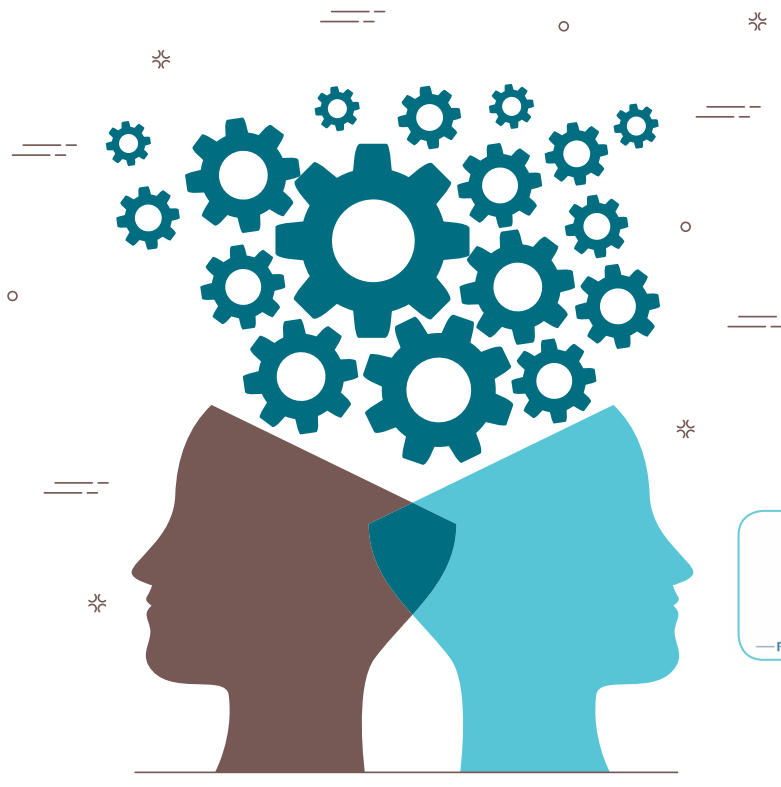


WORLD CONGRESS ON
**ADVANCES IN MENTAL
HEALTH, ADDICTION
MEDICINE AND
NEUROSCIENCE**

17-18 MARCH 2025
AMSTERDAM, NETHERLANDS



Hosted By:
SCHOLARS CONFERENCES LIMITED
21 Clifton Road, Newcastle Upon Tyne, England
United Kingdom, NE4 6XH
info@scholarsconferences.com
+447426060443

Scientific Program

Day 01 | March 17, 2025 | In-Person

08:30-09:15 Registrations

09:15-09:30 Opening Ceremony

Keynote Forum

09:30-10:00 **Title: Crossing Borders through Culturally Informed Intersectionality: Reflecting on being an Indigenous Woman Living with Disability in Higher Education**

Sheelagh Daniels-Mayes and Anthea Skinner, University of Melbourne, Australia

10:00-10:30 **Title: Understanding Machiavellianism: Traits, Psychological Perspectives, and Implications for Psychotherapy**

Benjamin Pelz, Curamed, Germany

10:30-11:00 **Title: Breaking Barriers, Shaping the Future of Women: Public Policies in Brazil**

Larissa Albuquerque Oliveira Vitoriano Rodrigues, Pontificia Universidade Catolica do Parana, Brazil

Networking and Refreshments Break @ 11:00-11:20

11:20-11:50 **Title: Advancing Interprofessional Clinical Care in an Academic Psychiatry Department**

Sabine Schmid, University of Minnesota, United States

11:50-12:20 **Title: Securing the Safety Net: Cybersecurity Strategies for Protecting Financial Guarantees**

Daniela Tolici, Bank Deposit Guarantee Fund, Romania

12:20-12:50 **Title: Women as Victims and Actors in Conflicts: A Dual Reality**

Helene Conway-Mouret, French Senate, France

Group Photo @ 12:50-13:00

Lunch and Networking Break @ 13:00-13:50

13:50-14:20 **Title: Positive Mental Health**

Nidhi Trivedi, Nidhi Perception Pty LTD, Australia

Speaker Session:

Session Chair: Barb Smith Varclova, Your Steps Counselling, United Kingdom

Nidhi Trivedi, Nidhi Perception Pty LTD, Australia

14:20-14:45 **Title: Alcohol-Related Brain Damage: Improving Outcomes for Patients and Providers**

Renee Willenborg & Stephen Smith, NHS Lothian, United Kingdom

14:45-15:10 **Title: Mental Health and Leadership: Empowering Women through Mindfulness and Stress Management**

Sabira Arefin, IdMap.ai, Institute of Global Health, United States

15:10-15:35 **Title: Assessing an Online Jing Method™ Advanced Clinical Massage Protocol to Treat Stress in Unpaid Carers of Children or Adults with Disability**

Casey Stewart Smith, Revive Therapy, United Kingdom

15:35-16:00 **Title: Unveiling the Gender Gap in Nutrition: A formative Study of Sociocultural barriers in Southeast and West Africa**

Nazneen Rahman, CARE USA, United Kingdom

Networking and Refreshments Break @ 16:00-16:20

16:20-16:45 **The Sea Recovery Retreat**, Spain

16:45-17:10 **Patty Mhanguwo**, Zesa Holdings, Zimbabwe

17:10-17:35 **Title: Jordan Social Entrepreneurship Policy & Roadmap**

Mahmoud Awad Zayed Alkaraki, Plan International, Jordan

Panel Discussions & B2B Meeting @ 17:35-18:00

Day 01 End | Closing Ceremony

Day 02 | March 18, 2025 | In-Person

09:00-09:15 : Introduction

Keynote Forum

- 09:30-10:00 **Title: Parenting in the Trauma Recovery - Break a Cycle**
Barb Smith Varclova, Your Steps Counselling, United Kingdom
- 10:00-10:30 **Title: Evaluating the effects of The Jing Method™ of Advanced Clinical Massage on stress, anxiety, and depression in those with desk based work/sedentary lifestyles**
Sian O Flynn, Jing Institute of Advanced Clinical Massage & Complementary Medicine, United Kingdom
- 10:30-11:00 **Title: Adaptability: A Superpower for the Next-Gen Female Leaders Fostering Innovation**
Tina Persson, Passage2Pro AB – Educational & Coaching Company, Sweden

Networking and Refreshments Break @ 11:00-11:20

- 11:20-11:50 **Title: Responsive Commercial Architecture for Improving the Quality of Life for Neurodivergent Individuals: A Neuroarchitectural Approach to Rethinking Workspaces**
Leticia Schuwartz Deps, Ibrachics, Brazil

Speaker Session

Session Chair: Barb Smith Varclova, Your Steps Counselling, United Kingdom

- 11:50-12:15 **Title: Break Those Barriers and Pave the Way**
Syreeta Bond, Walden University, United States
- 12:15-12:40 **Title: Transcranial Direct Current Stimulation (tDCS) Improves Emotion Regulation in Children with Attention-Deficit Hyperactivity Disorder (ADHD)**
Mariam Hosseinzadeh, Shahid Beheshti University of Medical Sciences, Germany
- 12:40-13:05 **Title: Identity as a Driver for Cosmetic Intervention as Palliative Care**
Keren Ezra, Hasmonean High School, United Kingdom

Lunch and Networking Break @ 13:05-13:55

- 13:55-14:20 **Title: A Life Cursed with Difference of Mind and Body: The Role of Counseling, Technology, and Innovation in Empowering Women and LGBTQ+ Mental Health in Bangladesh**
Mohammad Abdul Mannan Akond, Abul Quasem George & Md Al Emam Reza, SSD Youth Foundation, Bangladesh
- 14:20-14:45 **Title: Unlocking Potential: Empowering Women in Science and Technology-Bridging the Gender Gap in Bangladesh's Digital Future**
MD Khairul Islam, JAAGO Foundation Trust, Bangladesh
- 14:45-15:10 **Title: Mainstream Governance in Local Politics: Experience of Women Leaders in the City of San Fernando, La Union, Philippines**
Dulce Rodriguez, DMMMSU, Philippines
- 15:10-15:35 **Title: TBA**
Martha Doq, Perkumpulan Nurani Perempuan, Indonesia
- 15:35-16:00 **Title: Leadership Development: A case study of political, environmental and social activism led by Women**
Oyeyinka Oyelowo, Canadian Voice of Women for Peace (VOW), Canada

Networking and Refreshments Break @ 16:00-16:20

Poster Session @ 16:20-16:50

- EP001 **Title: Mental Health Challenges of Medical Students At Different Stages of Training: Incidence and Associated Factors After an Academic Year Follow-Up**
Meredith Xepoleas, Keck School of Medicine of the University of Southern California, United States
- EP002 **Title: Investing in Women in Norway: Accelerating the Pace towards Equality**
Furaha Kabisuba, LLS, Norway

Panel Discussions & B2B Meetings

Day 03 | March 19, 2025 | Virtual | GMT +1**09:00-09:15 : Introduction****Keynote Forum**

- 09:15-09:45** **Title: Neuroimaging by Evaluation Nerverenovate and Neuroplasticity of Acupuncture in Children with Cerebral Palsy**
Zhenhuan LIU, Nanhai Maternity and Children Hospital Affiliated to Guangzhou University, China
- 09:45-10:15** **Title: Neurological and Psychological Impact Assessment (NPIA) Process**
Vijayan Gurumurthy Iyer, Bihar Institute of Public Administration & Rural Development, India

Speaker Session

- 10:15-10:40** **Title: Assessing the Causal effects of Relative Carbohydrate Intake on Depression and Elucidating the Potential Mediating Roles of Obesity Traits**
Shan-Shan Dong, Xi'an Jiaotong University, China

Refreshments Break @ 10:40-11:00

- 11:00-11:25** **Title: A curious case of Normal Pressure Hydrocephalus after Traumatic Brain Injury**
Priya Kadam, Royal Infirmary of Edinburgh, United Kingdom
- 11:25-11:50** **Title: Exploring the Impact of Depression, Anxiety, and Stress on the Quality of Life of Mothers with Children with Autism Spectrum Disorder (ASD)**
Paul Raj, Jyoti Nivas College Autonomous, India
- 11:50-12:15** **Mitul Kumar Ahirwal**, Maulana Azad National Institute of Technology, India
- 12:15-12:40** **Title: Emotional Dependency on AI Companions: The Risk of AI Girlfriends in Undermining Real Relationships**
Kadir Uludag, Shanghai Jiao Tong University, China

Refreshments Break @ 12:40-13:00

- 13:00-13:25** **Title: Amantadine may improve neurocognitive function in patients with high-grade subarachnoid haemorrhage: a case series and review of the literature**
Krishna Muralidharan, Royal Prince Alfred Hospital, Australia
- 13:25-13:50** **Jonasz Dragon**, Medical University of Silesia, Poland
- 13:50-14:15** **Title: Treatment strategies for Internet addiction among Iranian teenagers**
Zohreh Foladi Dehaghi, Shariati Hospital, Iran
- 14:15-14:40** **Title: Impacts of Technology-Facilitated Gender-Based violence on Mental Health**
Mileidys Williams Henry, Fembloc, Spain

E-Poster

- 14:40-15:05** **Title: Nurse Leaders' Perspectives on Unethical Conduct in Psychiatric Care**
Julia Amanda Bjorklund, Abo Akademi University, Finland

Speaker Session

- 15:05-15:30** **Title: Treatment of Chronic Muscle Spasm and Pain with the CMECD® Procedure**
Roger H Coletti, Interventional Health, United States
- 15:30-15:55** **Title: Mechanistic Investigations into the Brain Derived Neurotrophic Factor Receptor TrkB**
Mary Avella, CUNY Hunter College, United States

Day 03 End | Closing Ceremony



At Sea Recovery Centre, we offer a sanctuary for those battling addiction and mental health challenges. Founded with a deep commitment to providing compassionate care, we believe in the power of transformation and renewal. At Sea Recovery Center, we offer premium accommodation and specialized services designed to help individuals overcome addiction and mental health challenges through our holistic and personalized approach. Located in the serene and luxurious surroundings of Sotogrande, near Marbella on Spain's Costa del Sol, our exclusive residential rehab provides world-class treatment for addiction, mental health disorders, and eating disorders. We deliver care in English, Spanish, Swedish, German, Danish, and Russian, ensuring a seamless recovery experience for clients from diverse backgrounds. We offer both inpatient and outpatient bespoke recovery plans in a private, luxurious, and fully confidential setting. Our commitment is to your full, lifelong recovery, providing the highest level of care to support your journey toward lasting well-being.

