NOVELTICS GROUP

International Conference on

MENTAL HEALTH AND HUMAN RESILIENCE

OCTOBER 21-22,

2024

ROME | ITALY

Mental Health 2024

SCIENTIFIC PROGRAM

DAY 1: OCTOBER 21, 2024 | MONDAY

08:30 - 09:30 | Registration Desk Opens

09:30 - 10:00 | Opening Ceremony & Inaugural Address

KEYNOTE FORUM

10:00-10:45	**Ibrahim El Bayoumy,** *Tanta Faculty of Medicine, Egypt* Title: Cognitive function deficits in type-1 diabetes mellitus: An observational cross-sectional study
10:45-11:30	**Douglas Haldeman,** *National University, USA* Title: LGBTQ mental health issues world wide in 2024

COFFEE BREAK | 11:30-11:45

11:45- 12:30	**Gregory Goldenberg,** *New York Presbyterian Brooklyn Methodist Hospital, USA* Title: Low dose gabapentin for behavioral symptoms in dementia with lewy bodies. Case series, brief review of pharmacology and a hypothesis

Sessions: Mental Health and Well-being | Psychological Resilience | Prevention and Early Intervention | Mental Health Policy and Advocacy | Innovations in Research and Treatment | Human Resilience | Clinical Psychology | Child and Adolescent Psychiatry | Mental Health | Neuropsychiatric Disorders | Psychological Disorders

Session Chair: Ibrahim El Bayoumy, Tanta Faculty of Medicine, Egypt

12:30-13:00	**Annina Böhm-Fischer,** *Alice-Salomon-University of Applied Science Berlin, Germany* Title: Development and validation of a German questionnaire on sexual consent

LUNCH BREAK | 13:00-14:00

14:00-14:30	**Luzi M. Beyer,** *Alice-Salomon-University of Applied Science Berlin, Germany* Title: Multi method for hard-to-reach: 8 easy language versions, read-aloud option and Kunin's faces scale
14:30-15:00	**Nitin Kalra,** *Logotherapist and Life Coach Dubai, UAE* Title: Be selfish: Understanding the power of one's own self
15:00-15:30	**Takashi Shimada,** *MIkawa Hospital, Japan* Title: Patients with anxiety, without anger: Psychotherapeutic approach
15:30-16:00	**Erez Shmueli,** *Tel-Aviv University, Israel* Title: Social media impact and smartwatch monitoring: Prevalence and predictors of PTSD and anxiety following mass traumatic events
16:00-16:30	**Yoshino Murakami,** *Ritsumeikan University, Japan* Title: An exploratory study: The psychophysiological factors related to both regular physical activity and eudaimonic well-being among young adults

	16:30-16:45 | COFFEE BREAK
16:45-17:15	**Ibrahim El Bayoumy,** *Tanta Faculty of Medicine, Egypt*
	Title: Psychiatric disorders in adolescents with type 1 diabetes: A case-control study
17:15-17:45	**Moataz Nady Elhelaly,** *Hassan's optician co. Kuwait & High institute of Optics Technology, Egypt*
	Title: Management of higher-order aberrations vision of irregular cornea with speciality contact lenses
17:45-18:15	**Nitin Kalra,** *Logotherapist and Life Coach Dubai, UAE*
	Title: Giving meaning to suffering - A logotherapy approach
18:15- 18:45	**Brankica Vasiljevic,** *NMC Royal Hospital-DIP, Dubai*
	Title: Prediction modelling for early diagnosis of neonatal sepsis

NETWORKING AND AWARDS CEREMONY

END OF DAY 1

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DAY 2: OCTOBER 22, 2024 \| TUESDAY

Registration Desk Opens

Opening Ceremony & Inaugural Address

KEYNOTE FORUM

10:00-10:30	**Mark Purcell,** *National University & California State University, USA*
	Title: Teaching kids to pause, cope and connect: Lessons in mindfulness and social emotional learning

Sessions: Mental Health and Well-being \| Psychological Resilience \| Prevention and Early Intervention \| Mental Health Policy and Advocacy \| Innovations in Research and Treatment \| Human Resilience \| Clinical Psychology \| Child and Adolescent Psychiatry \| Mental Health \| Neuropsychiatric Disorders \| Psychological Disorders

Session Chair: Ibrahim El Bayoumy, Tanta Faculty of Medicine, Egypt

10:30-11:00	**Brett Dellar,** *The moMENtum Revolution, Australia*
	Title: The silent saboteur: Fear's hidden impact on mental & emotional well-being

COFFEE BREAK \| 11:00-11:15

11:15-11:45	**Node Smith,** *TEAL Holistic - Integral Health Solutions, Canada*
	Title: From thinking to experiencing: Sensory tracking as a single tool for cultivating resilience through emotional intelligence
11:45-12:15	**Node Smith,** *TEAL Holistic - Integral Health Solutions, Canada*
	Title: Utilizing somatic therapies to inform basic skills for adult human development in an era of stress, anxiety and chaos

12:15-12:45	**Kyle Buller,** *Psychedelics Today, USA* Title: The necessity of training a competent psychedelic workforce

12:45- 13:45 | LUNCH BREAK

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13:45-14:15	**Fahima Al Harthy,** *Royal Hospital, Oman* Title: Improve patient experience support mental health for post-delivery mothers
14:15-14:45	**Maria I. Dalamagka,** *General Hospital of Larisa, Greece* Title: Autism and general anaesthesia for dental care
14:45-15:15	**W S El Masri,** *Keele University, UK* Title: Acute traumatic spinal cord injuries: Spontaneous neurological recovery & value of the various methods of treatment of the injured spine
15:15-15:45	**Anat Scher,** *University of Haifa, Israel* Title: Sleep and screens habits as a window to adolescents' mental health

POSTER SESSION @ MEETING ROOMS

PANEL DISCUSSION

AWARDS AND CLOSING CEREMONY
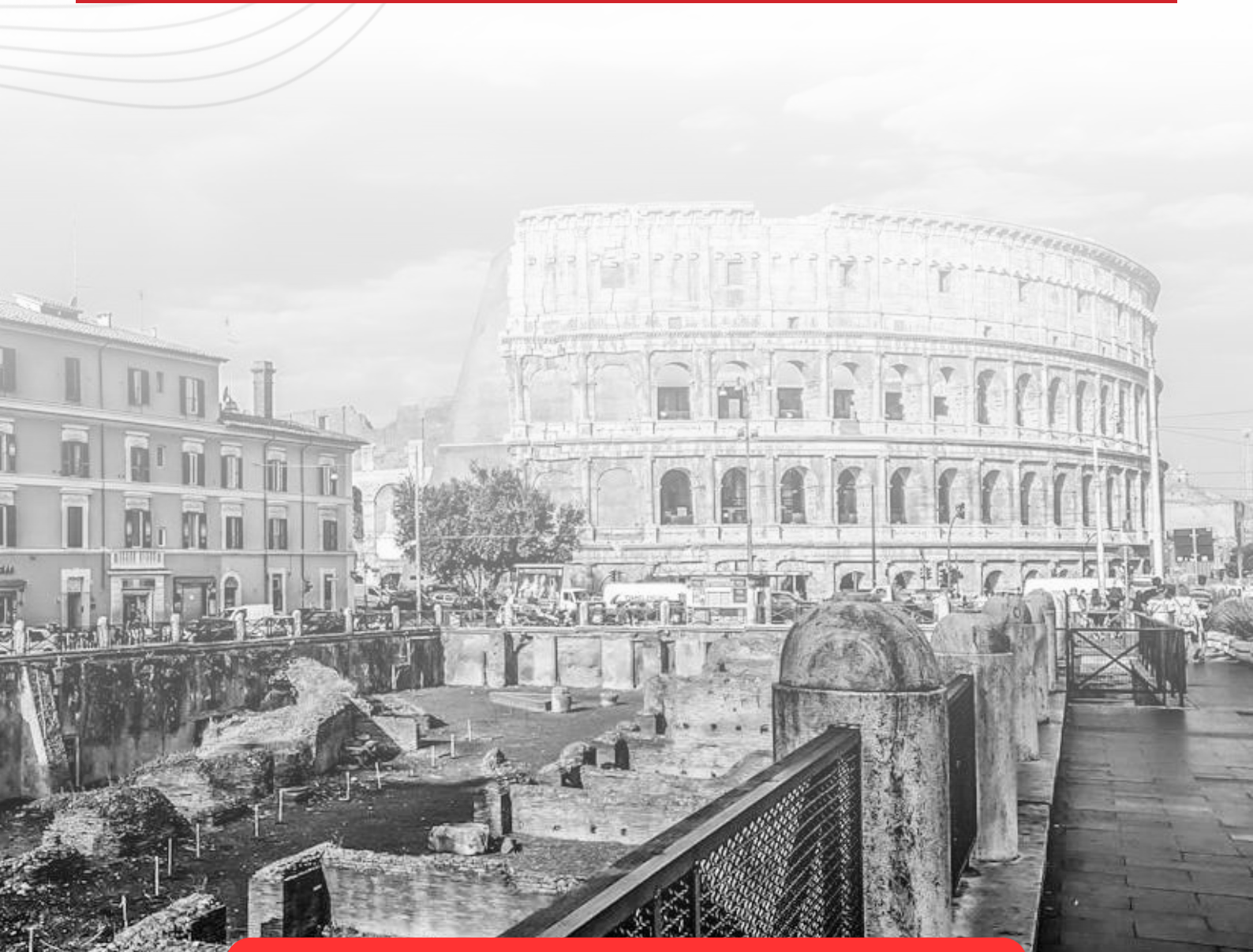
Keynote Forum

