



INTERNATIONAL WOMEN'S FORUM

March 27-28, 2024 |
Barcelona, Spain



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SCIENTIFIC PROGRAM

Day 01 | March 27, 2024 | Niagara

08:15-09:15 Registrations

09:00-09:15 Opening Ceremony

Keynote Forum

09:15-09:50 **Title: Effect of Repetitive Transcranial Magnetic Stimulation on Chronobiological Hypothalamic Pituitary-Thyroid Axis Activity in Major Depression**

Fabrice Duval, Centre hospitalier de Rouffach, France

09:50-10:25 **Title: Unlocking Sustainability: Exploring Gender Dynamics in Romania's Finance**

Daniela Tolici, Bank Deposit Guarantee Fund, Bucharest, Romania

10:25-11:00 **Title: Reconnection with Inner Strength as a way to Empower Women**

Barb Smith Varclova, Your Steps Counselling, UK

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

11:20-11:55 **Title: Understanding Executive Functioning Deficits Inherent in ADHD and ASD**

Mary Hynes Danielak, The Counseling and Development Center, USA

11:55-12:30 **Title: Blueprint to Inner Transformation: The Mindfulness Architect's Guide**

Holly McNeill, P.E.R.L.O.V.E. with Holly McNeill, USA

12:30-13:05 **Title: Drug Resistant Epilepsy, Definition, Pathophysiology and Management**

Boulenuar Mesraoua, Weill Cornell Medical College, Qatar

Group Photo 13:05-13:15

Lunch and Networking Break @ 13:15-14:00

Speaker Session:

Session Chair: Barb Smith Varclova, Your Steps Counselling, UK

14:00-14:25 **Title: Interprofessional Interventions for Treatment Resistant Depression**

Sabine Schmid, University of Minnesota, USA

14:25-14:50 **Title: Dare to Dream and Grow Boldly Toward Your Best Life**

Bianca Wise, The Mindset Snob, USA

14:50-15:15 **Title: Exploring the Interplay of Self and Trauma: Implications for Affect Regulation and**

Identity Formation

Ilda Bukva, University of Bergamo, Bosnia and Herzegovina

15:15-15:40 **Title: Healing Women's Broken Relationship with Power**

Dana Theus, InPower Coaching, USA

15:40-16:05 **Title: The Role of OT in Stress Response Under Different Interpersonal Conditions**

Constanza Gonzalez, Universidad del Desarrollo, Chile

Refreshments Break @ 16:05-16:25

16:25-16:50 **Title: Reduced Peripheral Nerve Conduction Velocity is Associated with Alzheimer's**

Disease: A Cross-Sectional Study from China

Xinyi Qian, Shanghai Mental Health Center, China

16:50-17:15 **Title: Developing Microbiome and Dietary Strategies Based on Chrononutrition for**

Targeting ADHD: Hypothesis, Research Aims and Project Design

Maria Carmen Cenit Laguna, IATA-CSIC, Spain

Panel Discussions & B2B Meeting @ 17:15-18:00

Day 01 End | Closing Ceremony

09:05-09:15 : Introduction

Keynote Forum

- 09:15-09:50 **Title: Neural Circuit Formation and Sensory Perception in the Mouse Olfactory System**
Hitoshi Sakano, University of Fukui, Japan
- 09:50-10:25 **Title: Religion, Emotion and Self-Empowerment**
Marziyeh Bakhshizadeh, Reutlingen School of Theology, Germany
- 10:25-11:00 **Title: My Endometriosis Story: A Generational Echoes Quest for Self-Love**
Carolina Troncone, Freelance, Spain

Refreshments Break @ 11:00-11:20

- 11:20-11:55 **Title: Prevalence of Post-Traumatic Stress Disorder among Former US Mission Workers in Iraq and Afghanistan: Comorbidity and Correlation with Social Factors**
Mumin Sadiku, Klinika Euromed, Macedonia

Speaker Session

Session Chair: Barb Smith Varclova, Your Steps Counselling, UK

- 11:55-12:20 **Title: The science of accepting yourself- Applying Positive Psychology and Performance Psychology in a Clinical Setting**
Benjamin Pelz, Curamed, Germany
- 12:20-12:45 **Title: The Central but Denied Role of Women in Decision-Making and Conflict Resolution**
Helene Conway-Mouret, French Senate, France
- 12:45-13:10 **Title: Forced Deportation of Ukrainian Children to Russia**
Alona Lebedieva, Aurum Charity Foundation, Ukraine

Lunch and Networking Break @ 13:10-13:55

- 13:55-14:20 **Title: "A powerful label that defines someone"; A Mixed-Method Systematic Review of the Perspectives of Young People, Carers and Professionals on Psychiatric Diagnosis in Childhood and Adolescence**
Jodie Gill, University of South Wales, UK
- 14:20-14:45 **Title: International Projects Strategies for Women in the Global Workplace**
Syreeta Bond, Edgy Opulence Lifestyle Branding Co, USA
- 14:45-15:10 **Title: Nurturing Mental Strength and Fostering Inclusive Leadership in Women**
Sabira Arefin, Harvard University, Boston, USA
- 15:10-15:35 **Title: VOW trains Women in Leadership and Women in Sustainable Development**
Oyeyinka Oyelowo, Canadian Voice of Women for Peace, Canada
- 15:35-16:00 **Title: Women's Entrepreneurship Center a Contribution From Venezuelan Women**
Cielo Velandia, Asociacion Venezolana de Mujeres, Venezuela

Refreshments Break @ 16:00-16:20

- 16:20-16:45 **Title: Querying The Political Sphere of Women In Power: The Case of Three Lady Mayors In The Province of La Union**
Jomelyn M Valdez, Don Mariano Marcos Memorial State University, Philippines
- 16:45-17:10 **Title: Recognising the shadow pandemic in the humanitarian sector: ending violence against women in the aftermath of COVID-19**
Lea Felten, Leiden University, France

Poster Session @ 17:10-17:40

- EP001 **Title: Deciphering the role of gut microbiota mediating and/or modulating the potential therapeutic effects of Mediterranean Diet on ADHD**
Maria Carmen Cenit Laguna, IATA-CSIC, Spain
- EP002 **Title: Enhancing Student Well-being: The AI Akhawayn University Student Mental Health App**
Rabii Lamharzi Alaoui, Al Akhawayn University, Morocco
- EP003 **Title: Exploring the Effects of Transcendental Mindfulness Meditation on Anxiety Symptoms in Young Females**
Claudia Cedeno, Albizu University, United States
- EP004 **Title: Rapid formation of posterior subcapsular cataract in a patient treated with Escitalopram- Case report**
Karin Udvanc, Medical Centre Pusnik-Novljan, Slovenia

Panel Discussions & B2B Meetings

Day 02 End | Closing Ceremony

09:30-09:45 : Introduction

Keynote Forum

- 09:45-10:15 **Title: Telomerase in Brain and Neurodegeneration**
Gabriele Saretzki, New Castle University, Germany
- 10:15-10:45 **Title: Galvanising UN Sustainable Development Goal 5 by utilising Corporate Social Responsibility: Financial Inclusion as a sine qua non for Women's Empowerment and Gender Equality**
Rajiv Nair, Amrita Vishwa Vidyapeetham, India

Speaker Session

- 10:45-11:05 **Title: Reshaping cancer advocacy in Jordan and the region**
Nisreen Qatamish, King Hussein Cancer Foundation, Jordan
- 11:05-11:25 **Title: The Integrative Signalling of Amylin, Oxytocin, and Prolactin Could Mitigate Stress-Related Aggression**
Sherine Abdelmissih, Cairo University, Egypt

Refreshments Break @ 11:25-11:40

- 11:40-12:00 **Title: Addictions and Psychiatric Disorders in Patients followed at The Doctor Joseph Guislain Neuropsychiatric Centre in Lubumbashi, Series of 112 Cases and Review of The Literature**
Philippe Ntalaja, University of Kinshasa, Democratic Republic of the Congo
- 12:00-12:20 **Title: Neural Roadmap of Positive, Negative, and Neutral Mood Induction impact on Driving Behavior Using fMRI**
Sama Rahnemayan, Tabriz University of Medical Sciences, Iran
- 12:20-12:40 **Title: Investigation of the Effect of Brain Stimulation in the Treatment of Lewy Body Disease**
Ahmad Mehdipour Arbastan, Islamic Azad University, Iran

Poster Session

- 12:40-12:50 **Title: High Accurate Neurocognitive Assessment and Classification of Mild and Advanced Patients with Alzheimer by means of Machine and Deep Learning Algorithms**
Alejandro L Borja, Universidad de Castilla-La Mancha, Spain
- 12:50-13:00 **Title: Language in Mental Health: Bipolar Disorder vs Borderline Personality Disorder**
Noelia Santos-Muriel, University of Madrid, Spain

Break @ 13:00-13:15

Speaker Session

- 13:15-13:35 **Title: Association of intelligence anthropometric parameters in Iranian children obese: disability in underweight and obese children**
Zohreh Foladi Dehaghi, Comparative Biomedical Sciences, Iran
- 13:35-13:55 **Title: Exploring the Neurobiological and Behavioral Congruencies between Bulimia Nervosa and Addictions**
Ashley Hodge, Nexus, USA
- 13:55-14:15 **Title: Women and Negotiations**
Title: Silencing Negative Self-Talk
Raina Gandhi, Rising Tide Consulting, USA
- 14:15-14:35 **Title: Breaking the Hijab Stereotype in Business**
Soukayna Ikhiche, Ideao, France

Keynote Forum

- 14:35-15:20 **Title: Comparing Deep Learning with Adaptive Resonance**
Stephen Grossberg, Boston University, USA
- 15:20-15:50 **Title: Porphyromonas gingivalis Outer Membrane Vesicles as the Major Causative factor of Neuro-inflammation/degeneration leading to Cognitive Decline, Dementia and Alzheimer's Disease**
Peter Nara, Keystone Bio Inc., USA
- 15:50-16:20 **Title: Grow your personal brand through public relations (PR)**
Alexis Quintal, CEO & Owner of Rosarium PR, Florida, USA
- 16:20-16:50 **Title: Intersectional Considerations and Assertiveness Strategies for Negotiation**
Cara Tuttle, Vanderbilt University Project Safe Center, USA

Speaker Session

- 16:50-17:10 **Title: Understanding your Femina body hormonal processes!**
Karina Karalkina, SIA FEMINA-S, Latvia

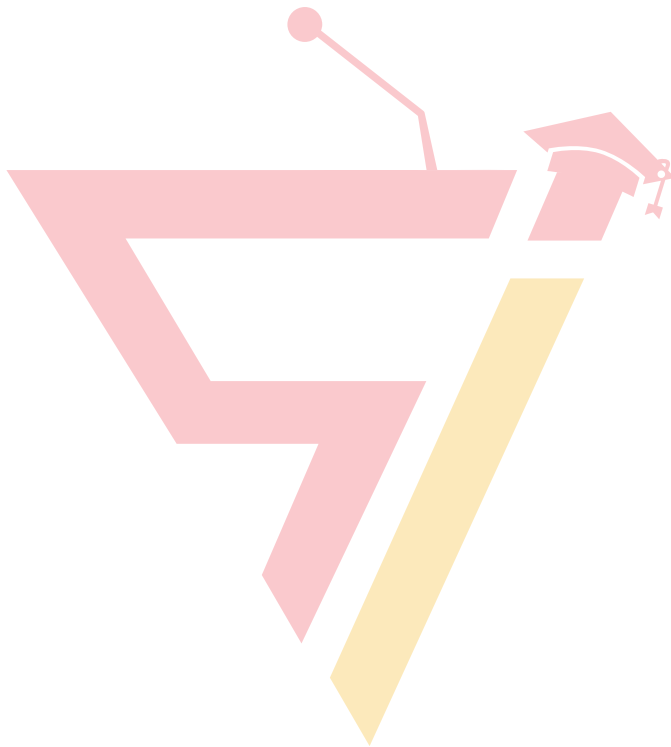
Panel Discussions Day 03 End | Closing Ceremony

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KEYNOTE
SPEAKERS
Day 1



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Fabrice Duval

Centre Hospitalier de Rouffach, France

Biography

Fabrice Duval is a MD psychiatrist, hospital practitioner at the Centre Hospitalier de Rouffach France), former head of the adult psychiatric Pole 8/9, and former president of the establishment medical commission. His areas of interest are in the fields of chronobiology, neuroendocrinology and psychopharmacology in psychiatric patients (particularly those suffering from affective and psychotic disorders, and attention-deficit/hyperactivity disorder). He has published more than 150 articles in international and national journals, as well as book chapters. His current research focuses on the hormonal modifications induced by repetitive transcranial magnetic stimulation as well as the determination of bio-clinical criteria predictive of the response to this type of treatment in depressed patients.

Effect of repetitive transcranial magnetic stimulation on chronobiological hypothalamic pituitary-thyroid axis activity in major depression

Duval, Marie-Claude Mokrani, Vlad Danila, Alexis Erb, Felix Gonzalez Lopera, Mihaela Tomsa Pôle 8/9-AP-F2R, Centre Hospitalier, Rouffach, France

Background: We previously demonstrated that the difference between 11 PM and 8 AM TSH response to protirelin (TRH) tests on the same day ($\Delta\Delta$ TSH test) is an improved measure in detecting hypothalamic-pituitary-thyroid (HPT) axis dysregulation in depression. This chronobiological index is normalized after successful antidepressant treatment. The present study aimed at assessing the effects of repetitive transcranial magnetic stimulation (rTMS) of the left dorsolateral prefrontal cortex (DLPFC) on the HPT axis activity in treatment resistant depressed inpatients (TRDs) (defined as having at least 2 treatment failures). Method: The $\Delta\Delta$ TSH test was performed in 13 TRDs and 14 healthy hospitalized control subjects (HCs). To be enrolled in this study, patients had to show reduced $\Delta\Delta$ TSH values (i.e., < 2.5 mU/L) at baseline (BL). After 20 sessions of rTMS (using daily theta-burst stimulation; 100% resting motor threshold; number of pulses/session: 900), the $\Delta\Delta$ TSH test was repeated in all inpatients. The 17-item Hamilton depression rating scale (HAM-D) was used to assess the severity of depression. Remission was defined by a final HAM-D score ≤ 8 .

Results: Compared to BL, HAM-D scores decreased and $\Delta\Delta$ TSH values increased after 20 sessions of rTMS (both $p < 0.05$ by T-test). There was a relationship between the reduction in HAM-D scores from BL to endpoint and the increase in $\Delta\Delta$ TSH values ($\rho = -0.64$; $n = 13$; $p = 0.018$). At endpoint, 7 patients showed $\Delta\Delta$ TSH normalization (among them 6 were remitters), while 6 patients did not normalize their $\Delta\Delta$ TSH (all were non-remitters) ($p < 0.005$ by Fisher Exact test).

Conclusions: Our results suggest that after 20 sessions of rTMS, chronobiological restoration of the HPT axis activity is associated with clinical remission. Further investigation of the specific effects of rTMS on the HPT axis activity in TRDs is warranted.

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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.

Unlocking Sustainability: Exploring Gender Dynamics in Romania's Finance

This study encapsulates the transformative potential of gender diversity and inclusivity within the Romanian

financial sector. Policymakers and stakeholders play pivotal roles in fostering gender equity, aligning with a future where sustainability is paramount, highlighting the strategic advantage of embracing gender diversity. The primary objectives of our research encompass understanding the intricate interplay between gender dynamics, climate risks, and sustainability within the Romanian financial sector, offering actionable insights to bridge disparities and advance gender equality and sustainability. The scope includes analyzing the impact of gender diversity on sustainability outcomes, identifying persistent gender inequalities, and examining challenges in addressing gender disparities. The research employs an empirical approach, through extensive data analysis, delineating the necessity for a holistic approach to women's economic empowerment within the Romanian financial sector. It emphasizes four identified gaps and sets corresponding research hypotheses to investigate these gaps comprehensively. The gaps encompass the integration of the gender lens theory into sustainability in finance, quantitative analysis of gender-related financial performance, exploration of gender-inclusive policies and sustainable investments, and understanding the intersection of gender, climate risks, and risk assessment. The research employs a robust mixed-methods approach to test these hypotheses, combining quantitative analysis of financial data with qualitative assessments of institutional policies and practices. Notably, the study concludes that gender diversity, gender-sensitive risk assessment, gender-inclusive policies, and mitigating gender disparities are integral components of achieving sustainable financial outcomes. The implications emphasize the regulatory landscape's role in incentivizing and steering financial institutions towards embracing gender-inclusive and sustainable practices, thereby fostering a more equitable and sustainable financial landscape in Romania. This research aims to not only enrich the academic understanding of these critical intersections but also provide actionable insights for financial institutions, policymakers, and stakeholders in fostering sustainability through gender-inclusive approaches.