Key Highlights (special features/products) - Our luxury vacational rehab center offers an individualised blend of evidence-based therapies, mindfulness practices, holistic treatments and personalised care plans. Our bespoke therapies focus on your unique needs, providing you with the tools you need to develop healthier coping mechanisms and find your wave to recovery.

Address: C. Grazalema, 2, 11360 San Roque, Cádiz
(UK) +44 7919 467053
(ES) +34 6243 36789

<https://searecoverycentre.com/>

World Congress on

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands

A graphic consisting of a large teal circle with a lighter blue outer ring. A thin teal line extends from the top of the circle, connecting to a solid teal horizontal bar at the top of the page. To the left of the circle is a large, stylized graphic in pink and yellow, resembling a combination of a 'Z' and a '7', with a small graduation cap icon at its top right.

**KEYNOTE
SPEAKERS
Day 1**

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Sheelagh Daniels-Mayes

University of Melbourne, Australia

Biography

Sheelagh Daniels-Mayes is a Gomeroi woman who has low vision. She is Lecturer in Indigenous Studies, and Deputy Associate Dean, Diversity and Inclusion – Disability in the Faculty of Arts at the University of Melbourne. Her research expertise includes sociology of racism, Critical Indigenous Studies, Critical Disability Studies and intersectionality.

Sheelagh is the Chief Investigator of an ARC Discovery Indigenous, 'Improving Life Outcomes for Indigenous People Living with a Disability: Lessons from Australia's Universities' (The BlakAbility Project). This is a multidisciplinary team investigating the experiences of Indigenous staff and students with disability. She is developing a framework referred to as BlakAbility

Crossing borders through culturally informed intersectionality: Reflecting on being an Indigenous woman living with disability in higher education

In this presentation I reflect upon my experiences of being an Australian Indigenous, disabled and, yes, a woman, who leads a major research project in higher education. More specifically, I will speak of how I navigate the university landscape that largely remains under the leadership of men, the able-bodied and those who are affiliated with the dominant culture. While Indigenous women are increasingly achieving leadership roles in higher education, they are hindered in their undertakings by barriers such as racism and sexism, and for me and many others, ableism. This complex entanglement of identities too often results in multiple sites of exclusion, disempowerment and invisibility. However, such identities can also be sites of opportunity, strength and resistance.

For generations colonisation has enacted a process of disempowerment for Indigenous women. It is essential to understand that my Aboriginality comes first and impacts all that I do. A culturally responsive model of leadership goes beyond being a position or a person. Instead, it involves responsibility and respect in both directions—from the younger to the older and the older to the younger. It is about deep listening, recognizing difference and lived experience, and working from where people are at—not where you would want them to be. It is, undoubtedly, also a gendered practice. Culture also frames disability as a strength and not a deficit. Culture is a way of reclaiming power; about disrupting racialized deficit narratives; resistance and, pushing back against the colonial load. Finally, using the framework of intersectionality reveals both the barriers and opportunities of belonging to multiple categories of inequity and ways in which to work across borders of difference.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Anthea Skinner

University of Melbourne, Australia

Biography

Anthea Skinner – Anthea is a Chief Investigator on the BlakAbility project, developing the research design, conducting fieldwork, evaluating gathered data and co-designing professional training resources. Anthea is a musicologist and a McKenzie Postdoctoral Research Fellow at the Victorian College of the Arts, University of Melbourne. She is the co-ordinator of the Melbourne Youth Orchestras' Adaptive Music Bridging Program, provided instrumental music education for children with disability. In 2024 she was awarded an ARC Early Career Industry Fellowship.

Crossing borders through culturally informed intersectionality: Reflecting on being an Indigenous woman living with disability in higher education

In this presentation I reflect upon my experiences of being an Australian Indigenous, disabled and, yes, a woman, who leads a major research project in higher education. More specifically, I will speak of how I

navigate the university landscape that largely remains under the leadership of men, the able-bodied and those who are affiliated with the dominant culture. While Indigenous women are increasingly achieving leadership roles in higher education, they are hindered in their undertakings by barriers such as racism and sexism, and for me and many others, ableism. This complex entanglement of identities too often results in multiple sites of exclusion, disempowerment and invisibility. However, such identities can also be sites of opportunity, strength and resistance.

For generations colonisation has enacted a process of disempowerment for Indigenous women. It is essential to understand that my Aboriginality comes first and impacts all that I do. A culturally responsive model of leadership goes beyond being a position or a person. Instead, it involves responsibility and respect in both directions—from the younger to the older and the older to the younger. It is about deep listening, recognizing difference and lived experience, and working from where people are at—not where you would want them to be. It is, undoubtedly, also a gendered practice. Culture also frames disability as a strength and not a deficit. Culture is a way of reclaiming power; about disrupting racialized deficit narratives; resistance and, pushing back against the colonial load. Finally, using the framework of intersectionality reveals both the barriers and opportunities of belonging to multiple categories of inequity and ways in which to work across borders of difference.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Benjamin Pelz

Curamed, Germany

Biography

Benjamin Pelz is a clinical psychologist based in Germany, where he works with the CuraMed clinic group. He holds a master's degree in clinical mental health counseling, a bachelor's degree in psychology, and a graduate degree in neuropsychology. Additionally, he is a trained positive psychologist and is currently pursuing a PhD in general psychology with a focus on performance psychology. Mr. Pelz is an international speaker, having presented at several national and international conferences. He is also a published author, with multiple contributions to various scientific journals.

Understanding Machiavellianism: Traits, Psychological Perspectives, and Implications for Psychotherapy

This presentation explores the psychological concept

of Machiavellianism, tracing its development from a political idea derived from Niccolò Machiavelli's influential work, "The Prince," to its modern interpretation as a personality trait marked by manipulation, cynicism, and emotional detachment. A primary focus of our discussion is how Machiavellian traits manifest in psychotherapy, presenting unique challenges and opportunities. Individuals with high levels of Machiavellianism often hinder the establishment of genuine therapeutic alliances due to their manipulative behaviors and lack of empathy. This presentation analyzes the core characteristics of Machiavellianism within the broader context of the Dark Triad, which also includes narcissism and psychopathy. This presentation will highlight the complex interplay of behaviors and attitudes that define these personality types. The speaker will examine the psychological mechanisms underlying these traits, such as strategic manipulation and a transactional approach to relationships. The implications for therapy are substantial, as these traits frequently stem from environmental factors like childhood maltreatment and dysfunctional family dynamics. Effective therapy necessitates an understanding of these origins, enabling therapists to navigate the complexities of treatment ethically. This presentation synthesizes existing literature and employs a multifaceted methodological approach. It offers insights into the challenges and potential strategies for addressing Machiavellian traits in clinical practice. By integrating theoretical frameworks with evidence-based approaches, the aim is to develop a comprehensive understanding of how these traits influence therapeutic processes and outcomes, ultimately fostering more effective therapeutic practices.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Larissa Albuquerque Oliveira Vitoriano Rodrigues

Pontificia Universidade Catolica do Parana, Brazil

Biography

Larissa Vitoriano is a criminal lawyer specializing in gender, violence against women, and women's rights. She is a professor of Criminal Procedure at the National Faculty of Education and Higher Education of Paraná (FANEESP). Larissa holds a Master's degree in Human Rights and Public Policies from the Pontifical Catholic University of Paraná and a postgraduate degree in Administration, Finance, and Value Generation from the Pontifical Catholic University of Rio Grande do Sul. She is currently pursuing a postgraduate degree in Civil Procedural Law at the University of Fortaleza. Larissa is a member of the Gender Violence Studies Commission and the Human Rights Defense Commission at the OAB/PR, part of the Criminology and Criminal Policy Center at UFPR, Secretary-General of the National Women's Coalition, and a full member of the Women's Rights Commission in Araucária, Paraná.

Breaking Barriers, Shaping the Future of Women: Public Policies in Brazil

In recent decades, Brazil has embarked on a journey to advance gender equality through progressive public policies. This study examines the impact of these policies on women's empowerment, focusing on key initiatives like the Maria da Penha Law, which addresses domestic violence, and efforts to enhance female representation in politics and leadership. Through comprehensive policy analysis, the research evaluates the effectiveness of these measures.

The results highlight significant progress in reducing gender-based violence and increasing women's participation in public life. However, challenges remain, such as persistent wage gaps and underrepresentation in certain sectors. The analysis reveals that while policies have created a foundation for gender equality, societal norms and structural inequalities continue to pose barriers. The study underscores the importance of intersectional strategies that address the diverse experiences of women, considering factors like race and socioeconomic status.

In conclusion, the findings emphasize the need for comprehensive and inclusive public policies to sustain and accelerate progress in gender equality. This research contributes to the discourse on women's rights in Brazil, offering insights into effective policy-making and advocacy strategies. The study serves as a call to action for continued efforts to break down barriers and shape a future where all women can thrive.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Sabine Schmid

University of Minnesota, United States

Biography

Sabine P. Schmid, PhD, is a clinical psychologist and associate professor in the Department of Psychiatry and Behavioral Sciences at the University of Minnesota. Her work is located within the Mood Disorders Program, which investigates and provides novel interdisciplinary interventions for depression. Her research focuses on the integration of cognitive-behavior therapy with emerging biological interventions.

Her clinical care approach is evidence-based with a core foundation in Cognitive Behavior Therapy and integrated with mindfulness and acceptance-based techniques. In addition to her involvement in clinical care and research, she currently directs her department's Psychology and Behavioral Sciences Education programming and leads interprofessional education efforts for trainees across disciplines.

Advancing Interprofessional Clinical Care in an Academic Psychiatry Department

Over the past decade, the Department of Psychiatry and Behavioral Sciences at the University of Minnesota has gradually shifted its clinical and educational activities towards greater interprofessionalism. Yet, barriers to excellence in interprofessional clinical care and education remain. This year, the department's Education Council created an Interprofessional Education (IPE) committee charged with developing and implementing the first IPE retreat for (independently) practicing clinical professionals within the

department.

This presentation will detail the retreat planning and implementation process including composing an IPE planning committee, selecting content/speaker, narrowing the target audience, crafting the evaluation process, and debriefing lessons learned. Logistics described in this presentation will focus on determining the format of the retreat, funding, and scheduling a ½ day event for clinicians, educators, and staff across professions.

The retreat had two parts, each containing didactics followed by "hands-on" practice. Part 1 didactics included: 1) defining interprofessional education and interprofessional collaborative practice (IPCP); 2) understanding multiple national forces moving toward IPCP and healthcare reform; and 3) evaluating existing literature on IPE and IPCP. The active learning workshop aimed at developing opportunities to improve team functioning. Part 2 didactics included: 1) defining the clinical integration process; 2) applying IPEC Core Competencies to work in healthcare settings; and 3) modeling competencies while engaging in interprofessional precepting. Part 2 concluded with a workshop identifying opportunities to implement interprofessional integration in clinical care settings, precepting, and team functioning.

Of 58 total participants, 16 completed the evaluation form. Responses (while limited) indicated the retreat a) was valued, directly relevant to participants' work, and deemed an effective use of their time, b) raised appreciation and understanding of IPE, and c) increased participants' motivation to implement and enhance IPE. Committee members and retreat participants valued the opportunity to create a shared mission consistent with the department's vision of interprofessionalism in the clinical learning environment. Participants identified the following primary barriers to greater implementation of IPE: 1) competing priorities by different employment homes in a complex, matrixed healthcare system, 2) conflicting schedules and limited protected time, 3) perceived lack of leadership support for prioritizing IPE and IPCP, and 4) limitations in team communication skills such as providing/receiving instructive feedback.

Moving forward, department education leaders will advance training opportunities tailored to identified needs and barriers to excellence in IPE and IPCP. For instance, capitalizing on the retreat, we will utilize interprofessional Crucial Conversations training to maximize effective communication and team functioning.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Daniela Tolici

Bank Deposit Guarantee Fund, Romania

Biography

Daniela Tolici is an Organizational Strategist with a rich professional journey spanning over 20 years. Throughout her career, she has been dedicated to enhancing organizational performance through strategic business planning, change management, and sustainable development. Currently serving as Advisor to the Director of Romanian Bank Deposit Guarantee Fund, she strives to establish and prioritize business objectives while offering invaluable insights into strategic matters. Her expertise lies in organizational development, with a keen interest in sustainability, gender diversity, and best practices within the financial sector. Her academic journey includes an MBA from the University of Wales, UK, and a PhD Diploma in Knowledge Management. Additionally, she shares her knowledge and passion for Change Management

and Organizational Development as an Associate Professor at the NUPSPA University, Bucharest, Romania. Daniela firmly believes that a collective effort can make a lasting impact and shape a future where organizations thrive while embracing positive change and diversity.