DAY 1

International Conference on
Mental Health and Human Resilience

OCTOBER 21-22, 2024 | ROME, ITALY

Cognitive function deficits in type 1 diabetes mellitus: An observational cross-sectional study

Ibrahim El Bayoumy
Tanta Faculty of Medicine, Egypt

Objective: Previous studies have shown that Diabetes Mellitus (DM) is associated with an increased risk of cognitive impairment, but little data is available on Arabic populations, in spite of their remarkably high prevalence of diabetes mellitus in all countries, including Egypt. In this study, we attempt to study the effect of DM on cognitive performance in both types of diabetes mellitus.

Design: Observational cross-sectional study.

Setting: Diabetes clinic at Tanta University hospital in Egypt. The study included 250 patients with type 1 diabetes who were selected for this study, age 13± 9.6 years, 151 have met the criteria for choice were studied and 100 patients without diabetes was selected as a control group.

Measurements: 151 type 1 diabetics underwent cognitive assessment using the Mini-Mental State Examination (MMSE) and Montreal Cognitive Assessment Test (MoCA).

Results: The prevalence of mild cognitive impairment was 62.5% using the Mini-Mental State Examination (MMSE), with a score of (22±2.1 compared to 28.33±2.7 in the control non diabetic group). Also patients, showed mild cognitive deficits using the Montreal Cognitive Assessment, that has negative correlation with HbA1c lipid profile and high sensitivity C reactive protein.

Conclusion: Cognitive fiction deficits were observed in type 1 diabetics, and they are associated with a long duration of diabetes.

Biography

Professor Dr. Ibrahim El-Bayoumy holds holds bachelor of medicine and surgery (Tanta Faculty of Medicine, Egypt, 1989), then he earned his master degree in public health, preventive, and social medicine (Tanta Faculty of Medicine, Egypt, 1996) and an MD, PhD, in public health, preventive,preventive and social medicine (2003) from Tanta Faculty of Medicine, Egypt, and McGill Faculty of Medicine, Montreal, Canada, in the division of clinical epidemiology in Royal Victoria Hospital through the double channel system as a scholarship from the Ministry of Education, Egypt. He has been Full professor of public health and community medicine in the Tanta Faculty of Medicine-Egypt since November 2016. Now he is working in the ministry of health in Kuwait as a consultant of public health and preventive medicine.

Dr. El Bayoumy has published many research works in international journals. He is interested in research in epidemiology of infectious diseases like HIV, tuberculosis, brucellosis, and infectious hepatitis; he is interested in epidemiology of chronic diseases like diabetes mellitus and its health economics; obesity and cancer; and pharmacoepidemiology. He is a reviewer of many national and international journals.

LGBTQ mental health issues world-wide in 2024

Douglas C Haldeman

National University, USA

LGBTQ persons all over the globe are experiencing unique stressors that directly impact mental health and well-being. These stressors derive in large part from sociopolitical and cultural realities that marginalize, discriminate against, and oppress sexual minority and gender diverse individuals. Many LGBTQ persons residing in oppressive regimes, in which they may be incarcerated or even executed, are forced to live in hiding or flee their home countries altogether. Life in even relatively "progressive" nations may present mental health challenges for LGBTQ persons when their human rights are threatened or abrogated by efforts to remove anti-discrimination protections or access to appropriate care is jeopardized. Models of stigma and trauma will be presented. This presentation will summarize the current state of affairs for LGBTQ persons in various cultures throughout the world, along with the attendant mental health effects on sexual minority and gender diverse people. Implications for clinical practice will be discussed.

Biography

Dr. Douglas C. Haldeman is a distinguished psychologist and professor at National University in the United States. With over three decades of experience, his work focuses on clinical psychology, particularly addressing the intersections of mental health and cultural diversity. Dr. Haldeman is a recognized expert in LGBTQ+ mental health and has been a strong advocate for marginalized communities. He has contributed to numerous publications, served in leadership roles within the American Psychological Association, and is a sought-after speaker at international conferences on mental health and social justice.

Low-dose gabapentin for behavioral symptoms in dementia with lewy bodies. Case series, brief review of pharmacology, and a hypothesis

Gregory Goldenberg and **Nwe Aye**

New York Presbyterian Brooklyn Methodist Hospital, USA

Aim: To evaluate low-dose gabapentin in the treatment of disruptive behavioral symptoms in patients with moderate-severe dementia with Lewy bodies.

Findings: Improvement in symptoms seen by clinicians and caregivers is supported by changes on respective scales.

Message: Preliminary positive evidence suggests that low-dose gabapentin can be used for treatment of disruptive symptoms in patients affected by dementia with Lewy bodies.

Aim: To evaluate low-dose gabapentin (GBP) for treatment of disruptive behavioral symptoms in patients with moderate-severe dementia with Lewy bodies (DLB).

Participants and Methods: A case series in a community setting. Eleven (10 females) community dwelling elderly patients (79-97 years; 85.2 SD 6.4) with moderate (5 patients) and severe (6 patients) probable DLB treated with a low daily dose of GBP (200-600 mg; 341 SD 153) for vocal disruption, aggression, psychomotor hyperactivity, and disturbed sleep. Symptoms rated by the clinician on the Cohen-Mansfeld Agitation Inventory (CMAI) and on the de novo designed VAPS (acronym of symptoms) scale. Caregivers rated treatment on the Clinical Global Impression of Change (CGI-C) scale. GBP was used for 12 and more weeks as monotherapy (7 patients) and with other pharmaceuticals (4 patients) and was well tolerated.

Results: Improvement in behavioral symptoms. The scores declined on the CMAI scale from 49.2 (SD 26.5) to 26.4 (SD 14.7) or by 22.8 (CI = 14.2 - 31.5) and on the VAPS scale from 8.2 (SD 1.3) to 1.7 (SD 0.8) or by 6.45 (CI = 4 - 8). Caregivers rated improvement as moderate in 3 patients (score of 2) and substantial in 8 patients (score of 1), mean CGI-C score of 1.3 (SD 0.5).

Conclusions: This uncontrolled open label study provides preliminary evidence suggesting that low dose GBP can be used for treatment of disruptive/VAPS symptoms in patients affected by DLB. The authors hypothesize that change in glutamate / gamma aminobutyric acid balance is linked to the effect of GBP on disruptive behaviors and favor low vs. high doses of GBP in patients with dementia.

Biography

Dr. Grigoriy M. Goldenberg is a geriatrician in Bayside, New York and is affiliated with New York-Presbyterian Brooklyn Methodist Hospital. He received his medical degree from Nicolae Testemitanu State University of Medicine and Pharmacy and has been in practice for more than 20 years. Dr. Grigoriy M. Goldenberg has expertise in treating heart failure, chronic high blood pressure, non-Alzheimer's dementia, among other conditions - see all areas of expertise. Dr. Grigoriy M. Goldenberg accepts Medicare, Aetna, Blue Cross, United Healthcare - see other insurance plans accepted. Dr. Grigoriy M. Goldenberg is highly recommended by patients.