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Barb Smith Varclova

Your Steps Counselling, UK

Biography

Barb Smith Varclova began to study how the mind works thirty years ago as a way to recover from Complex PTSD and completed several training programs, starting with The Silva Method of Mind Control, Accumulator, Principles of Life, NLP, Clinical and Pastoral Counselling, CBT, OneBrain, regression, hypnotherapy, and concluding with Rapid Transformation Therapy. In addition, I studied non-traditional modalities such as Reiki, Tarot, Osho Method, energy work of crystals, wood and plants. And available research regarding the physical manifestation of emotional issues, newly known more as Quantum healing.

Reconnection with Inner Strength as a way to Empower Women

Aim: Women affected by childhood trauma suffer from disconnection from their Inner Strength. Re-

connection on the deepest levels of mind and body is base for turning into an Empowered woman. To educate therapists and coaches on what everything causes trauma responses, how they are created and functioning and how everybody can, in their own practice, apply this understanding to improve lives.

Introduction: Affected by childhood trauma is more people than statistics show. The result is that millions of women have been living in survival mode for decades, and to change their lives, they need help to reconnect with themselves.

Materials and Methods: During hundreds of sessions with women of different ages, I established common patterns and proved reproducible results of the Trauma Response Reprogramming program, which combines a wide range of modalities.

Results: Testimonials from clients show significant changes in their lives in just three months. Most of them used words such as "I am a different person", "I am finally myself", "I am free", and "I never knew before how it feels to be happy".

Conclusion: Recovery from Childhood trauma manifesting as Complex PTSD, PTSD, BPD, panic attacks, public speaking issues, narcissistic abuse, eating disorders or autoimmune diseases is possible with expected full recovery in 3 to 5 months or less. Applying an understanding of how trauma affects our perception of reality, we can focus on recovery with teenagers and young adults and start breaking the cycle of passing trauma on to the next generation by stopping the trauma responses of parents.

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Mary Hynes Danielak

The Counseling and Development Center, USA

Biography

Mary Hynes Danielak, Psy.D., Licensed Clinical Psychologist. Dr. Danielak is one of the founders and CEO of The Counseling and Development Center outside of Atlanta, GA. Dr. Danielak has been in clinical practice since 1994 and has tested over 1600 children, teens, and adults. She has trained a variety of postdoctoral fellows and best practices of assessment and interpretation of data. Her training in assessment includ-

ed the neuropsychological assessment of executive functions for differentiating ADHD from other disorders. Her original doctoral dissertation research constituted an N=325 for her doctorate was published in Journal of Emotional and Behavioral Disorders, 3, 40-45], "Doctoral Dissertation: "Comparison of Paternal Factors in Families with and without Daughters with Disturbed Eating Attitudes." [Danielek, M., & Eme, R., (1995).

Understanding Executive Functioning Deficits Inherent in ADHD and ASD

Executive Functions (EF) are a topic that is often thrown around loosely by both parents and professionals without a clearer understanding of what are the specific EF's. These functions are often negatively impacted by ADHD, ASD, and other disorders at different levels of severity. However, even a minimal degree of dysfunction in a few areas of Executive Functioning can cause a person to struggle in many aspects of life and can persist over a lifetime. Increase your knowledge of the types of EF, the breadth and depth of these and how they impact daily life.

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Holly McNeill

P.E.R.L.O.V.E. with Holly McNeill, USA

Biography

Holly McNeill, an accomplished architect with 26 years of experience managing global projects, including hospitals with budgets up to \$1 billion, developed a profound passion for mindfulness meditation during a low period in her life. Over two decades, in tandem with her career, she undertook a soul-searching journey spanning various corners of the country. Immersing herself in the modalities of neuroscience, psychology, spirituality, and delving deep into Buddhism, she fused her architectural prowess with transpersonal exploration, culminating in the P.E.R.L.O.V.E. Formula—a groundbreaking set of mindfulness meditation practices inspired by ancient wisdom and contemporary thought leaders. Today, as the 'Mindfulness Architect,' she shares her transformative approach for conquering negative emotions and empowering individuals in the realm of holistic healing.

Blueprint to Inner Transformation: The Mindfulness Architect's Guide

In this keynote, Holly McNeill, known as the Mindfulness Architect, shares her journey of profound self-realization and transformation. Initially immersed in the world of architecture, overseeing large

hospital projects, Holly veered towards mindfulness and meditation. Armed with her innate gift for clarity, she embarked on a quest to unravel the intricacies of the human mind and its profound impact on our lives.

Through a captivating blend of personal anecdotes, psychological insights, advancements in scientific understanding, and spiritual teachings, Holly unveils the pervasive influence of subconscious programming and negative self-talk on shaping individual experiences. She delves into the depths of childhood conditioning and societal influences, shedding light on how deeply ingrained beliefs and thought patterns dictate our perceptions and behaviors.

Introducing the transformative P.E.R.L.O.V.E. practices, Holly presents a comprehensive framework for navigating the complexities of the mind and harnessing the power of mindfulness to effect profound change. With practices like Pledge, Evaluate, and Recognize, she empowers individuals to cultivate self-awareness, challenge limiting beliefs, and awaken to their boundless potential.

At its core, Holly's narrative invites individuals to reclaim agency over their lives and become the architects of their own destinies. By fostering a deep connection between heart and mind, she encourages those who may feel stuck or lost in their solid, perceived personalities to embrace universal compassion, expand beyond conditioned limitations, and embark on a journey towards authentic self-expression and fulfillment.

In essence, Holly's story serves as a beacon of hope and inspiration, illuminating the path towards inner peace, resilience, and true happiness. Through the transformative power of mindfulness, individuals empower themselves to transcend adversity, cultivate profound self-understanding, and create lives imbued with clarity, purpose, and boundless love.

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Boulenour Mesraoua

Weill Cornell Medical College, Qatar

Biography

Boulenour Mesraoua is Senior Consultant Neurologist at HMC , Neuroscience Department and Associate Professor of Clinical Neurology at WCMC-Q; He graduated as an MD from Algeria then moved to Belgium, for a Residency in Internal Medicine and Neurology at Liege University ; following the Belgian Board of Neurology (which he got with high marks), he moved to the National Hospital for Nervous Diseases, Queen

Square, London, United Kingdom , for a fellowship in Clinical Neurophysiology, under Pr Willison ; Dr B Mesraoua had also further training in Epilepsy and Continuous EEG Monitoring for two years in the Neurophysiology department of Zurich , Switzerland , under late Pr Hans Gregor Wieser ,an internationally known clinical epileptologist

Drug Resistant Epilepsy, Definition, Pathophysiology and Management

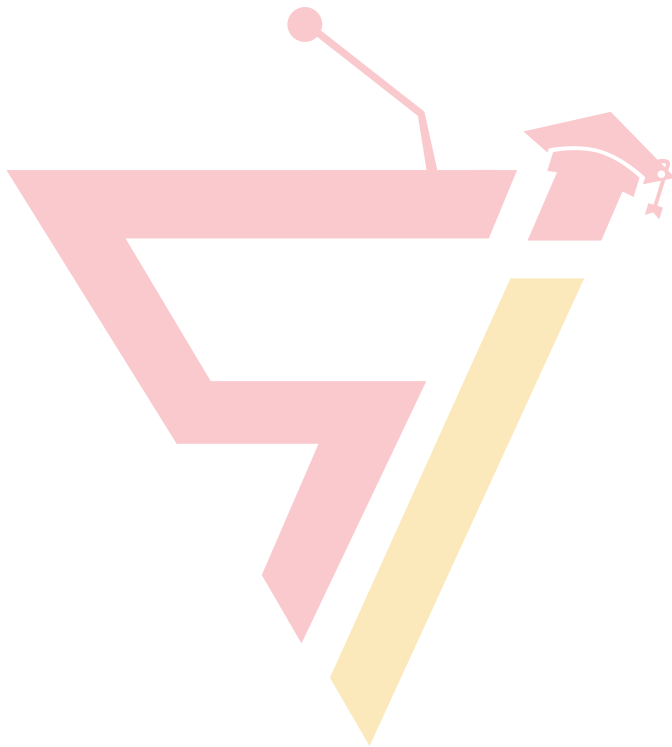
There are currently more than 51 million people with epilepsy (PWE) in the world and every year more than 4.9 million people develop new-onset epilepsy. The cornerstone of treatment in PWE is drug therapy with Anti-Seizure Medications (ASMs). However, about one-third of PWE do not achieve seizure control and do not respond well to drug therapy despite the use of appropriate ASMs [drug-resistant epilepsy (DRE)]. The aims of the current presentation are to discuss the definition of DRE, explain the biological underpinnings and clinical biomarkers of this condition, and finally to suggest practical management strategies to tackle this issue appropriately, in a concise manner.

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SPEAKERS
Day 1



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Sabine Schmid

University of Minnesota, United States

Biography

Sabine P. Schmid, PhD, is a clinical psychologist on faculty 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.

Interprofessional Interventions for Treatment Resistant Depression

Depression is a leading cause of disability worldwide. More than 50% of those diagnosed with Major Depressive Disorder (MDD) do not reach remission after the first treatment trial and more than 30% fail after multiple treatment trials (either multiple classes of antidepressants or psychotherapy). Though there is not a universally accepted definition, Treatment Resistant Depression (TRD) is currently understood as MDD with at least 2 failed treatments at adequate dose and duration. Patients frequently trial many different medications over the course of years, often decades without much relief.

Given the complex etiology and variability in TRD, combination treatments such as combining medications with psychotherapy are becoming the standard of care for TRD as they may boost treatment efficacy and speed up treatment response for this difficult-to-treat diagnosis. The presentation will review recent and innovative advances in combining biological interventions such as neuromodulation with evidence-based psychosocial treatments such as cognitive behavior therapy. Objectives of this presentation include 1) Review the context of current treatments for MDD, 2) Describe novel approaches for combining biological interventions with evidence-based psychotherapy for TRD, 3) Discuss barriers and solutions to providing combination treatments for TRD in interprofessional care settings.

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Bianca Wise

The Mindset Snob, USA

Biography

An enthusiastic, passionate leader, and serial entrepreneur and former Emergency Medical Services Lieutenant with 20+ years of Emergency Medicine and Emergency Management experience. Currently heading an organization that is driven in supporting the world's WISEST generation of people through quality In-Home Care Support services. Leading with core values of compassion, integrity, and resourcefulness for seniors and families taking care of aging loved ones in the Baltimore Metropolitan and Montgomery County areas of MD.

Debut author of "The Playbook of a Mindset Snob, Mastering Your Mind for Success. Building a bold, lively, and disruptive community that cultivates transformative power through mentorship and empower-

ment of Intra/Entrepreneurs to help get their minds RIPE for success.

Dare to Dream and Grow Boldly Toward Your Best Life

We all have dreams about what an ideal future looks like for our careers, relationships, wellbeing and more. Yet moving from vision to reality requires ongoing personal growth. Participants will learn simple strategies in this interactive 1-hour workshop to achieve bold goals with an empowering mindset focused on progress over perfection.

This workshop will enable attendees to:

- Examine self-limiting beliefs that create barriers to success and replace them with growth mindset rituals
- Clarify their authentic values and definition of success to develop an audacious vision that aligns with their highest self
- Assess their confidence gaps and learn specific techniques to overcome imposter syndrome and perfectionism
- Make commitments to nurture their growth mindset through insightful letter writing to their future selves

If there was ever any question as to if you had it in you to live out your purpose, consider them crushed. This is an invested community ready to cheer you on as you boldly grow toward becoming the fullest version of yourself. The time for action starts now!

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Ilda Bukva

University of Bergamo, Bosnia And Herzegovina

Biography

Ilda Bukva is a dedicated and accomplished professional who holds a Master's degree in Clinical Psychology from the University of Bergamo, Italy, where she graduated with honors (Cum Laude). She also earned a Bachelor of Psychology from the University of Sarajevo, Bosnia and Herzegovina, and served as a Student Representative during her undergraduate years. Currently she is in training to become a gestalt psychotherapist and completing Training in Traumatic Stress Studies under guidance of MD Bessel van der Kolk. With a strong academic foundation, she has gained valuable work experience in diverse roles. She has worked as a mental health counselor at the American International University in Kuwait, demonstrating expertise in clinical assessment and counseling. She also contributed to research as a Research Assistant at the Federal Bureau of Statistics and the Center for Developmental Evaluation and Social Research CRE-DI in Bosnia and Herzegovina. Currently working as a psychologist at Polyclinic Atrium in Sarajevo. Her commitment to professional development is evident through her ongoing education in trauma studies and various counseling and clinical assessment courses. Her dedication to her field and community involve-

ment make her a standout professional in the field of psychology.

The Impact of Interoceptive Awareness on Emotional Regulation and Identity Formation

This study investigates the interplay between interoceptive awareness, emotional regulation, and identity formation, shedding light on the critical role of the minimal self in shaping our emotional responses and narrative identity. In Study 1, we explored the relationship between interoceptive awareness, emotional regulation, and narrative identity cohesiveness. We hypothesized that individuals with increased interoceptive awareness exhibit better emotional control and a more integrated narrative self. Our findings demonstrate a significant correlation between interoceptive awareness, emotional regulation, and narrative identity cohesion, highlighting the importance of self-awareness in promoting emotional well-being. In Study 2, we delved into the impact of childhood trauma, particularly early relationship trauma, on emotional dysregulation and identity disturbances. Through the use of the Childhood Trauma Questionnaire (CTQ), we identified signs of trauma, including emotional, physical, and sexual abuse, as well as emotional and physical neglect. Individuals who experienced childhood trauma and dissociative insights exhibited limited flexibility, a discontinuous experience of self, and a lack of self-reflection capacity. These challenges manifested as difficulties in recognizing and accepting their emotions, adjusting feelings in alignment with their goals, and controlling their behavior when confronted with negative emotions. The results of these studies contribute to our understanding of the complex relationship between self-awareness, emotional regulation, and identity formation. Furthermore, they underscore the need for prevention programs targeting mothers and future parents to mitigate the transmission of unresolved maternal trauma and promote the development of a healthy society.

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Dana Theus

InPower Coaching, USA

Biography

Dana Theus is an executive and career coach specializing in helping women unlock their highest potential to succeed and to shine. With her support, women aspiring to greater levels of leadership and entrepreneurship learn to retell the stories they must heal so that they can emerge into their full potential and find their authentically confident voice and impact. Leveraging a 25+ year career on the front lines of business, Dana has worked for Fortune 50 companies, entrepreneurial tech start-ups, government and military agencies and non-profits. She has taught graduate-level courses for several Universities in the Washington DC area. She writes on multiple leadership sites to bring an IN-Powered voice to authentic feminine leadership and gender-balanced leadership development.

Healing Women's Broken Relationship with Power

Women all over our world have experienced historic, systemic and pervasive alienation from positions and behaviors that allow us to experience, understand and use our power. While we all know this, experiencing it every day, what we often don't realize is that this reality has led too many of us to believe that we don't want or deserve power. At deep psychological levels we are afraid of our power, so that we either do not

pursue it, or find the journey to power confusing and frightening in ways that can hobble our impact and career potential.

Despite this, many brave women and men are succeeding in bringing more women into positions of power. In the process we are discovering that women bring many gifts to organizations and communities when we exercise our unique authentic feminine leadership styles. Women in leadership, especially when acting in gender balanced leadership teams, help produce better business, health and other outcomes.

