinical signs characteristic of patients with MDD and suicide are determined by a violation of ATP synthesis.

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Speaker Slots Filling Quickly

Title: Creative Agency, Identity, and Well Being: South African High School Drummers' Experiences of Formal Music Education

Speaker Name: Emmanuel John Pitsiladis

Affiliation: University of Pretoria, South Africa

Research suggests that music education can support young people's well-being, although these relationships are complex and context-dependent. In this context, opportunities for creative agency, self-expression, and the development of musical identity, alongside experiences of recognition and belonging, are important considerations in understanding the psychosocial significance of collaborative music-making for young people. This raises questions about how formal music education shapes learners' musical identities and experiences, particularly when their musical interests and ways of knowing differ from those privileged within the curriculum.

This paper presents ongoing doctoral research at the University of Pretoria, investigating how South African high school drum kit learners experience and negotiate creative agency within formal music education. Conducted across five secondary schools in KuGompo City, Eastern Cape, the research explores how learners develop a sense of themselves as creative musical participants and navigate the relationship between their practice-based musical experiences and institutional expectations concerning curriculum and assessment.

Adopting a constructivist grounded theory methodology informed by Charmaz, the study uses semi-structured interviews to develop an interpretive account grounded in participants' experiences. It examines how educational structures enable or constrain creative agency and shape drum kit learners' opportunities to participate meaningfully and understand themselves as legitimate musical contributors. These questions are particularly relevant in South Africa, where curricular approaches may not always accommodate diverse forms of musical knowledge and practice.

By foregrounding drummers' perspectives, the study seeks to contribute to broader discussions around educational well-being, curriculum design, assessment, and the recognition of diverse forms of musicianship. By highlighting the potential significance of agency, identity, and recognition within school music education, it invites reflection on how more responsive educational practices might support meaningful musical participation and adolescent psychosocial well-being.

Title: Bipolar Disorder Beyond Remission: Recovery and Its Official Denial

Speaker Name: Dina Veksler

Affiliation: Independent Researcher, Albania

Bipolar disorder is commonly defined as a chronic condition requiring lifelong monitoring and treatment. Prolonged absence of symptoms is generally described as remission, while the possibility of complete recovery remains largely outside the prevailing psychiatric model. This presentation examines an autobiographical case of bipolar disorder lasting approximately 33 years and involving severe depressive and manic episodes, hospitalizations, psychotic symptoms, and pronounced bodily manifestations. Following intensive psychological work, the episodes gradually weakened and stopped and all accompanying symptoms ceased. Stable condition has continued for more than twenty years without maintenance psychopharmacotherapy.

The recovery process is interpreted through a biopsychosocial and Jungian framework. Rather than focusing exclusively on symptom suppression, the work explored the psychological meaning of phases, unresolved internal conflicts, habitual emotional responses, and links between life events and changes in mood states. Recognition and transformation of these mechanisms contributed to the development of a more stable psychological structure in which the dynamics previously sustaining the disorder were no longer activated.

Recovery, however, did not eliminate the social consequences of diagnosis. Relatives and professionals continued to interpret the author's personality, decisions, and statements through the former psychiatric label. Claims of recovery could themselves be viewed as evidence of impaired insight, creating a contradiction between internal recovery and external refusal to recognize it.

The presentation proposes that sustained recovery from bipolar disorder should be officially recognized as a possible clinical outcome rather than automatically redefined as prolonged remission. Pharmacotherapy may suppress symptoms and maintain stability, but intensive psychological work can address the deeper mechanisms involved in the development and recurrence of affective phases. The purpose of such work should therefore extend beyond adaptation to a lifelong diagnosis and include the possibility of recovery. The autobiographical case presented here demonstrates that, after approximately 33 years of bipolar disorder, complete cessation of affective phases and accompanying symptoms was followed by more than twenty years of stable functioning without the use of psychopharmacotherapy. This experience raises the need for professional criteria and procedures through which sustained recovery can be formally evaluated and recognized.

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Speaker Slots Filling Quickly

Title: Enhancing Empathy and Mental Wellbeing through Design Thinking in Science Classroom

Speaker Name: Jenis Swati Topno

Affiliation: Regional Institute of Education (NCERT), India

Education recognizes the significance of holistic learner development, which also involves students' empathy and mental wellbeing. This is critical for adolescent learners, yet it remains an under addressed dimension of pedagogy. This study examines design thinking as a human-centered approach capable of nurturing empathy as well as the mental wellbeing of students within the context of science education. Design thinking's iterative stages- empathize, define, ideate, prototype, and test offer structures and opportunities for perspective-taking, emotional connection and collaborative problem-solving, while simultaneously fostering psychological safety, resilience, and reduced fear of failure.

This research was conducted with 85 sample size at a secondary-stage institute, using a quasi-experimental design. This study aimed to investigate 1) how design thinking activities influence the development of empathy and mental well-being among 9th-grade participants, and 2) which stage of the design thinking process most significantly contributes to emotional connection. The findings revealed a significant improvement in empathy and well-being indicators following the intervention, with participants reporting greater emotional awareness, reduced stress and stronger peer connection. Furthermore, the empathy and ideate stages emerged as particularly influential, cultivating both perspective-taking and a non-judgmental space for creative expression.

These findings suggest that design thinking can serve as a dual pathway for fostering empathy and mental wellbeing, offering meaningful implications for more humane and psychologically supportive science education practices.

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Speaker Slots Filling Quickly

Title: Call It Violence: Reframing Workplace Bullying as a Mental Health and Public Health Crisis

Speaker Name: Jason Walker

Affiliation: Adler University, Canada

Workplace bullying is violence, yet most organizations still manage it as a conflict to mediate or a policy to enforce. That framing protects the institution while the people being harmed carry the cost. This presentation reframes bullying, harassment and sexual abuse at work as violence and an occupational and public health hazard, and shows leaders and clinicians what changes when they do.

It draws on a narrative review of 68 peer reviewed sources from 2018 to 2025 (PsycINFO, MEDLINE, Scopus, Web of Science); the author's Springer monograph, Workplace Violence: Reconceptualizing the Epidemic of Bullying at Work (2026); cases from his Forbes column; and more than 25 years in workplace mental health. Roughly 20-30% of employees are bullied within the last 6 months at work. Exposure is associated with anxiety, depression, burnout and PTSD symptoms, and chronic exposure predicts cardiovascular disease independent of baseline risk. Organizations pay through absenteeism and turnover.

Harm deepens where psychological safety is low and leadership is weak, and much of it is covert: gaslighting, weaponized gossip, invalidating language and isolation. Few of these behaviours breach a written policy, which is why policy alone keeps failing. The line between management and abuse is intent and pattern. Holding people accountable to shared goals is management; making it personal, punitive and about control is bullying. Multilevel interventions that combine policy, leadership development and climate assessment work best, and trauma informed leadership within a strong psychosocial safety climate supports recovery. Naming workplace bullying as violence changes who owns the problem.

Responsibility moves from targets, who are told to document and cope, to the leaders and systems that let it continue. When leaders stay quiet, silence is the endorsement. Participants leave with language for naming covert violence in the moment and a framework for making psychological safety a core organizational value.

Title: On the Potential for Tuning and Transforming Mental State through Art Appreciation in Immersive Spaces

Speaker Name: Ryohei Nakatsu

Affiliation: Kyoto University, Japan

Art appreciation has been shown to reduce stress and improve well-being, but its potential to tune and transform higher-order mental states such as creativity, immersion, and motivation remains insufficiently explored. This study investigates how immersive art appreciation affects mental states by integrating psychological assessments with physiological indicators.

Participants viewed Naoko Tosa's dynamic video artwork *Sound of Ikebana* in two immersive environments: a mirror-display space and a large OLED-display space. Geometric visual stimuli and a no-content condition were used for comparison. Psychological responses were assessed using a semantic differential questionnaire consisting of four factors: impression, relaxation, motivation, and creativity. Physiological responses were measured using electrocardiogram and electroencephalogram data.

To visualize changes in mental state, we constructed a two-dimensional transition model, with physiological arousal on the horizontal axis and self-reported creativity-related evaluation on the vertical axis. Physiological arousal was calculated as an exploratory composite index based on heart rate variability and EEG indicators. The results suggest that art appreciation shifted participants' mental states toward increased creativity and altered arousal. In the mirror-display space, art viewing tended to enhance both arousal and creativity-related evaluations, whereas in the OLED-display space, art viewing appeared to induce a calmer form of creative immersion. Individual transition patterns also revealed substantial variability, suggesting that responses to art depend on personal characteristics and viewing environments. These findings indicate that art appreciation may not only provide comfort and relaxation but also support the modulation and transformation of mental states.

The study also suggests the possibility of developing a future mental-tuning or mental-state navigation system that selects artworks and environments according to desired mental states.

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Speaker Slots Filling Quickly

Title: Risk Factors of Psychiatric Comorbidities Among Drug-resistant Epilepsy Patients: A Network Meta-Analysis

Speaker Name: Mohammad Satrio Wicaksono

Affiliation: Diponegoro University, Indonesia

Introduction: Drug-resistant epilepsy (DRE) is defined by International League Against Epilepsy (ILAE) as continued occurrence or persistence of seizures despite treatment with at least two syndrome-adapted antiseizure drugs (ASD) used at an adequate daily dose.