Scientific Abstracts

DAY 1

International Conference on
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Human Resilience

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Development and validation of a German questionnaire on sexual consent

Annina Böhm-Fischer, Greta Bohacek and **Luzi M Beyer**

Alice-Salomon-University of Applied Science Berlin, Germany

Despite global MeToo debates and increasing awareness, there is no established German questionnaire on the topic of sexual consent and communication about consent. To close this gap, questions from the "Sexual Consent Questionnaire" from Humphreys and the "Alcohol and Sexual Consent Scale" from Ward et al. were translated, adapted, and collected together with demographic variables such as age and gender identity as well as questions on awareness of sexual consent (N = 399, 211 thereof female, average age = 25.60, SD = 7.72). The evaluation of the questionnaire showed that it provides scientific and representative results and gives a first impression of attitudes and behavior with regard to sexual consent in Germany. The scales had largely satisfactory internal consistencies (e.g., verbally asking for agreement.660, verbally expressing agreement.772, non-verbally determining agreement.729, non-verbally expressing agreement.837), even if there were no normal distributions. Non-verbal communication (eliciting and showing consent) differs between heterosexual and non-heterosexual individuals. Verbal communication (eliciting consent and verbally agreeing) is significantly different between male and female genders (Kruskal-Wallis-Test). Differences between non-binary, diverse, and other gender identities could not be tested due to small sample sizes. It can also be seen that the sexual consent and communication scales correlate significantly (p =.011). There is no gender-specific significant difference with regard to attitudes towards sexual consent and alcohol, and there is no significant difference between younger and older participants and the communication of sexual consent. These results fit with previous theories and research findings.

Biography

Annina Böhm-Fischer is a lecturer and researcher at the Alice Salomon University of Applied Sciences in Berlin, Germany. With a focus on social work and social policy, Annina brings extensive expertise in interdisciplinary approaches to social justice, education, and community development. Her research explores innovative strategies to address societal challenges, particularly in urban settings, and she is committed to fostering inclusive social systems through education and practice. Annina's work continues to impact both academic discourse and practical applications in the field of social work.

Multi-method for hard-to-reach: 8 easy language versions, read-aloud option, and Kunin's faces scale

Luzi M Beyer and **Annina Böhm-Fischer**

Alice-Salomon-University of Applied Science Berlin, Germany

A 2-stage multi-method study was designed and realized in order to adapt the services of a mental health advice center for people with migration experience more closely to their needs and to evaluate an existing one-sided satisfaction and needs questionnaire.

The first research was a qualitative, in-depth interview study (N = 17, mostly in the native language of the participants, some with a translator). Eight open questions were used to determine health topics on which consultations took place, topics for which support was still required, and further needs. The interviews were transcribed, and a deductive analysis according to Mayring was carried out. It emerged that the interviewees would like networking opportunities, among other things, and that the need for advice and help is very broad. The second survey was a quantitative questionnaire based on interview study responses and implemented in 8 languages (German, English, Russian, French, Spanish, Romanian, Arabic, Turkish) in simple language. The questionnaire had a 5-point Likert scale with kunin smiley faces, and audio files were placed under each question, in which the question was read aloud in the respective language. The aim was that every person who speaks one of the 8 languages to some extent (regardless of reading and writing skills) could take part. Among other things, the survey asks about the desire for various networking opportunities as well as advice and support services and knowledge and skills growth. The survey will run until April 2024; there are currently 51 evaluable data records (as of 16.03.2024).

Biography

Luzi M. Beyer Fischer is a distinguished academic affiliated with the Alice Salomon University of Applied Sciences in Berlin, Germany. With a focus on social work and health sciences, Luzi's research explores the intersections of social policy, public health, and community development. Known for her commitment to interdisciplinary approaches, she has contributed significantly to advancing knowledge in social justice and well-being.

Be selfish: Understanding the power of one's own self

Nitin Kalra

Logotherapist and Life Coach Dubai, UAE

It is a concept inspired by Dr. Viktor Frankl's Logotherapy, which involves understanding the meaning or purpose of one's life. If we know the "Why" of our life, we will be able to handle any challenge that come up in life.

Many a times, we get fogged by the circumstances and situations around us, not understanding why things are happening and what should be the recourse. Logotherapy helps you to discover our own purpose, identify our own meaning and prepare us to handle the tough situations of life.

The first step to understanding the true purpose of our lives is to understand one's own self – and that requires us to be selfish when it comes to taking care of our own physical, mental, emotional, and spiritual state.

"It all Starts with Me"

"Nothing in this World is More Important than the Peace of My Mind"

"I am Insignificant to the World but Significant to My Own Self"

"I am the Most Important Person in My Own Life"

These statements may sound very selfish but, are the best medicines for major mental wellness issues that a majority of us are facing. Only if we start focusing on making ourselves better that we can think of making a difference to others. In the real world we are worried of everyone else, but our own self.

The aim of my talk is to help get an introduction to Logotherapy, it's philosophies and how one can adopt simple way of thoughts that can create powerful changes in one's life.

It helps identify and understand the "logos" (Greek word for Meaning) of life. And it does not end there. It will also aim to bring about sustainable lifestyle changes in your creative, experiential, and attitudinal side – the three pillars on which Logotherapy is based.

I intend to share real live experiences from my own discovery of meaning & from my clients who I have helped in understanding theirs over the last few years.

Upcoming Publications

· Heartbeats: Every Heart Beats for a Reason by Austin Macauley Publishers, UAE

Biography

Nitin Kalra is a certified logotherapist from the Viktor Frankl Institute of Logotherapy, Dublin, and an active member of the Logotherapy Council in Vienna. He has been involved with Logotherapy in 2018 after going through an existential crisis in his own life. Logotherapy helped him immensely to come over it,

and he started practicing in 2021. The journey of the discovery of his own meaning will soon be published by Austin Macauley Publishers in the form of his first book, "Heartbeats: Every Heart Beats for a Reason.".

He has been spreading awareness of logotherapy across the Middle East, where he has conducted over 75 talks and sessions with over 3000+ participants via active groups on Meet Up & InterNations. He regularly conducts sessions at colleges and corporations and has clients across the world. He is also involved in teaching logotherapy via online sessions with an Indian Wellbeing Company Living Consciously.

He holds degrees in political science, journalism, business administration, and media law. Born and raised in Mumbai, India, he now lives with his family in Dubai, United Arab Emirates.

Patients with anxiety, without anger; Psychotherapeutic approach

Takashi Shimada

MIkawa Hospital, Japan

Background: Needless to say anxiety disorder, many patients with mood disorder have the symptom of anxiety. In many of those cases, patients' anxiety is addressed to the person who is important or superior in their interpersonal relationships, such as parents, spouse, or the boss in their working place. Sometimes they are the stressor of the patients and causing the symptom. The patient have every reason to feel anger, but strangely enough, the patients sometimes express no angry feelings to the person.

Objective: In psychiatric treatment, anger management is important, and evoking anger is contraindicated, but in some cases, I think it's therapeutic to let the patient feel the anger they must have.

Methods: In such cases, I presented the anger the patients must have but they are not feeling. These are emotional issues, so it's difficult to show them logically and directly. So I will tell them like "If I were you I will get angry in this way, and I may act so and so." To avoid harmful reaction, such as patients' aggressive behavior, acting out, I evaluated the patients' reality testing and limited the cases. I also excluded the patients with bipolar disorder.

Results: I found that careful presentation of patients' anger they are suppressing, alleviate their anxiety and contributed to the recovery from the disease in some cases.

Conclusion: In certain cases of anxiety disorder or mood disorders, the patients seems to be suppressing anger, and that is causing their anxiety. In those cases, to alleviate their anxiety, it is effective to let them have the anger they are not feeling.

Biography

Dr. Takashi Shimada is a renowned physician at Mikawa Hospital in Japan, specializing in [insert specialty, e.g., internal medicine, cardiology, etc.]. With decades of experience, Dr. Shimada is recognized for his contributions to patient care and medical research. He is actively involved in advancing healthcare practices in Japan, participating in numerous international conferences, and publishing in leading medical journals. His commitment to innovation and excellence has made him a respected figure in his field.

Social media impact and smartwatch monitoring: Prevalence and predictors of PTSD and anxiety following mass traumatic events

Erez Shmueli and **Dan Yamin**

Tel-Aviv University, Israel

We investigated PTSD, anxiety, and stress in individuals indirectly exposed to the October 7th events in Israel. Our study utilized data from a three-year perspective study of 4,806 smartwatch users who completed daily questionnaires and a panel study surveying 2,536 individuals twice. Stress symptoms were measured daily, while the PCL-5 and GAD-7 questionnaires assessed PTSD and anxiety prevalence. After October 7th, stress levels soared, with PTSD prevalence reaching 22.9-36.0%, 7-8 weeks post-event, and remaining exceptionally high at 15.9-24.7% after seven months. We also found a strong correlation between increased PTSD risk and extensive media consumption. Smartwatch data revealed early PTSD markers such as pronounced increases in stress levels and declines in mood, physical activity, and sleep quality within the first week. This study underscores the significant impact of media exposure on PTSD development and the value of continuous physiological monitoring for early detection of PTSD after mass traumatic events.