Women's driving desire to make the world a better place does, in fact, make the world a better place when we wield the instruments of power.

In the process, we are discovering that the path to power for women, although difficult, can become a healing journey. Learning to want power, to do the work necessary to attain and use it wisely, can repair not only our relationships to power, but our relationships to ourselves.

In this session we will explore all the themes above, looking at the hard realities¹ of today's broken relationship with power for women, what women are accomplishing despite it and what works to heal ourselves and our world.

Takeaways for participants will include:

- An empowering, realistic understanding of key barriers—interpersonal, organizational and systemic—to women's attainment of power
- What women do to overcome these barriers and examples of what they accomplish when they do
- Three key mindset shifts that audience members can deploy to help heal their own relationships with power
- 1 Example data for this section of the presentation is included in the "Women in Leadership; What Works" below

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Constanza Gonzalez

Universidad del Desarrollo, Chile

Biography

Her research interests lie in elucidating aspects that contribute to a more peaceful and healthy social coexistence, in harmony with the social nature of our species. She is particularly intrigued by unraveling the psychobiological processes underlying social bonds and societies. She is deeply interested in contributing to the understanding of interpersonal conditions that either facilitate or hinder optimal human functioning. Moreover, she seeks to explore the neurobiological mechanisms that underlie affiliative processes and group phenomena, which ultimately promote greater well-being for individuals.

The role of OT in stress response under different interpersonal conditions

Oxytocin (OT) is a neuropeptide known for its significant role in regulating human social behavior and

cognition. While it is considered to have a stress-reduction effect, contradictory findings have suggested that OT can also promote heightened stress responses. The Social Salience Theory proposes that OT enhances the salience of social cues from, leading to varying effects depending on contextual features. This research project aims to test this hypothesis by evaluating how OT impacts responses to psychosocial stress under different interpersonal conditions. The study will employ a factorial, double-blind design, with participants receiving intranasal OT or placebo. Psychosocial stress protocols will be administered under two conditions: Collaboration vs. Competition, and Social Support vs. Non-Social Support. Stress will be assessed through subjective reports and physiological (cardiac and electrodermal) measures. The research will test three hypotheses: 1) OT will accentuate stress response in Competition and Non-Social Support conditions compared to placebo; 2) OT will ameliorate stress response in Collaboration and Social Support conditions compared to placebo; 3) The stress-buffering effect of OT in combination with Collaboration/Social Support will improve cognitive performance, whereas the stress-exacerbating effect of OT in Competition and No Social Support will hinder cognitive performance. To test the hypotheses, factorial ANOVA analyses will be performed to examine the main effects of each, as well as their interactions. This research seeks to provide deeper insights into the multifaceted role of OT in human social functioning, as well as the interpersonal conditions that influence stress states and their impact on cognitive performance.

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Xinyi Qian

Shanghai Mental Health Center, China

Biography

Qian Xinyi, MD. A psychiatrist in Shanghai Mental Health Center, China. Graduated from Shanghai Jiao Tong University School of Medicine in 2020. Work with the research team on the pathogenesis, biomarkers and treatment intervention of Alzheimer's disease, and the construction of a community aging cohort in Shanghai.

Reduced peripheral nerve conduction velocity is associated with Alzheimer's disease: a cross-sectional study from China

Introduction: Elderly individuals with degenerative diseases of the central nervous system are more likely to develop peripheral neuropathy; however, research is limited as to the relationship between peripheral nerve conduction and Alzheimer's disease (AD) is limited.

Methods: This study enrolled 74 patients with mild cognitive impairment (MCI), 21 with AD, and 82 healthy elderly individuals. All participants underwent a peripheral nerve conduction detection by Nicolet EDX in the limbs and neuropsychological evaluation, and comparisons were made between the three cognitive groups. The relationship between peripheral nerve conduction and cognitive function was investigated.

Results: A ladder-shaped difference was found in the median ($p < 0.001$) and common peroneal ($p < 0.001$) motor nerve velocity, with the control group > MCI group > AD group, even after controlling for variables. After controlling for age, sex, education, and height, the median motor nerve velocity was positively correlated with the Montreal Cognitive Assessment ($r = 0.196$, $p = 0.015$), and the common peroneal motor nerve velocity was positively correlated with verbal fluency task-idioms ($r = 0.184$, $p = 0.026$). The median (AUC: 0.777, $p < 0.001$) and common peroneal motor nerve velocities (AUC: 0.862; $p < 0.001$) were significantly associated with the diagnosis of AD. The accuracy rate of these two motor nerve velocities to predict AD was 51.5%.

Conclusions: Our study found that peripheral motor nerve velocity may correlate with early cognitive impairment in AD. However, the accuracy of different cognitive classifications and the value of early diagnosis are not ideal when peripheral motor nerve velocity is used alone. Whether peripheral nerve function can be used as a marker for early diagnosis of AD needs further clarification but provides a new possibility for the future of biomarker research.

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Maria Carmen Cenit Laguna

IATA-CSIC, Spain

Biography

Maria Carmen Cenit Laguna holds a Phd in Biology and is a Tenured Scientist at the Institute of Agrochemistry and Food Technology (IATA) of the Spanish National Research Council (CSIC). Overall, her scientific career has been focused on the study of genetic and environmental factors involved in the predisposition and manifestation of common complex diseases and traits. She has participated throughout her scientific career in large population and disease-oriented studies that include the analysis of host-microbiome relationships. She has published over 40 scientific publications in peer reviewed journals, (Average Impact factor 6.37 and H-index of 28 on Web of Science), 19 as first author and 10 as corresponding author, 1 chapter in a medical book and a scientific dissemination book), and she is co-inventor of a licensed patent by the company LNC therapeutics. So far, she participated actively in 5 research projects and is highly involved in scientific dissemination. Currently, she is leading two projects related to diet quality and temporal eating habits, microbiome and ADHD, with the aim of developing new microbiome-based and dietary strategies that could help in the clinical management of ADHD. The current main scientific interest of her is expanding the knowledge in the fields of Personalized nutrition, Nutritional Genomics and Chrono nutrition, to better understand the underlying mechanisms involved in the relationship between diet and mental health, mainly those related to gut microbiota, with the main aim of developing tailored strategies that could help with the prevention and/or treatment of

multifactorial mental health disorders.

Developing microbiome and dietary strategies based on Chrononutrition for targeting ADHD: Hypothesis, research aims and project design

Background and hypotheses: Mental illness is alarmingly rising, and circadian disruptions linked to a modern lifestyle may largely explain this trend. Evidence indicates that circadian disruption negatively affects brain development and function and impaired circadian rhythms, including mistimed and irregular eating patterns, are widely associated with ADHD. Furthermore, the high efficiency of chronotherapy approaches for improving ADHD points out the circadian system as a promising therapeutic target. The gut microbiota exhibits diurnal rhythmicity, as largely governed by meal timing, which regulates the host's circadian rhythms. In this regard, the temporal circadian regulation of feeding has emerged as a chronotherapeutic strategy to prevent and/or help with the treatment of mental illnesses, mainly through the modulation of gut microbiota. Taking all this into account, we firmly believe that resynchronization of circadian rhythms by aligning the habitual eating schedule with the circadian rhythms through Circadian Fasting (CF) will improve the clinical symptoms in ADHD patients and/or their QoL via modulation of the gut microbiota and intestinal ecology.

Purpose: To assess, for the first time, in the framework of the CronoNutriBiome project, the impact of CF on cognitive and behavioural alterations, circadian disruption, serum, and fecal biomarkers, and quality of life linked to ADHD, as well as the biological mechanisms, including the role of gut microbiota and intestinal ecology, in mediating the potential therapeutic CF effects on ADHD.

Project Design: First, by conducting and coupling the results from a case-control study and a 12-week CF clinical trial 14:10 in human adults, we will investigate the chrono-disruption markers linked to adult ADHD, including alterations in saliva microbiota diurnal oscillations, and evaluate the effect of CF on ADHD rhythmicity alignment and quality of life, cognition, behaviour, circadian health, inflammation, and gut and salivary microbiota. Additionally, we will seek associations between clinical CF-induced changes and struc-

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tural and functional microbiota signatures, as well as for lifestyle factors linked to microbiome composition that could influence adherence and/or clinical response to intervention. Second, we will use in vivo rat models of ADHD and germ-free mice to further deepen our understanding of the molecular mechanisms

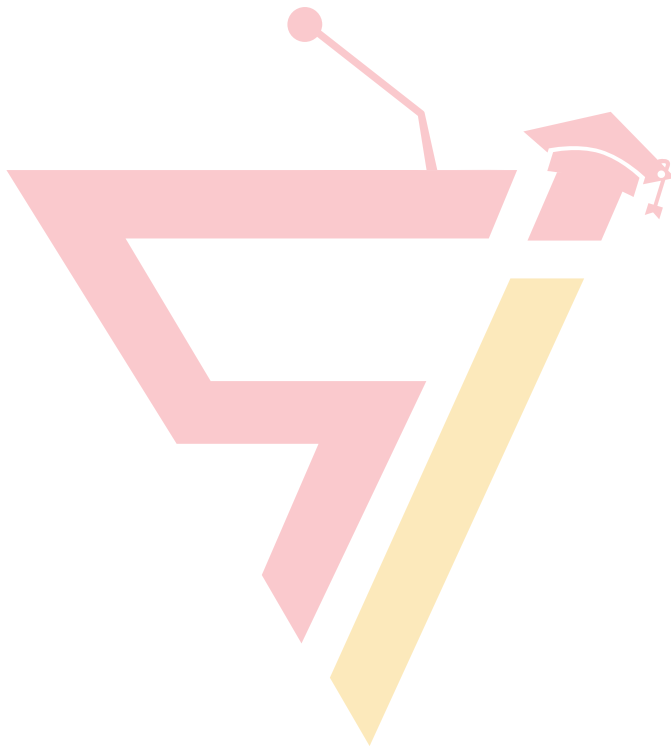
linking circadian fasting intervention to gut microbiota changes and behavioural outcomes. Finally, a comprehensive evaluation of molecular pathways related to gut-brain communication will be performed using advanced in vitro/ex vivo models of the intestinal epithelium and enteric nervous system.

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Hitoshi Sakano

University of Fukui, Japan

Biography

Sakano received his Ph.D. degree from Kyoto University in 1976. For his thesis work Sakano investigated tRNA processing by isolating the temperature-sensitive mutants of the ribozyme RNAase P in *E. coli*. From 1978 to 1981, Sakano worked at Basel Institute for Immunology in Switzerland on immunoglobulin genes to solve the problem of antibody diversity. He published five Nature article papers providing the evidence for combinatorial and junctional diversification of antibody genes. Sakano then moved to the University of California at Berkeley as Assistant Professor in 1982 and was promoted to tenured Full Professor in 1992. He relocated to University of Tokyo in 1994 changing his research field to Neuroscience. Sakano is currently Professor Emeritus at University of Tokyo and Professor in Neuroscience at University of Fukui.

Neural Circuit Formation and Sensory Perception in the Mouse Olfactory System

In mammals, self-consciousness plays an important role in establishing proper social behaviors for the survival of individuals and species. Social responses, e. g., male-female attraction, male-male aggression, and nursing pups, are innately programmed without learning and experiences.

Although the neural circuits that induce instinctive behaviors are hard-wires, sensory stimuli during the neonatal critical period are essential for proper social responses later in life. If the sensory systems are left unstimulated in neonates, they remain impaired even when the stimuli are given after the critical period. If the odor inputs are blocked in pups, they demonstrate ASD-like behaviors as adults, avoiding interactions with unfamiliar mice of both genders.

In the mouse olfactory system, attractive and aversive social information is segregated during primary projection of olfactory sensory neurons to the olfactory bulb and separately transmitted by different subsets of projection neurons to different valence regions in the amygdala.

In my presentation, I will discuss the recent progress in the study of neural circuit formation and sensory perception based on our olfactory research using mice.

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Marziyeh Bakhshizadeh

Reutlingen School of Theology, Germany

Biography

Marziyeh Bakhshizadeh, Professor of Theories, Methods and Concepts in the Context of Social Diversity in the Social Work program at Reutlingen School of Theology. She studied sociology in Tehran and did her doctorate at Ruhr University Bochum on women's rights in different interpretations of Islam in Iran after the 1979 revolution. Her special interests in research and teaching are the sociology of emotions, the sociology of religion and especially human and women's rights in Islamic societies and cultures.

Religion, Emotion and Self-Empowerment

The relationship between emotions and self-empowerment in women is a complex and multifaceted one, often shaped by societal, cultural, and individual factors. Empowerment refers to the process of gaining control over one's life, making choices, and building self-esteem and self-confidence. Emotions, on the other hand, are the affective states that influence our thoughts, behaviors, and decision-making. Understanding how these two elements are interrelated is crucial in fostering women's empowerment.

Here, religion plays a complex and essential role in the relationship between women's emotions and self-empowerment. It varies widely depending on the specific religious beliefs, practices, and cultural contexts. Religion can impact this relationship in several ways:

- **Value Systems and Norms:** Many religious traditions have specific value systems and norms that can influence the emotional experiences of women.
- **Community and Support:** Religious communities often provide social support networks that can be both empowering and emotionally nurturing.
- **Coping Mechanisms:** Religion can serve as a coping mechanism for women when dealing with difficult emotions and challenging life situations. Prayer, meditation, and religious rituals can provide a sense of solace and emotional strength, enabling women to navigate adversity and work towards self-empowerment.
- **Interpretation and Adaptation:** It is essential to recognize that individuals within a religious community can interpret and adapt religious teachings to align with their personal beliefs and goals. Women may draw on their religious faith to find inspiration and motivation for self-empowerment, even within religious traditions that may initially seem constraining.

As a socio-pedagogical counsellor and social worker for refugees, I have had the opportunity to offer empowerment workshops for female Muslim refugees in Germany, focusing on different emotions. In this paper, I try to discuss some of the insights I gained during these workshops through group interviews with women.

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Carolina Troncone

Freelance, Spain

Biography

Carolina Troncone is a dedicated Catalyst for Women's Wellbeing & Mental Health alongside my role as a Corporate Wellbeing Consultant; I bring over seven years of specialized expertise to the leading edge of global well-being initiatives. My contribution has been crucial in leading a worldwide cultural change program, positively affecting the lives of 130,000 employees across more than 90 countries.

With a deep-seated commitment, that has spanned more than a decade; I actively champion mental health beyond the confines of professional obligations. My

passion is rooted in the creation and cultivation of safe, inclusive environments that empower individuals to engage with their well-being. In these spaces, people not only find a sense of belonging and receive unwavering support but also develop resilience that enriches both their personal and professional lives.

My Endometriosis Story: A Generational Echoes Quest for Self-Love

We embark on a journey through the unexpected and the unspoken, exploring the transformative power within.

The Unforeseen Companion: Join me as I disclose a life forever altered by an unexpected guest,

revealed after a heart-wrenching moment.

Generational Echoes: Together, we'll venture into the intricate web of generational memory,

where stories of abuse, sexism, and survival intertwine with the silent pain of countless women.

Unspoken Wisdom: Explore the transformative potential of self-care and the concealed language our bodies speak—a language that both plagues us and heals us.

This journey promises more questions than answers, leaving you curious and inspired to explore further.

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Mumin Sadiku

Klinika Euromed, Macedonia

Biography

He is Lecturer and Consultant Psychiatrist at the Diagnostic and Therapeutic Center "Resonanca" Prishtina. Vice President of the Albanian Psychiatry Association. Member of the national council for rare diseases and medicines for children of the Republic of Kosovo. Member of the World Association for Positive Psychotherapy in Wiesbaden, Germany. Member of the Association of Psychiatrists of the Republic of Macedonia. Participant and referent of national and international conferences in the field of Psychiatry and Positive Psychotherapy.

Prevalence of Post-Traumatic Stress Disorder among Former US Mission Workers in Iraq and Afghanistan: Comorbidity and Correlation with Social Factors

Introduction: Following the end of the conflicts in Kosovo, numerous American companies recruited workers for missions in the war zones of Iraq and Afghanistan. Over the three-year period from January 2020 to January 2024, a notably high prevalence of post-traumatic stress disorder (PTSD) at 29.9% was documented, alongside rates of depressive disorders at 38.9%, emotional distress at 49.9%, and sleep disorders at 47.9%. Despite these figures, there has been limited research conducted on individuals returning from US missions in these war zones during this time-frame.