Securing the Safety Net: Cybersecurity Strategies for Protecting Financial Guarantees

In today's digital economy, ensuring the cybersecurity of financial guarantee systems is essential for maintaining public trust and financial stability. The Romanian Deposit Guarantee Fund (FGDB), a critical institution for safeguarding depositors, faces an escalating array of cyber threats that challenge its operational integrity and security. This paper delves into the unique cybersecurity challenges confronting financial guarantee institutions and outlines strategies to mitigate these risks effectively. By analyzing recent cyber incidents targeting financial entities, we identify key vulnerabilities relevant to systems like the FGDB. The study proposes a tailored cybersecurity framework emphasizing risk management, regulatory compliance, advanced threat detection, and rapid incident response. Additionally, it explores the potential of emerging technologies such as artificial intelligence and blockchain to strengthen defenses against sophisticated cyberattacks. Highlighting the importance of a proactive and dynamic approach, this research underscores the critical role of cybersecurity in protecting financial guarantees and reinforcing trust in an increasingly interconnected financial landscape.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Helene Conway-Mouret

French Senate, France

Biography

Conway-Mouret is a University Professor. She is appointed Head of the foreign language department at the Dublin Institute of Technology (DIT) in 1997. She is also Project Director at the European affairs Institute of Dublin, visiting Professor at the Research Institute IREST (Université Paris I Panthéon-Sorbonne) and founding member of the Unesco Chair "Culture, Tourism and Development" at Université Paris I Panthéon-Sorbonne.

She holds a B.A in modern languages (Université Lumière-Lyon II), a Higher Diploma in Education (Trinity College of Dublin, Ireland), a Master in philosophy (Trinity College) and a Degree in Management (University of Ulster in Belfast, United-Kingdom).

Women as victims and actors in conflicts: A dual reality

War is still seen as a "man's business", and women are often invisible. Few studies are carried out on the

impact of armed conflict on females, despite the fact that they represent a particularly vulnerable but resilient target group and play an increasingly active role in combat.

Civilian women: invisible but resilient victims

The human toll in armed conflicts is traditionally based on the number of casualties on the battlefields, whose majority are men. It overlooks the other victims who are women.

First and foremost, they are the primary victims of the bombardment of civilian areas, but also of sexual violence used as a weapon of war, as demonstrated by the attack on October 7. They are also victims of various explosive devices.

Secondly, they suffer the collateral effect of the upheaval in social and family structures caused by the absence or death of men. This restructuring of roles is particularly visible in Ukraine. It is just as prevalent in the Gaza Strip, although less documented due to the denial of access to the territory.

Women combatants: from exception to normality

Women are not just passive victims of conflict.

In the West, the feminization of armies is relatively recent but still limited. However, in war zones, taking up arms is a matter of survival. Kurdish women, for example, were pioneers in the empowerment of the Rojava region. Ukrainian women have seen their role evolve since the war in the Donbass.

It is essential to understand and integrate these realities to better meet the needs of women in conflict zones, while supporting their role in post-conflict transformation.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Nidhi Trivedi

Nidhi Perception Pty LTD, Australia

Biography

Nidhi Trivedi, a passionate advocate for mental health and inclusion support. With a background in counseling as a CBT therapist, coaching, and speaking, she is dedicated to empowering vulnerable populations to promote independence and positive change. Through her programs and advocacy efforts, she strives to create a more inclusive and supportive environment for individuals facing mental health challenges. As the CEO of Nidhi Perception Pty LTD, she led with empathy, determination, and resilience, inspiring others to join the cause of mental health awareness. She is committed to expanding my reach and impact, continuing to advocate for mental health support and empowerment. Together, we can make a difference in the lives of those who need it most.

Positive Mental Health

In the quest for holistic mental well-being, a unique and effective approach emerges through the integra-

tion of Cognitive Behavioral Therapy (CBT) and the ancient wisdom of Vedanta, a philosophical system that underpins many schools of thought in Hinduism. This innovative blend combines the evidence-based practices of CBT with the profound teachings of Vedanta, offering individuals a comprehensive roadmap toward positive mental health.

Drawing from the works of Beck et al. (1979) and Ellis (1995), CBT provides a structured foundation for identifying and challenging negative thought patterns and behaviors that contribute to mental health issues. On the other hand, Vedanta offers a profound understanding of the self, consciousness, and the interconnectedness of all beings. By incorporating Vedantic principles into therapy, individuals can deepen their self-awareness, cultivate mindfulness, and align themselves with their true inner nature.

Research by Kriyananda (2011) highlights the benefits of incorporating Vedanta philosophy in therapy, showing promising results in promoting emotional well-being and self-realization. The integration of CBT and Vedanta principles offers a unique perspective that not only addresses symptoms but also seeks to uncover the underlying causes of mental distress, guiding individuals toward a more profound sense of purpose and fulfillment.

This integrative approach empowers individuals to navigate the complexities of the mind with a blend of Western psychology and Eastern philosophy, providing a harmonious path towards positive mental health and spiritual growth. By embracing the synergy of CBT and Vedanta, individuals can embark on a transformative journey of self-discovery, resilience, and inner peace.

World Congress on

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands

A graphic consisting of a large teal circle with a light blue outer ring. A thin teal line extends from the top of the circle, connecting it to a solid teal horizontal bar at the top of the page. To the left of the circle is a large, stylized graphic in pink and yellow, resembling a combination of a 'W' and a 'J', with a small graduation cap icon at its top right.

**SPEAKERS
Day 1**

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Renee Willenborg

NHS Lothian, United Kingdom

Biography

Renee Willenborg is an Assistant Psychologist with the NHS Lothian Substance Use Psychology team. She completed her degrees in Psychology and Neuroscience at the University of Amsterdam. In 2021, Renee moved to Edinburgh to further her career in Psychology within the NHS. She works across several services, including an alcohol detox ward, homeless hostels, and the Penumbra Milestone ARBD unit. Her diverse experience allows her to support individuals in various challenging settings. Renee is dedicated to making a positive impact in the field of substance use and mental health.

Alcohol-Related Brain Damage: Improving outcomes for patients and providers

To describe and evaluate a cost-effective, integrated model of service provision for people with Alcohol Related Brain Damage (ARBD).

Methods: Participants identified by three large acute hospitals as having ARBD and suitable for recovery and rehabilitation were offered a 12-week recovery-focused programme at a residential unit. The unit is a collaboration between an NHS board, the local council, and a 3rd sector organization. Participants' pre-admission and post-admission medical data was gathered to analyse the effectiveness of the unit's programme on Emergency Department (ED) attendance and inpatient bed use. Improvement in cognition was measured by comparing the ACE-III results for all participants at admission and just prior to discharge from the programme. Thirty-one participants met the inclusion criteria.

Results: The programme significantly reduced attendance at ED, use of inpatient beds after discharge, and improved cognitive functioning.

Conclusion: This integrated service provides clear benefits to residents' cognitive functioning and to the NHS by freeing up inpatient beds and ED capacity, and should therefore be considered by commissioners when addressing the needs of people with ARBD.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Stephen Smith

NHS Lothian, United Kingdom

Biography

Stephen Smith is a Senior Clinical Psychologist and the ARBD Psychology Lead. After a career in social care and social work, he earned his Doctorate in Clinical Psychology in 2013. Since 2017, he has led the psychology team at Penumbra Milestone ARBD unit. Dr. Smith has served on the UK Expert Panel for ARBD and currently provides training services across Scotland for staff working with individuals with ARBD. His expertise and experience are highly valued in the field, particularly in supporting staff in their work with ARBD patients.

Alcohol-Related Brain Damage: Improving outcomes for patients and providers

To describe and evaluate a cost-effective, integrated model of service provision for people with Alcohol Related Brain Damage (ARBD).

Methods: Participants identified by three large acute hospitals as having ARBD and suitable for recovery and rehabilitation were offered a 12-week recovery-focused programme at a residential unit. The unit is a collaboration between an NHS board, the local council, and a 3rd sector organization. Participants' pre-admission and post-admission medical data was gathered to analyse the effectiveness of the unit's programme on Emergency Department (ED) attendance and inpatient bed use. Improvement in cognition was measured by comparing the ACE-III results for all participants at admission and just prior to discharge from the programme. Thirty-one participants met the inclusion criteria.

Results: The programme significantly reduced attendance at ED, use of inpatient beds after discharge, and improved cognitive functioning.

Conclusion: This integrated service provides clear benefits to residents' cognitive functioning and to the NHS by freeing up inpatient beds and ED capacity, and should therefore be considered by commissioners when addressing the needs of people with ARBD.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Sabira Arefin

IdMap.ai, Institute of Global Health, United States

Biography

Sabira Arefin is an accomplished American entrepreneur, businesswoman, and best-selling author. She has founded multiple AI and data-driven startups, including IdMap.ai, which specializes in big data and AI technology. Known for her expertise in women's empowerment, AI in healthcare, data privacy, and personal growth, Sabira has authored several best-selling books such as *Empower Her* and has been published in respected scholarly journals. Her work has earned her a spot among the top 10 entrepreneurs recognized by the International Business Times.

In addition to her technological ventures, Sabira is deeply committed to global health. She has established several health startups and founded the Institute of Global Health to advance health and wellness education. With a strong focus on integrating technology and health, Sabira has made significant contributions to global and mental health.

Sabira holds an MBA from Duke University and completed the Global Healthcare Leadership program at Harvard Medical School. She has been honored with the Marquee Who's Who Award in 2022 and 2023, and the Stellar Business Award in 2024, acknowledging her remarkable achievements and impact.

Mental Health and Leadership: Empowering Women Through Mindfulness and Stress Management

Mental Health and Leadership: Empowering Women Through Mindfulness and Stress Management

In today's dynamic workplace, the mental health of leaders has become an urgent conversation, but when we shift our focus to women leaders, the challenges intensify. Women in leadership positions must navigate a unique landscape—one where the pressures of professional success are compounded by personal responsibilities, societal expectations, and often, the weight of invisible emotional labor. As these demands accumulate, they present profound risks to women's mental health, well-being, and longevity.

Drawing from my extensive research and insights featured in my upcoming textbook on mental health and leadership in women, this presentation sheds light on the intricate challenges women leaders face. We will explore the root causes of these challenges and discuss actionable strategies for fostering resilience and mental well-being among women in leadership.

Unique Challenges Faced by Women Leaders: Women in leadership roles encounter stressors that are amplified by societal and workplace dynamics. Let's break down some of the most pervasive challenges:

Workplace Stress Amplified by Gender Biases: Gender bias often forces women leaders to overcompensate, working twice as hard to prove their worth in male-dominated environments. This creates disproportionate stress, placing women in a constant state of emotional hyper-vigilance that can lead to burnout and deteriorating health.

The "Second Shift" Phenomenon – Balancing Work and Home: Many women, even in high-ranking positions, still shoulder the bulk of household and caregiving responsibilities. This 'second shift' leads to chronic stress, leaving little room for personal recovery and contributing to exhaustion that erodes mental well-being.

Emotional Labor: Women are frequently expected to be the emotional caretakers, not only for their families but also for their colleagues and teams. This often unacknowledged burden depletes their emotional resources, intensifying the risk of burnout.

Imposter Syndrome: Despite their achievements,

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands

many women leaders grapple with self-doubt, constantly questioning their competence in the face of success. The internalization of this self-doubt feeds anxiety and stress, exacerbating mental fatigue.

The Consequences on Health and Longevity: The mental health challenges women face are not confined to emotional well-being—they have real, measurable consequences on physical health and longevity. Stress-related burnout can lead to the shortening of telomeres (the protective ends of chromosomes), which accelerates aging and increases the risk of cardiovascular disease, cognitive decline, and a host of other chronic conditions. The stress-induced biological response in women leaders can significantly shorten life expectancy if not adequately addressed.

Strategies for Empowering Women Leaders: While the challenges are immense, solutions rooted in mindfulness, leadership strategies, and workplace wellness can mitigate the damage and create pathways to resilience.

Mindfulness and Stress Management: Mindfulness, meditation, and stress-reduction techniques are powerful tools that can help women leaders manage emotional stress and prevent burnout. Daily mindfulness practices are scientifically proven to lower cortisol levels and improve emotional regulation, enabling leaders to approach their roles with greater clarity and resilience.