Objective: This study aims to perform a network meta-analysis to identify and compare the relative contribution of various risk factors to psychiatric comorbidities among patients with DRE.

Method: This is a network meta-analysis study using 6 databases for searching the articles with certain PICO criterias. The risk of bias was assessed using ROBINS-E. The final results were analyzed using SUCRA analysis to rank the risk factors' list.

Result: 4 included studies were retrospective cohort and cross-sectional, with sample sizes ranging from 50 to 272 participants. Among the evaluated factors, "Onset age <18 years" demonstrated the highest OR at 1.81 [95% CI: 0.29 to 11.30, p = 0.525], suggesting a potential—though non-significant—association with increased depression risk. This risk had the highest SUCRA value at 0.7329. "Secondary" demonstrated the highest OR at 1.14 [95% CI: 0.66 to 1.98, p = 0.640] and had the highest SUCRA value at 0.7177. These criterias are closely linked to the psychiatric comorbidities with depression and anxiety, respectively.

Conclusion: For depressive outcomes, an earlier age of epilepsy onset (<18 years) and a right-sided epileptogenic focus consistently emerged as the highest-ranked potential risk indicators, while focal onset and idiopathic etiologies exhibited subtle, descriptive protective trends. Conversely, for anxiety outcomes, a secondary epilepsy etiology and limbic system structural involvement demonstrated a stronger probability of being linked to increased symptom burden, whereas temporal and focal onsets trended toward a lower risk profile.

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Speaker Slots Filling Quickly

Title: Beyond Child Protection: A Maqāṣid-Based Child-Friendly Pesantren Model for Psychosocial Well-Being

Speaker Name: Badrah Uyuni

Affiliation: Universitas October Islam As-Syafiiyah, Indonesia

For children living and learning in residential religious institutions, well-being is shaped not only by the absence of violence but also by whether they feel safe, respected, heard, connected, and able to grow with dignity. This study examines Indonesia's child-friendly *pesantren* through the lens of *maqāṣid al-sharīʿah*, with the objective of exploring how child safeguarding in Islamic residential education can move beyond harm prevention toward the promotion of psychosocial well-being.

The study builds upon previous research on the child-friendly pesantren model and employs a conceptual-interpretive analysis connecting its findings with Islamic ethical principles and contemporary perspectives on psychosocial well-being. Particular attention is given to *ḥifẓ al-nafs* (protection of life and well-being), *ḥifẓ al-ʿaql* (protection and development of the intellect), and *karāmah al-insān* (human dignity), alongside emotional safety, supportive educator–student relationships, social connectedness, children's participation, and spiritual meaning-making.

The analysis identifies an important shift from a protection-centred approach to a well-being-centred model. Preventing violence remains fundamental, but protection alone does not ensure that children flourish. A child-friendly religious environment must also foster dignity, belonging, emotional security, trusted relationships, and meaningful spiritual development.

Based on these findings, the study proposes a **Maqāṣid-Based Psychosocial Safeguarding Framework**, integrating protection, dignity, relational safety, spiritual meaning, and psychosocial well-being. The framework offers a culturally grounded contribution to discussions on mental well-being in Islamic residential education and may provide a foundation for further research across faith-based educational and community settings.

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Speaker Slots Filling Quickly

Title: Emotional Attunement in Teacher–Student Relationships: Implications for Teacher Well-Being

Speaker Name: Valeria Cavioni

Affiliation: Universitas Mercatorum, Italy

Teachers' well-being is deeply embedded in the relational and emotional dynamics of everyday school life. While teacher–student relationships have been extensively investigated in relation to students' adjustment and well-being, less attention has been paid to how teachers' capacity to attune emotionally to their students may shape teachers' own emotional experiences and professional well-being. This study aimed to explore teachers' experiences of emotional attunement and misattunement with students, with particular attention to how these relational episodes affected teachers' perceptions of their own well-being.

A qualitative study was conducted with 170 teachers undertaking specialist training to become learning support teachers. Participants took part in focus groups in which they were invited to recall and describe specific episodes in which they perceived themselves as having successfully attuned to a student's emotional state, as well as episodes in which such attunement did not occur. They were encouraged to reconstruct what happened, how they responded to the situation, what they observed in the student, and how the interaction affected their own emotional experience and sense of well-being. Focus-group data were examined using thematic analysis to identify recurring patterns of meaning across teachers' narratives.

The study provides a relational perspective on teacher's well-being by examining emotional attunement not only as a competence supporting students, but also as a process that may influence how teachers experience themselves and their professional role. Findings are expected to contribute to a deeper understanding of the reciprocal emotional processes underlying teacher–student relationships and to inform teacher education and professional development aimed at promoting both teachers' and students' well-being.

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Speaker Slots Filling Quickly

Title: Career Counselling in Pakistani Public Sector Schools: A Way Forward

Speaker Name: Ahmed Saya

Affiliation: Institute of Business Management, Pakistan

This Explanatory Sequential Mixed Methods study examines the current state of career counselling in Pakistani public sector schools and proposes a practical way forward. Survey forms were emailed to school heads of all 502 public schools in each of the seven districts of Karachi offering grade 8, with 354 (71%) responses received. Of these, 187 (53%) reported career counselling was not offered, while 167 (47%) claimed it was offered in their schools. However, qualitative analysis, based on semi-structured interviews with 28 school heads, revealed that even in schools reporting such services, career counselling was vaguely understood and absent in reality.

Teachers, though untrained, emerged as the primary career counselling facilitators. To address this gap, the study proposes a Hybrid Technology Integrated Career Counselling Model that is scalable and sustainable. Making career counselling an integral part of the curriculum, adding necessary resources, training school heads and teachers and integrating technology in this process will enable Pakistani public schools to provide culturally relevant counselling to students that will be aligned with Sustainable Development Goals (SDG) 4, Quality Education.

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Speaker Slots Filling Quickly

Title: Parents as Partners' Coparenting Programme with Parents of Infants with a Highly Reactive Temperament: A Randomised Controlled Study

Speaker Name: Ingrid M. Lanfranco

Affiliation: University of Malta, Malta

The 'Parents as Partners' (PasP) coparenting programme was delivered to heterosexual parents of infants they described as showing a highly reactive temperament (HRT) following the completion of the Infant Behaviour Questionnaire–Revised (IBQ-R) during a standard post-natal visit in their local Health Centre Well Baby Clinic in Malta.

Fifty-two participating Maltese couples, all coparenting a highly reactive infant of 8 to 12 months, were randomly assigned into an experimental (n = 30 couples) or control group (n = 25). The IBQ-R, Coparenting Relationship Scale (CRS), and Parental Stress Index (PSI-4 SF) at pre- and post-intervention periods were filled out by randomised participants.

Intervention group couples followed the 16-week PasP programme. All randomised couples were followed by a case manager monthly. Post-intervention results compared with controls showed reduced couple conflict occurring in front of the child, reduced parent–child dysfunctional interaction, and a reduction in negative child reactivity.

Implications point to the importance of including fathers and reducing coparenting conflict in interventions designed to reduce behavioural difficulties in infants and young children.

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Speaker Slots Filling Quickly

Title: Trauma Journalism in Tanzania and its Impact on Mental Health Among Tanzanian Journalists

Speaker Name: Maurice Samwilu Mwaffisi

Affiliation: Dar es Salaam Tumaini University

The study examines press freedom violations that have a traumatic impact on the mental health of Tanzanian journalists. Randoli (2023) defines trauma as the psychological and emotional impact experienced by individuals exposed to traumatic events. The author argues that repeated exposure to trauma can take a toll on mental health of journalists. Secondary data was collected through desk research. Primary data was collected through face-to-face and telephone interviews. Twenty-five key informants were interviewed.

Convenience and purposive sampling techniques were used to sample participants. The paper will highlights the kidnapping of a correspondent by unknown people; experience of a reporter who witnessed a student shot dead during a political rally and a reporter who was locked in a police cell for one night and the following day was taken to court where he was sentenced to a six-month imprisonment term or pay a fine. Other traumatic incidences include brutal assault on a former Managing Editor of a private newspaper and a television reporter who died following a tear gas bomb explosion triggered by a policeman. A former Regional Commissioner invaded a media house at about 22.30, accompanied by five armed policemen demanding to be given a clip that contained a women who allegedly had a child with a Bishop and wanted it to be broadcast.

A radio journalist was beaten by the police and was hospitalized while handcuffed on a hospital bed and under close watch of the police. Tanzanian journalists face unique challenges that impact their mental health. Unfortunately, most of them are not aware that repeated exposure to such events can affect their mental health.

Therefore, trauma journalism is important to Tanzanian journalists because it can help them protect their mental health. The traumatic incidences will be discussed and five recommendations are provided to help journalists protect their mental health.

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Speaker Slots Filling Quickly

Title: Enhancing Communication and Emotional Understanding in Neurodiverse Parent– Adolescent Relationships Through Creative Therapies

Speaker Name: Amy Caitlin de Wet

Affiliation: University of Johannesburg, South Africa

This study explored the effect of including parents in embodied arts-based therapy sessions with neurodivergent adolescents. The aim was to understand how parental involvement might influence the development of skills essential for mental well-being, including communication, boundary setting, and emotional regulation.