Purpose: This research aims to evaluate the prevalence of PTSD among former Kosovar workers and to examine the influence of social factors on the occurrence of comorbid issues.

Methodology and instruments: Cross-sectional study techniques will be employed, utilizing specific questionnaires as instruments: the Harvard Trauma Questionnaire (HTQ), Beck Depression Inventory-II (BDI-II), Generalized Anxiety Disorder Assessment (GAD-7), Global Assessment of Functioning (GAF), and Rosenberg Self-Esteem Rating Scale (RSRS).

The study encompasses 410 former workers of both genders from the municipalities of Ferizaj, Gjilan, Vitia, Lypjani, Shtimja, and Kacaniku. Collected data were analyzed and processed using SPSS.

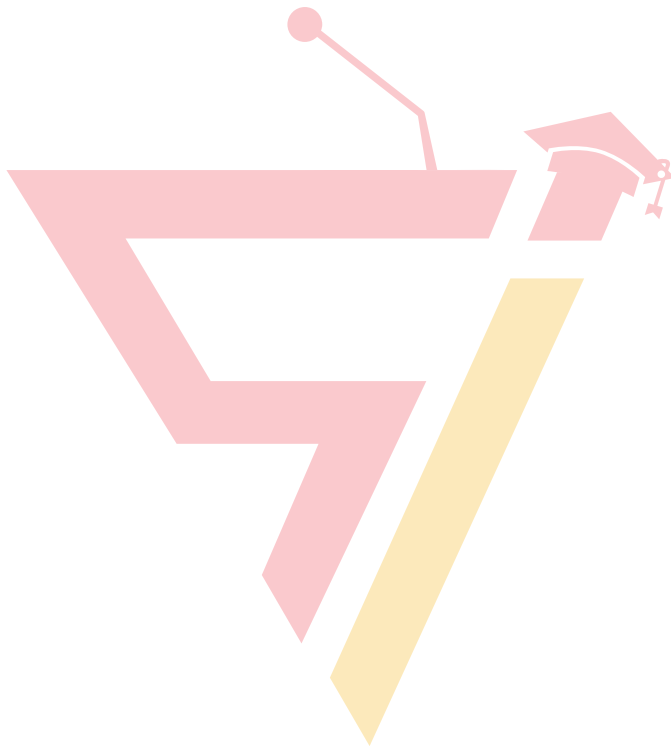
Conclusion: In addition to displaying the prevalence of PTSD, this research will clarify the ramifications of post-traumatic stress disorder intertwined with mood disorders, anxiety, and emotional distress.

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Benjamin Pelz

Curamed, Germany

Biography

Benjamin Pelz, born and raised in Germany, after graduating from High School, he received an athletic scholarship to play football (soccer) in the US. There he received a bachelor's and master's degree as well as certifications in Positive Psychology and Neuropsychology. Currently, he is working as a clinical psychologist and psychotherapist, while working on his PhD in General Psychology with an emphasis on Performance Psychology.

The science of accepting yourself- Applying Positive Psychology and Performance Psychology in a Clinical Setting

This presentation investigates the promising potential of integrating elements from Positive Psychology and Performance Psychology to promote self-acceptance within the realm of Clinical Psychology. In an era where mental health is of paramount importance, there is a growing need to incorporate strategies that extend beyond traditional symptom reduction, towards fostering self acceptance, resilience, and personal growth. Positive Psychology, with its emphasis

on individual strengths and subjective well-being, and Performance Psychology, which focuses on optimizing human potential in challenging contexts, both offer valuable tools to nurture self-acceptance. This presentation will elucidate how these concepts can be seamlessly incorporated into the therapeutic process, amplifying the efficacy of clinical interventions. We will explore the key theories, evidence-based techniques, and relevant case studies that highlight the transformative impact of this combined approach on self-acceptance. By integrating these perspectives into clinical practice, we aim to inspire clinicians to facilitate a more holistic recovery process for their clients. The ultimate objective is to encourage individuals to shift from merely surviving to thriving, by acknowledging their inherent worth, embracing their unique strengths, and leveraging their potential for an enriched life.

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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).

The central but denied role of women in decision-making and conflict resolution

As a former member of the French Senate's delega-

tion for women's rights, a former Junior Minister for foreign affairs, and now vice-president of foreign affairs, defence and armed forces committee, I have been working on the promotion of women's rights worldwide, their representation in the public sphere and their participation in decision-making.

25 years after the adoption of the Beijing Declaration and Platform for Action in 1995, women are still underrepresented in national parliaments, governments and local assemblies: the share of parliamentary seats held by women increased from 11% in 1995 to 25% in 2020 ; only 6.6% of Heads of State and 6.2% of Heads of Government are women and the proportion of women ministers stands at 21%, still far from achieving gender parity.

But the last two decades saw slow progress. For example, at the EU level, the percentage of female members of the European Parliament rose continuously after each election (from 16,6% in the first directly elected legislature in 1979 to 41% following the 2019 election) and the first ever female President of the European Commission set a goal of constituting a gender-balanced College of commissioners.

The arguments for gender balance in politics are numerous. After all, women form half the population and deserve to be better represented in power structures. It benefits not only women politicians, but also political parties themselves and the rest of society.

In addition, while women are active in most functions during both civilian and military armed conflicts, and also form the majority of the militants in peace movements, they are usually marginalized from decision-making level in peacebuilding processes.

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Alona Lebedieva

Aurum Charity Foundation, Ukraine

Biography

Alyona Lebedeva is the beneficial owner of the Ukrainian multidisciplinary industrial and investment group "Aurum", the founder of the "Aurum" charity fund (Ukraine), the founder of the non-profit organization "Aurum Charity Foundation" (with an office in Brussels).

Forced deportation of Ukrainian children to Russia

In 2014, immediately after the beginning of Russia's military aggression, the Ukrainian government began to record the first abductions of children and their transfer to the territory of the Russian Federation. Applications were then submitted to the European Court of Human Rights. From 2022, the situation worsens. Reports are beginning to appear that children are being deported from the occupied territories to Russia under the guise of evacuation. The children are given fictitious documents and handed over to Russian families. Apart from the Ukrainian government, the United States is talking about the abduction of children. Russia openly declares the removal of 210,224 children from Ukraine.

On September 7, 2022, a UN official reported that Russian forces were sending Ukrainian children to Russia for adoption as part of a forced deportation program,

and the US ambassador informed the UN Security Council that more than 1,800 Ukrainian children had been transferred to Russia in July alone.

In March 2023, due to the abduction of Ukrainian children, the International Criminal Court in The Hague issued an arrest warrant for the President of Russia, Vladimir Putin, and the Commissioner for Children's Rights, Maria Lvova-Belova.

In April 2023, the PACE adopted a resolution regarding the forced deportation of Ukrainian children and adults to the territory of Russia, recognizing such actions as genocide.

Officials in Ukraine estimate the total number of deported children to be more than 150,000.

Illegal removal of children from Ukraine to Russia violates international and national legal standards. It poses a serious threat to the well-being and mental state of children, violates their right to a stable family environment. Is immoral and cruel.

In order to return the children, it is necessary to unite the efforts of the international community and representatives of Ukrainian organizations that are ready to fight together for the release of each child and help the Ukrainian government to do so.

- Russia illegally, ignoring legal and moral principles, kidnaps Ukrainian children, forcibly makes them citizens of the Russian Federation in an attempt to improve its gene pool.

- There is an international reaction, it is serious, but it is not enough. Russia ignores international law, conventions, universal norms. It is necessary to unite the efforts of Ukrainian and international institutions, to help the Ukrainian authorities to free children from captivity, to look for non-standard legal, political, and economic solutions for this.

- The Ukrainian government is fighting for every child. So far, only a few hundred children out of thousands of abducted children have been returned home. The return of every child is a victory.

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Jodie Gill

University of South Wales, UK

Biography

Jodie Gill is Child and Adolescent Mental Health (CAMH) nurse, as well as being a PhD student and CAMH lecturer from a little town in South Wales. It is her passion to promote young people's mental health, and promote the inclusion of their voice in their clinical care. This is something she has aimed to do in all areas of her professional life, and she is keen to continue doing through her research.

"A powerful label that defines someone"; A mixed-method systematic review of the perspectives of young people, carers and professionals on psychiatric diagnosis in childhood and adolescence

Problem: Existing literature discusses the importance

and complications of a psychiatric diagnosis. The validity and reliability of psychiatric diagnoses, the experience of stigma as a result and the benefits of understanding difficulties using a label are well-established in the adult population. However, it is less well-established in the population of young people with psychiatric diagnoses.

Methods: A mixed method systematic review was conducted. Six databases were searched without study design restrictions. Eventually, this search identified 12 eligible studies.

Findings: This review found that young people, caregivers, and professionals experience psychiatric diagnosis differently, with three themes identified: diagnostic subjectivity, the utility of psychiatric diagnosis and stigma. The validity of psychiatric diagnosis in young people is well-contested, with alternatives to diagnosis being preferable. The review found differing negative experiences of psychiatric diagnosis, with some suggesting a psychiatric diagnosis is essential for them to access services and understand their difficulties.

Conclusions: This study discusses the experiences of young people, professionals, and caregivers regarding psychiatric diagnosis in those under-18. Although it is challenging to draw conclusions due to the variations among studies, it is crucial to explore further the significant points concerning discrepancies between groups, services, and diagnoses.

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Syreeta Bond

Edgy Opulence Lifestyle Branding Co, USA

Biography

Bond's career spans 20 years as an in-demand expert in the project management industry working with top-tier brands like Apple, Inc and Barclays Bank. She has also served as the VP of Technology for the Project Management Institute (PMI) Los Angeles Chapter board of directors and as Assistant VP of Marketing for the Project Management Institute UAE Khaleeji Chapter in Dubai. Dr. Bond also served as Chapter President for the National Society of Leadership & Success.

Dr. Bond earned her Doctorate Business Administration from Walden University where her study is published on Google Scholar. She earned her Masters of Business Administration from Keller Graduate School of Management (Magna Cum Laude) with a concentration in Project Management, her PMP global certification from the Project Management Institute, and lastly her undergraduate degree in Fashion Design and Retail Management from the Art Institute of Atlanta.

Dr. Bond is the Founder & Creator of Edgy Opulence Lifestyle Branding Co —a consulting firm that offers a wide range of consulting services with the necessary tools and expertise to help grow your business. EOL Branding Co partners with global clients from start to finish, focusing on their needs while producing new ideas, developing effective strategies and designing

high quality and scalable solutions. She also shared her knowledge on social media with her IGTV series Syreeta's Project Management Tips which provides new and seasoned PMs the confidence, motivation, and drive to keep moving forward in their careers. As a growing influencer in the project management space, Dr. Bond is a content creator for women of color mothers and project managers navigating the difficulties of the industry while managing work life balance and mental health.

International Projects Strategies for Women in the Global Workplace

With the growing number of international development projects not meeting the triple constraint requirements every year, organizational leaders exceed their budgets and increase schedule delays. Some project managers lack strategies to minimize the negative impact of these constraints, resulting in projects that exceed their budgets and have more delays. Grounded in the theory of constraints, the purpose of this qualitative multiple-case study was to explore strategies project managers use to reduce the negative impact of the triple constraints of cost, schedule, and scope on international development projects.

The participants were five project managers from five different global development companies. Data sources included semistructured interviews with participants and research articles from the Project Management Institute knowledge database. The collected data were analyzed using a five-step thematic analysis process. Three themes emerged—(a) scope management, (b) stakeholder management, and (c) project management planning—yielded six strategies for managing international development projects.

The key recommendations for project managers are to manage the project scope properly, communicate with key stakeholders, and adequately plan the project and its transition. Implications for positive social change include improving project management industry practices, adapting to cultural differences, increasing business profitability, and creating a safer work environment.

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Sabira Arefin

Harvard University, Boston, USA

Biography

Sabira Arefin is a passionate entrepreneur specializing in building innovative data technologies and products. As a skilled leader, she has successfully guided an idea to a thriving company with millions in revenue, serving Fortune 500 corporate clients.

Sabira's journey began in Bangladesh before she embarked on a path of education in the United States. Completing her undergraduate studies at Truman State University in Missouri, she later earned her MBA from the prestigious Duke University.

Beyond business, Sabira is an avid traveller, having explored corners of the US and the world. This thirst for knowledge translates into her desire to empower women, encouraging them to step outside their comfort zones and embrace their entrepreneurial dreams.

Today, Sabira continues to steer IDMap, her current venture, towards new heights. She is a firm believer in using technology to make a positive impact, and her work reflects her unwavering commitment to both innovation and empowerment. Sabira is a published author. She authored "Empower Her, A woman's journey to success and the solace of soul" and received international recognition.

Nurturing Mental Strength And Fostering Inclusive Leadership In Women

This study aimed to examine the relationship between mental well-being and leadership empowerment of women. A comprehensive review of recent literature on challenges faced by women leaders and best practices was conducted. Research shows women leaders experience heightened stress, burnout, imposter syndrome due to discriminations, biases and societal expectations. Lack of diversity, flexibility and support exacerbate mental health issues. International forums highlighted the need for family support policies and interventions to boost representation of women. Strategies such as mindfulness, community support, flexibility and counseling were discussed to empower women. Organizations are encouraged to foster inclusive culture, psychological safety and comprehensive healthcare benefits. Conclusively, empowering women's mental health and implementing multi-dimensional interventions across individual, organizational and societal levels are crucial to achieving true gender equality and leadership potential of women.

Background: In recent years, the discourse surrounding women's empowerment and leadership has garnered significant attention, acknowledging their pivotal role in shaping diverse facets of society (Stromquist, 2015). The evolving narrative celebrates their contributions across social, economic, and political spheres, acknowledging their transformative impact on innovation, collaboration, and positive societal change. However, the journey toward women's empowerment often intertwines with a landscape fraught with challenges that significantly affect their mental health. This paper delves deeper into the complex relationship between mental health and women's leadership. It examines the multifaceted aspects that contribute to and hinder their empowerment.

Research shows that women in leadership positions often face discrimination, bias, and pressure to conform to male-dominated norms. They battle stereotypes while shouldering greater family responsibilities. As a result, many suffer from mental health issues like anxiety, depression, and burnout. Drawing from recent studies, conferences, and strategies, it is evident that supporting women's well-being must be a priority to achieve true gender parity. Organizations must foster inclusive cultures with policies around

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flexible hours, paid leave, and psychological safety. Leadership training should emphasize self-care, coping skills, community building, and recognizing signs of distress. By prioritizing mental health, we can empower women to reach their fullest potential and bring diverse perspectives that are transformative for businesses and society.

Aims/Objectives:

- To understand the complex relationship between mental health and women's leadership empowerment.
- To examine the multifaceted aspects that contribute to as well as hinder women's empowerment and their advancement in leadership roles.
- Conduct a literature review on the challenges faced by women leaders in terms of mental health issues, discrimination, biases and societal expectations
- Analyze findings from recent studies, conferences and strategies on best practices to support women's well-being and mental health.
- Explore strategies to empower women and foster resilience at individual, organizational and societal levels.
- Suggest solutions and interventions across various dimensions to prioritize mental health and maximize women's leadership potential.
- Make recommendations to stakeholders to achieve true gender parity and inclusion in leadership.

Methods: The literature review and qualitative research synthesis was conducted on November 2023. A systematic search of published literature was performed using online databases such as Google Scholar, PubMed, LinkedIn publications, United Nations archives, and other sources. Keyword searches were done using terms related to women's empowerment, leadership, mental health, challenges faced by women leaders, best practices, and solutions. Peer-reviewed articles, case studies, reports, and conference papers meeting the study criteria were retrieved and their reference lists hand-searched to identify additional relevant material.

The collected literature was analyzed using qualitative research synthesis methods to identify key themes.