Leadership Development with a Mental Health Focus: Traditional leadership training often overlooks the importance of mental health. By integrating stress management and mental wellness into leadership programs, we can arm women with the tools to navigate the complexities of their roles while protecting their well-being. Leadership programs must focus on equipping women with techniques to manage stress, overcome biases, and foster emotional intelligence.

Supportive Workplace Cultures: Organizations must go beyond acknowledging these challenges and create supportive environments that foster work-life balance. Policies that allow for flexible work schedules, mental health days, and family-friendly benefits not only alleviate stress but also create conditions for sustained leadership effectiveness.

Peer Networks and Mentorship: Building networks where women can support and mentor each other is vital. These peer groups offer emotional validation and practical strategies to deal with the pressures of leadership. Mentorship programs that connect emerging women leaders with experienced mentors provide invaluable guidance and emotional support.

Embracing Telehealth and Wellness Technologies: With advancements in telehealth and wellness technologies, there are now innovative ways to address the mental health needs of women leaders. AI-powered platforms can offer personalized mental health care, while telehealth allows for timely access to therapy and stress management resources. These technologies can ensure that women leaders receive proactive mental health support, improving their ability to lead with resilience and confidence.

The Broader Impact on Health, Wellness, and Longevity: By embracing these solutions, we not only enhance mental health but also extend the life span and quality of life for women in leadership. Reducing the effects of chronic stress through mindfulness, wellness programs, and leadership support directly combats the physical impacts of burnout, promoting longevity and well-being.

Conclusion: A New Paradigm for Women Leaders In conclusion, addressing the mental health challenges of women in leadership is not only a necessity but a moral imperative. As we navigate this evolving workplace, it is essential that we create an environment where women leaders are empowered to prioritize their well-being, leverage mindful leadership strategies, and thrive without sacrificing their health or happiness.

By fostering a workplace culture that acknowledges these challenges and promotes comprehensive mental health strategies, we can unlock the full potential of women leaders, driving innovation, success, and well-being for all.

Through my work and research, I am committed to not only identifying these challenges but also offering transformative solutions that empower women leaders to break through barriers, maintain their mental health, and achieve sustainable success.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Casey Stewart Smith

Revive Therapy, United Kingdom

Biography

Casey Stewart Smith is an Advanced Clinical Massage Therapist specialising in a fusion of techniques to provide relief from chronic pain and stress related illnesses. Treatments are outcome based. She will take a holistic view of your life, of any pain, injury or stresses and strains that are limiting what you can do on a daily basis. She will then use a fusion of advanced massage techniques ranging from Deep and Soft tissue, Trigger Point Therapy, table Shiatsu, Myofascial work and stretching techniques to create a bespoke treatment plan.

Assessing an online Jing Method™ Advanced Clinical Massage Protocol to treat stress in unpaid carers of children or adults with disability

Objective: This study aims to build on previous studies which have shown positive evidence that providing weekly online massage and self-care, following the principles of The Jing Method™ Advanced Clinical Protocol, has a positive effect on stress levels in unpaid carers of children or adults with disability.

Method: 8 participants agreed to join the 16-week

study, with initial levels for eligibility assessed using the Depression, Anxiety and Stress Scale 21 (DASS-21) questionnaire. They were recruited from the researcher's client base, social media, and through the Carers Centre Tower Hamlets. Control period: Week 1-6 Participants completed the DASS-21 questionnaire without any treatment. These findings established the group's stress level as a baseline. Intervention Period: Weeks 7-12 Using a modified Jing Method™ protocol, weekly guided self-treatment sessions were conducted using the Zoom platform. Every session addressed a distinct area of the body. Four sessions were scheduled over two days were conducted in small groups of no more than five people to allow for flexibility—as the position of carer can be unpredictable.

The DASS-21 questionnaire was used throughout the 14 week project. Weeks 1-6 to establish baseline stress levels and weeks 7-12 during the intervention period, a follow-up was sent at week 14 to assess whether longer-term results. Participants were also encouraged to complete a self-care routine in the intervening period between sessions and were sent a written feedback form to fill in a few weeks later.

Result: All participants showed a marked decreases in levels of depression, anxiety and stress with average decreases by 58.5%, 42% and 50% respectively. Overall DASS-21 scores decreased by 38.7% during the intervention phase.

Conclusion: This research study clearly demonstrates that the adaptation of the Jing Method™ principals to an online protocol has huge potential and that further investigation to establish optimum intervention levels could be helpful to improve efficiency and may have significant implications for the health and wellness field, including the future possibility of social prescription.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Nazneen Rahman

CARE USA, United Kingdom

Biography

Nazneen is a Senior Technical Adviser at CARE USA. As a Technical Lead-Nutrition, she is providing technical leadership and support to CASCADE, a multi-country, multi-sectoral project implemented in six African countries. Before joining CARE USA, while at CARE Bangladesh (2017-2022), Nazneen, as Senior Team Leader, led multiple nutrition advocacy projects and achieved several advocacy wins with the national government to strengthen the multisectoral approach to nutrition into the Second National Nutrition Action Plan (NPAN2). She worked with BRAC for 9 years (2008-2016), performed as a Senior Sector Specialist and Divisional Manager, and led multiple initiatives successfully. She was elected twice and represented as Co-Chair of CSA for SUN from 2019 to 2022). Nazneen is a Public Health Professional with 20 years of working experience with an academic background, an M.Sc. in Food and Nutrition Science and two Master of Public Health (MPH) majors in Epidemiology & Research and Reproductive and Maternal Health and Nutrition

Unveiling the Gender Gap in Nutrition: A formative study of sociocultural barriers in Southeast and West Africa

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

Background: Gender inequalities and gender norms

restrict women's access to resources and services, such as land, knowledge, and food, leading to poverty and food and nutrition insecurity¹. Gender issues are multivariate and acute in Southeast and West African settings. Cultural and social norms often dictate that women and girls eat last and least. We conducted formative studies on how gender inequality affects women's access to and consumption of healthy diets under the CASCADE project. CASCADE, a consortium of CARE and GAIN funded by the Ministry of Foreign Affairs, Netherlands, aims to strengthen nutrition policy implementation in six African countries – Nigeria, Benin, Ethiopia, Uganda, Mozambique, Kenya - from 2022-26.

Objectives of the study: To understand social and cultural norms that affect gender inequalities as they affect access to and consumption of healthy diets, especially among women and children in six African countries, and guide the development of gender-transformative interventions for the CASCADE project.

Methodology: The studies were conducted using both quantitative and qualitative methods. The research team shared findings from a desk review of country-specific reports to facilitate the interpretation of gender-related data to improve nutrition.

Result and discussion: Cultural restrictions and taboos significantly limit women's access to protein and vitamin-rich animal-source foods across several African countries. Pregnant and lactating women face additional dietary prohibitions, particularly concerning animal-specific parts and sizes. In Nigeria, the findings reveal that the root causes like ignorance (60.13%), cultural norms (59.57%), and religious beliefs (46.26%) perpetuate gender inequalities. Practices in Kenya and Uganda prioritize men and boys in food allocation, with misconceptions about foods like fruits and animal intestines affecting women and children. In Ethiopia, household spending prioritizes coffee and salt over nutritious foods.

Conclusion: Across these countries, cultural norms, beliefs, and social inequalities play significant roles in limiting women's and children's access to nutritious food, perpetuating gender-based nutritional disparities. Efforts to address these challenges must include culturally sensitive SBC-oriented interventions.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Patty Mhanguwo

Zesa Holdings, Zimbabwe

Biography

Patricia Mhanguwo is the Gender Coordinator (A) at the Zimbabwe Electricity Supply Authority (ZESA) Holdings (Pvt) Ltd, a leading organization in the energy sector. ZESA Holdings comprises four subsidiary companies: ZETDC, ZPC, ZENT, and Powertel Communications, collectively employing over 8,000 individuals.

Patricia holds a Bachelor of Science in Gender and Community Development and a Postgraduate Diploma in Social Work. She plays a key role in driving the gender equality agenda within ZESA Holdings, ensuring that organizational policies align with Sustainable Development Goal 5 (SDG5), which focuses on achieving gender equality and empowering all women and girls.

In her position, Patricia works closely with Human Resources Managers across all subsidiaries, providing leadership on gender-related issues through a dotted-line reporting structure. Her responsibilities include promoting women's participation at all levels of the organization and facilitating gender equality training for staff. Her work aims to foster an inclusive and equitable workplace culture for all employees.

Closing The Gender Inequality Gap in the Energy Sector

Greetings to you colleagues,

I am very delighted to be part of this forum whereby, we meet cross-culturally to share our ideas at this important and recognisable worldwide event, "International Women's Forum". I extend my sincere gratitude for your presence, and we look forward to a productive and engaging session together. It is not by coincidence that we meet in this month of March, as we all know that this is a very special month for women.

I work for the Energy Sector and worldwide statistics reveal that women make up about one-fifth of the energy workforce today. Women are vital energy consumers who make a crucial contribution to the global energy security and energy transitions, and, in order for the globe to build a more secure, fair and equitable energy future, hinges on women's active participation. Confronting gender disparity in the energy sector is crucial to driving energy transitions forward, otherwise we are leaving a huge pool of untapped talent.

Our Organisation seeks to close this gap and recognises the importance of nurturing a positive and inclusive work environment, which prioritises the mental health of its employees and undo the historical imbalances by collaboration with the International Labour Organisation (ILO) Zimbabwe Office to ensure everyone receives training on gender equality, sexual harassment, inclusivity, and mental health in all our Stations nationwide.

We are hoping that, by participating in this forum, and with our Organisation's Vision to mainstream gender, will draw from this key event when planning and implementing policies and programmes from a gender point of view, and at the same time, you will also take a leaf from our way of mainstreaming gender in the workplace.

World Congress on

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands

A graphic consisting of a large teal circle with a lighter blue outer ring. A thin teal line extends from the top of the circle, connecting it to a solid teal horizontal bar at the top of the page. To the left of the circle is a large, stylized graphic in pink and yellow, resembling a combination of a 'W' and a 'V' with a graduation cap on top.

**KEYNOTE
SPEAKERS
Day 2**

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Barb Smith Varclova

Your Steps Counselling, United Kingdom

Biography

Barb Varcl Smith is a therapist, educator, and trauma specialist with over 30 years of experience in human behaviour and emotional wellness. She is dedicated to helping individuals heal from CPTSD, overcome emotional trauma, and break free from generational cycles of pain.

Barb's work is rooted in a trauma-informed, neuroscience-backed approach that empowers individuals to recognize patterns, process past experiences, and build emotional resilience. She specializes in working with men, women, and young adults, providing compassionate support and practical strategies for lasting recovery.

As an advocate for conscious parenting, Barb helps parents heal their own wounds so they can raise emotionally secure, resilient children. Her mission is to break harmful generational patterns and foster deep emotional connections within families, creating a foundation of love, security, and confidence for future generations.

Barb is the author of *Parenting with Purpose: Breaking the Trauma Cycle to Raise Happy, Confident Children*, a step-by-step guide for parents seeking self-awareness, emotional intelligence, and a nurturing approach to raising children. She is also a sought-after public speaker, delivering impactful workshops and keynote talks that inspire individuals to embrace healing, personal transformation, and mindful parenting.

At the core of her work is The Healing with Purpose Method, a structured approach designed to help individuals and families: Recover from past trauma and build healthy resilience.

Develop self-awareness and emotional intelligence.

Break generational cycles of inherited trauma.

Foster deep, meaningful connections with loved ones.

Create a thriving, emotionally secure family environment.

Through her therapy practice, educational programs, books, and speaking engagements, Barb Varcl Smith continues to guide individuals and families toward embracing change, empowerment, and a future defined by strength, connection, and purpose.

Parenting in the trauma recovery - Break a cycle

Trauma responses are exaggerated when adults become parents. If in the way of refusing responsibility, become overly protective and controlling, outbursts of anger or disassociation and depression. Symptoms vary, but more people find themselves triggered by their children or emotionally immature partners.

The realisation of the effects of one's behaviours leading to the traumatising of children is often a challenging part of trauma recovery, especially during the phase of trauma grieving. I found during work with parents suffering from CPTSD that they don't have realistic expectations and, in principle, don't know how to build healthy relationships because of the lack of their own experience of respectful, supportive and balanced relationships. Understanding the four phases of trauma recovery, their manifestation in behaviours, and ways of accelerating it are essential for change in the parent-child relationship.