Biography

Erez Shmueli is an Associate Professor, Head of the Big Data Lab, and Co-Head of the Data Science undergraduate program at Tel Aviv University. Holding a BA degree (with honors) in Computer Science from the Open University of Israel, he earned his MSc and PhD degrees in Information Systems Engineering from Ben-Gurion University of the Negev. His postdoctoral fellowship at the MIT Media Lab further enriched his academic journey. Erez's research is dedicated to developing artificial intelligence (AI) models for understanding, predicting, and influencing human behavior using real-world data from sources like smartphones and wearable devices. Over the past years, his focus has particularly shifted towards the intersection of AI and healthcare. With a prolific publication record of over 80 papers in top-tier journals and conferences, Erez has also edited three books and holds several registered patents. His extensive professional background encompasses software development and management, including roles in the Israeli Air Force and Deutsche Telekom laboratories. He has provided consulting services for notable entities such as Microsoft and the Municipality of Ashdod. Additionally, Erez has ventured into entrepreneurship with successful endeavors including Babator, SafeMode, and currently Wizermed.

An exploratory study: The psychophysiological factors related to both regular physical activity and eudaimonic well-being among young adults

Yoshino Murakami and **Takeshi Hashimoto**

Ritsumeikan University, Japan

Eudaimonic well-being (EWB), an optimal human functioning, is associated with stress-related psychophysiological factors (e.g., reduced inflammation and lower risk of depression). Although physical activity (PA) can be a predictive factor for EWB, the underlying physiological factors that reflect the effect of PA on EWB remain unclear. Neurotransmitters/peptides such as serotonin (5-HT), oxytocin (OXT), and dopamine (DA), along with heart rate variability (HRV), indicative of parasympathetic nervous function, have been reported as psychophysiological factors related to crucial psychological elements of well-being, including happiness and emotion regulation. Despite reports indicating changes in these psychophysiological factors concurrent with the mental health improvements afforded by exercise, there is still no unified agreement regarding those associations. To specify the psychophysiological links of EWB and PA, we aimed to conduct an observational study with 49 young adults (25 males, 24 females) with an average age of 25 years (± 5).

HRV showed the positive correlations with both EWB (purpose in life, personal growth) and PA (moderate intensity PA), while OXT negatively correlated with both EWB (autonomy) and PA (moderate PA) ($p < 0.05$). The Kruskal-Wallis test, to compare EWB across four groups defined by a 2×2 factorial structure of high and low PA and psychophysiological factors, showed that the high walking×high HRV group, the high walking×high OXT group, and the high total PA ×high DA group showed the highest level of EWB (e.g., purpose in life, personal growth, self-acceptance) among the four groups ($p < 0.05$).

Key findings & Conclusion

HRV may be important psychophysiological factors to link PA and EWB; high walking activity with high HRV is favorable for high EWB.

Biography

Yohei Murakami is a professor of Faculty of Information Science and Engineering, Ritsumeikan University, Japan. He currently leads the research and development of the Language Grid, the purpose of which is to share various language resources as Web services and enable users to create new services. Also, He is leading a project called "Indonesia Language Sphere," the purpose of which is to semi-automatically create bilingual dictionaries between Indonesian ethnic languages for saving endangered languages. He received the Achievement Award of the Institute of Electronics, Information and Communication Engineers for this work in 2013. His research interests lie in services computing and multiagent systems. He founded the Technical Committee on Services Computing in the Institute of Electronics, information and Communication Engineers (IEICE) in 2012. He received his Ph.D. degree in informatics from Kyoto University in 2006.

Prediction modelling for early diagnosis of neonatal sepsis

Brankica Vasiljevic

NMC Royal Hospital-DIP, Dubai

The incidence of neonatal sepsis remains high, and outcomes remain poor despite considerable technologic advances in the field of neonatology. According to WHO about d 3 million neonates worldwide (22 per 1000 live births) have neonatal sepsis with a mortality of 11–19% and unquantified long-term neurological defects. Sepsis-associated mortality rates varies according to the severity of clinical symptoms, gestational age, risk factors and geographical location.

International data are difficult to standardize in the absence of unified criteria for neonatal sepsis. Recently, in adults, the Third International Consensus Definitions for Sepsis and Septic Shock (Sepsis-3) have defined sepsis as a life-threatening organ dysfunction caused by a dysregulated response to infection.

Depending on the time of clinical presentation and the origin of the causative pathogens, it is defined as early-onset sepsis (EOS) when occurring ≤72 h after birth (or by others during the first 7 post-natal days), and as late-onset sepsis (LOS) when it presents thereafter.

Early diagnosis and treatment can reduce mortality and improve outcomes for survivors. Early clinical signs of neonatal sepsis are non-specific and without time appropriate treatment, neonatal sepsis can quickly progress into multisystem organ dysfunction syndrome and ultimately death

Diagnosis and treatment of sepsis is a complex process that combines history, risk factors, and biochemical indicators with clinical manifestations despite extensive research efforts, at present, there is no consensus regarding the accurate and rapid diagnosis of neonatal sepsis

Several biomarkers have been used for the evaluation of neonatal sepsis, which can be categorized into (a) hematological indices (white blood cell, absolute neutrophil and platelet counts), (b) acute-phase reactants (C-reactive protein and procalcitonin), (c) immunological markers (cytokines, chemokines, adhesion molecules, etc.).

Metabolomics are a new analytical method that detects metabolites of an organism in a biological sample. These metabolites reflect the state of the organism in both normal and pathological conditions and can be linked to specific biochemical pathways.

It is disappointing, though, that despite years of research, no biomarker has been shown to reduce morbidity or mortality in neonatal sepsis, probably due to their relatively low diagnostic accuracy.

Antibiotics play a crucial role in the treatment of neonatal sepsis and because of high risk morbidity and mortality antibiotics overuse is common and is associated with early adverse consequences such as increased risk of necrotizing enterocolitis, fungal infections, and death in preterm infants. Antimicrobial resistance is a significant threat globally, and it has been reported that over 70% of neonatal bloodstream infections are resistant to first-line antibiotic treatment.

Antibiotic-induced microbiome alterations early in life, with downstream effects on the developing immune system, are also associated with increased risks of allergic diseases, obesity, and autoimmune diseases later in life.

For EOS, a simple prediction model (the EOS calculator) has been developed to guide the use of empirical antibiotics for term and near-term newborns (≥ 34 week's gestation). EOS risk calculator provides an early-onset sepsis risk estimate for each neonate based on the five objective maternal risk factors and four clinical neonatal risk factors. It categorized neonates into three levels of risk with a correlated recommendation, like laboratory tests, and start or not to start antibiotic treatment. Management guided by the neonatal EOS calculator is associated with reduction unnecessary laboratory tests, reducing antibiotic usage, and length of stay related to EOS.

The recently is described Neonatal Sequential Organ Failure Assessment Score (nSOFA) for predicted mortality on Very Low Birth Weight (VLBW) infants with LOS in NICU. nSOFA score describe dynamic changes in: (1) the need for mechanical ventilation and oxygen requirement (score range 0–8), (2) the need for inotropic support including the use of corticosteroid support (for presumed adrenal insufficiency or catecholamine-resistant shock) (score range 0–4), and (3) the presence and degree of thrombocytopenia (score range 0–3).

Early cardiovascular and hemodynamic changes are important for early diagnosis of neonatal sepsis, which can be identified using feasible and reliable tools such as continuous cardiorespiratory and functional echocardiography.

Artificial intelligence (AI) and machine learning (ML) implies the ability of machines to "think" and includes the ability of computers or programs to "learn" with experience. AI-ML technology uses continuous cardiorespiratory physiological data for monitoring for early detection, prediction and time appropriate therapy neonatal sepsis. ML can identify patterns that predict high or increasing risk for clinical deterioration from a sepsis-like illness. At that point, human intelligence and experience in combination with computer-generated risk information (AI-ML) make the best decisions for individual patients.