This included multidimensional factors contributing to as well as hindering women's empowerment, leadership, and mental well-being. Strategies and approaches discussed in the literature around supporting women leaders' mental health were also synthesized. The findings from the literature review and analysis were then used to suggest a holistic, multi-pronged framework of interventions targeted at individual, organizational and societal levels to prioritize women's empowerment and leadership potential.

Results: Research indicates that women in leadership positions face disproportionately higher levels of stress, burnout, imposter syndrome, and mental health issues compared to their male counterparts. They battle discrimination, biases, and pressure to conform to male-dominated norms. A lack of diversity in leadership perpetuates negative stereotypes associating women with communal traits rather than agency and power. As a result, women leaders report facing microaggressions and having fewer opportunities for promotion and sponsorship. Navigating both work and family life poses unique challenges for women as studies show they spend significantly more time on unpaid care work even when both parents work full-time, contributing to career breaks and lost opportunities to gain leadership experience. Subtle biases also manifest through social exclusion, disparate treatment, and prescriptive stereotypes, as women are less likely to be remembered, hired, or mentored when their qualifications are identical to men.

International forums highlighted the need for robust family support policies like paid parental leave to help more women participate and advance in the workforce. Strategies found to empower women and boost resilience include mindfulness practices, community support, flexible policies, and counseling. Creating inclusive cultures with psychological safety and comprehensive healthcare benefits fosters an environment where women can thrive authentically without compromising their well-being. Multidimensional interventions at the individual, organizational, and societal levels are critical to achieve true gender equality and maximize women's leadership potential.

Conclusions and Recommendations: Empowering women and supporting their mental health and well-being must be a priority to achieve true gender equality and inclusion in leadership. While significant progress has been made, women face unique chal-

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Challenges in navigating their careers and leadership aspirations. Concerted efforts are needed across multiple levels, including organizational policies, societal attitudes, government interventions, and community support systems. Employers, in particular, play an essential role in fostering cultures of psychological safety, flexibility, and empathetic leadership. Mental health solutions must also account for individual needs and privacy considerations. With open dialogue, education, and a commitment to long-term, multidimensional approaches, workplaces can maximize women's potential and ensure their wellness and representation at the highest levels.

The proposed solution of developing a mental wellness app has the potential to be a powerful tool in supporting women's empowerment and leadership if implemented comprehensively. By offering discreet access to counseling, community-building resources, and educational materials, the app aims to address critical barriers to mental well-being individually and at an organizational level. Continued research, evaluation of initiatives, and coordinated collaborative action are essential to sustain meaningful change.

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Oyeyinka Oyelowo

Canadian Voice of Women for Peace, Canada

Biography

Oyeyinka Oyelowo is an award-winning lawyer, and counsel at Chin and Orr Lawyers in Ontario. As a decision maker, Ms. Oyelowo presided over appeal hearings for disability-based benefits from 2021 to 2023. Following her decision-making experience, Ms. Oyelowo founded the media distribution company - All-In Media - with entertainment industry heavyweights from across North America. Oyeyinka Oyelowo is also the founder of Yinka Law as well as the Board Director for the Canadian Voice of Women for Peace - an UNESCO accredited United Nations group focused on advancing women's rights, climate justice and peace initiatives around the world. Following her legal work in-house with the Fortune-500 company Manulife, leading law firms and as a decision maker with a Tribunal, she honed strong business acumen and expertise in negotiating settlement agreements. Ms. Oyelowo supports individuals and businesses, she provides legal services to technology companies, production companies, emerging filmmakers and employees seeking justice. Her knowledge of working with production companies is developed from Her production experience on the CBC "Dreamfunded" show, her expertise in entertainment law has been developed through Her work with the Documentary Organization of Canada and Cinema Politica. By repre-

senting clients using human rights laws and litigation, Yinka Law works to eradicate human rights violations by educating individuals about how to understand the law and navigate the court system. Her mission is to ensure access to justice through litigation which involves understanding how human rights laws affect our past, present and future. Given her work, she received the 2023 Emerging Lawyer Award from the Barbra Schlifer Clinic.

VOW trains Women in Leadership and Women in Sustainable Development

The Canadian Voice of Women for Peace has spearheaded women's leadership in advocating for environmental sustainability and the implementation of policies that prevent the dire effects of climate change. There are three ways that VOW has strategically advanced women's leadership in environmental sustainability and the elimination of the negative effects of climate change. VOW has engaged with the Canadian government to review the concrete efforts to reduce carbon emissions across industries. VOW has collaborated with organizations such as the Africa Climate Action Initiative to address the ways in which climate change impedes education, access to justice and access to financial independence for women in rural communities. Finally, VOW has led several educational forums to teach about sustainable environmental practices. The substantive results of the work include promoting gender equity and environmental sustainability which disproportionately affects women, children, those who are disabled or in precarious living situations. Despite women being uniquely vulnerable in environmental crisis, they are positioned to be leaders, as evidenced in the role VOW had in the UN Ocean 2022 conference, meeting with Canadian Defence Minister Bob Rae, and tackling the climate crisis through education and collaboration with non-governmental organizations. Our Women's Forum presentation will focus on how VOW has empowered women to lead the way in fighting the climate crisis.

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Cielo Velandia

Asociacion Venezolana de Mujeres, Venezuela

Biography

Economics professional with 28 years of experience in the transnational private sector in areas of business consulting, MSMEs, forestry-industrial, corporate volunteering, tourism, gender and sustainability, as well as in the public sector in areas of oil and gas.

She has participated in various programs such as Promotion of small and medium-sized industries in Japan (2017) and is ex alumnae of Women in Public Service Project's Institute for Women's Leadership in Latin America at Scripps and Mount St. Mary's Colleges, Los Angeles-US (2013).

She currently serves as General Manager at SME's latin consultancy organization in Venezuela and is the President of the Venezuelan Women's Association in Caracas, Venezuela.

Women's Entrepreneurship Center a Contribution from Venezuelan Women

The Venezuelan Women Association is the first women's organization founded 88 years ago, its pioneers fought for civil and political rights of Venezuelan

women. Our mission is provide integral support, assistance and growth to Venezuelan women as pillars of the family, and we believe in their leadership for the development of Venezuelan society.

Women's Entrepreneurship Center promotes the empowerment and economic independence of Venezuelan's women with entrepreneurial ideas or with business less than 3 years old, through business and human rights training, mentoring and financial inclusion.

According to the study carried out in 2023, women are 74% heads of household, this means that they have to assume the greatest burden of responsibility in child support, care for elderly relatives, which was more evident with the pandemic and migration, as well as spending time for unpaid domestic work and self-care. This situation has an unfavorable effect on the effective time dedicated to their undertaking and, therefore, is a factor that explains early failure. The study also shows that many women (28%), especially those between 40-50 years old, have difficulties accessing technology adequately, including social networks, a situation that makes marketing and networking activities difficult. Finally, women assume fewer risks in terms of financial decision-making, which leads to less inclusion and access to financial services.

In the midst of a complex humanitarian crisis, the organization decides to promote the Women's Entrepreneurship Center as a strategy to contribute through Education, to Economic Empowerment and the much-needed Economic Independence of women. In this presentation we want to share the methodology used to design the Entrepreneurship Center, which had the participation and enthusiasm of Venezuelan entrepreneurs who want to advance, progress and show the world that in the midst of any crisis, women united are invincible.

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Jomelyn M Valdez

Don Mariano Marcos Memorial State University, Philippines

Querying the political sphere of women in power: the case of Three lady mayors in the province of la union

This study determined the lived experiences of women politicians while in power to draw various administrative lessons that springboard to political participation of women. Case study research design was utilized in this research and thematic analysis was used to analyze the gathered data. It was found that most of the

lady mayors got into politics because of their family connections. Even though they are women public servants, they have achieved governmental successes for their constituents. Most of the key informants do not have frustrations and setbacks as well as regrets of being in the political sphere. From the analysis, the political participation dimension of political empowerment emerged from the perceptions of the three lady mayors. The following are the three administrative traits that were noticed: (1) firm; (2) detailed; and (3) sensitive. Lastly, based from these experiences, the administrative lessons were found: (1) Institutionalization; (2) Prioritization; and (3) Grass-root Approach.

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Lea Felten

Leiden University, France

Biography

Lea Felten holds a B.A. in International Relations from the European School of Political Science (ESPOL) in Lille, France; before graduating with an MSc. in International Relations and Diplomacy from Leiden University in the Hague, in the Netherlands.

Recognising the shadow pandemic in the humanitarian sector: ending violence against women in the aftermath of COVID-19

In all areas, from health, to the economy, to security and human rights, the impacts of the

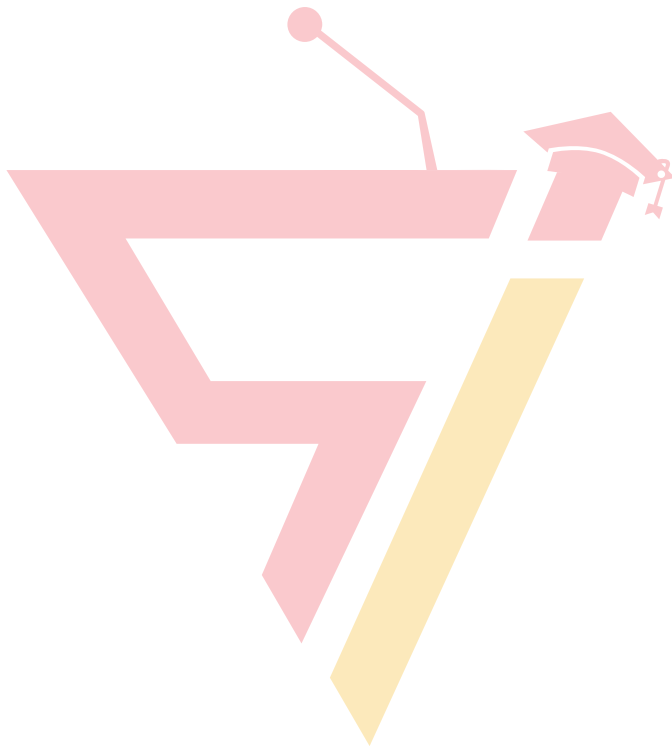
COVID-19 pandemic are amplified for women and girls simply because of their gender and especially concerning the issue of gender-based violence. This article will therefore explore international organisations and non-governmental organisations' commitment in ending violence against women in the aftermath of the Covid-19 pandemic. To analyse this phenomenon, this article will first focus on the current necessity to make more effort towards the implementation of a gender perspective in the field of humanitarian action. This would allow a better target of women's specific needs and could also enable them to be better included as actors in this process. Then, this article will highlight the involvement of different organisations in the fight against gender-based violence in parallel to the different programmes put forward in the framework of the UN SG5. Consequently, after assessing the current actions made in the aftermath of the pandemic, this article will conclude by putting forward some potential prospects for future progress.

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Posters
Day 2



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Maria Carmen Cenit Laguna

IATA-CSIC, Spain

Biography

Maria Carmen Cenit Laguna holds a PhD in Biology and is a Tenured Scientist at the Institute of Agrochemistry and Food Technology (IATA) of the Spanish National Research Council (CSIC). Overall, her scientific career has been focused on the study of genetic and environmental factors involved in the predisposition and manifestation of common complex diseases and traits. She has participated throughout her scientific career in large population and disease-oriented studies that include the analysis of host-microbiome relationships. She has published over 40 scientific publications in peer reviewed journals, (Average Impact factor 6.37 and H-index of 28 on Web of Science), 19 as first author and 10 as corresponding author, 1 chapter in a medical book and a scientific dissemination book), and she is co-inventor of a licensed patent by the company LNC therapeutics. So far, she participated actively in 5 research projects and is highly involved in scientific dissemination. Currently, she is leading two projects related to diet quality and temporal eating habits, microbiome and ADHD, with the aim of developing new microbiome-based and dietary strategies that could help in the clinical management of ADHD. The current main scientific interest of her is expanding the knowledge in the fields of Personalized nutrition, Nutritional Genomics and Chrono nutrition, to better understand the underlying mechanisms involved in the relationship between diet and mental health, mainly those related to gut microbiota, with

the main aim of developing tailored strategies that could help with the prevention and/or treatment of multifactorial mental health disorders.

Deciphering the role of gut microbiota mediating and/or modulating the potential therapeutic effects of Mediterranean Diet on ADHD

Background and hypotheses: Attention deficit hyperactivity disorder (ADHD) is currently the most prevalent neurodevelopmental condition. It represents a rising serious health problem in our society, and safer and alternative strategies to combat ADHD are clearly needed. Gut microbiota alterations and certain dietary compounds and dietary patterns have been associated with ADHD. On the contrary, evidence suggests that healthy dietary patterns or specific gut microbiota-targeted strategies might help with the treatment of ADHD. In this regard, a positive correlation between ADHD and a low adherence to Mediterranean diet (Med Diet) has been reported, which does not imply causality but strongly suggests the potential therapeutic effects of Med Diet for ADHD. Scientific evidence suggests that Med Diet induced changes in gut microbiome may be at least partially mediating the potential health benefits of Med Diet on ADHD, and indicates that gut microbiota can modulate the health effects of diet. Finally, there are other host or lifestyle's features associated with ADHD (physical activity, sleep quality, etc.) that can impact on gut microbiota, interacting with diet in the modulation of brain function.

Purpose: 1) To evaluate the potential therapeutic effects of MedDiet supplemented or not with essential fatty acids Omega-3 for the improvement of ADHD, 2) To explore the potential role of gut microbiota modulating and/or mediating the effect of MedDiet on ADHD and, 3) To study the existence of biomarkers and lifestyle factors related to gut microbiota that can help to predict the adherence and/or clinical response to MedDiet in subjects with ADHD.

Project Design: We are currently recruiting participants from the pre-adolescent and adolescent population (aged between 11 and 14 years) diagnosed with ADHD according to the DSM-V criteria and with a poor adherence of a MedDiet (KIDMED ≤ 4) for a MedDiet-based nutritional intervention in ADHD. Participants will be randomly assigned for

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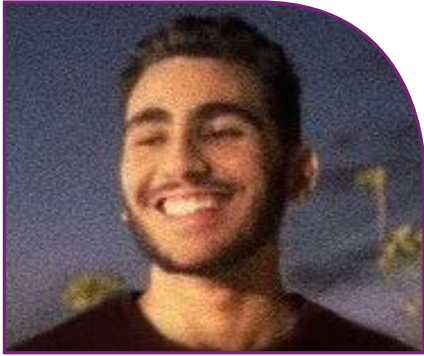
16 weeks to: Group 1 of participants who will follow tailored dietary recommendations for promoting the adherence to the MedDiet; Group 2 of participants who will be supplied with an extra intake of omega-3 and will also follow tailored dietary recommendations for promoting the adherence to MedDiet, or a Group 3 of participants who will follow the recommendation of not modifying their habitual food intake habits. All groups (N=45) will include males and females in approximately equal numbers. Participants will provide biological samples at baseline (stools, saliva and blood samples) and at the end of the intervention, together with sociodemographic and lifestyle information on validated questionnaires. Additionally, they will undergo an exhaustive neuropsychological assessment using validated scales and inventories (Clinical Global Impression-Improvement scale,

Conners Comprehensive Behavior Rating Scale, Behavior Rating Inventory of Executive Function, Strengths and Difficulties Questionnaire, ADHD Rating Scale IV and Barratt Impulsiveness Scale) and by the analysis of the P300 Cognitive evoked response. With all this information we will establish different criteria to classify participants as clinical responders or not responders to the intervention.

Conclusion: The identification of the mechanisms linked to gut microbiota by which the dietary intervention may exerts beneficial effects, together with the factors that may help to predict the adherence and/or clinical response to MedDiet in subjects with ADHD, will allow the design of safer and easy-to implement targeted microbiome-based intervention strategies that can help with the clinical management of ADHD.

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Rabii Lamharzi Alaoui

Al Akhawayn University, Morocco

Biography

Rabii Lamharzi Alaoui, a senior student at Al Akhawayn University, is 22 years old and actively engaged in academic and research pursuits. He currently serves as a research assistant under the mentorship of Dr. Nabil Benamar, reflecting his commitment to scholarly endeavors. His academic journey is complemented by his impressive practical experience, having successfully completed three software engineering internships at renowned global enterprises, namely SQLI, Maghreb Arabe Press, and Orange, thus highlighting his substantial technical acumen and research-oriented background.