Guided by an interpretive paradigm within a qualitative research approach, the study used purposive sampling to select three parent–adolescent pairs from the Gauteng Province of South Africa. Data were generated through group observations, artworks, journals, and semi-structured interviews, and analysed thematically. The findings indicated that participants in each parent–adolescent pair perceived the joint sessions as supportive and meaningful, contributing to improved communication, strengthened relationships, and enhanced self-expression. The embodied nature of the process created a non-intimidating therapeutic space that facilitated clearer expression of needs and emotions.

The study concludes that parent-inclusive embodied arts-based therapy can enhance therapeutic outcomes for neurodivergent adolescents, particularly when opportunities for joint engagement are integrated alongside individual therapeutic work. The primary contribution of the study lies in demonstrating the value of collaborative, embodied approaches in supporting the mental health and relational well-being of neurodivergent adolescents and their families.

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Speaker Slots Filling Quickly

Title: Reflections on Dr. Matthias Kamp's Book "Bruno Gröning – A Revolution in Medicine" (2007): On Quantum-Holographic Implications for Integrative Medicine and Transpersonal Psychology

Speaker Name: Dejan Raković

Affiliation: University of Belgrade, Serbia

The paper first discussed the incredible experiences of Bruno Gröning (1906-1959), the most famous spiritual healer of the 20th century, and his nowadays spiritual followers organized in "Bruno Groening Circle of Friends".

All of this is then put into the broader theoretical context of our transpersonal quantum-holographic theoretical framework of consciousness and psychosomatics, with numerous holistic implications.

All this points to important policy considerations, demonstrating the necessity of reorientation towards holistic subtle actions for global solutions of the world risk society.

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Speaker Slots Filling Quickly

Title: Euthanasia and Mental Health: An Islamic Legal Assessment of Requests Arising from Psychological Suffering

Speaker Name: Tuba Erkoç Baydar

Affiliation: Ibn Haldun University, Istanbul, Türkiye

Contemporary debates on euthanasia increasingly extend beyond terminal physical illnesses to include requests for assisted dying arising from severe and persistent psychological suffering. Such cases raise complex ethical and legal questions concerning autonomy, the nature of suffering, human dignity, and the limits of an individual's authority over life and death. This paper examines whether euthanasia requests motivated by psychological suffering can acquire any juridical legitimacy within Islamic law.

The study employs a textual and analytical examination of Islamic legal sources, particularly in relation to the protection of life, human agency, suffering, and the prohibition of self-destruction. It also considers contemporary cases in which individuals experiencing severe psychological distress or mental disorders express a desire to die. Rather than treating psychological suffering as categorically distinct from physical suffering, the analysis considers how Islamic law conceptualizes suffering within a broader moral, spiritual, and legal framework.

The paper argues that the Islamic legal understanding of human life as a divine trust places significant limits on claims of an absolute "right to die." Although psychological suffering may be profound and may substantially affect an individual's judgment, autonomy, and quality of life, its existence does not by itself establish a legal entitlement to euthanasia. At the same time, an Islamic legal assessment should not reduce such requests to a simple prohibition; rather, it requires careful attention to mental capacity, the nature and severity of suffering, the distinction between refusing burdensome treatment and intentionally causing death, and the ethical responsibilities of physicians, families, and society. The paper concludes by proposing a more nuanced Islamic bioethical framework for responding to euthanasia requests arising from psychological suffering.

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Speaker Slots Filling Quickly

Title: Regulatory Barriers to Opioid Analgesic Access in Kazakhstan: Implications for Mental Health and Palliative Care

Speaker Name: Dinara Akolbekova

Affiliation: Astana Medical University, Kazakhstan

Background: Effective pain management is a fundamental component of comprehensive healthcare and is closely associated with psychological well-being, quality of life, and palliative care outcomes. Inadequate access to opioid analgesics may contribute to uncontrolled pain, emotional distress, anxiety, depressive symptoms, and reduced quality of life among patients with severe or chronic illnesses. Despite international recommendations promoting balanced access to controlled medicines, substantial regulatory barriers continue to limit access in many countries, including Kazakhstan.

Objective: This study aimed to identify and analyze the regulatory barriers affecting access to opioid analgesics in Kazakhstan and to evaluate their implications for patient care and mental well-being.

Methods: A qualitative regulatory and policy analysis was conducted using national legislation, governmental regulations, and official policy documents governing the prescribing, dispensing, storage, and control of opioid analgesics in Kazakhstan. The findings were interpreted in the context of World Health Organization recommendations and current evidence on access to essential medicines.

Results: The analysis identified multiple systemic barriers limiting access to opioid analgesics, including restrictive prescribing procedures, extensive documentation requirements, stringent storage and dispensing regulations, and limited availability of opioid medicines in routine clinical practice. These regulatory constraints may delay timely pain relief, compromise continuity of care, and adversely affect patients' psychological well-being by increasing emotional suffering and diminishing overall quality of life. The findings suggest that the current regulatory framework requires modernization to achieve an appropriate balance between preventing misuse and ensuring equitable access for patients with legitimate medical needs.

Conclusion: Aligning national opioid regulatory policies with international best practices may improve pain management, strengthen palliative care services, and support better mental health outcomes. Evidence-based regulatory reforms are essential to ensuring patient-centered, equitable, and timely access to controlled medicines.

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Speaker Slots Filling Quickly

Title: Temporomandibular Disorders Prevalence and Associated Factors Among Adolescents in Al-Ahsa, Saudi Arabia: A School-Based Cross-Sectional Study

Speaker Name: Jasem A Alburaih

Affiliation: Al-Ahsa Health Cluster, Saudi Arabia

Background: Temporomandibular disorders (TMDs) can impair oral function and well-being during adolescence, yet evidence based on standardized clinical assessment remains limited in Saudi Arabia.

Objective: To estimate the prevalence and clinical types of TMD and identify associated sociodemographic, psychosocial, and general-health factors among adolescents in Al-Ahsa, Saudi Arabia.

Methods: This school-based cross-sectional study was conducted in 24 public schools between June and November 2024. Using one-stage stratified cluster random sampling, 866 Saudi adolescents aged 10–19 years were recruited. TMD was assessed with the Diagnostic Criteria for Temporomandibular Disorders questionnaire and clinical examination adapted for adolescents. Descriptive statistics, chi-square tests, and stepwise multiple logistic regression were used to analyse the data.

Results: Overall TMD prevalence was 15.2% (132/866). Myalgia was the most frequent diagnosis (9.4%), followed by arthralgia (5.4%). TMD was more prevalent among girls than boys (20.2% versus 11.1%; p≤0.001). In bivariate analyses, TMD was significantly associated with first-born status, unhappiness at school, chaotic family relations, nervous self-perception, and poor perceived general health. In the final adjusted model, male participants had lower odds of TMD than female participants (adjusted odds ratio [AOR] 0.57, 95% confidence interval [CI] 0.38–0.84; p<0.001), and good perceived general health was associated with lower odds than poor health (AOR 0.28, 95% CI 0.11–0.72; p=0.01). The final model explained 8.2% of the variance in TMD occurrence. **Conclusion**: TMD affected approximately one in seven adolescents and was most commonly manifested as myalgia or arthralgia. The independent associations with gender and perceived general health support incorporating standardized TMD screening into adolescent oral-health assessments, while longitudinal studies are needed to clarify causal relationships.

Comparisc	AOR	95% CI	p-value
Male vers	0.57	0.38–0.84	<0.001
Late versu	0.99	0.67–1.46	0.97
Other birt	0.69	0.47–1.04	0.08
Unhappy v	1.47	0.98–2.19	0.06
Chaotic ve	1.44	0.94–2.19	0.09
Nervous v	1.48	0.98–2.23	0.06
Good vers	0.28	0.11–0.72	0.01

1

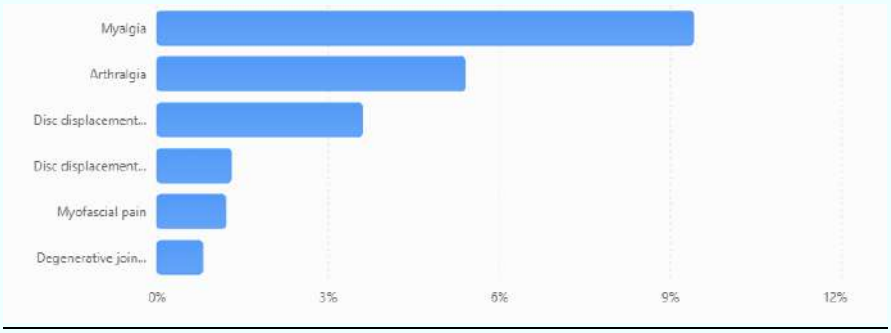

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Table 1. Final adjusted logistic regression model for factors associated with TMD among adolescents (n=866)
Figure 2. Distribution of temporomandibular disorder diagnoses among adolescents in Al-Ahsa, Saudi Arabia (n=866).