I collected proven techniques and strategies for parents on how to handle their recovery and feel equipped as parents to work on the restoration of relationships with their children and help them recover from trauma in the book "How to Raise a Healthy Mind".

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Sian O Flynn

Nature To Nurture/Jing Institute of Clinical Massage & Complementary Therapy, United Kingdom

Biography

Sian has been working as a professional aromatherapist and massage therapist for 11 years initialing qualifying with Neal's Yard Remedies on their level 5 Essential Oil Science Diploma. Working alongside physiotherapists and osteopaths as a holistic and clinical massage therapist she completed her degree level 6 BTEC in Advanced Clinical Massage Therapy and Sports Massage, graduating from the Jing Institute, Brighton in 2024. During the Covid pandemic she took referrals for NHS Community Living Well mental health service and ran online sessions for Kensington and Chelsea Social Care, which in part directed her choice of research study subject.

Evaluating the effects of The Jing Method™ of Advanced Clinical Massage on stress, anxiety, and depression in those with desk based work/sedentary lifestyles

Background: The upward trend in mental health disorders (MHD) and longer working hours in the UK by 2020 (Trade Union Congress, 2019) has been greatly exacerbated by the COVID-19 pandemic. The World Health Organization declared that it "has created a global crisis for mental health" (World Health Organization, 2022c). With increased risk of stroke and heart disease in those with longer working hours (Johnson and Jasarevic, 2021) and the NHS stating that a seated lifestyle can lead to early death (NHS, 2022b) this study assessed the effects of a 6-week course of Jing Method™ massage on those with a desk-based/sedentary lifestyle affected by stress, anxiety and depression.

Method: A mixed group of 22 adults joined the 16-week study. Eligibility & levels were assessed throughout using the DASS-42 self-report instrument, with a 6-week control period, 6-week treatment phase of weekly Jing Method™ chronic stress protocol massage and daily self-care routine of stretches and breathing techniques.

Results: All participants showed marked improvements with group average scores decreasing by 77% for depression, 85% for anxiety and 66% for stress. Overall DASS-42 scores decreased by 68% during the treatment phase, continuing to decrease by 9% post-treatment with an overall decrease of 74% for the full study.

Conclusion: This study demonstrates Jing Method™ chronic stress protocols and HFMAST multi-modal approach as an effective complementary therapy, and potentially valuable adjunct with conventional treatment. Given high and increasing levels of MHD, and relative lack of research in massage therapy, these results warrant future research and investigation.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Tina Persson

Passage2Pro, Sweden

Biography

Tina Persson is a visionary coach with a multifaceted background in the university and corporate world. She holds an ICF PCC certification as an Executive, Career, and Leadership Coach, specializing in emotional and adaptability intelligence.

Tina is a highly sought-after speaker. She frequently facilitates workshops and seminars for senior leaders, C-level executives, and high-potential individuals to help them achieve their goals.

Having spent nearly two decades in academia, Tina transitioned to the recruitment industry, where she gained eight years of expertise as a Recruiter, consultant, and brand manager.

As a successful businesswoman with an unwavering entrepreneurial spirit, she is the Founder of Passage2Pro AB, an educational and coaching company, and Aptahem AB, a biotech start-up. She has featured in over 20 scientific publications and is the inventor of 2 scientific patents. This passionate professional works

out at the CrossFit Gym when she isn't coaching.

Adaptability: A Superpower for the Next-Gen Female Leaders Fostering Innovation

In today's fast-paced world, driven by AI and technological advances, many leaders feel overwhelmed by the challenge of keeping pace with necessary changes while managing daily operations. Maintaining a long-term perspective while quickly adapting to new circumstances driven by competitive pressures requires strategic thinking, organizational adaptability, and resilience.

Emotional intelligence, combined with self-awareness training, is well-known for improving leaders' ability to understand and manage emotions in themselves and others, leading to more effective and resilient teams. However, organizations often need deeper insight into who, when, and why individuals and teams adapt. An organization where people are not adapting will be left behind in a fast-changing market, as organizations can only adapt if their people do.

Increasing the Adaptability Intelligence (AQ) of individuals, teams, and the organization will empower leaders and teams to embrace change and navigate uncertainty at all levels. Leaders who foster a mindset of proactivity, continuous learning, and unlearning old habits represent the next generation of leaders, facilitating an innovative, driven environment.

The good news is that AQ is measurable and can be developed over time through the right training and coaching of an organization's people.

In this presentation, we will provide insights into the competencies required for next-generation leaders and explore how these skills can help guide organizations through transformation, fostering proactive, collaborative, and resilient teams in a rapidly evolving landscape.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Leticia Schuwartz Dops

IBRACHICS, Brazil

Biography

With over 20 years of experience, Leticia Schuwartz Dops is a designer and neuroarchitect, a member of the American Academy of Neuroscience Applied to Architecture (ANFA) in San Diego, and the Brazilian chapter. As the Director of Accessibility and Inclusion at IBRACHICS, they focus on human-centered, sustainable cities. A Pranic Therapist at the Pranic Healing Center, they specialize in energy healing. Letícia Schuwartz Dops has worked across Brazil, the USA, and Europe, advising on accessibility policies for government institutions. A speaker and consultant, they advocate for public inclusion and accessibility. Their expertise spans architecture, neuroscience, and holistic healing.

Responsive Commercial Architecture for Improving the Quality of Life for Neurodivergent Individuals: A Neuroarchitectural Approach to Rethinking Workspaces.

In an increasingly neurodiverse world, the quest for inclusive workspaces for neurodivergent individuals is becoming crucial. In this context, neuroarchitecture emerges as a powerful tool for rethinking these spaces, promoting the well-being and professional development of this population.

This study, conducted through a systematic literature

review, qualitative analysis of relevant research, explored the potential of neuroarchitecture in creating more inclusive and neurodivergent-friendly workspaces. The results indicate that the implementation of neuroarchitectural principles can significantly contribute to the quality of life, productivity, and job satisfaction of this population.

Principles for Inclusive Workspaces:

Sensory Accessibility: Minimize excessive sensory stimuli, such as noise and bright lights, and create spaces with different levels of stimulation to meet individual needs.

Spatial Clarity: Clear reading of the organization of the space through intuitive signage, use of appropriate colors and materials, and spatial organization that facilitates navigation.

Flexibility and Adaptability: Multifunctional workspaces can be reconfigured to meet the different needs of users, with adjustable furniture options and adaptable lighting.

Connection with Nature: Integration of natural elements into the workspace, such as plants, natural light, and views of green areas, to promote well-being and reduce stress.

Promoting Social Interaction: Creation of spaces that facilitate interaction and collaboration between colleagues, with welcoming common areas and private areas for rest and individual concentration.

By incorporating these principles, neuroarchitecture contributes to the creation of workspaces that respect the needs and characteristics of neurodivergent individuals, promoting their inclusion in the labor market and strengthening their professional development.

Neuroarchitecture presents itself as a fundamental ally in the construction of more inclusive and neurodivergent-friendly workspaces. The implementation of its principles contributes to the improvement of the quality of life, productivity, and job satisfaction of this population, promoting a more just and equitable future for all.

World Congress on

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands

A graphic consisting of a large teal circle with a light blue outer ring. A thin teal line extends from the top of the circle up to a thick teal horizontal bar. To the left of the circle is a large, stylized graphic in pink and yellow, resembling a combination of a 'Z' and a '7', with a small graduation cap icon on top.

**SPEAKERS
Day 2**

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Syreeta Bond

Walden University, United States

Biography

Bond, with an illustrious 20-year career, is a recognized expert in the project management sector and published author, collaborating with giants like Apple, Inc. and Barclays Bank. Not only has she held prestigious positions with PMI in both Los Angeles and Dubai, but she was also the Chapter President for the National Society of Leadership & Success.

Dr. Bond's academic prowess includes a Doctorate in Business Administration from Walden University and MBA in Project Management from Keller Graduate School of Management.

Dr. Bond is the driving force behind Edgy Opulence Lifestyle Branding Co, a consulting firm designed to uplift businesses with innovative solutions. Moreover, Dr. Bond is the brain behind Lipstick Killers Collection, a fashion line championing fearless woman. True to her principles, her brand emphasizes sustainability, with a commitment to offsetting its carbon footprint. This dedication earned her a feature in PMI's Hours of Impact in 2022.

Break Those Barriers and Pave the Way

According to the researchers of the 2023 Women in the Workplace report, the glass ceiling is not the biggest barrier to women's advancement but rather the broken rung. For every 100 men promoted from entry-level to manager, eighty-seven women were promoted; however, seventy-three women of color were promoted to manager for every 100 men, a downtrend from 2021 to 2022. Women lose the most ground at the first step as managers, hence the broken rung. Performance bias also affects women because men are hired for their future potential while women are hired based on past accomplishments, leading to an unfair playing field.

Women can channel project planning, project initiation, project monitoring and controlling, and project closing to defy the odds, set ambitious goals, seize opportunities, and inspire future generations leaving a legacy. Based on Dr. Bond's research and expertise, she recommends women conduct a SWOT and PEST analysis to set ambitious goals. Project initiation processes shared by PMI can help women assess their current workload to determine whether they have the capacity to take on additional projects. The project management process of the monitoring and controlling phase can help overcome backlash at work. And lastly, the project management process of closing will help women to evaluate outcomes and capture lessons learned. With the lessons learned, women can gather insights for future projects, promote continuous improvement, and ensure a seamless transition to the post-project phase. With these invaluable lessons, the knowledge gained will leave a lasting impression on our youth today.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Mariam Hosseinzadeh

Shahid Beheshti University of Medical Sciences, Germany

Biography

Mariam Hosseinzadeh is a psychiatrist and a sub-specialist in child and adolescent psychiatry. After completing her general medical education and graduating from Mashhad university of Medical Sciences, I pursued a four-year psychiatry training program at Shahid Beheshti University of Medical Sciences. Subsequently, I undertook a one-year subspecialty program in child and adolescent psychiatry at the same university. Currently, she resides in Germany and is

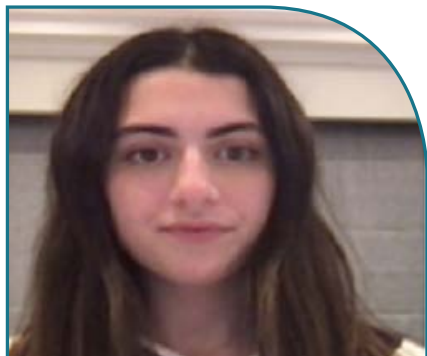
preparing for her exams required to continue my professional career in this country.

Transcranial direct current stimulation (tDCS) improves emotion regulation in children with attention-deficit hyperactivity disorder (ADHD)

Children with attention deficit/hyperactivity disorder (ADHD) typically exhibit difficulties in emotion regulation. It has been shown that the dorsolateral prefrontal cortex (dlPFC) and ventromedial prefrontal cortex (vmPFC) are crucially involved in these deficient processes. In this study, we aimed to explore the impact of electrical stimulation over the left dlPFC and right vmPFC on emotion regulation in children with ADHD. Twenty-four children with ADHD completed the Emotional Go/ No-Go and Emotional 1-Back tasks while undergoing transcranial direct current stimulation (tDCS) in three separate sessions, each with a different electrode placement: anodal dlPFC (F3)/cathodal vmPFC (Fp2), anodal vmPFC (Fp2)/cathodal dlPFC (F3), and sham stimulation. During both real tDCS conditions, the accuracy of pre-potent inhibitory control and working memory performance improved, but not speed. This study provides evidence that the left dlPFC and the right vmPFC are involved in emotion regulation in ADHD.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Keren Ezra

Hasmonean High School, United Kingdom

Biography

Keren Ezra is a psychology student with a particular interest in Quality of Life in Palliative care and the role of identity in illness behaviours.