He has not only excelled academically and professionally but has also actively participated in various competitions. His achievements include securing the third position in the esteemed Orange Summer Challenge and emerging as a finalist in the highly competitive ESPOIR competition held at INPT – Rabat. Furthermore, He is poised to graduate with the highest academic distinction, aiming for a summa cum laude distinction, boasting an outstanding GPA of 3.7 out of 4.0. His journey thus far exemplifies a dedicated and accomplished academic and professional trajectory.

Enhancing Student Well-being: The Al Akhawayn University Student Mental Health App

Amidst the rigorous academic environment of Al Akhawayn University, the foremost concern is the mental health of its students. This paper presents an innovative approach, the “Student Mental Health App,” meticulously developed to address the multifaceted mental health challenges faced by the university’s student body. This solution implements gamified daily challenges, tailored to meet the distinctive mental health needs of each student, while also serving as a gateway to an extensive array of mental health resources and facilitating confidential peer support, all while streamlining the university counseling service booking process.

This endeavor extends far beyond the realm of technology, encompassing a tapestry of societal, economic, ecological, political, legal, and ethical dimensions. It nurtures a compassionate and interconnected student community, fostering solidarity through anonymous peer chats and engaging daily challenges. Emphasizing the user experience, data integrity, and privacy, it offers the potential for revenue generation through local business partnerships, contributing to its economic sustainability.

Politically neutral and in strict compliance with Moroccan law, this solution leverages open-source tools, respects intellectual property rights, and meticulously adheres to the stringent regulations governing data privacy and mental health services. Ethically, it steadfastly adheres to established guidelines, with due regard for the professional mental health services at Al Akhawayn University, openly acknowledging the boundaries of its support capabilities. This paper underscores the significance of this innovative mental health solution in the context of Al Akhawayn University, emphasizing its potential to make a meaningful and lasting impact on student well-being.

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Claudia Cedeno

Albizu University, USA

Biography

Claudia Cedeno is a doctoral student in clinical psychology at Albizu University, she focusses on contributing to the well-being of her community. She currently holds three master degrees, one in general psychology from Albizu University, and two master degrees, one in language and hearing disorders and one for psychological development in childhood and adolescence from La Universidad de San Jorge. In addition, she holds a board-certified assistant behavior analysis license. She also enrolled at Ball State University where she is pursuing a fourth master's degree in applied behavior analysis with a concentration in autism. Currently, she employed as a behavior assistant analyst where she supervises registered behavior technicians, provide parent training, train staff members and offer direct services to children and adolescents with developmental disabilities. In addition, she serves as a doctoral student clinician (extern) at DNC where she assesses children, adolescents and adults and produce comprehensive psychological evaluations under the supervision of a licensed psychologist in the state of Florida. Alongside her academic pursuits, she holds various leadership positions within the university, including founder and president of the applied behavior analysis club, treasurer of the philosophy club, treasurer of the pediatric neuropsychology club, and secretary of the school council, which

allow me to engage with and serve my community in diverse ways. She is actively pursuing research on the impact of premenstrual dysphoric disorder (PMDD) on adolescents. She is deeply committed to assisting individuals with neuro-divergent conditions and aspire to create a positive impact in her community through her work.

Exploring the Effects of Transcendental Mindfulness Meditation on Anxiety Symptoms in Young Females

This study systematically examines the impact of Transcendental Mindfulness Meditation on anxiety symptoms in young females aged 18-25. Through a comprehensive literature review, we found consistent evidence supporting the positive influence of Transcendental Mindfulness Meditation on reducing anxiety, enhancing overall well-being, and decreasing perceived stress levels within this demographic. The mechanisms underlying these effects include heightened self-awareness, improved emotional regulation, and the development of effective stress-coping strategies. These findings have significant implications for mental health interventions targeting young females. However, the reviewed studies had some limitations, such as small sample sizes and reliance on self-report measures. To advance this field, future research should focus on larger sample sizes and utilize a broader range of measurement methods, including neuroscience assessments. Additionally, investigating the temporal relationships between Transcendental Mindfulness Meditation, proposed mediators, and anxiety symptoms will help establish causal specificity and a deeper understanding of the precise mechanisms of action. The development of integrative models based on these mechanisms can further enhance the effectiveness of Transcendental Mindfulness Meditation as an intervention for anxiety in this demographic. This study contributes to the current knowledge on the potential benefits of Transcendental Mindfulness Meditation for reducing anxiety in young females, paving the way for more targeted and effective mental health interventions in this population.

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Karin Udvanč

Medical Centre Pusnik-Novljan, Slovenia

Biography

Karin Udvanč currently works as a trainee physician at an ophthalmology clinic. In her work she frequently encounters patients whose pathology exceeds purely ocular manifestations. As a result, she believes that adopting a multidisciplinary approach is crucial to ensure a high standard of patient care.

Rapid formation of posterior subcapsular cataract in a patient treated with Escitalopram – case report

Case Report: A 46-year-old male patient presented with several weeks of decreased vision in the right eye with a noticeable decline in visual acuity in the last 14 days. 7 weeks prior to the examination a treatment with escitalopram was started due to a burnout. He


had no other diseases except for psoriasis for which he was treated with a topical corticosteroid. He had been a smoker for 8 years. Ophthalmic examination revealed best corrected visual acuity (BCVA) of 0,01 Snellen in the right eye and 1,0 in the left eye. A slit-lamp examination revealed a progressed case of posterior subcapsular cataract (PSC) in the right eye and an initial spot of PSC in the left eye (Figure 1 and 2). Fundus examination in the right eye showed a red reflex from the background, other features were indistinguishable.

Discussion: Over the recent years, several studies have been published regarding the topic of increased risk of cataract surgery and selective serotonin reuptake inhibitor use. Some of them suggest a positive association between the two (1,2), others found none (3). A recent systematic review and meta analysis of seven studies involving 447,672 cases and 1,510,391 controls provided evidence of a significant positive association between antidepressants use and risk of cataract (4). The highest risk of cataract surgery has been reported with citalopram use (2). Other ocular complications have been reported with the use of SSRI such as dry eye disease and acute glaucoma (5). As the results are inconclusive, further prospective studies are needed to confirm the findings.

Conclusion: Every patient treated with SSRI and complaining of a worsening of vision or other ocular problems should be referred to an ophthalmologist for a thorough examination.

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Keynote
Day 3



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Gabriele Saretzki

New Castle University, Germany

Biography

Gabriele Saretzki was born in Berlin, Germany, in 1959. She is a cellular biologist who graduated from State University of Sankt Petersburg (Russia) in 1982 in Genetics and obtained her PhD in Molecular Biology in 1990 at the Department of Genetics at the Humboldt University Berlin (Germany).

She worked as a post doc on the establishment of molecular diagnostic methods at the Institute of Pathology at the Charité' (Medical faculty) at the Humboldt-University Berlin from 1989 till 1998.

Since 2001 she works at the Institute for Ageing and Health at the Newcastle University (United Kingdom) as a Lecturer in Ageing Research. Her areas of expertise are telomeres, telomerase, oxidative stress, cellular senescence, ageing, mitochondria and stem cells. Her main research focus is the non-canonical protective function of telomerase within mitochondria, particularly in brain. She has published more than 80 peer-reviewed papers and is associated Editor for Biomedical Central, PLoS One and Oxidative Medicine and Longevity.

Telomerase in Brain and Neurodegeneration

Telomerase is an enzyme that in its canonical function maintains telomeres, the ends of chromosomes in dividing cells that shorten their telomeres continuously. However, there are a number of telomere-independent functions known for the telomerase protein TERT (Telomerase Reverse Transcriptase). This includes the shuttling of the TERT protein from the nucleus to mitochondria where it decreases oxidative stress, apoptosis sensitivity and DNA damage. Recently, evidence has accumulated on a protective role of TERT in brain and postmitotic neurons. This function might be able to ameliorate the effects of toxic proteins such as amyloid- β , pathological tau and α -synuclein involved in neurodegenerative diseases such as Alzheimer's disease (AD) and Parkinson's disease (PD). Thus, these novel functions of TERT/telomerase in brain could have important implications for the treatment of neurodegenerative diseases. Mechanisms include changes in neuronal gene expression and synaptic functions together with the activation of signalling pathways as well as protein degradation pathways such as autophagy upon experimental increase of TERT levels in neurons and the brain of in vitro as well as in vivo models of neurodegenerative diseases such as Alzheimer's Disease (AD) and Parkinson's Disease (PD).

Recently, our group applied two telomerase activators (TA-65 and GRN510) on a mouse model of PD and found increased TERT expression levels, an improvement of PD-related symptoms such as gait and balance together with a significant decrease of total, phosphorylated and aggregated α -synuclein in these mice. We also showed the activation of autophagy as an important protein degradation process for toxic neuronal proteins by increasing TERT levels. These results highlight the non-canonical role of the telomerase protein TERT in brain and demonstrates its potential benefit for the amelioration of brain ageing and neurodegenerative diseases and might form the basis for the development of novel strategies and therapies against diseases such as AD and PD.

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Rajiv Nair

Amrita Vishwa Vidyapeetham, India

Biography

Rajiv Nair, former Principal of the School of Business (Amritapuri campus), is currently a research professor at Amrita Vishwa Vidyapeetham, India. His diverse explorations, with Ph.D. scholars and various collaborators, are a testament to the scope of his interests in financial transparency, sustainable finance, women's empowerment, gender parity, the nexus between CSR and UN Sustainable Development Goals, strategic and general management, circular economy, dynamics of self-help groups, corporate culture, and agency costs. His expositions have been featured in premier journals such as Pacific Basin Finance Journal (ABDC – A), International Journal of Gender and Entrepreneurship, Sustainability, World Development Perspectives. In addition to his published contributions, his research has also been showcased in symposia such as Financial Markets and Corporate Governance (FMCG), Accounting and Accountability in Emerging Economies Conference (AAEE), IMRA-IIMB and as keynote speaker at World Conference on Business, Management, Finance, Economics and Marketing (WCBMFEM), etc. Prior to joining Amrita Vishwa Vidyapeetham in 2013, Rajiv held senior management positions for almost 25 years at blue-chip multinational companies such as Unilever, Coca-Cola, Fonterra, etc. He has a Ph. D. from Deakin University, Melbourne, Australia. as well as a double Masters – an M. Sc. in Analysis, Design and Management of Information Systems from the

London School of Economics and Political Science (UK) and an MBA (Finance) from the University of Stirling, Scotland (UK). He is a qualified Chartered Institute of Management Accountants, (CIMA, UK).

Galvanising UN Sustainable Development Goal 5 by utilising Corporate Social Responsibility: Financial Inclusion as a sine qua non for Women's Empowerment and Gender Equality

The Covid19 pandemic has decelerated progress towards the 2030 deadline for achieving UN Sustainable Development Goals (SDG). Several thought leaders and influencers have expounded the consequences of missing the deadline as well as suggesting the means to moderate their impact. The wide prevalence of gender imbalance places SDG5 (Gender Equality) among the most pressing aspirations of the global community. We posit that financial inclusion is a mainstay of women's empowerment and, consequently, gender equality. There is a saying that if you educate a woman, you educate the entire family. Families make up a nation. Financial education has been shown to be vital in achieving financial inclusion and financial independence. We anticipate that women adept at managing finances and having the wherewithal to do so will most likely eschew self-serving projects and employ funds to the greater good of the community. Extant research demonstrates that female board members are more inclined to sustainable corporate social responsibility (CSR) ventures. Taking our cue from this, and leveraging the global interest in sustainable finance, we advocate the employ of CSR funds in projects that facilitate the financial inclusion of women. The gender inclination towards sustainable inclusive development ought to ensure that they focus on the social ambitions of sustainable finance. Further, we maintain that focusing on financial inclusion benefits not only SDG5 but also, SDG4 (Quality education), SDG 8 (Decent work and economic growth) and SDG10 (Reduced inequalities). The mandatory CSR regime in India provides empirical substance to our postulate that financial inclusion is an indispensable element in achieving gender equality.

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Stephen Grossberg

Boston University, USA

Biography

Stephen Grossberg was hired in 1967 as an assistant professor of applied mathematics at MIT following strong recommendations from Mark Kac and Rota. In 1969, Grossberg was promoted to associate professor after publishing a stream of conceptual and mathematical results about many aspects of neural

networks, including a series of foundational articles in the Proceedings of the National Academy of Sciences between 1967 and 1971.

Stephen Grossberg was hired as a full professor at Boston University in 1975, where he is still on the faculty today. While at Boston University, he founded the Department of Cognitive and Neural Systems, several interdisciplinary research centers, and various international institutions.

Comparing Deep Learning with Adaptive Resonance

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Peter Nara

Keystone Bio Inc., USA

Biography

Nara is one of the co-founders, the Chief Scientific Officer and President Business Development for Keystone Bio Inc. in St. Louis, Mo., a Systemic-Oral Health Biotech with bio-therapeutics and CDx or the elimination of a specific oral virulent bacterial associated with systemic inflammation. He holds a M.Sc. in Immunopharmacology, a combined Doctor of Veterinary Medicine and Ph.D. (retro-virology/oncogenesis) from The Ohio State University, 4 year combined residency in Comparative Pathology and NIH post-doctoral Fellowship at the Armed Forces Institute of Pathology and a NIH. He is also elected Fellow of the American Association for the Advancement of Science in 2011 and distinguished Alumni of The Ohio State University College of Veterinary Medicine 2014.

Porphyromonas gingivalis Outer Membrane Vesicles as the Major Causative factor of Neuro-inflammation/degeneration leading to Cognitive Decline, Dementia and Alzheimer's Disease

Addressing novel mechanisms and effective therapeutic treatments for cognitive decline, Dementia and Alzheimer's Disease is a major public health need. Keystone Bio, have identified that specific vir-

ulent strains of *Porphyromonas gingivalis* (Pg) and the release of specific virulence factors/toxins in the oral cavity as the primary driver/causation of systemic/neuro-vascular inflammation/degenerative diseases i.e. cognitive decline/dementias/Alzheimer's disease (Nara et. al 2021). A recent landmark finding was reported in a sub-cohort analysis from a Phase 2/3 GAIN trial (n=238) demonstrated that lowering the load of Pg in the mouth leads to a significant improvement of cognitive slowing at both 24 and 48 weeks in participants with mild to moderate AD. Another study showed lowering the load of Pg in the mouth had a favorable effect on AD-related brain atrophy (<https://doi.org/10.1002/alz.12378>). Pg OMVs and systemic system diseases has many well defined examples such as: cardiometabolic diseases- Pg OMVs attenuate insulin induced Akt/GSK-3_β signaling in hepatic HepG2 cells, thereby causing changes in glucose metabolism in the liver and promoting the development of diabetes and increase vascular permeability by cleaving endothelial cell connexins such as PECAM-1, thereby promoting cardiovascular diseases.

Keystone Bio has further developed both a companion diagnostic (CDx) and a clinical, proof-of-concept tested, first generation, safe, efficacious, precision, bio-therapeutic murine monoclonal antibody (KB-001) for the diagnosis, treatment and monitoring against the oral bacteria and major virulent factor/toxin of Pg. The antibody engagement is with the later stages of the complex virulent factor/toxin secretion containing outer membrane vesicles from the bacteria thereby interfering/stopping all necessary metabolic, host defense, energy-producing sources, adherence and biofilm formation and integrity (Nara et. al 2021). The talk will review what now seems like a solid case for causation in the role of virulent/toxin secreting strains of in neuro-inflammation leading to cognitive decline, dementia, Sporadic Alzheimer's disease and possibly Parkinson's.

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Alexis Quintal

CEO & Owner of Rosarium PR, Florida, USA

Biography

Alexis Quintal is the owner and CEO of Rosarium PR & Marketing Collective – a national firm specializing in public relations, personal branding and innovative strategic business consulting. She has 12 years of experience that includes sales management and director-level media roles at

worldwide institutions like Walmart Media Group and Newswire. And she's a highly sought-after speaker for international seminars, workshops and community events. Connect with her at www.alexisquintal.com.

