

- 20<sup>th</sup> International Congress of Psychiatry**
- 8<sup>th</sup> International Congress of Child and Adolescent Psychiatry**
- 5<sup>th</sup> International Congress on Addiction Psychiatry and Dual Diagnosis**
- 2<sup>st</sup> Regional Women Mental Health Middle East & North Africa Congress**

*With the Theme  
"World Adversity and Psychiatry"*

**Pre-congress 27 May, 2025**

Okasha Institute of Psychiatry

Faculty of Medicine, Ain Shams University, Cairo Egypt

**Congress 28-29 May, 2025**

Intercontinental Citystars Hotel

Cairo, Egypt

**Organized by**

**Okasha Institute of Psychiatry**

WPA Collaborating Center for Research and Training in Psychiatry

Ain Shams University, Cairo, Egypt



**This Congress is Accredited by  
the American Association  
of Continuing Medical Education**





# Welcome Message

*Dear Colleagues,*

Our world and especially the Middle East and North African region is currently confronted with a number of complex problems and threats. Several factors and influences such as war, displacement, migration and immigration as well as climate change, natural disasters, conflict, globalization, population growth, urbanization, agricultural production, industrialization, geopolitics, socioeconomic transformations, and cultural practices have a profound effect on mental health, mental disorders and service provision. These environmental and socio-political stressors have been accompanied by the spread of problematic psychological and behavioural tendencies, and it would be naïve to expect that global environmental and socio-political stressors will have a less stressful impact on communities and individuals in the decades to come. Unless psychiatric research and practise accept the major role they need to play in responding to all these geopolitical negative phenomena, psychiatrists and mental health professionals will increasingly be overwhelmed by their mental health sequelae. This year the Okasha Institute of Psychiatry, Ain Shams University is celebrating its 20th International Congress of Psychiatry together with the 8th International Congress on Child & Adolescent Psychiatry, the 5th International Congress on Addiction Psychiatry and Dual Diagnosis and the 2nd Regional Women Mental Health Middle East & North Africa Congress which will be held from 27-29 May, 2025. The theme of our congress will be:

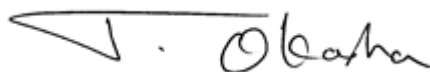
## ***“World Adversity and Psychiatry”***

This congress will include plenary sessions, lectures, symposia and workshops that will cover and discuss the different adversities affecting psychiatry and mental health and how can we prepare ourselves for caring for our patients in these difficult times. On behalf of all the congress committees, I would like you invite you to share in this exciting congress to discuss the latest in research and exchange experiences while meeting both friends and colleagues from all over the world.

We are looking forward to welcoming you all in Cairo, Egypt.

***Congress President***

**PROF. TAREK OKASHA**



Chairman of Neuropsychiatry Dept.  
Director of Okasha Institute of Psychiatry  
Faculty of Medicine, Ain Shams University



**This congress is dedicated  
to their Souls**

**Prof. Adel Sadek (1943-2004)**

*Professor of Psychiatry, Ain Shams University*

**Prof. Farouk Lotaief (1940–2013)**

*Professor of Psychiatry, Ain Shams University*

**Prof. Hisham Sadek (1971-2013)**

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**Dr. Mohamed Nasr (1990-2020)**

*Assistant Lecturer in Psychiatry, Ain Shams  
University*

**Prof. Mohamed Ghanem (1953-2024)**

*Professor in Psychiatry, Ain Shams University*



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**General Secretariat of Mental Health and Addiction Treatment, Ministry of Health and Population**



**Egyptian Society for Psychiatric Services**



**Egyptian Child & Adolescent Psychiatry Association**



**Saudi Psychiatric Association**



**World Health Organization (WHO)**



**World Psychiatric Association (WPA)**



**Egyptian Alzheimer Society**



**International Marcé Society for Perinatal Mental Health**

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[www.psychiatry-research-eg.com](http://www.psychiatry-research-eg.com)

This website is an online database with the available  
Egyptian Psychiatric Research

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**25.5 CME hours**

Precongress 8 Hours CME

Congress 17.5 Hours CME

**Category 1 Credit**



## How to get your certificate?

- Scan the QR code on your congress badge or type the link below the QR code on your browser.
- Fill the online evaluation form.
- Your Certificate would appear as a photo, save the photo on your computer, laptop, mobile device, etc. and printing later.
- Certificate will be available on line from 14 June 2025.