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Speaker Slots Filling Quickly

Title: Bulimic Filmmaking as Feminist Methodology: Reimagining Eating Disorders Through Experimental Film Practice

Speaker Name: Maria Salomão Duarte Pinto

Affiliation: University of Gothenburg, Sweden

Introduction: My ongoing artist film project, Discovery in Silence (DiS), interrogates Super-8 films to examine bulimia nervosa across three generations of women in my own family. This artistic research proposes bulimic filmmaking as a distinct feminist artistic methodology. Through this work, I hope to offer a "ladder" toward understanding the interiority of the bulimic mind and a "key" that might open a door to insight into the bulimic world. My films aim to represent the reality of a bulimic life not as an external observation, but through the lens of self-representation, inviting researchers and medical personnel to witness the experience as it is lived by the subject.

Methods: The study utilises DiS chapters 32–34 (How Would You Like Your Bulimic Film Served?). Filmed without predetermined structure, the camera targets spaces of episodes while sound captures lived reflection. The process involves live reflection, superimposition, re-editing, and re-authoring to deliberately expose explicit content and relive provoked episodes.

Results: The films demonstrate bulimia functioning as a structuring principle rather than mere subject matter. They do not represent the disorder; they enact its temporal, psychological, and affective dimensions. Repetition, rupture, concealment, excess, and obsessive self-observation emerge as compositional strategies shaping image, sound, and duration. Conclusions: Bulimic filmmaking challenges visual regimes demanding coherence and linear recovery narratives. By articulating bulimia as method rather than metaphor, this approach expands the understanding of how embodied conditions generate formal innovation. It suggests that artistic research can operate through vulnerability and compulsion, transforming stigmatised experience into a critical cinematic strategy that interrogates the history of eating disorders. I hope this work contributes a perspective on how a unconventional and embodied representation can deepen the dialogue between patients, researchers, and medical professionals, offering an embodied view of the eating disorder experience.

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Speaker Slots Filling Quickly

Title: Mitochondrial Enzyme Dysfunction in Alzheimer's Disease: A Systematic Review of Human Metabolic Evidence

Speaker Name: Saina Hasany

Affiliation: Islamic Azad University Tehran Medical Sciences, Iran

Alzheimer's disease (AD) is characterized by progressive cognitive decline accompanied by profound disturbances in cerebral energy metabolism. Mitochondrial dysfunction has long been implicated in AD pathophysiology, but the specific contribution of mitochondrial enzymes in human disease remains fragmented across heterogeneous studies.

Enzymes regulating carbon entry into the tricarboxylic acid cycle, oxidative phosphorylation, and redox balance represent key metabolic control points whose dysfunction may contribute to neuronal vulnerability. This systematic review synthesized human evidence on mitochondrial enzyme alterations in Alzheimer's disease. Fifteen studies met the eligibility criteria. The most frequently investigated targets were mitochondrial enzymes involved in carbon entry into the tricarboxylic acid cycle, oxidative phosphorylation, redox regulation, and neurotransmitter-linked mitochondrial metabolism.

Direct enzyme-activity evidence consistently implicated selected metabolic control points, particularly PDHC and αKGDHC, while additional studies demonstrated mitochondrial impairment through protein and post-translational modification changes, respiratory dysfunction, redox imbalance, and RNA-regulatory mechanisms.

Overall, human evidence consistently implicates mitochondrial enzyme dysfunction as a central metabolic feature of Alzheimer's disease. However, the literature remains limited by heterogeneous assay methodologies, variable normalization strategies, and inconsistent reporting of enzyme activity outcomes. Standardized measurement and reporting of mitochondrial enzyme alterations are essential to strengthen mechanistic understanding and support future biomarker discovery and therapeutic target validation.

Title: Integrating Diamond Painting into Online DBT Mindfulness Training for Adult Women with ADHD: A Practice-Based Clinical Report

Speaker Name: Yosra Mohamed Mahmoud Morsy

Affiliation: Tanta University, Egypt

Background: Mindfulness is one of the core skills of Dialectical Behavior Therapy (DBT) and plays an essential role in improving attention regulation, emotional awareness, and self-control. However, many adults diagnosed with Attention-Deficit/Hyperactivity Disorder (ADHD) experience difficulty engaging in traditional mindfulness practices due to distractibility and reduced sustained attention. This best practice example presents the integration of Diamond Painting as a structured mindfulness activity within an online DBT Mindfulness Skills Program.

Objective: This practice-based clinical report describes the integration of Diamond Painting as a structured mindfulness activity within an online DBT Mindfulness Skills Program.To describe the implementation of Diamond Painting as an adjunct to online DBT mindfulness training and to explore its potential contribution to attention regulation, mindfulness practice, and participant engagement among adult women with ADHD.

Practice Description: Twenty adult women (aged 30–40 years) with psychiatrist-confirmed ADHD participated in a 12-week online DBT Mindfulness Skills Program, consisting of one weekly session. Participants were enrolled on a rolling basis according to their referral dates, and each completed the full 12-session program. Diamond Painting was integrated into the mindfulness module as a structured experiential activity to facilitate the core DBT mindfulness skills of Observe, Describe, and Participate. Attention-related symptoms were assessed using the Adult ADHD Self-Report Scale (ASRS) before and after the intervention. In addition, clinical observations and participant feedback were systematically documented throughout the program to monitor engagement, attention regulation, and behavioral changes. Participants were informed that Diamond Painting was being used as a novel mindfulness-support activity within the DBT program, and verbal informed consent was obtained prior to participation.

Outcomes: Post-intervention findings suggested improvements in attention-related symptoms as reflected in ASRS assessment compared with baseline. Clinical observations suggested increased sustained attention, improved ability to redirect focus after distraction, greater engagement during mindfulness practice, and enhanced task persistence. Participants also reported feeling calmer, more focused, and more capable of maintaining attention during everyday activities.

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Speaker Slots Filling Quickly

Title: The Intersectionality of Women, Family Life and Mental Health Challenges in Africa During the COVID-19 Era: A Case Study of Gweru District High-Density Suburbs in Zimbabwe

Speaker Name: Precious Dube

Affiliation: Midlands State University, Zimbabwe

Mental health is a critical aspect of human well-being that cannot be overlooked in any society. Unfortunately, mental health challenges are more prevalent among women than men, particularly in Africa and the diaspora, due to factors such as cultural norms, gender roles, socio-economic status and historical experiences. This study examines the intersectionality of women, family life and mental health challenges during the COVID-19 pandemic.

Focusing on the scope of high-density suburbs in Gweru District, Zimbabwe, the study explored how pandemic-induced disruptions, such as job losses, income reductions and heightened household burdens, exacerbated psychological, social and economic strain on women. Utilising a qualitative research design underpinned by a hermeneutic-phenomenological approach, the study gathered data through semi-structured face-to-face, telephone and WhatsApp interviews with a sample of 40 women selected via purposive random sampling.

The collected data were evaluated using thematic analysis. Findings reveal that women experienced severe psychological, social, economic and physical toll during the COVID-19 era, with increased caregiving burdens, financial instability and heightened risks of violence significantly contributing to burnout, anxiety, depression and post-traumatic stress disorder. The study concludes that addressing women's mental health requires tackling the underlying structural, social and economic inequities that exacerbate these conditions. Increasing awareness and education about mental health issues, improving access to mental health services and addressing social and economic factors are crucial steps towards promoting women's mental health and well-being in Africa.

To mitigate these multifaceted challenges, the study recommends promoting gender equality, alleviating poverty, and offering formal support for women's caregiving roles. Achieving long-term improvements necessitates providing access to education and economic empowerment opportunities, alongside implementing gender-equitable laws and policies that address the root causes of gender-based inequality.

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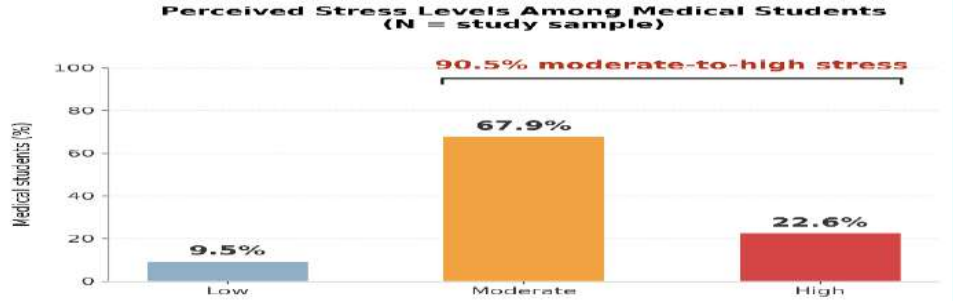
Speaker Slots Filling Quickly

Title: Title: From Student Stress to Systems Action: Lessons from Bangladesh for Integrating Mental Health into Medical Education and National Policy

Speaker Name: Maliha Khan Majlish

Affiliation: National Institute of Preventive and Social Medicine (NIPSOM), Bangladesh

Background: Bangladesh has established a National Mental Health Policy and the National Mental Health Strategic Plan 2020–2030, emphasizing prevention, early intervention, and integration into routine health systems, yet evidence on how policy priorities translate into the everyday psychological experiences of future health professionals remains limited. This study examined mental stress among medical students in Dhaka and implementation opportunities within Bangladesh's existing prevention-oriented mental-health policy framework.
Methods: A descriptive cross-sectional study was conducted among 380 third- to fifth-year medical students from one public and one private medical college in Dhaka. Perceived stress was assessed using the Perceived Stress Scale-10. Academic and psychological determinants were examined using bivariate analysis and multinomial logistic regression, with low stress as the reference category.