Grow your personal brand through public relations (PR)

It's not your business. It's you. The sun is setting on the idea that individuals make decisions based on business branding alone. People want conscience. They want heart. They want humanity. That's why we're seeing trends shift more starkly into business owners and key personnel branding themselves. This presentation delves into the personal branding phenomenon – what it is, the similarities and differences between personal and business branding, and the ins and outs of being a thought leader or micro influencer. Attendees will also be treated to a crash course in how to brand themselves, including tips on choosing a topic, channel selection, pitching yourself and your ideas, and media relations dos and don'ts.

International Women's Forum

March 27-28, 2024 | Barcelona, Spain



Cara Tuttle

Vanderbilt University Project Safe Center, USA

Biography

Cara Tuttle is a higher education administrator engaging in compliance efforts and institutional advocacy with a focus on student affairs. Lecturer in women's and gender studies, currently teaching seminar on gender and violence. Frequent public speaker, panelist, moderator, consultant. Prevention and Compliance curriculum design. Specialties include Title IX and Clery Act compliance, Sexual Misconduct (Sexual Harassment, Sexual Assault, Dating Violence, Domestic Violence, Stalking, Sexual Exploitation) Prevention, Student Conduct, and Gender Discrimination.

Cara is the author of *Drowning in Timidity: Women, Politeness, and the Power of Assertive Living* and has contributed chapters to various books and publications, including *The Future Female Leader: Preparing Girls and Women to Lead the World*, *The Female Code: A Woman's Book for Empowerment and Confidence*, and the anthology *The Professional Woman: Pivoting to the New Normal*.

Intersectional Considerations and Assertiveness Strategies for Negotiation

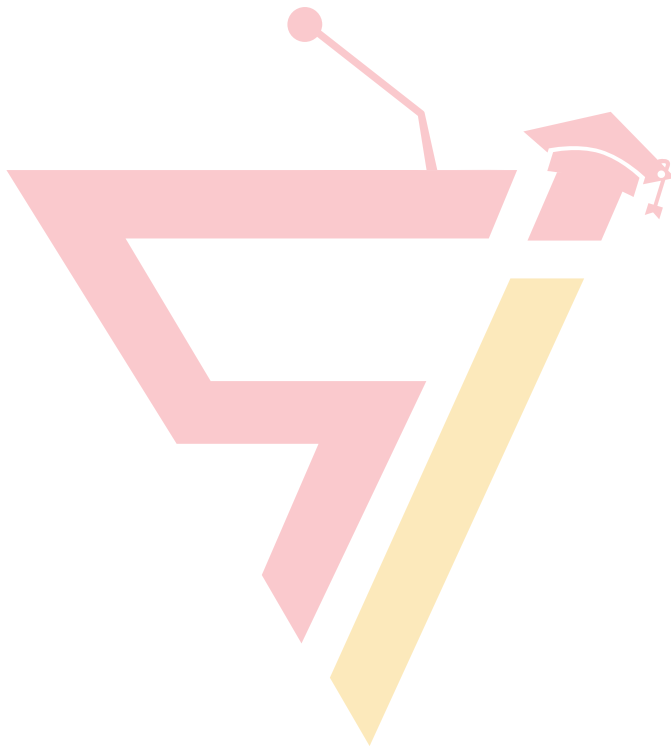
While women are often encouraged to engage assertively at work, particularly when negotiating salary or for a promotion, not all women are welcome to interact with others in the same ways, for reasons connected to identity, bias, and discrimination. Yet women's empowerment messaging and professional development training typically provides a one-size-fits-all approach that does not take realistic conditions and existing power differentials into account. In this session, attendees will learn about intersectional considerations for assertiveness training and practice that may maximize their chances for success in a negotiation, help them better mentor young professionals across difference, and expand the potential of assertiveness training in the workplace beyond moments of salary negotiation and lobbying for promotions.

International Women's Forum

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Speakers
Day 3



International Women's Forum

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Nisreen Qatamish

King Hussein Cancer Foundation, Jordan

Biography

As a leader in the development sectors, Nisreen Qatamish was appointed in 2016 as Director General of the King Hussein Cancer Foundation (KHCF), the largest community-based organization in Jordan dedicated to combating cancer. In this role, she is responsible for overseeing KHCF's fundraising and development efforts, driving global advocacy programs, raising public awareness on early detection and prevention, as well as cancer coverage and patient support. Ms. Qatamish currently serves as a board member in Jordan Breast Cancer Program (JBCP) Board of Directors, and National Medical Tourism Board of Trustees, among other national platforms. Qatamish's experience is well recognized on both a national and regional level. She is also a prominent consultant and trainer in various sectors, with special focus on capacity building within the healthcare industry, advocacy and change management. Qatamish is further known as a leading promoter and advocate for gender equality, and cancer prevention and early detection.

Reshaping cancer advocacy in Jordan and the region

As a visionary leader dedicated to combatting cancer through strategic fundraising efforts and impactful awareness events, the CEO of King Hussein Cancer Foundation (KHCF) Ms. Nisreen Qatamish has led transformative initiatives that have reshaped the landscape of cancer advocacy in Jordan and the region. Through the power of fundraising efforts and community engagement, Ms. Qatamish has been able to grow our fundraising efforts over the past 5 years by 30% in support and resources for cancer treatment for less privileged patients, cancer prevention, and sustaining medical excellence research over the last decade.

Qatamish served as the director of Jordan Breast Cancer Program (JBCP), where she orchestrated successful interventions in the fight against breast cancer in Jordan, through intensive service provision, capacity building, local advocacy efforts, awareness campaigns and community outreach programs. JBCP screened 26,000 Jordanian women of which 322 women were early diagnosed of breast cancer, accumulatively accredited 27 breast imaging units, trained 970 healthcare providers, activated 3725 community health workers on breast cancer education and outreach, and mobilized 150 journalists to advocate for breast cancer early detection. JBCP also implemented 11 Breast Cancer Awareness October campaigns.

Her leadership style is based on strategic positioning of women where 90% of all executive management roles are held by women. The organization she leads is driven by a large percentage of youth where 40% of staff is below the age of 35 years old.

Qatamish's leadership exemplifies a holistic approach to combating cancer, one that combines strategic fundraising with community engagement and advocacy. Her unwavering dedication and vision have transformed the King Hussein Cancer Foundation into a global leader in cancer care.

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Sherine Abdelmissih

Cairo University, Egypt

Biography

Sherine Abdelmissih graduated from Bon Pasteur French School, Cairo, Egypt. She graduated from Faculty of Medicine, Kasr Al-Ainy, Cairo University, Cairo, Egypt, in 2001. She has completed her MSc in 2011. She has completed her MD from Cairo University, Egypt in 2015. She is currently lecturer of Medical Pharmacology, Faculty of Medicine, Kasr Al-Ainy, Cairo University, Cairo, Egypt. She has been the Postgraduate Quality Control Coordinator at the Medical Pharmacology Department of Cairo University, Egypt since 2016. She is a member of the British Pharmacological Society, European College of Neuropsychopharmacology, and American Association of Sleep Medicine. She contributed as a speaker in three international conferences in 2023. She has reviewed 30 publications and has published 5 research articles, 2 review articles, and 2 book chapters.

The Integrative Signalling of Amylin, Oxytocin, and Prolactin Could Mitigate Stress-Related Aggression

Although considered as adaptive behavior during stressful conditions, initially controlled violence, can

turn out into an uncontrolled rage, and aggression. As not all individuals seem to have the same liability to outrageous anger, and aggressive behaviors, exploration of potential mediators of aggression, can lead to early identification of high-risk groups, needing psychologic and/or medical interventions. In male rodents exposed to stress, infusion of amylin reduced the stress-associated anxiety and depression. In female mice, social isolation was associated with downregulation of amylin in the medial preoptic area (MPOA). In marmosets, amylin was co-expressed with oxytocin in the MAPOA. While amylin enhanced the act of carrying infants, oxytocin inverse agonist reduced physical contact to family members. The claims about a suppressive effect of amylin over food- and alcohol-stimulated dopamine release in the nucleus accumbens, corroborates the lessening effect of amylin over aggression, given the involvement of dopamine in aggression. As for prolactin, it was found, not only to reduce aggression during lactation, but also to promote motherhood behaviors. In a model of maternal obesity, prolactin was reduced and was associated with suppressed maternal behavior. Additionally, prenatal, and postpartum depression were associated with low prolactin levels. Furthermore, low prolactin levels were encountered in women having higher scores of state anger, though the differences were not significant. Paradoxical to the maternal period, a systematic review and meta-analysis found that, as compared to controls, hospitalized patients had a higher prolactin level, associated with increased hostility. Given the reports indicating a link between dopamine, the prolactin-suppressing neurotransmitter, and aggression, the contribution of prolactin in reducing aggression is likely. Thus, the priming of prolactin secretion by oxytocin, together with the co-expression of amylin on oxytocinergic neurons suggest a potential integrative signalling mitigating stress-related aggression.

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Philippe Ntalaja

University of Kinshasa, Democratic Republic of the Congo

Biography

Philippe Ntalaja Kabuayi Senior doctor in neuropsychiatry at the neuro-psycho-pathology center of the University of Kinshasa since 2018. General practitioner in neuropsychiatry in Lubumbashi at the neuropsychiatric center Dr Joseph Guislain.

He is working internally at clementel CHU de Clermont Ferrand in psychiatry from November 2021 to April 2022. Attending doctor at the CNPK Katuambi in 2020. Medical Consultant at Brother of Charity Center from 2015 to present.

Addictions and psychiatric disorders in patients followed at the Doctor Joseph Guislain Neuropsychiatric Centre in Lubumbashi, series of 112 cases and review of the literature.

The impact of addictions and their consequences has become a mental health and, beyond that, a public health problem throughout the world and developing countries are no exception. It is even more worrying because it is exacerbated by the increase in poverty, youth unemployment and the attraction of the consumption habits of rich countries. It therefore seemed appropriate to carry out this preliminary study to take stock of the situation in hospitals before extending our analysis to the general population and suggesting ways of dealing with the problem of the interaction between addiction and psychiatric pathology. The results of this study highlight this intertwining of addiction and mental pathology based on recent neurobiological knowledge that classifies addictions as a mental pathology and not as a lifestyle choice or vice. Moreover, the notion of a dual pathology suggests the imperative need for multidisciplinary management of addictions, which are everyone's business, given that their neurobiological and environmental underpinnings are common to many of us, and that the desire and difficulty of abstinence and its maintenance are deeply human.

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Sama Rahnemayan

Tabriz University of Medical Sciences, Iran

Biography

Sama Rahnemayan is a medical graduate with a history of research in different neuroscience related fields. She is currently working as a research assistant in one of the leading neuroscience research centers of Iran and has a background of working as a guest researcher at Ruhr University Bochum in Germany and Bogazici University in Turkey. Her aim is to continue her academic character as a neuroscientist with medical background to address answers and solutions to practical issues, affecting everyday life. Her latest research focus has been merely on studying driving behavior and its risk factors, especially based on fMRI results. The present abstract, contains the results of her latest study, which has a very novel design and has not been studied anywhere before.

Neural Roadmap of Positive, Negative, and Neutral Mood Induction impact on Driving Behavior Using fMRI

Introduction: The correlation between cognitive function, different mood states and their effect on driving behavior is complex and still remains unclear. This association has been in previous cases, studied only by subjective methods, which depend on indi-

vidual differences and are therefore prone to biases. Here, we aimed to explore the relationship between driving behavior and mood, by functional magnetic resonance imaging (fMRI).

Methods: In a cross-sectional design, 28 male right-handed drivers, aged between 20 to 30 years were randomly selected and included in the study. Each participant drove virtually in an fMRI compatible driving simulator, after auditory and visual induction of positive, negative and neutral mood; and fMRI was performed during driving to explore driving-related brain activity alterations, and the impact of mood state on these effects. Statistical analysis was performed using SPM software by performing seed based connectivity analysis, after preprocessing steps.

Results: Comparing positive and neutral mood driving, decreased connectivity was found between medial prefrontal cortex (mPFC) and anterior prefrontal cortex (aPFC) and right dorsal anterior cingulate cortex (ACC) in positive mood, while increased connectivity was observed in the OFC and parts of aPFC and dorsal ACC. Comparing negative and neutral mood driving, decreased connectivity in extensive bilateral aPFC regions was seen in negative mood, whereas increased connectivity was found in bilateral aPFC, orbitofrontal cortex (OFC), and some left aPFC regions.

Conclusion: The observed patterns of brain activity and functional connectivity provide insights into the neural mechanisms underlying mood-induced driving behaviors and their potential impact on car accidents. The findings suggest that positive and negative mood states can affect driving behavior through distinct neurocognitive processes related to cognitive control, emotion regulation, and attentional mechanisms. Further research and the development of targeted interventions are necessary to leverage these findings in promoting safer driving practices and reducing accident risk.

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Ahmad Mehdipour Arbastan

Islamic Azad University, Iran

Biography

Ahmad Mehdipour Arbastan is a passionate medical student, researcher, inventor, and international speaker of top neurological-neurosurgical diseases that efforts to discover new ways of preventing, diagnosing, and treating CNS's major diseases, in order to positively impact patient's lives. He loves to work with different scientists of neurology and neurosurgery fields from all over the world on MS, NMO, Parkinson, and Alzheimer diseases.

Investigation of the Effect of Brain Stimulation in the Treatment of Lewy Body Disease

Background: Lewy Body Disease (LBD) is a progressive neurodegenerative disorder characterized by the accumulation of Lewy bodies, abnormal protein

deposits, in the brain. The disease manifests in a variety of ways, including cognitive impairment, movement disorders, and autonomic dysfunction.

Objectives: This systematic review aims to provide an updated literature review on the effectiveness of brain stimulation techniques in LBD treatment.

Methods: In compliance with the PRISMA criteria, a systematic search was conducted across three databases (PubMed, Cochrane Libraries, and PEDro). The search focused on studies related to deep brain stimulation (DBS), transcranial direct current stimulation (tDCS), and transcranial magnetic stimulation (TMS). Each study was evaluated qualitatively using standardized assessment tools, namely CARE and EPHP.

Results: The review of 16 original articles out of 167 studies on brain stimulation in LBD revealed limited research in this area. DBS and TMS had some positive impact on neuropsychiatric symptoms, while tDCS showed partial improvements in attention. However, the overall evidence remains inconclusive, indicating potential therapeutic value for brain stimulation in LBD.

Conclusion: In conclusion, while this review acknowledges the effectiveness of brain stimulation in LBD, more extensive and controlled trials are required to assess safety, determine optimal stimulation parameters, and identify the patient groups that would benefit the most from this treatment.

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Zohreh Foladi Dehaghi

Comparative Biomedical Sciences, Iran

Biography

Zohreh Foladi Dehaghi from Iran country, she have bachelor biology, master of molecular genetics, she worked 5 years as researcher in endocrine research center from Tehran university on project with subject: protein structure modeling prediction, she 37 years old.

Association of intelligence anthropometric parameters in Iranian children obese: disability in underweight and obese children

Aim: Intelligence quotient (IQ) is a criterion to assess the cognitive development of children. Although many behavioral factors such as nutrition affect the child's IQ, reports about the relation between IQ and anthropometric (AP) factors in childhood are limited

Method: A cross-sectional study with 160 schoolchildren aged 7-8-year-old was designed. After recording the subjects' demographic characteristics (e.g., age, gender, and parent's educational level and occupational status), key AP indices including height, weight, body mass index (BMI), and arm (AC), waist (WC) and hip (HC) circumferences were measured

Results / Discussion: The WC ($p<0.001$), HC ($p=0.011$), weight ($p=0.041$), BMI ($p=0.001$), and IQ ($p<0.001$) values in boys significantly were more than those of in girls. A significant positive correlation was found between the BMI at a normal range and IQ score ($p=0.001$; $R^2=0.067$). The HC ($p=0.007$; $R^2=0.044$) and WC ($p=0.013$; $R^2=0.038$) also were directly correlated with the IQ scores

Conclusion: A set of crucial steps should be taken to improve the nutritional status of school-aged children due to the low children's IQ scores in decreased BMI.