Prediction modelling approaches is able to recognize promising maternal, neonatal and laboratory predictors in the rapid detection of EOS and LOS and thus, can be considered as a novel way for clinician decision-making towards the disease diagnosis if not used alone, in the years to come.

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Biography

From December 2014 I am working in NMC Royal Hospital DIP in Dubai firs as Head of Department of Neonatology and from 2017 as Head of Maternity and Child Health Service. I am neonatologist with PhD and 30 years clinical and research experience. I was Consultant Neonatologist and Head of NICU in Clinical Canter of Serbia and lecturer (Neonatology) in Belgrade University of School of Medicine before I joined to NMC Hospital in Dubai.

After earning MD degree, I have completed my clinical postgraduate education (Pediatric fellowship and after that Neonatology fellowship) and academic postgraduate education (MSc Thesis and PhD Thesis) at Belgrade University of School of Medicine.

Improve patient experience support mental health for post-delivery mothers

Fahima Al Harthy

Royal Hospital, Oman

Patient experience encompasses the range of interactions that patients have with the healthcare system, including their care from health plans, and from doctors, nurses, and staff in hospitals, physician practices, and other healthcare facilities. Patient experience includes several aspects of healthcare delivery that patients value highly when they seek and receive care, such as getting timely appointments, easy access to information, and good communication with health care providers.

A survey was conducted with a sample of 350 participants aged 20-45 from Muscat in Oman. This survey was used to examine the mothers experience while hospitalization in Royal Hospital.. The results indicate a significant correlation patient experience and mental health, increased positive outcome and satisfaction.

Our findings suggest that the patient are satisfy with the service provided by Maternity Unit caregiver and they appreciate their communication and their hard efforts towards patients care. Moreover, they appreciate the midwife for their support provided to the mothers and babies. However, they have commented on the time waiting in the clinic was so long and the toilets were not cleaned sometimes. Furthermore, they are requesting to increase the staffing and single rooms in the unit, more health education to the mother's prior discharge.

Biography

With an experience of 19+ years as staff Nurse / Midwife, I am working at Royal Hospital, the biggest Hospital in Oman as a tertiary hospital which received all high risk cases all over Oman.

I have graduated from Muscat Nursing Institute in Oman as staff Nurse in 2004 and from Oman Specialized Nursing institute as a Midwife in 2008.

I have been working in Maternity Unit with different experiences as staff Nurse, Senior Nurse, Shift In charge, Midwife and ward in charge for the last 16 years.

Then, Since November 2020 I have moved as part time to work with Career Development Center (CDC) twice per week as a new Project at Royal Hospital. Then from April 2021 till December 2021 I joined PMS project at Royal Hospital as a core member & received 160 hours coaching from HR consultant. Since April 2022 I have been assigned as acting deputy nurse in maternity unit and from 11 September 2022 onwards I have been appointed as head Unit Nurse of Maternity Department in Royal Hospital with total workforce of 260 staff and medical orderlies with 7 wards including delivery suite, outpatients and High Dependency Wards.

I always seek different areas of expertise to widen my experience and knowledge in life. I am ambitious, hardworking and reliable, I continuously look for opportunities to learn more and further develop my abilities, skills and knowledge and seek long term career growth possibilities.

Psychiatric disorders in adolescents with type 1 diabetes: A case-control study

Ibrahim El Bayoumy

Professor of Public Health and Community Medicine, Tanta Faculty of Medicine, Egypt

Objectives: To study the prevalence of psychiatric disorders in adolescents with and without type 1 diabetes, the factors associated with its presence, and to test the reliability of a screening tool for use in clinical settings.

Methods: 115 adolescents were enrolled in this case-control study, including 60 diabetic participants type 1 diabetes mellitus and 55 controls non diabetic.

Clinical and sociodemographic data were collected and psychiatric symptoms and diagnoses were obtained from adolescents and their parents using a screening tool (Strengths & Difficulties Questionnaire) and a semi-structured interview (Development and Well-Being Assessment).

Results: Psychiatric disorders were identified in 25% of the type 1 diabetic patients Overweight (body mass index percentile X 85) was the only factor associated with psychiatric disorder (OR = 3.07; 95%CI 1.03-9.14; p = 0.04). Compared to the semi-structured interview, the screening instrument showed 80% sensitivity, 96% specificity, 88.9% positive predictive value and 92.3% negative predictive value for the presence of psychiatric diagnoses in adolescents.

Conclusion: Psychiatric morbidity was high in this sample of adolescents, especially among those with diabetes. Routine use of the Strengths and Difficulties Questionnaire can help with early detection of psychiatric disorders in this at-risk group.

Biography

Professor Dr. Ibrahim El-Bayoumy holds holds bachelor of medicine and surgery (Tanta Faculty of Medicine, Egypt, 1989), then he earned his master degree in public health, preventive, and social medicine (Tanta Faculty of Medicine, Egypt, 1996) and an MD, PhD, in public health, preventive,preventive and social medicine (2003) from Tanta Faculty of Medicine, Egypt, and McGill Faculty of Medicine, Montreal, Canada, in the division of clinical epidemiology in Royal Victoria Hospital through the double channel system as a scholarship from the Ministry of Education, Egypt. He has been Full professor of public health and community medicine in the Tanta Faculty of Medicine-Egypt since November 2016. Now he is working in the ministry of health in Kuwait as a consultant of public health and preventive medicine.

Dr. El Bayoumy has published many research works in international journals. He is interested in research in epidemiology of infectious diseases like HIV, tuberculosis, brucellosis, and infectious hepatitis; he is interested in epidemiology of chronic diseases like diabetes mellitus and its health economics; obesity and cancer; and pharmacoepidemiology. He is a reviewer of many national and international journals.

He has obtained a postgraduate master's degree in diabetes care and education at the Dundee Faculty of Medicine, Scotland, UK, October 2015.

He is working now as a lecturer and tutor for postgraduate studies of public health at the University of South Wales, UK.

He is adjunct professor in the school of public health at a Texas American university in Guyana, South America, since May 2018.

He was invited to speak at many international conferences in China and South Korea. Japan, Hong Kong, the United Kingdom, the UAE, Kuwait, Malaysia, and India

Adverse childhood experiences and their roles in shaping late-life cognitive function

Ying Yue Huang and **Lin Xu**

School of Public Health, Sun Yat-sen University, China

Background: This study explores the distinct impacts and pathways through which childhood socioeconomic disadvantages (CSD) and adverse care experiences (ACE) influence cognitive function in later life.

Methods: Data from the Guangzhou Biobank Cohort Study were utilized to assess CSD, ACE, and cognitive function using culturally appropriate measures and the Mini-Mental State Examination (MMSE), respectively. We conducted linear regression, stratified analyses, and mediation analyses to evaluate the associations.

Results: Adjusting for gender and age, both higher CSD and ACE scores were associated with lower MMSE scores in a dose-response manner, with β (95% CI) values of -0.17 (-0.20 to -0.14) per unit increase in CSD and -0.13 (-0.19 to -0.06) per unit increase in ACE. The impact of CSD on cognitive function was more pronounced in women (β: -0.19 [-0.22 to -0.16]) compared to men (β: -0.11 [-0.16 to -0.06]). Furthermore, the associations between CSD, ACE, and MMSE scores were stronger in participants with lower adulthood socioeconomic status (SES) and social isolation (SI). Specifically, in participants with lower SES, the β values for CSD and ACE were -0.19 (-0.24 to -0.13) and -0.16 (-0.27 to -0.04), respectively, compared to -0.05 (-0.08 to -0.02) and -0.07 (-0.14 to -0.003) in those with higher SES. In participants with SI, the β values for CSD and ACE were -0.25 (-0.31 to -0.19) and -0.13 (-0.26 to -0.002), respectively, compared to -0.12 (-0.15 to -0.09) and -0.11 (-0.18 to -0.03) in those without SI. Education mediated 51.48% of the effect of CSD and 26.16% of the effect of ACE on late-life cognitive function.

Conclusions: CSD and ACE are significantly associated with cognitive decline in later life, particularly among women and individuals with low adulthood SES and SI. The mediating role of education underscores the importance of equitable educational opportunities to mitigate these long-term effects.Keywords: Vitamin D, Neurological Disorders, Neurological Health and Brain Development

Biography

Ying Yue Huang is a PHD student from School of Public Health, Sun Yat-sen University. She currently dedicates her efforts to the critical realm of cognitive function, a crucial aspect for older individuals, which is connected to overall health and quality of life. With a strong background in public health, Ying Yue is particularly interested in understanding how risk factors influence cognitive decline in aging populations. Her work aims to identify potential interventions that can improve cognitive outcomes and promote healthy aging. Ying Yue is committed to advancing knowledge in this field and contributing to the development of strategies that enhance the well-being of older individuals.