Results: The mean perceived stress score was 21.64 (SD 6.64); 67.9% of students experienced moderate stress and 22.6% experienced high stress. Multivariable analysis identified examination and study-related anxiety, difficulty understanding academic contexts, fear associated with new living environments, dissatisfaction with administration and lectures, teaching-strategy concerns, time-management difficulties, parental support, and loneliness as significant determinants of stress

Students experiencing loneliness had a substantially greater risk of high stress, while dissatisfaction with academic administration and lectures was strongly associated with elevated stress.

Conclusion: Bangladesh's experience demonstrates that mental health cannot be addressed solely through expansion of clinical services. The findings support a whole-system approach linking national mental health policy with medical education through routine psychological screening, accessible student support, supportive academic environments, social connectedness, faculty capacity-building, and evidence-informed prevention. A key lesson for Bangladesh and other resource-constrained settings is to shift from a predominantly service-oriented response to prevention embedded within institutions where young people study, train, and work. Integrating student mental health into national health and education planning could strengthen both the wellbeing of future health professionals and the health system's resilience.

Domain	Key finding	Policy response
Academic	Exam/study anxiety	Assessment & academic-support reform
Academic	Difficulty understanding context	Academic mentoring
Institutional	Administration dissatisfaction	Student-centred governance
Educational	Lecture/teaching-strategy dissatisfaction	Faculty development
Psychosocial	66.8% reported loneliness	Peer/social-support systems
Skills	72.4% not satisfied with time management	Preventive skills programmes

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Speaker Slots Filling Quickly

Title: Exploring Neurosexuality: Bridging Neuroscience, Psychology, and Sexuality

Speaker Name: Juan Jose Rios

Affiliation: Sigmund Freund University Vienna

Neurosexuality is an emerging field that examines the intersection of neuroscience, psychology, and human sexuality, offering valuable insights into how the brain shapes sexual identity, desire, and behavior. This interactive workshop will provide a comprehensive overview of Neuro-sexuality, integrating current research with clinical applications.

Participants will explore the neural mechanisms underlying sexual attraction, orientation, and attachment, as well as the impact of neurodiversity on sexual expression. Special attention will be given to the role of trauma, unconscious processes, and the potential of psychoanalysis, psychoanalytic hypnosis-therapy and Sexocorporel in addressing sexual dysfunctions and identity conflicts.

Through case discussions, experiential exercises, and theoretical input, this workshop aims to deepen participants' understanding of the complex relationship between the mind, brain, and sexuality. It is designed for therapists, clinicians, and researchers seeking to expand their knowledge and integrate neuro-sexuality into their practice.

Learning Objectives:

• Understand the neurobiological foundations of sexuality.
• Recognize the influence of neurodiversity on sexual behavior and identity.
• Explore psychoanalytic, Sexocorporel, and hypnosis-therapeutic approaches to sexual concerns.
• Discuss clinical implications and ethical considerations in therapy.

This workshop encourages an open and evidence-based dialogue, fostering new perspectives on sexuality as a fundamental aspect of human experience.

Sexuality and Orgasm: Neurobiological Mechanisms

Sexuality and orgasm involve complex interactions between different brain regions, neurotransmitters, and the autonomic nervous system. Here's a breakdown of what happens in the brain during sexual arousal and after orgasm:

During Sexual Arousal

Sexual arousal is regulated by a network of brain areas that process desire, motivation, and pleasure. Key players include:

• **Hypothalamus** – Controls sexual drive by regulating hormones like testosterone and oxytocin.
• **Limbic System (Amygdala & Hippocampus)** – The amygdala processes emotions and sexual stimuli, while the hippocampus links memories to arousal.
• **Prefrontal Cortex (PFC)** – Involved in decision-making and self-control. During sexual arousal, its activity decreases, leading to reduced inhibitions.
• **Ventral Tegmental Area (VTA)** – Releases dopamine, increasing pleasure and motivation for sexual activity.

During Orgasm

Orgasm is a peak event in sexual response, marked by intense pleasure and widespread brain activation. Key changes include:

• **Massive Dopamine Release** – The VTA floods the brain with dopamine, creating intense pleasure and reinforcing sexual behavior.
• **Inhibition of the Prefrontal Cortex** – Logical thinking and self-awareness momentarily decrease, leading to a loss of control and full immersion in the experience.
• **Activation of the Reward System** – The nucleus accumbens and other reward-related areas become highly active, reinforcing pleasure.
• **Oxytocin & Vasopressin Surge** – These hormones promote bonding and emotional attachment, particularly after orgasm.
• **Deactivation of the Amygdala** – Fear and anxiety responses are suppressed, increasing relaxation and emotional openness.

1. **After Orgasm (Refractory Period & Resolution Phase)**

   Post-orgasm, the brain shifts to a recovery mode, which includes:

   • **Prolactin Release** – This hormone counteracts dopamine, reducing arousal and creating a feeling of sexual satisfaction. It also contributes to the refractory period (the time before arousal can be experienced again).
   • **Serotonin Increase** – Promotes relaxation, satisfaction, and a feeling of emotional well-being.
   • **Endorphins & Oxytocin** – These contribute to post-orgasmic relaxation, bonding, and emotional intimacy.
   • **Prefrontal Cortex Reactivation** – Self-awareness and logical thinking return, sometimes leading to post-coital emotions like guilt or clarity.

   This neurochemical sequence explains why orgasm is both a peak pleasure experience and an essential component of bonding and well-being.

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Speaker Slots Filling Quickly

Title: Experiences of Home-Based Caregivers of Patients with Chronic Mental Illness in Ga-Dikgale Limpopo Province

Speaker Name: Mokgadi Setwaba

Affiliation: University of Limpopo

Introduction: Caring for persons with mental illness can be burdensome and could lead to home-based caregivers experiencing various physical, emotional, and psychological challenges, such as anxiety, depression, and stress. Despite these challenges, studies prioritise the experiences of the mentally ill persons and their immediate families, with less focus on the experiences of the home-based caregivers, especially those in rural areas. Thus, this study sought to explore the experiences of home-based caregivers of people living with chronic mental illness in Ga-Dikgale, Limpopo Province, South Africa.

Objectives: The main objective was to explore the experiences of home-based caregivers of people living with chronic mental illness in Ga-Dikgale, Limpopo Province, South Africa. The study also sought to understand the challenges experienced by caregivers and the coping mechanisms they use.

Scope: The study focused specifically on home-based caregivers caring for family members with chronic mental illness in the rural community of Ga-Dikgale, Limpopo Province. The scope was therefore geographically and population-specific, involving eight caregivers: six females and two males.

Methods: A qualitative research approach and an exploratory case study design were employed. A combination of purposive and snowball sampling was used to recruit eight caregivers of family members with chronic mental illness from Ga-Dikgale, Limpopo Province.

Data analysis: Data were collected through face-to-face semi-structured interviews and analysed using inductive thematic analysis.

Results: The findings indicated that caregivers were not adequately prepared to care for people with chronic mental illness because of insufficient training and knowledge. Caregivers were also emotionally burdened, with minimal support from patients' families, the government, and mental health professionals. They used coping strategies including group discussions, prayer, and support from friends and family. **Conclusion:** The study concludes that home-based caregivers require greater support and preparation. It recommends a collaborative approach involving the Department of Health, NGOs, and community healthcare services to provide appropriate support and assistance to home-based caregivers.

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Speaker Slots Filling Quickly

Title: Prevalence and Associated Factors of Central Sensitization Among Patients with Chronic Low Back Pain at Mbarara Regional Referral Hospital, Uganda: A Cross-Sectional Study

Speaker Name: Marven Robert Ruyonga

Affiliation: Mbarara University of Science and Technology

Background: Chronic low back pain (CLBP) is increasingly recognized as a condition influenced by altered central pain processing. Central sensitization (CS), characterized by amplified nociceptive signaling within the central nervous system, may contribute to persistent pain, disability and poor treatment response. This study determined the prevalence and factors associated with CS among patients with CLBP attending Mbarara Regional Referral Hospital (MRRH), Uganda.

Methods: A hospital-based analytical cross-sectional study was conducted among adults with CLBP attending the physiotherapy outpatient, general outpatient and orthopedic clinics at MRRH between October 6, 2025 and January 17, 2026. Participants were consecutively recruited. CS was assessed using the Central Sensitization Inventory (CSI), with a score ≥40 defining CS. Sociodemographic, clinical, psychological and lifestyle data were collected using interviewer-administered questionnaires. Modified Poisson regression with robust standard errors was used to estimate crude and adjusted prevalence ratios (aPRs) with 95% confidence intervals.

Results: Of 330 patients assessed, 304 were enrolled and analyzed. The mean age was 56.5 ± 16.2 years and 55.9% were female. Overall, 103/304 participants had a CSI score ≥40, giving a CS prevalence of 33.9% (95% CI: 28.9–39.4). Moderate-to-severe anxiety was independently associated with CS (aPR=3.24, 95% CI: 2.27–4.63), as was moderate-to-severe depression (aPR=1.63, 95% CI: 1.24–2.16), smoking (aPR=1.41, 95% CI: 1.04–1.91), opioid use (aPR=1.36, 95% CI: 1.02–1.81), and topical analgesic use (aPR=1.43, 95% CI: 1.004–2.04).