Identity as a driver for cosmetic intervention as palliative care

This paper describes the unusual phenomenon of cosmetic surgery in a palliative care setting and to evaluate the appropriateness of these interventions. A retrospective review was performed of consecutive

palliative patients presenting for cosmetic interventions over a three-year period. Four female patients, with a mean age of 57 years (range 48 to 67 years) and all with a diagnosis of metastatic cancer were identified. The first patient underwent non-surgical cosmetic interventions to address a tired appearance and volume loss from chemotherapy and radiotherapy. The second patient was treated with upper eyelid blepharoplasty in addition to non-surgical treatments after expressing a loss of identity. A third patient with a history of upper and lower eyelid blepharoplasty, malar implants and fillers underwent removal of the malar implants and dissolving of fillers as she wished to remove all artificial material from her body. The final patient who had undergone enucleation of her eye twenty years previously had eyelid surgery and fillers to the upper eyelid sulcus to improve the appearance of her artificial eye and to address the trauma of losing her eye as a young woman. Patients' motivations for seeking treatment included diminished self-esteem, a loss of identity, wanting to take control and wishing to look healthy in the final stages of life. Our experience has been positive with patients reporting significant satisfaction with low-risk procedures, enhanced confidence and improved social interactions leading to a discernable benefit in quality of life.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Mohammad Abdul Mannan Akond
SSD Youth Foundation, Bangladesh

Biography

Mohammad Abdul Mannan Akond is a seasoned social worker with over two decades of experience advocating for women's and LGBTQ+ rights in Bangladesh. With a background in Sociology and Anthropology, he has worked extensively on Sexual and Reproductive Health and Rights, Gender-Based Violence (GBV) prevention, and protection initiatives. His expertise in gender analysis and women's empowerment has made him a key figure in developing strategic interventions for marginalized groups. Throughout his career, Mohammad has also focused on the LGBTQ+ community, working to promote inclusivity and human rights in both urban and rural contexts.

His practical experience spans public health projects, including HIV/AIDS and TB control management, and he is committed to creating sustainable solutions for underrepresented communities. He is currently working with SSD (Step-up Skill Development) Youth Foundation in Cox's Bazar, under the United Nations High Commissioner for Refugees (UNHCR), as part of the emergency response program for Myanmar refugees in Bangladesh.

A Life Cursed with Difference of Mind and Body: The Role of Counseling, Technology, and Innovation in Empowering Women and LGBTQ+ Mental Health in Bangladesh

In Bangladesh, the lived experiences of women and LGBTQ+ people reveal a striking disconnect between the mind and body, shaped by deeply rooted cultural, religious, and social norms. For many women, their bodies are often viewed as vessels for familial honor, fertility, and submission, while their minds yearn for autonomy, equality, and respect. The contradiction between what society expects from them and what they aspire to creates a "cursed" existence where the mind and body are constantly at odds. This clash is even more pronounced for LGBTQ+ individuals, whose gender identity and sexual orientation often deviate from the rigid binary and heteronormative structures that dominate the country's social landscape.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Abul Quasem George

SSD Youth Foundation, Bangladesh

Biography

Abul Quasem George is a professional counsellor and dedicated social worker with over 15 years of experience advocating for women's and LGBTQ+ rights in Bangladesh. Throughout his career, he has participated in hundreds of workshops and training sessions, enhancing his expertise in social advocacy and mental health support as a committed counsellor at different development organizations. And currently he is serving to the Myanmar Refugees with SSD Youth Foundation, Cox's Bazar under United Nations High Commissioners for Refugee (UNHCR) for emergency response program as Case Management Officer, George provides mental health counselling and care for marginalized communities, particularly women and LGBTQ+ individuals. He is deeply devoted

to his community, working tirelessly to prevent gender-based violence and promote protection initiatives. In addition to his counselling work, George is a passionate cultural activist who enjoys singing and acting. He frequently performs at community events to raise awareness on social issues. Looking ahead, he aspires to create content rooted in folk culture that will empower and uplift vulnerable communities in Bangladesh.

A Life Cursed with Difference of Mind and Body: The Role of Counseling, Technology, and Innovation in Empowering Women and LGBTQ+ Mental Health in Bangladesh

In Bangladesh, the lived experiences of women and LGBTQ+ people reveal a striking disconnect between the mind and body, shaped by deeply rooted cultural, religious, and social norms. For many women, their bodies are often viewed as vessels for familial honor, fertility, and submission, while their minds yearn for autonomy, equality, and respect. The contradiction between what society expects from them and what they aspire to creates a "cursed" existence where the mind and body are constantly at odds. This clash is even more pronounced for LGBTQ+ individuals, whose gender identity and sexual orientation often deviate from the rigid binary and heteronormative structures that dominate the country's social landscape.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Md Al Emam Reza

SSD Youth Foundation, Bangladesh

Biography

MD Al Emam Reza is a dedicated social activist in Bangladesh, focusing on women's and LGBTQ+ rights. With over five years of experience in the development sector working with various NGOs, he has played a key role in initiatives aimed at preventing gender-based violence and ensuring protection for marginalized communities.

Currently, he serves as the MEAL (Monitoring, Evaluation, Accountability, and Learning) Officer at SSD (Step-Up Skill Development) Youth Foundation in Cox's Bazar, under the United Nations High Commissioner for Refugees (UNHCR), as part of the emergency response program for Myanmar refugees.

Reza excels in data management and project documentation. His proficiency in tools such as Word, Photoshop, Illustrator, Excel, and various online platforms enables him to create comprehensive reports and digital content. His work not only enhances his skills in analysis, organization, and leadership but also prepares him for greater involvement in social development and advocacy. In the future, he aspires to create data-driven content to support and empower vulnerable communities.

A Life Cursed with Difference of Mind and Body: The Role of Counseling, Technology, and Innovation in Empowering Women and LGBTQ+ Mental Health in Bangladesh

In Bangladesh, the lived experiences of women and LGBTQ+ people reveal a striking disconnect between the mind and body, shaped by deeply rooted cultural, religious, and social norms. For many women, their bodies are often viewed as vessels for familial honor, fertility, and submission, while their minds yearn for autonomy, equality, and respect. The contradiction between what society expects from them and what they aspire to creates a "cursed" existence where the mind and body are constantly at odds. This clash is even more pronounced for LGBTQ+ individuals, whose gender identity and sexual orientation often deviate from the rigid binary and heteronormative structures that dominate the country's social landscape.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Khairul Islam

JAAGO Foundation Trust, Bangladesh

Biography

Md. Khairul Islam is a passionate education professional with over 10 years of experience working in the NGO and development sector. Born in 1986, his journey began in Shariatpur, Bangladesh. His academic background is strong, with a Master's in Education from the University of Dhaka's Institute of Education and Research (IER).

Khairul's career has focused on child education, with a particular emphasis on the Reaching Out-of-School Children (ROSC) Phase-2 Project. His most recent role as a Trainer (Soft Skills) with the BIJOYEE Project exemplifies this commitment. Funded by USAID and implemented by JAAGO Foundation Trust, this project aims to empower young people with valuable skills.

Before this, Khairul served as an Upazila Program Manager for the Peace & Development Organization (PDO). Here, he played a crucial role in the "Out-of-School Children Education Program," ensuring smooth program operations and supporting the development

of children and child-friendly learning environments. His extensive experience also includes work with the Directorate of Primary Education, where he coordinated training for community groups on child protection and psycho-social care.

Khairul's dedication extends beyond his professional roles. He is an active theatre worker and a member of the Bangladesh Nazrul Abrity Porisod, showcasing his passion for the arts and culture. His love for learning is further evident in his participation in workshops like Project Cycle Management and Training of Trainers.

In conclusion, Md. Khairul Islam's life reflects a deep commitment to improving the lives of children through education. His skills in program management, training, and community development make him a valuable asset in the fight for educational equity in Bangladesh.

Unlocking Potential: Empowering Women in Science and Technology: - "Bridging the Gender Gap in Bangladesh's Digital Future"

As a country in anticipation of an imminent digital shift, Bangladesh understands the importance of women in the determination of the nation's shift towards the complete advancement of technological development. However, there is a considerable share of difference in the representation of gender in STEM education and career. Such disparities also result in the restriction of one's ability to grow or progress and also the rates of the nation as a whole. This proposal seeks to further respond to this challenge by offering a feasible plan that will launch an action to advance women in STEM, close the gender digital divide, and remodel the direction of the digital society of Bangladesh.

World Congress on

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands

A large teal circle with a white border, containing the text 'Posters Day 2' in white. A thin teal line connects the top of the circle to a dark teal horizontal bar above it.

**Posters
Day 2**

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Meredith Xepoleas

Keck School of Medicine of the University of Southern California, USA

Biography

Meredith Xepoleas is a fourth-year medical student at the Keck School of Medicine at the University of Southern California, applying for a psychiatry residency this year. She is a research assistant with the Prevention, Early Intervention, and Addiction Recovery Lab at USC, where she investigates mental health disorders among medical students. Her research aims to understand the factors that influence their mental well-being at various stages of training. Meredith's dedication to mental health stems from her observations during medical school and her desire to contribute to improving the mental health of her peers.

Mental Health Challenges of Medical Students At Different Stages of Training: Incidence and Associated Factors After an Academic Year Follow-Up

Introduction: Over a third of medical students suffer

from stress, anxiety, and depression. Longitudinal research indicates that poor mental health at the start of medical school predicts future problems, including dropout. This study explored medical students' mental health at the beginning and end of an academic year.

Methods: We surveyed American medical students online in fall 2021 and spring 2022. Participants (72% female; 40% racial/ethnic minorities) came from 19 states, mostly enrolled in MD programs (92%), across all class years. We assessed depression, anxiety, loneliness, social support, and mental health services receipt at both time points.

Results: Of the 510 students initially surveyed, 67% completed the follow-up. Depression and anxiety reports remained stable from baseline to the follow-up survey for all students and by class year; however, first- and second-year students exhibited higher anxiety than their more senior counterparts at both time periods. Stress significantly increased by about 48% at follow-up, but with no significant differences between class years. Although loneliness remained constant for all students, social support increased among first- and second-year students. Lastly, 42% of students who reported unmet mental health needs at baseline continued to report unmet need at follow-up.

Conclusion: We found stable depression and anxiety levels across the academic year, with variation across class years on anxiety. As stress increased over time, so did social support, which could possibly serve a buffering role for students. Unmet need for mental health care persisted, suggesting interventions targeting the early years of medical education could be beneficial.

World Congress on

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands

A graphic consisting of a large teal circle with a lighter blue outer ring. A thin teal line extends from the top of the circle, connecting to a dark teal horizontal bar at the top of the page. To the left of the circle is a large, stylized graphic in pink and yellow, resembling a combination of a 'Z' and a '7', with a small graduation cap icon on top.

**KEYNOTE
SPEAKERS
Day 3**

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Zhenhuan LIU

Guangzhou University of Chinese Medicine, China

Biography

Zhenhuan LIU professor of pediatrics, Pediatric acupuncturist Ph.D.tutor. He has been engaged in paediatric clinical and child rehabilitation for 40 years. Led the rehabilitation team to treat more than 40,000 cases of children with intellectual disability, cerebral palsy and autism from China and more than 20 countries, more than 26800 children's deformity returned to school and society and became self-sufficient. The rehabilitation effect ranks the international advanced level. Vice-chairman of Rehabilitation professional committee children with cerebral palsy, World Federation of Chinese Medicine Societies. Visiting Professor of Chinese University of Hong Kong in recent 10 years. He is most famous paediatric neurological and rehabilitation specialists in integrated traditional Chinese and Western medicine in China. He has edited 10 books. He has published 268 papers in international and Chinese medical journals.

Neuroimaging by Evaluation Nerverenovate and Neuroplasticity of Acupuncture in Children with Cerebral Palsy

Objective: To investigate the effect of and Acupuncture on brain plasticity and motor development in children with cerebral palsy. Investigate effect on mechanism of apoptosis of brain nerve cells, regulating the expression of neurotrophic factors, promoting the remodeling of nerve synaptic structure and motor development in young rats with cerebral palsy. Two:

To evaluate the effect and mechanism of acupuncture on cerebral palsy. Three: The nerve repair effect of acupuncture on cerebral palsy. Methods: In this study, 146 cases of brain injury and 1078 cases of cerebral palsy were included by randomized controlled study with ICF Gross motor function measure, Peabody fine motor function, Gesell, muscle tension, joint activity, activity of daily living transcranial doppler, skull B ultrasound, Brain Nuclear Magnetic Resonance Imaging MRI, Positron Emission Tomography SPECT, Diffusion tensor tractography evaluation method.