Management of Higher-order aberrations vision of irregular cornea with specialty lenses

Od.Moataz Elhelaly[1], Moustafa abd alaziz[2] and **Ahmed Zamzam[3]**

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Keratoglobus is a rare corneal disorder characterized by generalized thinning and protrusion of the cornea, leading to significant visual disturbances and increased higher-order aberrations (HOAs). This case report focuses on a 25-year-old male with keratoglobus and corneal opacity, who was referred for specialty contact lens fitting. The management strategy involved applying various specialty lenses, including a semi-scleral lens for the right eye and a soft customized lens for the left eye, to address the irregular corneal profile and enhance visual acuity.

Initial assessments revealed a markedly irregular corneal topography, with the thinnest point of the right cornea measuring 38 micrometers and the left cornea measuring 87 micrometers. After several fitting attempts, the semi- scleral lens improved visual acuity in the right eye from 6/90 to 6/12, while the soft customized lens enhanced the left eye's vision from 6/36 to 6/12.

This case underscores the importance of customizing lens as per k readings anterior chamber depth , type of corneal profile and lens parameters base curve sag depth lens material and characteristics in the management of keratoglobus, can provide substantial improvements in visual outcomes and patient satisfaction. The findings highlight the critical role of specialty contact lenses in addressing complex corneal conditions and the need for continued exploration of customized solutions in optometric practice. Through meticulous fitting and adjustment, patients with keratoglobus can regain visual independence, transforming their daily experiences and overall quality of life.

Biography

Moataz Elhelaly has completed his BSc science in optics technology at the age of 22 years from Higher Institute of Optics Technology Egypt, got his professional doctorate in 2023 , published scientific papers about specialty lenses on general medicine open access and international scientific journals , and he is member of European Academy of Optometry and optics , England , built his experience in Kuwait with practice more than 10 years HASSAN'S OPTICIAN CO. till now and he is teaching assistant institute and held position of head training in same optical company for ophthalmic and contact lenses.

Poster

International Conference on
Mental Health and Human Resilience
OCTOBER 21-22, 2024 | ROME, ITALY

Sleep and screens habits as a window to adolescents' mental health

Rotem Ad-Epsztein and **Anat Scher**

University of Haifa, Israel

Introduction: Good sleep is key to emotional resilience. There is evidence that insufficient sleep risks mental health. During periods of rapid growth, such as adolescence, adequate sleep is essential for effectively coping with developmental and psychological challenges. With the growing usage of screens, including at nighttime, the risks to children's health are amplified. This study focuses on (a) sleep duration, (b) morning/evening chronotype preference for morning/evening activity and (c) social jetlag misalignment between biological rhythm and social/school obligations. We hypothesized that short sleep, evening preference, higher social jetlag, and nighttime screens are linked to emotional difficulties.

Method: 118 low-risk 13-year-olds (58% boys) completed self-report tools: (a) School Sleep Habit Questionnaire (SSHS) - sleep on weekdays/weekends (e.g., duration, latency, daytime sleepiness), yielding also distinction between morning/evening types, social jetlag score; (b) Screen Habits Questionnaire - daily and nighttime screen use; (c) Strengths & Difficulties Questionnaire (SDQ) distinguishing between externalizing and internalizing symptomology; (d) Generalized Anxiety Disorder (GAD).

Results: On average, sleep duration < 8 hours, social jetlag approximately 2 hours, 53% evening preference, one hour screen usage after lights-off. Higher SDQ was correlated (<.01) with longer latency, short sleep, daytime sleepiness, evening type, and social jetlag. Girls had higher social jetlag, SDQ, and GAD scores. Among girls, evening type was linked to internalizing; in boys, sleepiness was associated with externalizing and anxiety. Overall, increased screen usage was associated with daytime sleepiness, evening preference, social jetlag, and externalizing. Process mediation analysis revealed a statistically significant indirect effect of cell use on anxiety through daytime sleepiness.

Conclusions: Insufficient sleep and screen usage are associated with more emotional difficulties. While the study cannot establish causality, educating teens and parents about the benefits of adequate sleep is a tangible aim that might be a first step towards healthy sleep and improved coping with daytime challenges.

Biography

Rotem Ad-epsztein is a PhD student at the Faculty of Education, Department of Counseling and Human Development at the University of Haifa, Israel. Her research focuses on exploring emotional development and well-being in educational settings, with a particular interest in how counseling techniques can support student growth. Rotem's academic background and dedication to understanding human development have made her a passionate advocate for mental health and educational advancement. She is actively engaged in various research projects and collaborates with professionals to promote holistic approaches in education.

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The impact of parental depression on parenting practices in Libya – cross sectional study

Basma D Abuhadra[1], Rima Abuhadra[2], Nobutoshi Nawa[3] and **Takeo Fujiwara[4]**

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[2]*University of Tripoli, Libya*

Background: Mental health was one of the top ten primary causes of the Global Burden of Disease in 2019, with WHO predicting that major depression will be the highest contributor by 2030. Yet war-torn countries are expected to have a higher prevalence of depression. Significant scholars in Western nations have explored how the parenting style of people diagnosed with depression would be negatively affected. However, such findings cannot be projected to North African and Middle Eastern nations. Because of their distinct cultural values and beliefs, parents in these nations have different parenting techniques than parents in the West. Accordingly, this research aims to investigate the impact of depression among Libyan parents on their parenting practices, who are ideal representatives of this region. Furthermore, this research aims to estimate the prevalence of depression and its risk factors.

Methods: Cross-sectional study was conducted in Libya, a MENA country, the sample included 233 parents aged 18–73 years who were assessed for depression and their parenting style through answering a self-administered online survey during the study period (1st May–18th October 2023), using validated tools.

Results: A total of 233 responses were analyzed. It was identified that depressed parents showed less parental involvement [β -0.75, 95% CI (-1.36 – -0.13)] and adopted more corporal punishment practices [β 1, 95% CI (0.34 – 1.66)] in contrast to parents who didn't express depressive symptoms after adjusting for age, sex, marital status, education, employment, family income, experiencing miscarriage, the number and sex of their children, and having a child with special needs. Additionally, the prevalence of depression among Libyan parents was (50.21%). Sex was the only significant predictor for Depression [AOR 1.75, 95% CI (0.77 - 3.98)].

Conclusion: The findings of this study shed light on the significant impact of parental depression on parenting practices, indicating a concerning trend towards reduced parental involvement and increased employment of corporal punishment. These results underscore the urgent need for targeted interventions aimed at supporting parents struggling with depressive symptoms. By addressing the mental health needs of parents, we can break the cycle of negative intergenerational outcomes, ultimately fostering healthier family dynamics and promoting the well-being of future generations. This research holds particular relevance for Libya and its neighboring MENA countries, providing valuable insights that can inform tailored strategies for psychological support and intervention within these communities

Recent Publications

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Mental stress: A beginning of alarm amongst adolescent girls in Jhunjhunu Rajasthan

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B K Birla Institute of Engineering & Technology, India

Background: Academic learning is a significant source of stress among adolescents, often associated with various mental health issues. Identifying the determinants of educational stress can help in understanding the risk factors that influence stress levels. This study aims to assess educational stress and its predictors among adolescent girls, examine their school and family interaction patterns, evaluate their general well-being, and explore the relationship between the school environment and mental health.

Methods: The primary aim of this study was to assess educational stress and its predictors among adolescent girls, for which a cross-sectional study was conducted in Pilani, Jhunjhunu district of Rajasthan, India, in the months of February–March 2024. The study included 200 randomly selected adolescent girls aged between 11 and 18 years. Data were collected by employing a random sampling technique. Prior permission was obtained from the school before conducting the survey. Self-administered questionnaires were administered, which included socio-demographic data sheets, a personality inventory, and an educational stress scale for adolescents.