Conclusion: Approximately one-third of patients with CLBP at MRRH exhibited features of CS. CS was associated with psychological distress, smoking and certain analgesic-use patterns. These findings support incorporating assessment of central pain mechanisms and psychological distress into individualized, multidisciplinary biopsychosocial care for CLBP. Because of the cross-sectional design, the observed associations should not be interpreted as causal.

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Speaker Slots Filling Quickly

Title: Sexual Harassment Among Secondary School Students in Abeokuta, Ogun State, Southwest Nigeria: Implications for Adolescents' Mental Health

Speaker Name: Remi R. Aduradola

Affiliation: University of Ibadan

Sexual Harassment in Secondary Schools is a pervasive problem in Abeokuta, Ogun State, with severe implications for education, health, and social development. Despite existing laws and policies, weak implementation and entrenched patriarchal norms continue to expose students, particularly girls, to harassment from peers, teachers, and authority figures.

This study employed a qualitative review of literature, institutional records, and case evidence to examine the prevalence, drivers, and consequences of sexual harassment among secondary school students in Abeokuta metropolis. The results revealed that harassment fosters an unsafe school environment, leading to declining enrolment, disengagement, and a growing population of out- of- school children. Early pregnancy and teenage motherhood, with over 92,000 cases reported in the state, disrupt education and limit socio-economic mobility.

Health impacts include depression, anxiety, post-traumatic stress disorder (PTSD), suicidal tendencies, and heightened risk of sexually transmitted infections. Physiological effects such as chronic stress further impair learning. Cultural beliefs, inadequate legal frameworks, and poor institutional responses sustain cycles of silence, stigma, and impunity while maladaptive coping strategies, including substance use and transactional sex, increase vulnerability.

The study underscores the urgency for multi-level interventions – including sex education, awareness campaigns, stronger legal reforms, and institutional accountability to safeguard students and restore confidence in their education.

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Speaker Slots Filling Quickly

Title: Screen Time and Physical Well-being: An Exploration of Sleep Quality and Body Pain Due to Social Media Amongst Medical Students

Speaker Name: Santana Rani Sarkar

Affiliation: Netrokona Medical College (NMC)

Background: Medical College is an intense, high-pressure environment where students are constantly stressed and overworked. To cope, unwind, and connect with peers, many medical undergraduates turn to social media applications that occupy substantial portions of their daily lives. Yet, excessive smartphone usage can have deleterious effects on physical well-being if done at inappropriate times throughout the day. This paper examines the relationship between general screen time behaviors and specific sleep patterns and localized body pain in a Bangladeshi undergraduate medical student population.

Methods: A cross-sectional institutional study was performed comprising 270 undergraduate medical students of Netrokona Medical College, Bangladesh. We distributed a printed questionnaire to the participants, which gathered information about their behavior-patterns pertaining to smartphone use, dependence, and eventual physical pain. Additionally, we employed a trusted international clinical tool known as the Pittsburgh Sleep Quality Index (PSQI) to assess the students' sleep-cycle quality and determine the extent of disturbance. PSQI was divided into seven specific clinical categories, which formed the basis of our analysis.

Results: A surprising 68.1% of participants were categorized as "poor sleepers" with a mean global score of 7.15±3.2. The analysis demonstrated that the two most pertinent clinical variables were "long sleep latency (duration)" (2.10±0.9) and "extreme daytime dysfunction" (2.05±0.8). Automatically, approximately 70% of respondents stated that they routinely used their phones before going to bed, and 55.9% confirmed that the behavior significantly impaired their quality of sleep ($p < 0.001$). In terms of ergonomic health, nearly 50% of the participants (48.6%) complained of experiencing physical discomfort ($p < 0.001$). Symptomatically, frequent headaches (12%) and eye pain (11%), whereas discomfort in the hands and wrists was uncommon (54.8% "Never").

Conclusion: Smartphone usage before going to bed is a leading contributor to sleep and ergonomic disorders, particularly upper-body pain, amongst medical students. As such, medical colleges must encourage students to adopt healthy behavioral patterns to prevent such occurrences.

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Title: Phenomenological analysis of lived experiences within the LGBTQ+ community in Rwanda

Speaker Name: Odile Habimana

Affiliation:

Despite the existence of laws protecting human rights in Rwanda, lesbian, gay, bisexual, transgender, and queer (LGBTQ+) people continue to face discrimination with its roots in cultural, religious, and moral beliefs. This study explored the lived experiences of LGBTQ+ individuals using a phenomenological design.

Data were collected through in-depth interviews, focus group discussions, and digital storytelling with 57 participants from six districts. Participants were recruited through purposive and snowball sampling, ensuring homogeneity and representation. A thematic queer phenomenological analysis was performed. Guided by the socioecological model, the analysis identified five key themes revealing experiences across individual, interpersonal, community, organisational, and policy levels. Findings highlight internalised stigma, family rejection, misinformation, and discrimination in healthcare and employment. While prior studies have noted the absence of legal protections, this study revealed how legal ambiguity is lived as an embodied and multilevel experience, shaping identity expression and the everyday navigation of heteronormativity spaces. Despite challenges, community-based organisations fostered resilience and belonging.

Findings highlight the need to consider the lived experiences of LGBTQ+ community members when educating society about gender and sexual orientation, as well as designing inclusive programmes and policies across these levels to protect members of this community.

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Speaker Slots Filling Quickly

Title: Intra Familial Adverse Childhood Experiences and Recidivism: The Mediation Effect of Substance Use Among A Sample of Male Tunisian Prisoners

Speaker Name: Moufida Hamdi

Affiliation: Mahdia University Hospital

Background: Adverse childhood experiences (ACEs), particularly those occurring within the family, have been associated with substance use and criminal behavior. However, the mechanisms underlying the association between intra-familial ACEs and recidivism remain insufficiently explored. This study investigated whether substance use mediates the relationship between intra-familial ACEs and recidivism among male prisoners in Tunisia.

Methods: We conducted a cross-sectional study in April 2023 among 403 adult male prisoners in Tunisia. Data were collected using an anonymous, self-administered questionnaire in Arabic. Intra-familial ACEs were assessed using the World Health Organization ACE questionnaire. Information on tobacco, alcohol and cannabis use, as well as criminal history, was collected. Mediation analyses were performed to assess the indirect effect of intra-familial ACEs on recidivism through substance use, adjusting for age.

Results: The median age of participants was 31 years [26–40]. Overall, 93.5% reported at least one intra-familial ACE. Physical abuse (74.6%) and emotional abuse (73.0%) were the most prevalent experiences. Tobacco use was reported by 76.9% of participants, alcohol consumption by 59.1%, and cannabis use by 52.1%. Recidivism was observed in 52% of participants, including 18% who had been incarcerated twice and 34% who had been incarcerated at least three times. Mediation analysis showed that substance use significantly mediated the association between emotional neglect and recidivism, as well as between physical abuse and recidivism.

Conclusion: These findings highlight the potential role of substance use in the pathway linking intra-familial ACEs to recidivism. Addressing childhood adversity and substance use may contribute to more effective strategies for reducing recidivism among incarcerated populations.

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Speaker Slots Filling Quickly

Title: Prevalence of Depression and its Associated Factors Among Homeless Youth in Northern Ethiopia

Speaker Name: Tirusew Wondie

Affiliation: Debere Markos University

Background: Evidence indicates that homelessness is associated with an increased risk of mental disorders, including depression. Although street homelessness is a global public health problem, it poses a disproportionately greater burden in low- and middle-income countries, including Ethiopia. Despite the heightened vulnerability of street homeless youth to depression, empirical evidence on its prevalence and associated factors in Ethiopia remains limited.

Objective: To assess the prevalence of depression and its associated factors among homeless youth in Northern Ethiopia

Methodes and materials

Methods: We conducted a community-based cross-sectional study from 15 September to 15 October 2025 among 380 homeless youth in Northern Ethiopia. Participants were recruited using a consecutive sampling technique. The sample size was proportionally allocated to each study site based on the estimated number of homeless youths. Depression was assessed by Depression, Anxiety, and Stress Scale – 21 Items (DASS-21). Data were coded and entered into Epi Data version 4.6 and analyzed using SPSS version 26. Multivariable logistic regression analysis was performed to identify factors associated with depression. Variables with a p-value < 0.05 were considered statistically significant. Adjusted odds ratio (AOR) with 95% confidence intervals (CI) were used to estimate the strength of associations.

Results: The overall prevalence of depression among street homeless youth was 65% (95% CI: 37.1–47.2). Childhood abuse, Street victimization, Anxiety and stress were statistically significantly associated with depression.

Conclusion: The prevalence of depression among homeless youth in this study was high. childhood abuse, street victimization, anxiety and stress were significantly associated with Depression. These results suggest that policymakers and program planners should develop and implement targeted strategies for the prevention, early detection, and management of depression among street homeless youth.

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Speaker Slots Filling Quickly

Title: Suicide Prevention

Speaker Name: Rustem F Baikeev

Affiliation: Kazan State Medical University

Suicide is the 10th leading cause of death worldwide.

The purpose of the study is to systematize the knowledge explaining human suicide at the clinical level and as a violation of brain metabolism, as well as to propose a technology algorithm for identifying patients with suicidality who will commit suicide in the future.