Results: The recovery rate of extracellular space (92.3%) was significantly higher than that of the control group (70.8%) ($P < 0.05$), Transcranial Doppler, TCD total efficiency (79.3%) was significantly higher than that in the control group (51.8%) ($P < 0.05$). Acupuncture to promoting the development of neurological and cognitive movement under 6 months children, effectively reduce the neurological sequelae. The total effective rate of the children with cerebral palsy was 87% in the acupuncture group, which was significantly higher than that of the control group ($P < 0.01$). The total effective rate of Brain MRI was 59.55% in the acupuncture group and 13.25% higher than that in the control group ($P < 0.01$). The total effective rate was 91.3% in the 1-year follow-up group, which was significantly higher than that in the control group ($P < 0.01$). the FA value of white matter fiber bundle was significantly higher than that of acupuncture at 60 times ($P < 0.05$). The recovery rate of ultrasonous brain injury (86.7%) in acupuncture group was significantly higher than that in control group (64.4%) ($P < 0.05$). The recovery rate of brain SPECT in acupuncture group was 96.4%, which was significantly higher than that in the control group ($P < 0.01$).

Conclusion: Acupuncture rehabilitation not only promote the development of white matter and gray matter in children with cerebral palsy, but also promote the brain function of children with cerebral palsy remodeling and compensation, and promote social adaptation, language and other cognitive function development, children with cerebral palsy movement and Fine motor function development and recovery, improve the children's self-care ability.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Vijayan Gurumurthy Iyer

Bihar Institute of Public Administration & Rural Development, India

Biography

Dr. Vijayan Gurumurthy Iyer (b. 13 March 1965, Mayuram, India) is a renowned engineer, academic, and researcher with a vast background in mechanical engineering, environmental science, and education. He holds numerous degrees, including a PhD in Environmental Science and Engineering from the Indian School of Mines. Dr. Iyer has served in various academic and administrative roles, including faculty positions in multiple universities, and has authored over 362 SCI-indexed publications, 60 eBooks, and edited 15 book series. He is a prominent speaker at international conferences and a reviewer for multiple

journals. Dr. Iyer has received numerous awards, including the Bharat Jyothi and Rashtriya Ratna, and is recognized in global biographical directories. He is also a professional engineer and licensed surveyor, with membership in various esteemed organizations.

Neurological and Psychological Impact Assessment (NPIA) Process

This paper proposes a Psychological and Neurological Impact Assessment (PIA) process for nuclear power plant (NPP) projects to address mental health effects on workers and nearby residents. It examines how radiation exposure from nuclear plants can cause psychological disorders such as depression, PTSD, and radioactive poisoning. The Qinshan Nuclear Power Plant (QNPP) study highlights the importance of assessing the potential neurological impacts of radiation, including on the environment and local communities. The paper also covers safety measures in nuclear plants, emphasizing the need for personal protective equipment (PPE), effective occupational disease control, and strict worker compensation laws. It outlines the importance of nuclear safety management, including the regular inspection of safety protocols, fire protection systems, and noise safety measures. Moreover, it discusses the prevention of occupational diseases and the role of the industry in ensuring worker safety and compensation.

World Congress on

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands

A graphic consisting of a large teal circle with a light blue outer ring. A thin teal line extends from the top of the circle, connecting it to a solid teal horizontal bar at the top of the page. To the left of the circle is a large, stylized graphic in pink and yellow, resembling a combination of a 'W' and a 'J', with a small graduation cap icon integrated into its upper right section.

SPEAKERS
Day 3

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Shan-Shan Dong

Xi'an Jiaotong University, China

Biography

Dr. Shan-Shan Dong is now working as an associate professor in School of Life Science and Technology, Xi'an Jiaotong University. Her primary research focuses on elucidating the genetic basis of polygenic diseases (e.g., obesity and depression) and exploring potential interventions through the integration of multi-omics data analysis and functional experiment validation. She has published over 50 relevant papers in journals including Nature Genetics, Nature Neuroscience, Nature Human Behaviour, and American Journal of Human Genetics.

Assessing the Causal effects of Relative Carbohydrate Intake on Depression and Elucidating the Po-

tential Mediating Roles of Obesity Traits

Objective: Growing evidence suggests that relative carbohydrate intake affects depression; however, the association between carbohydrates and depression remains controversial. Here we aimed to test this using two-sample bidirectional Mendelian randomization (MR) analysis.

Methods: We used genetic variants associated with relative carbohydrate intake (N = 268,922) and major depressive disorder (N = 143,265) from the largest available genome-wide association studies. GWAS data from obesity traits were also used to test their potential mediating roles.

Results: MR evidence suggested a causal relationship between higher relative carbohydrate intake and lower depression risk (odds ratio, 0.42 for depression per one-standard-deviation increment in relative carbohydrate intake; 95% confidence interval, 0.28 to 0.62; $P = 1.49 \times 10^{-5}$). Multivariable MR indicated that the protective effect of relative carbohydrate intake on depression persisted after conditioning on other diet compositions. The mediation analysis via two-step MR showed that this effect was partly mediated by body mass index, with a mediated proportion of 15.4% (95% confidence interval, 6.7% to 24.1%).

Conclusion: Our findings may inform prevention strategies and interventions directed towards relative carbohydrate intake and depression.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Priya Kadam

Royal Infirmary of Edinburgh, United Kingdom

Biography

Priya Kadam is a Junior Clinical Fellow (medic) working in neurosurgery, with a background in Neuroscience MSc and Psychology BSc. She approaches clinical problems holistically, understanding the science behind it as well as being involved in the daily management of neurosurgical elective and emergency conditions. Her research interests include holistic treatment for grade 4 brain tumour glioblastoma, immune mediated management for traumatic brain injury and Psycho Oncology. She has studied and worked in a number of UK institutions, including London, Plymouth, Birmingham and Edinburgh.

A curious case of Normal Pressure Hydrocephalus after Traumatic Brain Injury

A 67-year-old male sustained a traumatic brain injury and subsequently developed headaches and anxiety, which were attributed to his post-concussion state. He had further problems with his memory, issues concentrating and difficulty mobilising. He underwent a period of neurorehabilitation in the community, however he remained symptomatic and developed severe urinary incontinence, filling 6 urinary bottles per night.

After being referred to Neurology, the patient had a CT head and MRI which demonstrated ventriculomegaly, cortical atrophy and a diagnosis of normal pressure hydrocephalus was made. He underwent a lumbar puncture, which had no therapeutic effect and no abnormality detected. Curiously, a ventriculoparietal shunt (VPS) had a positive effect and the patient's symptoms vastly reduced. An additional diagnosis of functional neurological disorder was made to the normal pressure hydrocephalus. He has since improved in mobility on follow up but has unexplained photophobia. A question was raised as to whether this may be a placebo effect of the VPS.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Paul Raj

Jyoti Nivas College Autonomous, India

Biography

Paul Raj serves as an Assistant Professor of Psychology and Coordinator of Postgraduate Psychology Programmes at Jyoti Nivas College Autonomous, Bengaluru, India. In this role, he has established three postgraduate programs in psychology and instructs a diverse range of courses, encompassing Foundations of Psychology, Lifespan Development, Cognitive Psychology, Research Methods, Health Psychology, and Positive Psychology. Additionally, he offers certificate courses in Basic Counselling Skills and Learning Disabilities. Paul Raj's academic journey includes an MSc in Counselling Psychology and an M.Phil. in Learning Disabilities. His doctoral research focused on Cognitive Functioning and Mathematical Abilities among Primary School Children in Rural and Urban Areas in Karnataka, India. His research interests extend to child and adolescent development, neuropsychology, specific learning disorders, and positive psychology. Furthermore, Paul Raj has contributed significantly to the field of psychology through his publications. He has authored three books, contributed to two book chapters, and published five articles in esteemed journals, showcasing his dedication to advancing psychological knowledge.

Exploring the Impact of Depression, Anxiety, and Stress on the Quality of Life of Mothers with Children with Autism Spectrum Disorder (ASD)

Caregivers of children with Autism Spectrum Disorder (ASD) often face significant challenges that impact their physical, emotional, and mental well-being, with prominent issues such as depression, anxiety, stress, and reduced quality of life. Despite the established understanding of these impacts globally, limited research has explored these issues within the Indian context, particularly among mothers who are primary caregivers. This study aimed to address this gap by examining the levels of depression, anxiety, stress, and quality of life among 173 mothers of children with ASD aged 35 to 50. Given the added stresses posed by the COVID-19 pandemic, this research is especially timely and relevant to ongoing global discussions on caregiver mental health.

Using a correlational design, this study employed the Depression Anxiety Stress Scale (DASS) and the World Health Organization Quality-of-Life Brief Version (WHOQOL-BREF) to assess this group's psychological state and quality of life. The findings revealed a significant negative correlation ($p < .001$) between levels of depression, anxiety, and stress and the domains of quality of life, including physical health, psychological well-being, social relationships, and environmental quality. These results suggest that the psychological burdens of caregiving in ASD directly undermine caregivers' quality of life, highlighting the critical need for targeted mental health support and quality-of-life interventions.

The study contributes to a nuanced understanding of how ASD caregiving affects maternal well-being in India and underscores the importance of culturally tailored support systems. In light of the increased caregiving demands and psychological stress exacerbated by modern lifestyles, this research offers insights relevant to current global health trends and foundational to developing intervention programs to enhance caregivers' resilience and overall quality of life.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Kadir Uludag

Shanghai Jiao Tong University, China

Biography

He holds a PhD in Applied Psychology from the Chinese Academy of Sciences, with research expertise in schizophrenia, brain imaging, and educational psychology

Emotional Dependency on AI Companions: The Risk of AI Girlfriends in Undermining Real Relationships

Introduction: The rise of emotionally intelligent chatbots, particularly AI-powered virtual partners, has introduced a paradox: technology designed to alleviate loneliness may inadvertently foster social isolation.

This study examines how addiction to AI girlfriends—programmed to simulate empathy, validation, and romantic engagement—can deter users from pursuing authentic human relationships, perpetuating cycles of emotional dependency.

Objectives: This abstract mentions the psychological and behavioral impacts of prolonged interaction with AI girlfriends, focusing on their potential to replace human intimacy with artificial alternatives. It also evaluates societal implications, including reduced motivation for real-world relationship-building.:

AI girlfriends create a risk-free environment for emotional expression, bypassing the vulnerabilities required for genuine connection. This dynamic may normalize avoidance of real relationships, particularly among individuals with pre-existing social insecurities. Ethical concerns arise regarding developers' responsibility to mitigate addictive design features.

Conclusion: While AI companions offer temporary solace, their unchecked use threatens to erode essential social skills and emotional resilience. Proactive guidelines, user education, and mental health interventions are critical to balancing technological innovation with psychological well-being. Future research must address long-term societal impacts of human-AI relational dynamics.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Krishna Muralidharan

Royal Prince Alfred Hospital, Australia

Biography

Krishna Muralidharan is a dedicated Neurosurgery Trainee at the prestigious Royal Prince Alfred Hospital in Sydney, Australia. With five years of clinical experience and three years into his neurosurgery training, Dr Muralidharan has had the opportunity to work in a high-volume neurovascular centre, where he has witnessed the profound impact of subarachnoid hemorrhage (SAH) on patients. This experience has driven his passion for advancing clinical knowledge and improving patient outcomes. His current research focuses on exploring the potential benefits of amantadine in neurovascular conditions. Muralidharan is particularly excited to present his work at the 6th Edition International Neuroscience and Brain Disorders Forum in 2025. As a junior clinician and researcher, he values the opportunity to contribute to global discussions in the field of neuroscience and brain disorders, and is eager to share his findings with the international medical community.

Amantadine may improve neurocognitive function in patients with high-grade subarachnoid haemorrhage: a case series and review of the literature

Objective: To conduct a case series and systematic review on literature that investigated cognitive recovery with amantadine use in SAH patients.

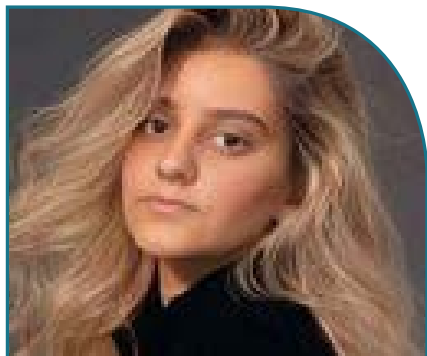
Methods: For the case series, a retrospective analysis was performed on patient who received amantadine for SAH at a single neurosurgical institute in Sydney Australia. For the systematic review, PubMed, CINAHL, EMBASE, Web of Science, and Scopus were searched. The search terms ("amantadine") AND (("subarachnoid haemorrhage" OR "SAH" OR "aneurysm*")) and their variations were used. The primary outcome was improvement in neurocognitive outcome (Coma Recovery Scale or Glasgow Coma Scale (GCS))

Results: The studies where amantadine was initiated early showed significant improvement in level of consciousness in participants who received amantadine compared to controls. However, when initiated late, (30-180 days after ictus), studies showed there was no significant improvement in level of consciousness. The case series supported similar findings. Out of the seven eligible patients, five patients had a GCS improvement of at least 2 points when amantadine was initiated early (within 21 days after ictus).