Findings: The analysis revealed significant correlations between various aspects of general well-being and mental health. Specifically, feelings of loneliness showed a moderate positive correlation with mental health ($r = 0.294$, $p < 0.01$), indicating that increased loneliness is associated with poorer mental health outcomes among adolescent girls. Additionally, feelings of sadness or depression correlated moderately with both general well-being ($r = 0.294$, $p < 0.01$) and mental health ($r = 0.160$, $p < 0.05$), underscoring the detrimental impact of these negative emotions on overall well-being and mental health. Academic pressures, such as pressure to achieve good grades and understand lessons, were found to correlate positively with mental health issues ($r = 0.180$, $p = 0.009$, and $r = 0.202$, $p = 0.003$, respectively). Conversely, factors like attention in class showed a weak positive correlation with mental health ($r = 0.125$, $p = 0.071$), suggesting that active engagement in learning environments may contribute slightly to better mental health outcomes. Factors such as feeling insecure due to competition ($r = 0.104$, $p = 0.135$) and experiencing academic stress from exams ($r = 0.039$ to 0.180, $p > 0.05$ to $p < 0.01$) were also associated with poorer mental health outcomes, although some correlations were weaker and not statistically significant.

Interpretation: Our findings provide valuable insights into the complex relationship between various aspects of general well-being, academic pressures, and mental health among adolescent girls. Addressing emotional challenges such as loneliness and depression while promoting supportive educational environments that manage academic pressures effectively could significantly improve mental health outcomes in this demographic. Future research and interventions should focus on implementing strategies that enhance emotional resilience, reduce social isolation, and foster a balanced approach to academic achievement and mental well-being in educational settings.

Neurological effects of Vitamin D deficiency in people living in the United Kingdom

Gladys Ogbonnaya
Coventry University, UK

Vitamin D deficiency is a prevalent issue in the United Kingdom, particularly due to limited sunlight exposure, which is essential for vitamin D synthesis. This study investigates the neurological effects of vitamin D deficiency among UK residents, considering both the physiological mechanisms and the epidemiological evidence. Vitamin D plays a crucial role in brain development and function, influencing neurotransmission, neuroprotection, and brain plasticity. Deficiency in this essential nutrient has been associated with various neurological disorders, including cognitive decline, depression, and multiple sclerosis.

A cross-sectional study was conducted with a sample of 500 participants aged 20–65 from different regions of the UK. Vitamin D levels were assessed through serum 25-hydroxyvitamin D concentrations, and neurological health was evaluated using standardized neuropsychological tests and clinical assessments. The results indicate a significant correlation between low vitamin D levels and impaired cognitive function, increased depressive symptoms, and a higher prevalence of neurodegenerative diseases (Balion et al., 2012; Brouwer-Brolsma et al., 2013).

Our findings suggest that vitamin D deficiency is a modifiable risk factor for neurological disorders in the UK population. Public health interventions aimed at improving vitamin D status, such as dietary supplementation and lifestyle modifications to increase sunlight exposure, could potentially mitigate these adverse effects. This study underscores the importance of routine screening for vitamin D levels and highlights the need for further research to explore the underlying mechanisms and long-term benefits of vitamin D optimization on neurological health (Peterson, 2014; Annweiler et al., 2015).

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Understanding the prescribing pattern of stimulants and antipsychotics for Trisomy 21 (Down syndrome) and Attention Deficit Hyperactivity Disorder (ADHD): A cross-sectional study

Jawza F Alsabhan, Nouf B Al backer and **Shatha H Aljudayi**
Saudi Arabia

Background: Trisomy 21(Down Syndrome), stands as the most prevalent chromosomal abnormality with considerable genetic complexity and phenotype variability. A prevalent co-occurring condition affecting up to half of the children diagnosed with down syndrome is attention deficit hyperactivity disorder (ADHD). Unfortunately, few studies did include DS patients with ADHD. In addition, trends of ADHD medication prescription have not been updated recently. Accordingly this study aimed to comprehensively explore treatment strategies and discern prescribing patterns among individuals with Trisomy 21 and ADHD and evaluating the effectiveness and safety of CNS stimulants and antipsychotics.

Method: A cross-sectional study conducted at KKUH to compare efficacy and safety of CNS stimulants and antipsychotics in individuals with Trisomy 21 and ADHD versus those with ADHD alone. For the comparison between the two groups, we utilized the Clinical Global Impression-Severity scale to assess illness severity, global improvement, and efficacy index. In addition to the laboratory test to assess the side effects of the two medication classes. Result Total number of patients diagnosed with group1(ADHD-DS) n=27 (54%), and group2(ADHD+DS) n= 23 (46%). Findings revealed no strong influence of the diagnoses on CGI scale variables. Total cholesterol levels were impacted by antipsychotic medication (p value =0.004). Antipsychotics and CNS stimulants were the commonly prescribed, as in group1 was 16%,18% respectively. while in group2 8%,6% respectively, but majority was not on medication (20%). Regarding the correlation between antipsychotic use and side effects, it was not statistically significant (P value =0.246), but for CNS stimulants it was significant (P value =0.04) . For the medication duration, it was correlated significantly for both side effects (p value=0.00) and therapeutic response (p value=0.004).

Conclusion: In summary, collaborative efforts are crucial for optimizing outcomes. This study contributes to our understanding of these conditions, guiding tailored interventions and encouragement of complete care for Trisomy21 patients.
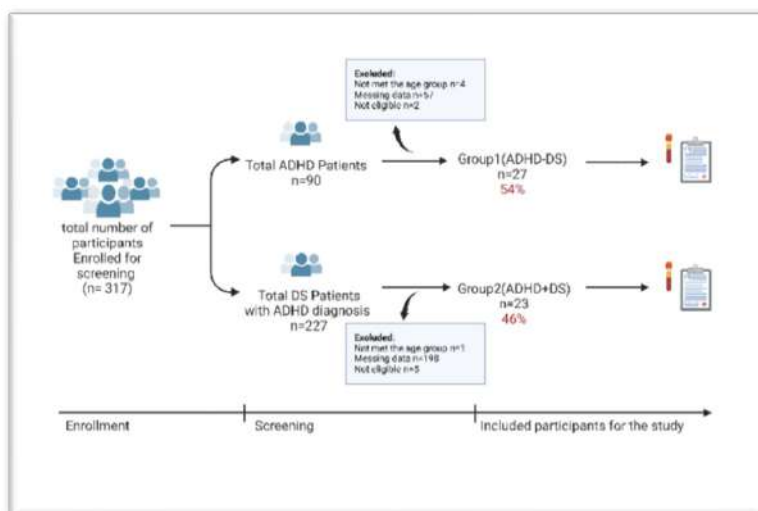
Teaching kids to pause, cope and connect: Lessons in mindfulness and social emotional learning

Mark Purcell

National University & California State University, USA

The integration of mindfulness practices into Social-Emotional Learning (SEL) programs for children has garnered significant attention in recent years, offering promising outcomes for emotional regulation, resilience, and overall well-being. This presentation explores the synergy between mindfulness and SEL, focusing on how mindfulness techniques can enhance the five core competencies of SEL: self-awareness, self-management, social awareness, relationship skills, and responsible decision-making.

Research shows that mindfulness practices, such as focused breathing, body scans, and mindful listening, help children develop a greater awareness of their emotions and thoughts. This heightened awareness enables them to manage stress, reduce anxiety, and cultivate empathy, all of which are critical components of SEL. The presentation will review current studies highlighting the benefits of integrating mindfulness into SEL curricula, including improved academic performance, reduced behavioral issues, and increased prosocial behavior.

In addition to examining the theoretical underpinnings, this presentation will offer practical strategies for educators and parents to incorporate mindfulness into daily routines, thereby reinforcing SEL skills in both school and home environments. Through interactive discussions and real-life examples, participants will gain insights into how mindfulness can empower children to navigate the complexities of social interactions and emotional challenges, laying the foundation for lifelong emotional intelligence and well-being.

By the end of the session, attendees will have a deeper understanding of the intersection between mindfulness and SEL, equipped with tools to foster a more mindful, emotionally resilient generation of children.

Utilizing somatic therapies to inform basic skills for adult human development in an era of stress, anxiety and chaos

Node Smith
Canada

Description: This workshop will provide a practical understanding of utilizing somatic therapy, with specific emphasis on cultivating sensory tracking as a patient-centric tool. The discussion of this tool will assume a basic knowledge of its utility in cases of nervous system dysregulation. The workshop will move on from a basic understanding of this tool to make an argument for its use not only with those with a significant trauma history but as a more general stress management tool.

It is not uncommon for adults to have a poor sense of psycho/emotional regulation, language for describing psych/emotional experiences, or a sense of how experiences such as stress, anxiety, anger, fear, apprehension, conflict, frustration, or burnout impact their everyday life.