Materials and methods. Analysis of clinical data on the study of the human brain in normal conditions and patients with ICD-10 X60-X84 diagnoses, including data from laboratory, genetic and non-invasive in vivo research methods such as MRI (magnetic resonance imaging), fMRI (functional magnetic resonance imaging), DTI (diffusion-weighted tomography), single-photon emission computed tomography, positron emission tomography (PET), as well as mathematical analysis explaining human suicide.

There is a deep understanding by psychiatrists of such nosologies as MDD and suicide. Theories of suicide have been developed, types of suicide models have been identified, and 39 practical biological, physiological, psychological, and psychiatric scales for identifying patients with suicidal behavior have been introduced. At the same time, the informative value of these scales in terms of predicting completed suicide does not exceed 5.5%. There is no technology available to identify subjects who will commit suicide from a cohort of patients with suicidal behavior. 2. The emotional state of a person in the line happiness-laziness-unhappiness-depression-suicide (suicide attempt) is determined by variations in the concentration of the same molecular components - serotonin, dopamine, norepinephrine, cortisol, oxytocin, melatonin, endorphins, IL-1, IL- 6, BDNF, endocannabinoids, glutamate, GABA, neuropeptides (orexin-A, orexin-B), uric acid, C-reactive protein and triglycerides, neutrophil-to-lymphocyte ratio, tumor necrosis factor-α (TNF-α), tissue growth factor-β1 (TGF-β1), vascular endothelial growth factor (VEGF), IL-2, IL-4 interferon-γ (IFN-γ), etc. 4. Integrally pathological shifts in MDD and suicides in the target areas are characterized by a decrease in the volume of white and gray matter.. 5.. An algorithm of technology is proposed for identifying patients with suicidality who will commit suicide in the future using *in vivo* magnetic resonance spectroscopy on ^{1}H and ^{31}P nuclei.

Conclusion: Impaired cognitive functions and a mosaic of other clinical signs characteristic of patients with MDD and suicide are determined by a violation of ATP synthesis.

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Speaker Slots Filling Quickly

Title: The relationship between unintended pregnancy and mother-infant attachment among university students at an institution of higher learning in Limpopo Province, South Africa

Speaker Name: J K Mashaba

Affiliation: University of Limpopo

Introduction: Unintended pregnancy is an important reproductive and psychosocial concern among university students and may influence the development of the mother-infant relationship. This study examined the association between pregnancy intention and mother-infant attachment among female students at an institution of higher learning in Limpopo Province, South Africa.

Objectives: The study investigated the relationship between pregnancy intention and demographic characteristics and determined whether pregnancy intention was associated with mother-infant attachment.

Scope: The study involved 205 former female University of Limpopo students who had given birth whilst studying and whose children were older than six months.

Methodology: A quantitative descriptive-correlational design was used. Participants were recruited through convenience sampling. Data were collected using a demographic questionnaire, the London Measure of Unplanned Pregnancy (LMUP), and the Maternal Postnatal Attachment Scale (MPAS).

Data analysis: Descriptive statistics, chi-square tests, ANOVA, and Kruskal-Wallis tests were used to analyse the data.

Results: Findings showed that 9.8% of pregnancies were planned, 55.1% were ambivalent, and 35.1% were unplanned. Pregnancy intention was significantly related to age (p = .00041), but not with level of study (p = .599) or number of children (p = .5312). Pregnancy intention was significantly related to quality of attachment (p = .0000135), absence of hostility (p = .0000713), and pleasure (p = .011). Planned pregnancies had higher attachment and pleasure scores than unplanned pregnancies.

Conclusion: The findings demonstrate an important association between pregnancy intention and mother-infant attachment. Planned pregnancies were related to with more positive attachment outcomes, highlighting the significance of reproductive health education, contraceptive services, and psychosocial support for student mothers.

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Speaker Slots Filling Quickly

Title: Deep Learning-Based Prediction of Childhood Immunization Status in Ethiopia

Speaker Name: Birku Getie Mihret

Affiliation: Debre Tabor University

Background: Childhood immunization is a fundamental component of preventive healthcare and plays an important role in protecting children from vaccine-preventable diseases and supporting their health, development, and wellbeing. In Ethiopia, incomplete immunization remains a public health concern, particularly among children living in socially and economically vulnerable circumstances. Identifying children at risk of incomplete immunization may support earlier and more targeted preventive interventions and contribute to improved child health and wellbeing.

Methods: This study developed and evaluated deep learning models for predicting childhood immunization status among Ethiopian children aged 0–59 months. A total of 16,394 observations from the Ethiopian Demographic and Health Survey (EDHS) were analyzed. The dataset was divided into 70% training (11,476 observations) and 30% testing (4,918 observations). Four deep learning algorithms, including Long Short-Term Memory (LSTM), Convolutional Neural Network (CNN), Bidirectional Long Short-Term Memory (Bi-LSTM), and Recurrent Neural Network (RNN), were implemented using Python. Model performance was evaluated using accuracy, precision, recall, and F1-score.

Results: The LSTM model achieved the highest predictive performance on the testing dataset, with an accuracy of 93.74%, precision of 94.99%, recall of 91.87%, and F1-score of 93.40%. Region, maternal age, marital status, place of residence, and other maternal and socioeconomic characteristics were identified as influential predictors of childhood immunization status.

Conclusion: The findings demonstrate the potential of deep learning to identify children who may be at increased risk of incomplete immunization using demographic, maternal, and socioeconomic characteristics. AI-based risk prediction could complement public-health programs by supporting targeted outreach, early preventive action, and more equitable access to essential child-health services in resource-constrained settings. Such data-driven approaches may contribute to strengthening preventive healthcare and promoting improved child health, development, and wellbeing.

Title: Exploring Neurosexuality: Bridging Neuroscience, Psychology, and Sexuality

Speaker Name: Juan Jose Rios

Affiliation: Sigmund Freund University Vienna

Neurosexuality is an emerging field that examines the intersection of neuroscience, psychology, and human sexuality, offering valuable insights into how the brain shapes sexual identity, desire, and behavior. This interactive workshop will provide a comprehensive overview of Neuro-sexuality, integrating current research with clinical applications.Participants will explore the neural mechanisms underlying sexual attraction, orientation, and attachment, as well as the impact of neurodiversity on sexual expression. Special attention will be given to the role of trauma, unconscious processes, and the potential of psychoanalysis, psychoanalytic hypnosis-therapy and Sexocorporel in addressing sexual dysfunctions and identity conflicts. Through case discussions, experiential exercises, and theoretical input, this workshop aims to deepen participants' understanding of the complex relationship between the mind, brain, and sexuality. It is designed for therapists, clinicians, and researchers seeking to expand their knowledge and integrate neuro-sexuality into their practice.

Learning Objectives:

• Understand the neurobiological foundations of sexuality.
• Recognize the influence of neurodiversity on sexual behavior and identity.
• Explore psychoanalytic, Sexocorporel, and hypnosis-therapeutic approaches to sexual concerns.
• Discuss clinical implications and ethical considerations in therapy.

This workshop encourages an open and evidence-based dialogue, fostering new perspectives on sexuality as a fundamental aspect of human experience.

Sexuality and Orgasm: Neurobiological Mechanisms

Sexuality and orgasm involve complex interactions between different brain regions, neurotransmitters, and the autonomic nervous system. Here's a breakdown of what happens in the brain during sexual arousal and after orgasm:

During Sexual Arousal

Sexual arousal is regulated by a network of brain areas that process desire, motivation, and pleasure. Key players include:

• **Hypothalamus** – Controls sexual drive by regulating hormones like testosterone and oxytocin.
• **Limbic System (Amygdala & Hippocampus)** – The amygdala processes emotions and sexual stimuli, while the hippocampus links memories to arousal.
• **Prefrontal Cortex (PFC)** – Involved in decision-making and self-control. During sexual arousal, its activity decreases, leading to reduced inhibitions.
• **Ventral Tegmental Area (VTA)** – Releases dopamine, increasing pleasure and motivation for sexual activity.

During Orgasm

Orgasm is a peak event in sexual response, marked by intense pleasure and widespread brain activation. Key changes include:

• **Massive Dopamine Release** – The VTA floods the brain with dopamine, creating intense pleasure and reinforcing sexual behavior.
• **Inhibition of the Prefrontal Cortex** – Logical thinking and self-awareness momentarily decrease, leading to a loss of control and full immersion in the experience.
• **Activation of the Reward System** – The nucleus accumbens and other reward-related areas become highly active, reinforcing pleasure.
• **Oxytocin & Vasopressin Surge** – These hormones promote bonding and emotional attachment, particularly after orgasm.
• **Deactivation of the Amygdala** – Fear and anxiety responses are suppressed, increasing relaxation and emotional openness.

1. **After Orgasm (Refractory Period & Resolution Phase)**
   Post-orgasm, the brain shifts to a recovery mode, which includes:
   • **Prolactin Release** – This hormone counteracts dopamine, reducing arousal and creating a feeling of sexual satisfaction. It also contributes to the refractory period (the time before arousal can be experienced again).
   • **Serotonin Increase** – Promotes relaxation, satisfaction, and a feeling of emotional well-being.