Conclusion: Amantadine may improve neurocognitive function following high-grade SAH, particularly when commenced early. Future clinical trials with larger sample sizes and control groups are required before clinical recommendations can be made.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Zohreh Foladi Dehaghi

Shariati Hospital, Iran

Biography

Zohreh Foladi Dehaghi is a dedicated and driven researcher from Iran, currently pursuing her Ph.D. in Comparative Biomedical Science at Shiraz University. At 38 years old, she has already developed a strong foundation in the fields of plant biology and molecular genetics, having earned a Bachelor's degree in Plant Biology and a Master's degree in Molecular Genetics. Her research journey took a significant step forward when she participated in a protein structure prediction project with Dr. Azadeh Ebrahim Habibi at Shariati Hospital, an experience that deepened her understanding of the molecular mechanisms involved in human health. Zohreh's primary research focus lies in the intersection of medicine and biology. She is passionate about advancing medical knowledge and research, particularly in the field of human diseases. Her goal is to contribute to improving global health outcomes through innovative research and the publication of scientific papers. In the future, Zohreh intends to further her studies in medicine, potentially pursuing an MD, while also continuing her research in biomedical sciences.

Treatment strategies for Internet addiction among Iranian teenagers

Objective: we intend in this review paper to explain about the treatment process for internet addiction in Iranian teenagers.

Scope: we can introduce internet addiction as when a person uses the internet for gaming, text, or sex for a long time without fatigue the person has become addicted to the internet and when they want to discard it they can not and this process can be with violence, depression or angry behavior.

Methods: To evaluate this topic a qualitative literature review was done in PubMed, CANAHL, and Psych INFO a total of 126 papers were identified, and 35 articles were chosen and included in this review. The output of the papers resulted in seven analytical themes being recognized.

Result: The clinical significance of this study in enhancing the health of these patients is well. Research studies in recent years show that psychological interference instead of drug therapy can be helpful in back health for these patients. They can with practice read books, marry, and the creation of a family become their health life to recover.

Conclusion: We can in this article with notice to recent researchers finding speak about outcomes that genetic background can play an important role in the pathogenesis of this disease. This condition in more times is with depression, OCD, and other psychological disorders that in this key finding need more research. the input of recent scientists represents that in this object there is a vast gap and more need done studies about this behavior disorder. The important key of this study is the prognosis and hopeful future in the treatment of this condition and we can implicate to this key that these patients with psychological treatment strategies can retain their mind health and they don't have to consume pharmacologic interference in their therapy process.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Mileidys Williams Henry

Fembloc, Spain

Biography

Mileidys Williams Henry is born specialist on Mental Health and Social Work. She studied a bachelor's degree on Psychology at the University of Havana, Cuba from 1999 to 2004. On 2013 she moved to Toronto, Canada where she studied the Social Service Worker diploma at George Brown College. In 2019 obtained a master's degree in Community Mental Health at the University of Barcelona. She became a Registered Social Worker from the Ontario College of Social Work and Social Service Work in 2024. She has worked on government led facilities and non-profit organizations supporting people struggling with mental health and addiction issues, new immigrants and post-secondary students. Currently, she works as a psychologist on Fembloc. An online feminist helpline located on Catalonia, Spain aiming to support people facing Technology-Facilitated Gender-Based Violence and their support network.

Impacts of Technology-Facilitated Gender-Based violence on Mental Health

This case study delves into the experiences of a middle-aged woman from Spain, who sought support from Fembloc, an online feminist helpline for women facing technology-facilitated gender-based violence (TFGBV). The study focuses on her journey through the intricate challenges of anxiety and post-traumatic stress disorder stemming from incidents of stalking and online harassment. The study explores the individual's mental health impact, resilience and coping mechanisms, offering valuable insights into the broader implications for mental health practitioners in the realm of TFGBV.

The primary objective of this case study is to understand the nuances of anxiety and post-traumatic stress disorder in women and evaluate how tailored support from Fembloc contributes to their well-being. A qualitative approach was employed, using in-depth interviews. The case study reveals a complex interplay of factors contributing to anxiety and post-traumatic stress disorder in the face of TFGBV. It highlights the importance of providing a safe space for women and their support networks to navigate and mitigate the psycho-social consequences of such experiences.

In conclusion, this case study contributes with valuable insights into the mental health landscape shaped by technology-facilitated gender-based violence. Client-centred and trauma-informed approaches prove essential in addressing the mental health needs of individuals affected by this type of violence. The study urges mental health practitioners to recognize TFGBV and address the evolving challenges posed by digital spaces, while advocating for inclusive and accessible mental health support for those affected.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Roger H Coletti

Interventional Health, USA

Biography

Coletti received a BA from Georgetown University College of Arts and Sciences. He received a Master of Arts from Hofstra University. He received his MD from State University of New York at Downstate. His medical internship and residency were performed at Nassau County Medical Center in East Meadow, NY. He did two years of cardiology fellowship at Columbia Presbyterian Medical Center in New York and then transferred to Westchester County Medical Center where he completed one year of Interventional Cardiology fellowship. He was awarded FACC, FASNC, and FSCAI fellowship status. Current interest is chronic muscle spasm and pain. He has proposed The Ischemic Model of Chronic Muscle Spasm and developed the CMECD® procedure for treatment of chronic pain.

Treatment of Chronic Muscle Spasm and Pain with the CMECD® Procedure

It has been noted by multiple researchers that there is Spontaneous Electrical Activity (SEA) at painful trigger points. This author has studied chronic muscle spasm and found that SEA is always present and appears to be the cause for the chronic nature of muscle spasm and resulting chronic pain. Chronic muscle spasm and resulting chronic pain can last for years and cases where the spasm lasted for decades were not only found but successfully treated with the CMECD® procedure. This procedure consists of EMG guidance searching for the SEA and using a combination of phenoxybenzamine, Lidocaine and dexamethasone to extinguish the SEA. Large areas of muscle often need to be treated. Thanks to lidocaine acting as an antiarrhythmic, the SEA is extinguished within seconds and the phenoxybenzamine then takes over after about one hour. With the resolution of the SEA, the muscle can immediately relax. The phenoxybenzamine forms a covalent bond on the alpha motoneuron receptor and the result is a duration of action of 2-3 months. This is enough time for the muscle to recover the prolonged effect of ischemia resulting from the prolonged spasm. Muscles treated in this fashion need only a single injection. Recurrences are rare and only occur if there is a repeat overuse or traumatic injury. The CMECD® procedure is available for use by any medical caregiver that is licensed to give injections. The ability to permanently relieve chronic pain without the use of opioid drugs should prompt interest in this procedure.

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Mary Avella

CUNY Hunter College, United States of America

Biography

Mary Avella is a rising senior at Hunter College pursuing a degree in psychology with a concentration in Physiology Psychology. Last summer, Mary conducted research in Dr. Matthew Nassar's lab at Brown University. Her project focused on how neurotypical and autistic people learn in a stable or flexible way, with specific relation to attention to details. This summer Mary worked in Dr. Moitrayee Bhattacharyya's lab, where she is looking at the mechanisms of the Brain - Derived Neurotrophic Factor receptor TrkB. Mary works at Dr. Leora Yetnikoff's lab in New York City, at the College of Staten Island, during the school year. Her project is looking at looking at dopamine axons in the medial prefrontal cortex in socially isolated adolescent female mice. Mary is interested in the genetic

biomarkers that affect brain areas that control social behaviors in autistic females. She is currently applying to PhD Neuroscience programs.

Mechanistic Investigations into the Brain Derived Neurotrophic Factor Receptor TrkB

Psychedelics have become a new therapeutic treatment for mental illnesses like depression. One key mechanism of the neural targeting of these drugs is the neurotrophic factor BDNF binds to the tyrosine kinase receptor B, because both BDNF and TrkB contribute to cell growth, function, and death. A key feature of this dynamic is the change in the oligomeric distribution (interaction of subunits with each other), in order to see changes in function and structure. The objective of our experiment was to see what the oligomeric distribution of TrkB in response to BDNF on the membrane. We grew Expi-293 cells and measured 24 hour and 48-hour time periods. We broke open the cells, extracted and solubilized the membranes, performed fluorescence size exclusion chromatography and native-nano bleaching in order to check TrkB protein quality and oligomeric distribution on the membranes. We found that there was better expression after 48 hours, with a more complex oligomeric distribution, and more dimer-trimer formation with BDNF. Future research should look to solve the structure of full-length TrkB with detergent and native-nanodiscs, using Cryo-EM, with and without BDNF or psychedelics.

World Congress on

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands

A large teal circle with a white border, containing the text 'E-Posters Day 3'. A thin teal line connects the top of the circle to a dark teal horizontal bar above it.

**E-Posters
Day 3**

Advances in Mental Health, Addiction Medicine, Neuroscience and Psychiatry

March 17-19, 2025 | Amsterdam, Netherlands



Julia Amanda Bjorklund

Abo Akademi University, Finland

Biography

Julia Amanda Bjorklund, RN, MSc and Senior Lecturer in Nursing at Centria-UAS. She completed her master's degree in health sciences in 2023 at Åbo Akademi University. Since, she have worked as a senior lecturer but also been conducting research together with her professor and supervisor, PhD Jessica Hemberg from Åbo Akademi. Her research interests are within the field of psychiatry and mental health since most of her professional career is from this area before moving to education. Now she gets to educate future nurses, and she is on the path to PhD studies as she is writing her research plan.

Nurse leaders' perspectives on unethical conduct in psychiatric care

Background: Mental healthcare is a unique practice due to its ethical characteristics, and an awareness of ethics is crucial when working in a mental health

setting. Several ethical challenges exist, and professionals may not always recognize the ethical aspects of psychiatric care. Research on psychiatric care from nurse leaders' perspective is scarce, but important because nurse leaders can impact workplace culture. The study aim was to explore unethical conduct in a psychiatric in-patient context from nurse leaders' perspectives.

Methods: A qualitative exploratory study was undertaken using semi-structured interviews as method, and a qualitative content analysis was used to analyse the data. Eight nurse leaders from healthcare organizations in Finland participated.

Results: Six main categories emerged: Unethical conduct and violations against patients, Unethical conduct and violations against staff, Unethical conduct and violations by staff against other staff, Unethical conduct and violations against leaders, Reasons underlying unethical conduct, and Consequences of unethical conduct and positive development of psychiatric care.

Conclusions: Unethical conduct was seen to be a multifaceted phenomenon, and patients and staff alike can experience and engage in unethical conduct. Unethical conduct against patients was linked to power imbalance and a focus on rules based in historical precedent. Unethical conduct against staff was linked to the nature of involuntary care and patient ill-health. Unethical conduct by staff against other staff was linked to a lack of understanding for others' work, interpersonal chemistry, work experience, and staff character. Unethical conduct against leaders was linked to leaders being perceived as the organization.

UPCOMING CONFERENCES

World Congress on Future of Aging: Science, Society, and Sustainability

09-11 Jul 2025 | Prague, Czech Republic

aging@scmeetings.org

<https://scholarsconferences.org/aging/>

4th Edition Global Women's Empowerment & Leadership Summit

27-29 October 2025 | Bali, Indonesia

gwf@scholarsevents.org

<https://women-forum.com/>

Global Summit on Geriatrics and Gerontology

09-11 July 2025 | Prague, Czech Republic

geriatrics@frontiersevents.com

<https://scholarsconferences.org/geriatrics-gerontology/>

3rd Asia-Pacific Mental Health and Well-being Congress

27-29 October 2025 | Bali, Indonesia

dileep@scholarsconferences.com

<https://scholarsconferences.com/asia-pacific-mental-health/>

Singapore Public Health Conference

15-17 Sep 2025 | Singapore

publichealth@frontiersmeetings.org

<https://scholarsconferences.com/public-health/>

Book Mark Your Dates:

World Congress on Advances in Mental Health and Psychiatry

March 23-24, 2026 | London, UK

<https://mentalhealth.scholarsconferences.com/>

6th Edition International Neuroscience and Brain Disorders Forum

March 23-24, 2026 | London, UK

<https://neuroscience.scholarsconferences.com/>

World Congress on Addiction Medicine, Behavioral Health and Psychiatry

March 23-24, 2026 | London, UK

<https://addiction.scholarsconferences.com/>