**WWW.ASUIP.NET/CERT**

## FACEBOOK

- Do not forget like and follow our facebook page <https://m.facebook.com/congressPsychiatry/?ref=bookmarks>



## YouTube Channel

**Check out our congress**

- Photos Album on our Facebook page “Congress pn Psychiatry”
- Sessions’ videos on our YouTube channel “Asuip Congress”
- Links also available on our website <https://asuip.net>

## General Information

### Name Badges

The congress badge will be received upon registration and should be worn during all congress events. Groups are distinguished by badge color label:

<b>No color</b>	Label	All participants
<b>Red</b>	label	Chairpersons/ Speakers
<b>Green</b>	label	Organizing committee
<b>Blue</b>	label	Exhibitors
<b>Yellow</b>	label	Technical staff

### Services on Site

- On-site registration desk
- Secretariat
- Information
- Business center

### Press Center

- Located in Press Room
- Press conferences will be held throughout the congress

### Audiovisual Facilities Corner

- Slide preview and submission facilities are available from **7:30 am to 7:00 pm** daily in the slide delivery corner.
- All speakers making presentations are requested to try their presentation at least three hours before the session starts.
- Video films should be submitted to the Video Desk at least four hours before the session of their presentation.

### Smoking policy

- There will be no smoking in scientific sessions or exhibit halls.



### Messages and Notices

- Please check the “Congress Message Board” for last minute changes in the program.
- Personal messages will be posted on the “Personal Message Board”. Participants can post their messages directly or ask the help of the information desk.

### Prayer Corner

#### Language

The official languages of the congress are English and Arabic with no simultaneous translation.

#### Climate

- The average temperature during the congress between-(25°C - 30°C).

#### Currency

- The Egyptian currency is the Egyptian Pound (L.E.), One US Dollar = 50 LE (approximately) to date.

#### Electricity

- 220 volts.50 HZ, AC Wall plugs are the round two prong European type

## Welcome to Egypt

The City of Cairo was founded near the ruins of ancient Memphis; Cairo has been the largest city in Africa for centuries.

Modern Cairo encompasses many former cities and their monuments: the pharaohs; early Christian monasteries, churches, and mosques of the Mamlouk era.

5000 years of culture are concentrated in the world's largest open-air museum at the center of the three continents. Travel through time in a city that is a living example of a "history of a civilization".

Cairo was described by Lithgow, 1614 as:

*"This little world, the great Cairo, the most admirable and the greatest city seen upon the earth, the microsmus of the greater world"*



# Congress Format

## **1. LECTURES**

Lectures by distinguished speakers discussing important topics within the field of psychiatry

## **2. SYMPOSIA**

Symposia are 60 minutes sessions consisting of two presentations that are thematically linked and focus on a specific topic relevant to clinical psychiatry. They are designed to provide comprehensive treatment of a topic or discussion of the topic from several points of view by the participants and stimulate discussion with the audience. Some symposia are supported by companies and are designated as "Satellite Symposia".

## **3. FORUMS**

These are flexible presentations that afford an opportunity to highlight and select topics that are of timely interest to psychiatrists. Speakers and panel members are chosen for their expertise and leadership in the field.

## **4. MEET THE EXPERT**

This is an interactive session with brief presentations provided by experts followed by interactive discussion.

## **5. WORKSHOPS**

Workshops are 60-minutes sessions or more, which typically involve brief presentations from individual panel members, followed by the opportunity for lively and informative discussion. This format provides for substantial audience participation and should be highly interactive.

## **6. SESSIONS**

This format allows for presentation of the very recent findings. Attendees are young Investigators', residents, medical students, and research or clinical fellows; and Young Investigators'.

## **7. EDUCATIONAL PROGRAMS**

This program will be attended by a limited number session of pre-registered participants.