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Speaker Slots Filling Quickly

Title: Experiences of home-based caregivers of patients with chronic mental illness in Ga-Dikgale Limpopo Province

Speaker Name: Mokgadi Setwaba

Affiliation: University of Limpopo

Introduction: Caring for persons with mental illness can be burdensome and could lead to home-based caregivers experiencing various physical, emotional, and psychological challenges, such as anxiety, depression, and stress. Despite these challenges, studies prioritise the experiences of the mentally ill persons and their immediate families, with less focus on the experiences of the home-based caregivers, especially those in rural areas. Thus, this study sought to explore the experiences of home-based caregivers of people living with chronic mental illness in Ga-Dikgale, Limpopo Province, South Africa.

Objectives: The main objective was to explore the experiences of home-based caregivers of people living with chronic mental illness in Ga-Dikgale, Limpopo Province, South Africa. The study also sought to understand the challenges experienced by caregivers and the coping mechanisms they use.

Scope: The study focused specifically on home-based caregivers caring for family members with chronic mental illness in the rural community of Ga-Dikgale, Limpopo Province. The scope was therefore geographically and population-specific, involving eight caregivers: six females and two males.

Methods: A qualitative research approach and an exploratory case study design were employed. A combination of purposive and snowball sampling was used to recruit eight caregivers of family members with chronic mental illness from Ga-Dikgale, Limpopo Province.

Data analysis: Data were collected through face-to-face semi-structured interviews and analysed using inductive thematic analysis.

Results: The findings indicated that caregivers were not adequately prepared to care for people with chronic mental illness because of insufficient training and knowledge. Caregivers were also emotionally burdened, with minimal support from patients' families, the government, and mental health professionals. They used coping strategies including group discussions, prayer, and support from friends and family.

Conclusion: The study concludes that home-based caregivers require greater support and preparation. It recommends a collaborative approach involving the Department of Health, NGOs, and community healthcare services to provide appropriate support and assistance to home-based caregivers

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Speaker Slots Filling Quickly

Title: Migrant women. How the migration process is directly linked to situations of Gender-Based Violence

Speaker Name: Ammar Mohammed Zakariya

Affiliation: The Iraqi University

This study focuses on Auditory-Visual Speech Recognition (AVSR) for Arabic, a comprehensive language. AVSR is a highly important research area in education and learning, particularly in the field of correct Arabic pronunciation. Today's best learning algorithms are widely used to leverage knowledge from data loss.

About Arabic, we worked on the Arabic alphabet, converting each letter into a sound vibration and then translating it into code. This code then allows the algorithm to recognize and pronounce the letter correctly. It's worth noting that new large language models (LLMs) like GitHub Copilot and ChatGPT have revolutionized this field. These LLMs, characterized by their comprehensive standard sets and training on vast datasets of advanced texts, demonstrate remarkable capabilities in generating experiences. Our focus is on how to differentiate between the visuals and pronunciation of Arabic letters within these generated experiences. This study attempts to solve these problems using a range of programming methodologies. LD is a set of programming rules in deep and deep learning models, and maintains the correct syntax of the Arabic language through the generated code. The core aspect of this research is that with a suitable system design and good training to serve learners of the Arabic language.

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Speaker Slots Filling Quickly

Title: Psychological and Physical Safety of Foreign Journalists Covering Boko Haram Conflict in Borno State, Nigeria

Speaker Name: Yusuf Nurat Tosin

Affiliation: Caleb University

Journalists play a vital role in reporting issues of public interest, political, economic, social, and conflict. However, journalists sometimes face a lot of risks in relation to their reportage. Hence, ssthe issue of their safety has created an important knowledge vacuum in the existing literature. Journalists and other media actors are been murdered, tortured, attacked, abducted, detained, threatened, harassed, and intimidated on account of their professional activities.

Incidentally, journalism practice is becoming highly risky due to the unabated threats, kidnappings, and killings of journalists and other media staff all over the world. Though every journalist is vulnerable to violence and attacks, but international journalists covering conflict in Borno State, Nigeria are more prone to psychological and physical threats. These journalists are not familiar with this conflict zone, and also have challenges of weather. Within this context, this study examines the psychological and physical safety of international journalists covering the Boko Haram insurgency in Borno State, Nigeria. The study adopts Interpretative Phenomenological Analysis (IPA) as its primary method of scientific inquiry. Seven international journalists that frequently visit Borno to cover the Boko Haram crisis are selected for the study. The study adopts purposive sampling because IPA researchers usually use the purposive sampling technique to generate a fairly homogeneous sample to achieve the goal of a study.

Theoretically, Cultural Theory and Posttraumatic Stress Disorder (PTSD) serve the study framework. The findings of the study show that there is a psychological and physical threat to foreign journalist covering conflict in Borno State.

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Speaker Slots Filling Quickly

Title: Hematological Disorders in Afghanistan: A Review

Speaker Name: Sayed Mortaza Fayez

Affiliation: Mashhad University of Medical Sciences

Background: Afghanistan faces a heavy and largely under-recognized burden of hematological disorders, shaped by a uniquely complex interplay of high consanguinity, population-specific genetic variants, widespread nutritional deficiencies, extreme environmental conditions, and decades of armed conflict.

Objective: To synthesize peer-reviewed evidence (2000–2026) and provide the first comprehensive narrative of hematological disorders in Afghanistan, critically appraise diagnostic and therapeutic gaps against regional standards, and propose a pragmatic research and intervention agenda.

Methods: A non-systematic search was performed from 1 March 2026 to early May 2026 in PubMed, Google Scholar, Scopus, and WHO regional databases using predefined MeSH terms and Boolean operators. Inclusion criteria were original research, reviews, case series, and official organization reports published between 1 January 2000 and 30 April 2026; English language; studies conducted on Afghan populations or Afghan refugees; and relevance to at least one hematological disorder or hematologic complication of conflict/nutrition. Editorials without data, animal studies, and non-English publications were excluded. The search yielded 47 eligible sources, of which 42 peer-reviewed studies and 5 WHO/UNICEF reports were included for final synthesis.

Results: The national consanguinity rate (~46%) drives some of the world's highest prevalences of autosomal recessive hemoglobinopathies, particularly β-thalassemia, with 1–1.5 million estimated carriers. β-thalassemia carrier rates vary sharply by ethnicity, reaching 5–10% in Pashtun and Tajik groups, while the α-globin novel mutation Hb Balkh has been identified in the central highlands. G6PD deficiency, predominantly the Mediterranean type, affects up to 8.9% of Pashtun males and poses a barrier to primaquine-based malaria cure. Nutritional anemias are equally pervasive: anemia affects 51% of pregnant women in some provinces, 44.2% of children under five have iron deficiency, and 25% of newly arrived Afghan refugees have vitamin B12 deficiency. Conflict aggravates every dimension of the hematologic disease burden—trauma-induced coagulopathy, a largely voluntary blood supply with transfusion-transmissible infection markers in 4.36% of donations (HBV 2.95%, HCV 0.81%), and the near-absence of newborn screening, HPLC, or molecular diagnostics. Management relies on splenectomy and irregular transfusions; premarital screening is not mandated.

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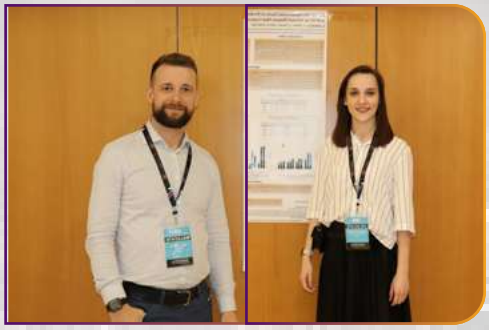

















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DISCOVERING

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SINGAPORE

Singapore, a dynamic city-state nestled in Southeast Asia, beckons travellers with its unique blend of cultural richness, technological advancements, and unparalleled experiences.

Cultural Diversity: In Singapore, cultures converge harmoniously, offering visitors a tantalizing journey through Chinese, Malay, Indian, and Western traditions. Explore vibrant neighbourhoods like Chinatown, Little India, and Kampong Glam to immerse yourself in their distinct flavors, colours, and aromas.

Modern Marvels: Marvel at Singapore's architectural wonders, from the iconic Marina Bay Sands complex to the futuristic Gardens by the Bay. Take a ride on the Singapore Flyer for panoramic views of the city skyline or indulge in thrilling attractions on Sentosa Island.

Culinary Delights: Singapore's food scene is legendary, boasting a kaleidoscope of flavors that tantalize the taste buds. Sample authentic dishes at bustling hawker centers, from savory Hainanese chicken rice to rich and fragrant laksa.

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Marina Bay Sands



Merlion Park



Supertree Grove



Little India And The Arab Street



Sentosa Island

MUST-SEE DESTINATIONS IN

SINGAPORE



Clarke Quay



Cloud-Forest



Flower-Dome



Gardens By the Bay



Jewel Changi Airport



National Gallery



Singapore Botanic Gardens



Universal Studios



Singapore Art Science Museum

MUST-SEE DESTINATIONS IN SINGAPORE



Buddha Tooth Relic Temple and Museum



Asian Civilisations Museum



National Orchid Garden



OCBC Skyway



Singapore Botanic Gardens



Singapore Oceanarium



Singapore Zoo



The Shoppes at Marina Bay Sands



Jurong Bird Park

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