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Ashley Hodge

Nexus Mental Health, USA

Biography

Ashley Hodge is a behavioral specialist and research psychologist with expertise in eating disorders, neuroscience, and trauma. She has worked extensively in both the medical sector and the mental health field addressing behavioral and mental health concerns. Her research targeting bulimia nervosa has provided a framework for alternative methods of treatment in light of neurobiological and behavioral findings consistent with the addiction model. She seeks to create a significant impact in the research and mental health communities in order that innovation can improve quality of life and treatment outcomes for those suffering.

Exploring the Neurobiological and Behavioral Congruencies between Bulimia Nervosa and Addictions

This critical analysis of literature investigated the neurobiological and behavioral congruencies between bulimia nervosa and addictions. The purpose of the study was to present an argument for the potential evaluation and treatment of bulimia nervosa as an addictive disorder. A potential reason for the high rate of relapse seen with bulimia nervosa may be the neglect of the addictive components and etiology when evaluating treatment options. A critical analysis of the literature was conducted targeting this gap in research. Bulimia nervosa, within the framework of addiction based mechanisms, was discussed in terms of biological, psychological, and sociocultural factors. Using the PRISMA 2020 framework for literature reviews as the methodology, selected peer reviewed articles published within the last ten years were analyzed. The selected sources targeted bulimia nervosa, addictions, neurobiology, reward systems, and behavioral patterns. While bulimia nervosa is categorized as a feeding and eating disorder, the neurobiological adaptations that occur as the disorder progresses involve the brain's reward system in similar ways to addictions. After an in depth analysis of the selected articles, the findings suggested that bulimia nervosa may benefit from the implementation of addiction-based intervention given the shared neurobiology and behavioral patterns. An alternative approach to the treatment of bulimia nervosa was presented which integrates. Limitations, treatment implications, and future research directions are discussed as well.

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Raina Gandhi

Rising Tide Consulting, USA

Biography

Raina Gandhi is the Founder and CEO of Rising Tide Consulting, a company formed to empower women to flourish and lead balanced, happier and more purposeful lives. An executive and career coach with over two decades of experience in financial services, consulting, nonprofit, and higher education, she strongly believes organizations benefit immensely when women bring their unique and authentic perspectives when making business decisions. She helps professionals at all levels overcome internal and external barriers

and stay in the workforce by gaining career clarity, navigating an effective job search, negotiating offers, managing transitions, leading teams, and overcoming imposter syndrome, negative self-talk, and low confidence. In addition to being an International Coaching Federation (ICF) Professional and Certified Change Management Professional (CCMPTM), she leverages her Wharton MBA, Clifton Strengths certification, and Strength Deployment Inventory (SDI) facilitation skills to help leaders face diverse challenges with the goal of manifesting a fulfilling career.

Women and Negotiations

Gender differences in advancement and pay within organizations is often explained by women's inability to negotiate job offers. This is counterintuitive when we understand women have greater concern for others as compared with men and their cooperativeness elevates collective intelligence. These qualities enable ethical behavior and positively impact relational capital, both of which have important economic implications on a global scale. We will examine the reasons women are less likely to negotiate, provide some strategies on how to better negotiate, and review the economic impact when women do not negotiate.

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Raina Gandhi

Rising Tide Consulting, USA

Biography

Raina Gandhi is the Founder and CEO of Rising Tide Consulting, a company formed to empower women to flourish and lead balanced, happier and more purposeful lives. An executive and career coach with over two decades of experience in financial services, consulting, nonprofit, and higher education, she strongly believes organizations benefit immensely when women bring their unique and authentic perspectives when making business decisions. She helps professionals at all levels overcome internal and external barriers and stay in the workforce by gaining career clarity, navigating an effective job search, negotiating offers, managing transitions, leading teams, and overcoming

imposter syndrome, negative self-talk, and low confidence. In addition to being an International Coaching Federation (ICF) Professional and Certified Change Management Professional (CCMPTM), she leverages her Wharton MBA, Clifton Strengths certification, and Strength Deployment Inventory (SDI) facilitation skills to help leaders face diverse challenges with the goal of manifesting a fulfilling career.

Silencing Negative Self-Talk

As we speak to ourselves internally, we default to either positive or negative thoughts. Historically, we are biologically preset to lean more towards negative thoughts because our brains are geared to keep us alert and protect us from predators. This critical voice inside our heads plays an active role in negatively impacting our confidence and self-esteem, oftentimes even leading to depression. This mindset impacts our ability to be our best personal and professional selves and prevents women from advancing in our careers. In this talk, you will walk away with the tools you need to elevate your mental health, boost your confidence, and unleash your potential by:

- Recognizing the patterns that lead to negative self-talk.
- Stopping these thoughts in their track
- Replacing them with a positive mindset

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Soukayna Ikhiche

Ideao, France

Biography

Soukayna is an international sales professional, entrepreneur and speaker with a vast background in B2B Sales, ranging from startup to big tech. She is currently working as a Sales Manager at Idealo where she leads the sales development on the Italian market. She has previously worked at Google as an Account Manager. Soukayna has built a unique brand on LinkedIn where she creates uplifting content for a community of 20,000 people. She is widely invested in topics such as women empowerment and diversity - particularly within the tech space.

Breaking the Hijab stereotype in business

1. In many countries, hijab is still seen as a selection criterion for not allowing women to be in business - let's break the stereotype. According to statistics out of 5 women with hijab, only 1 is likely to get the job although they all fully meet or exceed qualifications.

2. We face misrepresentation of hijab women in business, we need little muslim girls to grow with role models of women that are both successful and modest. Media needs to acknowledge this. Identity is part of the biggest motivators for employees, people want to feel included.

3. Personal beliefs and faith are what helps us stand out and give our full potential within the

workspace, if we teach women that they need to change their beliefs to succeed in their career - we're only widening the gap between gender inequality and killing the future leader females of tomorrow.

4. Business is multicultural, international, tolerant, requires empathy. Women are excellent leaders, let's encourage all types of women from many backgrounds to believe in themselves.

5. Let's break the stereotypes and cultural stigmas, a woman can be both a successful business woman and a mother or wife if she wants to, none excludes the other. And that's a strength, not a weakness.

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Karina Karalkina
SIA FEMINA-S, Latvia

Biography

Karina Karalkina is a Marketing & Communications with several years of experience. She has strong communication and organizational skills in both B2B&C channels. Experience in working under pressure as part of a team and individually. High sense of responsibility, goal-oriented, able to prioritize tasks effectively, excellent time management capability for multiple projects at the same time. Self-motivated and hardworking person who is able to work under pressure, meet tight deadlines without compromising quality or standards.

Did you happen to meet a midwife who leads dance classes and helps women preserve their emotional balance with integral and preventative medicine methods?

Understanding your Femina body hormonal processes!

After gaining and started to work as a midwife, Karina continued to study Doula's profession. So now could fully support women in many aspects either in physical or mental bodies.

Knowledge about women's health is used much more widely in work - beauty, aesthetic medicine, healthy nutrition, physical activity, psychology, and mental wellbeing.

Being a midwife with medical education, Karina proved in her scientific work the positive influence of

aromatherapy on psycho-emotional state in wellbeing.

Karina will introduce you with simple life-hacks how to ease PMS and harmonize hormone level without using medicine.

Bio life-Hacks to increase productivity, vitality and harmony!

"Female Universe is like a never ending story. Full of emotions, reflections, senses and expressive manifestation! Like a diamond with so many angles and so wide range possible clearness

In order to understand yourself, it is important to delve into the questions of aesthetics, medicine, nutrition, and holistic prevention.

Therefore, I study and research constantly in classic western medicine, eastern image and Chinese medicine methodologies, naturopathy, preventative medicine, fitness and dance, and of course psychology!.

My method is to combine all the previous knowledge I gain, I would never have been able to choose only one of directions, because each of them is a logical continuation of the previous one. The whole! The power of One! Like our body, which is not limited only by physical parameters", - assured Karina.

In her lectures she demonstrates a different approach of wellbeing techniques, chosen for each particular client of patient she has. Sometimes group sessions also is a good option to have.

Supporting conversation happens in an informal environment with a nice warm cup of tea.

She has developed a supportive course for active moms-to-be and young mothers.

Taking care of the physical aspect helps with 16-year experience as a fitness trainer and dance teacher.

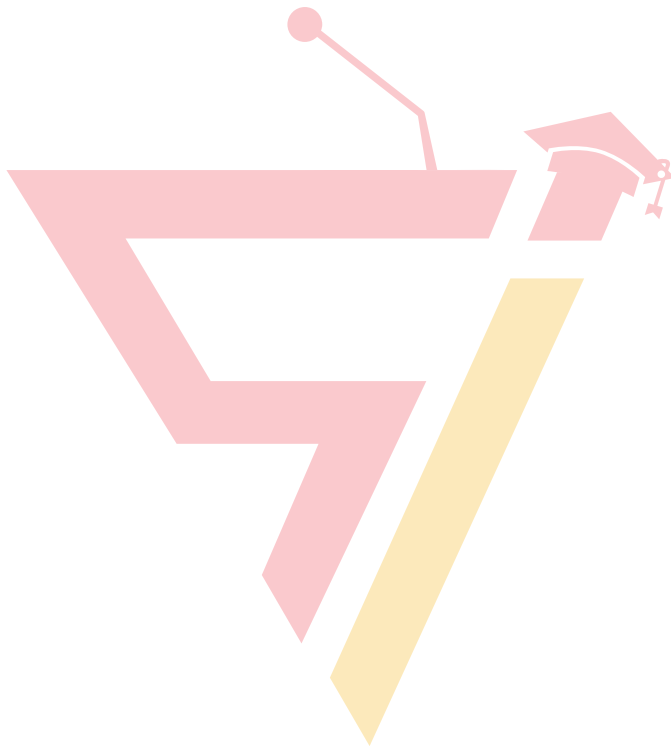
Consulting, interacting in women classes & lectures, applying a multifaceted approach, I see progress that is reflected not only in the movement and transformation of the body, but also in personal life. This is the main stimulus in my work", - says Karina.

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Poster
Day 3



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Alejandro L Borja

University of Castilla-La Mancha, Spain

Biography

Alejandro L. Borja. Associate Profesor. Alejandro L. Borja, PhD telecommunication engineering (2009), is associate professor in the Department of electrical engineering, electronics, automation and communications of the University of Castilla-La Mancha, Spain. From 2005 to 2006, he was with the University of Birmingham, Birmingham, U.K. From 2007 to 2008, he was with the Universite de Lille 1, Lille, France. His research interests include digital signal processing, bio-engineering, machine learning and electromagnetics.

High Accurate Neurocognitive Assessment and Classification of Mild and Advanced Patients with Alzheimer by means of Machine and Deep Learning Algorithms

Alzheimer disease is related to neurocognitive deficits affecting different domains (memory loss that disrupts daily life, poor judgment leading to bad decisions, forgetting recently learned information, etc.). Studies examining the discrimination and evolution of this pathology are not very numerous, subjective,

and generally invasive. Therefore, this work aims to examine the course of cognitive deficit through data provided by real measured encephalograms (EEG), in patients diagnosed with Alzheimer in relation to a control group after a follow-up period.

In this regard, various machine learning and deep learning techniques have been developed to classify data obtained from EEGs. These techniques offer significant advantages for analysis of complex data with very high accuracy. Specifically, different well-known machine learning based classifiers have been used, i.e., support vector machine (SVM), Bayesian linear discriminant analysis (BLDA), decision tree (DT), Gaussian Naïve Bayes (GNB) and K-nearest neighbor (KNN). The database comprises the measurements performed in 5 different hospitals during the period of time from 2011 to 2021, with a total of 668 patients. As it can be seen in Tables I and II, the best accuracy is obtained using KNN with a value around 91 % in both ADM and ADA classification.

TABLE I. Different metrics for ADA classification.

ML Method	Balanced Accuracy (%)	Sensitivity	Recall	Specificity	Precision	Negative Predictive Value	AUC	F1	MCC	DYI	Kappa
SVM	89.26	89.37	89.16	88.62	88.42	88.42	0.89	88.99	79.2	89.26	79.46
BLDA	84.59	84.69	84.49	83.98	83.79	83.79	0.84	84.33	75.05	84.59	75.32
DT	88.52	88.63	88.42	87.89	87.68	87.68	0.88	88.26	78.55	88.52	78.81
GNB	78.38	78.48	78.29	77.82	77.64	77.64	0.78	78.15	69.55	78.38	69.78
KNN	90.78	90.89	90.67	90.13	89.92	89.92	0.9	90.51	80.55	90.78	80.82

TABLE II. Different metrics for ADM classification.

ML Method	Balanced Accuracy (%)	Sensitivity	Recall	Specificity	Precision	Negative Predictive Value	AUC	F1	MCC	DYI	Kappa
SVM	89.61	89.72	89.5	88.97	88.76	88.76	0.89	89.34	79.51	89.61	79.78
BLDA	85.25	85.36	85.15	84.65	84.45	84.45	0.85	85.03	75.65	85.25	75.93
DT	88.16	88.27	88.06	87.53	87.33	87.33	0.88	87.91	78.23	88.16	78.49
GNB	77.51	77.61	77.42	76.96	76.78	76.78	0.77	77.28	68.78	77.51	69.01
KNN	90.36	90.47	90.25	89.71	89.54	89.54	0.9	90.09	80.18	90.36	80.44

It can be concluded that the use of classification methods based on machine learning and deep learning techniques applied to EEG recordings provides high accuracy during the classification close to 91 %. In addition, the dataset employed comprised a high number of patients and controls from five different hospitals.

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Noelia Santos Muriel

University of Madrid, Spain

Biography

Graduated in Speech Therapy from the University of Castilla la Mancha, with a Master in Speech Therapy Intervention from the Complutense University of Madrid and member at EITAL research group. Currently, Noelia works as a speech therapist in the residential center ORPEA Mirasierra in Madrid.

With publications in communication, pragmatics, social skills and socioemotional implications in several disorders. Noelia continues her work on language difficulties in people with mental health disorders.

Language In Mental Health: Bipolar Disorder vs Borderline Personality Disorder

Scientific evidence has documented throughout the research carried out in recent years, the neuropsychological, behavioral and adaptive difficulties presented by people with Bipolar Disorder and Borderline Personality Disorder at different stages of their development. However, little importance has been given to other factors such as communication, especially in the adult population. The objective of this research was to know the language characteristics presented by people from both groups and the differences in linguistic development. The sample consisted of 60 participants between the ages of 17 and 42: 31 of them with a diagnosis of Borderline Personality Disorder and the remaining 29 with a diagnosis of Bipolar Disorder. The standardized evaluation instruments were: the Social Skills Scale (EHS) and the Pragmatic Competence Questionnaire (CCP) completed by three different informants (families, professionals and the own person). The results obtained show that both populations manifest linguistic difficulties in adulthood and that there are differences depending on the perception of the agent involved in the language assessment. These results are highly relevant since they provide up-to-date information about language level, support the need for language intervention in adulthood, and reflect a different communicative profile in Bipolar Disorder and Borderline Personality Disorder.

UPCOMING CONFERENCES

2nd Edition GLOBAL **WOMEN'S FORUM**

September 23-24, 2024 | Singapore

gwf@scholarevents.org

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

2nd World Congress on **Addiction Medicine, Behavioral Health and Psychiatry**

October 21-23, 2024 | Boston, USA

addiction@scholarevents.org

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

3rd World Congress on **Advances in Mental Health and Psychiatry**

March 17-18, 2025 | Amsterdam, Netherlands

mentalhealth@scholarconferences.org

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

6th Edition World Congress on **Neuroscience and Brain Disorders**

March 17-18, 2025 | Amsterdam, Netherlands

neuroscience@scholarscongress.org

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

3rd Edition International **Women's Forum**

March 17-18, 2025 | Amsterdam, Netherlands

womensforum@scholarevents.org

<https://scholarsconferences.com/womens-forum/>