## **8. FOCUS LECTURE**

30 minutes presentation industry supported lectures

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**PROGRAM**  
*at a*  
**GLANCE**

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**PRECONGRESS: 27 May, 2025 (Okasha Institute of Psychiatry)**

<b>TIME</b>	<b>TRACK 1 GENERAL PSYCHIATRY</b>	<b>TRACK 2 CHILD PSYCHIATRY</b>	<b>TRACK 3 GENERAL &amp; ADDICTION</b>
<b>08.00-10.00</b>	<b>REGISTRATION</b>		
<b>10.00-11.00</b>	<b>SKILLS TRAINING (1)</b> <b>Leadership skills for future doctors</b> Prof. Tarek Okasha (ASU) Prof. Marwa El Missiry (ASU) Lect. Mohamed Farwiz (ASU) Lect. Noha Ahmed Saad (ASU)	<b>WORKSHOP (1)</b> <b>Neurodevelopmental Disorders: Advances in Understanding and Treatment</b> Prof. Heba Alshahawi (ASU) Prof. Nermin Shaker (ASU) Prof. Reem Elghamry (ASU)	<b>WORKSHOP (2)</b> <b>Disease and Crime: Stimulant use disorder</b> Prof. Mahmoud Elhabiby (ASU) Prof. Nesreen Mohsen (ASU) Prof. Hanan ElRassas (ASU)
<b>11.00-12.00</b>	<b>SKILLS TRAINING (2)</b> <b>How to choose your future partner?</b> Prof. Abdel Nasser Omar (ASU) Prof. Mohamed El Mahdy (Al Azhar Univ.) Dr. Omar Yehia Mansour (ASU)	<b>WORKSHOP (3)</b> <b>ADHD: The everlasting challenge</b> Prof. Hisham Ramy (ASU) Prof. Mona El Sheikh (ASU) Lect. Noha Ahmed Saad (ASU) <b>CLAVITA</b>	<b>WORKSHOP (4)</b> <b>DBT in addiction treatment</b> Prof. Amany Haroun (ASU)
<b>12.00-12.30</b>	<b>BRAIN BREAK</b>		
<b>12.30-01.30</b>	<b>SEMINAR (1)</b> <b>How to choose a medical specialty?</b> Prof. Ali Mohamed Alanwar Dean of Faculty of Medicine, (ASU) Prof. Tarek Okasha (ASU) Prof. Nagya Fahmy (ASU) Prof. Amira Elbatrawy (ASU)	<b>WORKSHOP (5)</b> <b>Child and Adolescent Suicide Prevention</b> Prof. Nermin Shaker (ASU) Prof. Hanan Azzam (ASU) Prof. Marwa El Missiry (ASU) Lect. Mohamed Farwiz (ASU)	<b>WORKSHOP (6)</b> <b>Mastering Rating Scales in Addiction: Tools for Assessment and Treatment</b> Prof. Soheir ElGhonemy (ASU) A. Prof. Mohamed Hossam (ASU) Dr. Tawfeek Mohamed (ASU)
<b>01.30-02.30</b>	<b>WORKSHOP (7)</b> <b>Common mistakes in building career</b> Prof. Tarek Al Habib (KSA)	<b>SEMINAR (2)</b> <b>Social media and child development</b> Prof. Ghada AM Hassan (ASU) <b>Academic performance and social media</b> Prof. Doha Elserafi (ASU)	<b>WORKSHOP (8)</b> <b>Interviewing skills in addiction</b> Prof. Mahmoud ElHabiby (ASU)
<b>02:30-03.30</b>	<b>SYMPOSIUM (1)</b> <b>Beyond the Horizon: Novel antipsychotics for the treatment of psychiatric disorders</b> <b>Antipsychotics: The untold story</b> Prof. Hisham Ramy (ASU) <b>Xanomeline/Trospium: A novel mechanism</b> Prof. Sawzan Aboulfotouh (ASU) <b>Novel antipsychotic treatment mechanisms</b> Lect. Mayar Nawara (ASU)	<b>WORKSHOP (9)</b> <b>Bridging the Gap in ASD diagnosis and management</b> Prof. Afaf Mohamed (ASU) Prof. Ghada Refaat (ASU) Prof. Marwa Soltan (ASU)	<b>WORKSHOP (10)</b> <b>Work-life balance</b> Prof. Maha Sayed (ASU) Prof. Sherien Ahmed Khalil (ASU)