The lack of skill in these specific areas of awareness may stem from a more rudimentary disconnection from physical sensations, leading one to suspect that simply teaching tools in physical sensation tracking may open a vast area of psycho/emotional growth for individuals who otherwise would perhaps be resistant to such direct psychological work.

This workshop/presentation will discuss the use of sensory tracking as a tool for this type of skill development, as well as its practical utility in stress and anxiety management.

Learning Objectives:

· Define and understand the difference between "thinking" and "experiencing."

· Explore the ideas of pendulation and titration as means of accessing and negotiating nervous system balance - building capacity and resilience.

· Understand the usefulness of somatic sensation tracking in general management of stress and anxiety - a useful skill for all adults (and adolescents).

· Discuss the applicability of somatic sensation tracking in a more general context of developing psycho/emotional skills of awareness and communication.

A functional approach to achieving mental health and well-being

Celia Mirco

Professor at Georgian College, Canada

Introduction: Functional, evidence-based approaches focused on enabling individuals to engage in meaningful activities or occupations is essential in promoting health, well-being, and quality of life. A values-driven approach that emphasizes the alignment of an individual's actions with their core values is particularly effective in supporting mental health for people with anxiety and depression, as it provides a sense of purpose, direction, and motivation that can counteract the debilitating effects of these conditions. This presentation will explore a values-driven approach to enhancing mental health well-being, highlighting a holistic, person-centered and behavioural approach that can be applied to diverse settings.

Key Concepts: Holistic Approach: the physical, emotional, and social aspects of a person's life, recognizing the interconnectedness of these domains in promoting mental health.

Person-Centered Practice: Personalized intervention plans are developed based on the unique needs, preferences, and goals of each individual, fostering empowerment and active participation in the therapeutic process.

Activity Engagement: Engagement in meaningful activities is central to well-being. These activities provide structure, purpose, and a sense of accomplishment, which are crucial for mental health recovery and maintenance.

Core Values Identification: Helping individuals identify their core values—principles that give their lives meaning and direction.

Values-Driven Goals: Setting goals and making decisions based on these values, fostering a sense of purpose and motivation.

Behavioral Activation: Encouraging actions that are consistent with one's values, which can improve mood and reduce symptoms of anxiety and depression.

Benefits of Applying a Values-Driven Approach in Mental Health

- When individuals engage in activities that align with their values, they are more motivated and committed, leading to enhanced engagement in therapy and daily life.

- Aligning actions with values can build confidence and a sense of efficacy, as individuals see themselves making meaningful progress. Empowering individuals to achieve their goals and improve their self-esteem and confidence through successful engagement in activities.

- Anxiety and depression often lead to avoidance of challenging situations. A values-driven approach encourages confronting these situations to live according to one's values, reducing avoidance behaviors.

- Values-driven actions can provide a stable framework for individuals to regulate their emotions, making it easier to cope with anxiety and depression.

- Living in accordance with one's values fosters a sense of meaning and purpose, which is crucial for mental well-being and resilience.

- Practical techniques such as mindfulness, relaxation strategies, and time management help clients manage stress effectively.

Evidence-Based Practice: Interventions targeting the engagement in meaningful and purposeful activities have shown significant improvements in individuals with conditions such as depression and anxiety. Research supports the effectiveness of a values-driven approach, particularly within Acceptance and Commitment Therapy (ACT), demonstrating that clarification and commitment to value-based actions can significantly reduce symptoms of anxiety and depression. It is positioned that such interventions can also improve psychological flexibility, which is the ability to stay connected to one's values even in the presence of distressing thoughts and emotions.

Conclusion: A values-driven approach is a powerful framework for supporting mental health in individuals with anxiety and depression. By supporting the identification and participation in activities that are meaningful and purposeful, individuals can experience enhanced engagement in their own well-being, experience the impact of targeted self-care and build resilience. This approach not only addresses symptoms but also fosters overall well-being and a fulfilling life.

The necessity of training a competent psychedelic workforce

Kyle Buller

Psychedelics Today, USA

The resurgence of interest in psychedelics for therapeutic and personal growth purposes has underscored the urgent need for a well-trained and informed mental health workforce. As individuals increasingly seek out these substances for healing, often in unregulated environments, the potential for harm rises due to the lack of adequately trained professionals. Establishing a psychedelically literate workforce is essential for ensuring safety, reducing harm, and fostering positive outcomes.

The demand for psychedelic mental healthcare is rapidly growing. Studies have shown promising results for psychedelics in treating mental health conditions such as PTSD, depression, and anxiety. This surge in interest highlights the necessity for a competent workforce capable of safely guiding individuals through these powerful experiences. Without proper education and training, the risks associated with psychedelic use, such as psychological distress or adverse reactions, increase significantly.

Holistic education in psychedelics encompasses harm reduction, integration, applied ethics, space-holding skills, and clinical best practices. Such a comprehensive approach equips professionals to provide informed and compassionate support, creating safer environments for individuals undergoing psychedelic experiences. This education not only enhances professional capabilities but also contributes to the overall well-being of communities.

Diverse and inclusive training programs are particularly crucial. These programs should be accessible to individuals from all backgrounds, including those with underground experience, and should prioritize diversity, equity, and inclusion. Scholarship funds and other financial supports can help ensure that a broad range of students can participate, bringing varied perspectives and experiences to the field.

Additionally, specialization within psychedelic education allows for the development of expertise in specific areas, such as trauma-informed care, spiritual emergence, microdosing, and integrative approaches. This tailored education ensures that professionals are not only well-rounded but also capable of addressing the unique needs of different individuals and communities.

As global interest in psychedelics continues to grow and legal landscapes evolve, the demand for a well-trained psychedelic workforce will only increase. By offering comprehensive and inclusive education programs, we can prepare the next generation of leaders who will guide the responsible and effective use of psychedelics, ultimately contributing to global healing and well-being.

What Audiences Will Take Away from This Session:

· Understanding the Urgency: Recognition of the growing need for a well-trained psychedelic workforce due to increasing interest in psychedelics for healing purposes.

· Safety and Harm Reduction: Insights into the critical importance of education in ensuring

safe and harm-reduced psychedelic experiences.

- Comprehensive Training: Knowledge about the essential components of a holistic psychedelic education, including harm reduction, integration, applied ethics, space-holding skills, and clinical best practices.

- Diversity and Inclusion: Awareness of the significance of diverse and inclusive training programs and the value of varied perspectives and experiences in the field.

- Demand for Psychedelic Mental Healthcare: Understanding the rising demand for trained professionals in psychedelic mental healthcare and the potential for psychedelics to treat various mental health conditions.

- Future Workforce Demand: Insights into the evolving legal landscape and the increasing demand for knowledgeable and compassionate professionals in the psychedelic field.

- Practical Applications: Examples of how comprehensive training can empower professionals to provide effective support and create positive outcomes for individuals and communities.

An empirical characterization of the profiles of resilient child welfare workers and of the factors that promote their resilience

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Child welfare workers play a role in the safety and health of the most vulnerable young people and their families. This work has its share of potential adversities, stemming from both client relationships (exposure to the traumatic experiences of young people and their families, exposure to violence, aggression and dangerous situations) and organizational conditions (pressure to make the right decisions in interventions, work overload, turnover and staff shortages, lack of services to meet complex client needs and lack of organizational policies focused on worker well-being). These adversities faced by caregivers have been linked to stress, burnout, compassion fatigue, post-traumatic stress, and retention of these workers, which can negatively affect the well-being of the clients they serve. In this context, the purpose of this study is to identify and quantify the proportion of caregivers presenting a profile of resilience, and to identify the resilience factors and mechanisms that distinguish them from others. Using measures collected from 687 child welfare workers in Quebec, Canada, two latent profile analyses classified participants into five perceived adversity profiles and two outcome profiles (positive or negative). A cross-tabulation of adversity and outcome profiles identified individuals presenting a profile of resilience. A comparison of means identified the resource and coping factors that differentiated individuals presenting a profile of resilience from those who don't. According to the results, 46,1% of the child welfare workers participating to the study perceived significant adversity above the norm: high social or work adversities, or very high overall adversity. Of these individuals, 54,6% present a profile of resilience. They appear to have: better emotional regulation, better work-life fit, and work that is more meaningful to them; fewer symptoms of post-traumatic stress and less empathic distress; a better ability to adapt to the client and appear to use more problem-solving strategies. Highlighting these factors points the way to promoting resilience in child welfare workers.

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