**PRECONGRESS: 27 May, 2025 (Okasha Institute of Psychiatry)**

<b>TIME</b>	<b>TRACK 1 GENERAL PSYCHIATRY</b>	<b>TRACK 2 CHILD PSYCHIATRY</b>	<b>TRACK 3 GENERAL &amp; ADDICTION</b>
<b>03.30-04.30</b>	<b>SKILLS TRAINING (3)</b> <b>Skills for Sexual Therapy</b> Prof. Afaf Hamed Khalil (ASU) Prof. Mona Reda (ASU)	<b>WORKSHOP (11)</b> <b>Cyber Bullying: Understanding its impact on children and adolescents</b> Prof. Nermin Shaker (ASU) Dr. Noha Sami (ASU) Dr. Sohayla Sami (ASU)	<b>WORKSHOP (12)</b> <b>Effective Administration and Management of Addiction Treatment Programs</b> Dr. Mayar Nawara (ASU) Dr. Shenouda Abdelshahid (ASU)
<b>04.30-05.30</b>	<b>SEMINAR (3)</b> <b>Communication skills and emotional intelligence</b> Prof. Soheir ElGhonemy (ASU) Dr. Maissa Eid (ASU) Dr. Dina Thabet (ASU)	<b>WORKSHOP (13)</b> <b>Acceptance and Commitment Therapy (ACT) for Children and Adolescents</b> Dr. Abdel Gawad Khalifa (ASU)	<b>SESSION (1)</b> <b>THE INTERFACE BETWEEN MOOD DISORDERS AND EATING DISORDERS</b> <b>Psychopathology of both Mood and Eating Disorders</b> Prof. Dalia Abdel Moneim (ASU) <b>Interplay between Eating disorders and Mood disorders</b> Dr. Nahla Dessouky (ASU) <b>The Silent Struggle: Understanding the intersection of mood and eating disorders in therapeutic practice</b> Dr. Samar Serry (ASU) <b>Orthorexia Nervosa</b> Dr. Dina Hussein Mohamed (ASU)
<b>05.30-06.00</b>	<b>STUDENT ACTIVITY (1)</b> <b>Ain Shams &amp; Badr Universities</b> <b>Stigma against Mental Illness among University Students</b>	<b>WORKSHOP (14)</b> <b>Live your life by your values: Acceptance and commitment therapy for addiction</b> Prof. Hanan ElRassas (ASU)	<b>STUDENT ACTIVITY (2)</b> <b>Ain Shams &amp; Badr Universities</b> <b>Eating Disorders and Sleep Disorder among Students</b>

**CONGRESS: 28 May, 2025 (Citystars Intercontinental)**

TIME	HALL (A) (GENERAL PSYCHIATRY)	HALL (B) (CHILD & ADOLESCENT PSYCHIATRY)	HALL (C) (ADDICTION)
09.00-10.00	<p align="center"><b>SESSION (2)</b></p> <p align="center"><b>INNOVATION IN MENTAL HEALTH</b> The Role of Psychedelics in Psychiatric Treatment: Current Evidence and Ethical Considerations Dr. Shaymaa Arafa (Al Azhar Univ.)</p> <p align="center"><b>From Mysticism to Medicine: A Historical and Neurobiological Perspective on Psychedelics</b> A. Prof. Mohamed Youssef (ASU)</p> <p align="center"><b>Clinical Trials and Real-World Evidence: The Impact of Psychedelic-Assisted Therapy on Mental Health</b> Dr. Zainab Khaled (ASU)</p>	<p align="center"><b>SESSION (3)</b></p> <p align="center"><b>CRITICAL ISSUES IN CHILD &amp; ADOLESCENTS PSYCHIATRY</b> Trapped in a Life of Misery: The Case for Profound Autism Prof. Mohammad Seleem (Tanta Univ.)</p> <p align="center"><b>Emerging Breakthroughs Treatments for ASD</b> A. Prof. Ahmed Nabil (Menoufia Univ.)</p> <p align="center"><b>Attention deficit disorder, seven types, diagnosis, and treatment</b> Dr. Hala Taha (Al Azhar G.)</p>	<p align="center"><b>SESSION (4)</b></p> <p align="center"><b>HOT TOPICS IN ADDICTION MEDICINE</b> Sports addiction? Is it Possible? Prof. Shewikar El Bakry (Benha Univ.)</p> <p align="center"><b>Transactional analysis as a dynamic model to understand drug addiction</b> Prof. Samir Foad Abou Elmagd (Cairo Univ.)</p> <p align="center"><b>Psychiatric assessment and quality of life of family caregivers of individuals with substance use disorders</b> A. Prof. Mohamed Fawzy Abdelaal (Assiut Univ.)</p>
10.00-11.00	<p align="center"><b>OPENING CEREMONY &amp; PLENARY SESSION</b> "Celebrating Loyalty &amp; Faithfulness: Honoring Success Partners" Prof. Ahmed Okasha (ASU)</p>		
11.00-11.30	<p align="center"><b>KEYNOTE LECTURE (1)</b> <b>GEOPSYCHIATRY</b> Prof. Tarek Okasha (ASU)</p>		
11.30-12.00	<p align="center"><b>FOCUS LECTURE (1)</b> <b>Beyond Symptom Control: Brexpiprazole for life engagement (MARCYRL)</b> Prof. Abdel Nasser Omar (ASU)</p>	<p align="center"><b>FORUM (1)</b> <b>EATING DISORDERS IN SPORTS PRACTICE</b> <b>Sports Eating Crisis</b> Prof. Mohamed Fekry (ASU)</p> <p align="center"><b>Psychiatric Implications Among Top Athletes</b> Prof. Samir Foad Abou Elmagd (Cairo Univ.)</p> <p align="center"><b>Eating disorders in athletes</b> Lect. Mohamed Farwies (ASU)</p> <p align="center"><b>Nutrition in Eating disorders in athletes</b> Dr. Sara Adel Khedr (ASU)</p>	<p align="center"><b>ISSUP Egypt Session</b> Prof. Nahla ElSayed (ASU)</p> <p align="center">Prof. Soheir ElGhonemy (ASU)</p> <p align="center">Prof. Rania Mamdouh (Cairo Univ.)</p> <p align="center">Dr. Mayar Nawara (ASU)</p>
12.00-12.30	<p align="center"><b>FOCUS LECTURE (2)</b> <b>Managing Depression; the Role of Vortioxetine</b> Prof. Tarek Okasha (ASU)</p> <p align="center"><b>EVA</b></p>		

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12.30-01.30	<p align="center"><b>SYMPOSIUM (2)</b> <b>FRONTIERS IN THE MANAGEMENT OF PSYCHIATRIC DISORDERS</b></p> <p><b>Back to life: Esketamine for treatment resistant depression</b> Prof. Marwa Abd El Meguid (ASU)</p> <p><b>Pros and cons of using long acting paliperidone palmitate injectables in patients with schizophrenia; the everlasting debate</b> Prof. Mona El Sheikh (ASU)</p> <p align="center"><b>JANSSEN</b></p>	<p align="center"><b>FORUM (2)</b> <b>ADVANCES IN KEY AREAS OF MENTAL HEALTH</b></p> <p><b>Resilience: Neurobiology and methods of promotion</b> Prof. Salwa Tobar (Mansoura Univ.)</p> <p><b>Mental health during hard times, challenges and opportunities</b> Prof. Ahmed Mubarak (Tanta Univ.)</p> <p><b>Defeating cancer with Antidepressants</b> Prof. Taghreed Elshafie (Al Azhar Univ.)</p>	<p align="center"><b>SESSION (5)</b> <b>Epidemiology of substance use disorders in Egypt</b> Prof. Menan Abdelmaksoud (GSMHAT))</p> <p>Prof. Soheir ElGhoney (ASU)</p> <p>Dr. Ahmed Fathey (NOD)</p>
01.30-02.00	<p align="center"><b>FOCUS LECTURE (3)</b> <b>Beneficiaries and Maleficences of Antipsychotics: The untold Story of Tudasidone</b> Prof. Hisham Ramy(ASU)</p> <p align="center"><b>AL ANDALOUS</b></p>	<p align="center"><b>MEET THE EXPERT (1)</b> <b>Schizophrenia: The everlasting challenge Decoding Psychosis; Advances in Cognitive Behavior Therapy</b> Prof. Mai Essaa (Tanta Univ.)</p>	<p align="center"><b>KEYNOTE LECTURE (2)</b> <b>The Complexity of Comorbidities in Substance Use Disorders</b> Prof. Nahla Elsayed (ASU)</p>
02.00-02.30	<p align="center"><b>KEYNOTE LECTURE (3)</b> <b>Forgotten Clinical Diagnosis</b> Prof. Tarek Al Habib (KSA)</p>	<p align="center"><b>The role of cognitive enhancers in patients with schizophrenia</b> Prof. Reem Hashem (ASU)</p> <p align="center"><b>Implications of Artificial Intelligence (AI) in schizophrenia</b> Dr. Hadir Allam (ASU)</p>	<p align="center"><b>KEYNOTE LECTURE (4)</b> <b>ADHD in Addiction: From childhood to elderly</b> Prof. Eman Abo Elela (ASU)</p>
02.30-3.00	<b>Coffee Break</b>		
03.00-03.30	<p align="center"><b>FOCUS LECTURE (4)</b> <b>Depression and Anxiety how do they meet in Clinical Practice</b> Prof. Nahla ElSayed (ASU)</p> <p align="center"><b>VIATRIS</b></p>	<p align="center"><b>FORUM (3)</b> <b>Interface between the law and child and Adolescent Psychiatry: Egyptian Perspectives</b> Prof. Safeya Effat (ASU) Prof. Hisham Ramy (ASU) Dr. Tarek ElSehrawy (ASU)</p>	<p align="center"><b>MINI LECTURES (1)</b> <b>AI in addition recovery</b> Prof. Mohamed Adel Elhadidy (Mansoura Univ.)</p> <p><b>Atypical Antipsychotics for Depressive Episodes: Clinical Art in BD vs MDD</b> Prof. Mohamed Elwasify (Mansoura Univ.)</p>
03.30-04.00	<p align="center"><b>CHALLENGE SESSION</b> <b>Arpistable: A Versatile atypical antipsychotic for psychiatric care</b> Prof. Mohamed Adel Elhadidy (Mansoura Univ.)</p> <p align="center"><b>SUNPHARMA</b></p>		<p align="center"><b>MINI LECTURES (2)</b> <b>Tailoring Treatment plans for addicts</b> Prof. Ahmed El Missiry (UK)</p> <p><b>Addiction in Women</b> Prof. Hisham Hatata (ASU)</p>

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<b>04.00-05.00</b>	<p align="center"><b>FORUM (4)</b></p> <p><b>Novel Approach in understanding Autism: updates on biomarkers, neurobiology and new drug treatment</b></p> <p><b>In the road of searching for biomarkers to guide intervention in Autism</b> Prof. Heba El Shahawi (ASU)</p> <p><b>Abnormalities in brain functions in autism: overview of recent connectome findings</b> Dr. Mohamed Elsheikh (ASU)</p> <p><b>Can Memantine treat autism: answers from preclinical and clinical studies</b> Prof. Sawsan Aboul-Fotouh (ASU)</p>	<p align="center"><b>MEET THE EXPERT (2)</b></p> <p><b>POLYPHARMACY IN PSYCHIATRY; PLAYING WITH THE DEVIL</b></p> <p><b>Benefits and hazards of polypharmacy in child and adolescent psychiatry</b> Prof. Ghada AM Hassan (ASU)</p> <p><b>Tailoring treatment in geriatric patient</b> Prof. Doha Elserafi (ASU)</p> <p><b>Rational and irrational poly pharmacy in psychiatric adult patients</b> Prof. Haydy Hassan Sayed (Suez Canal Univ.)</p>	<p align="center"><b>SESSION (6)</b></p> <p><b>SILENT ADDICTION</b></p> <p><b>Compulsive sexual behavior disorder</b> Prof. Mona Reda (ASU)</p> <p><b>Gaming &amp; Gambling Addiction - Egypt initiative</b> Dr. Sally Noby (National Mental Health Platform in Egypt)</p> <p><b>Silent addiction: Unseen Struggles and Mental Health Impacts</b> Lect. Safi Mohamed Nagib (ASU)</p>
<b>05.00-06.00</b>	<p align="center"><b>SESSION (7)</b></p> <p><b>TOWARDS BETTER MENTAL HEALTH SERVICES: HELPING SENIORS TO LIVE WITH A BETTER QUALITY OF LIFE</b></p> <p><b>Managing Depression in golden years.</b> Prof. Marwa Abd El Meguid (ASU)</p> <p><b>Blood- Based Biomarkers, New Era in The Battle Against Alzheimer's Disease</b> Prof. Maissa Eid (ASU)</p> <p><b>Non pharmacological Management in old age psychiatric disorder</b> A. Prof. Rehab Serag (ASU)</p>	<p align="center"><b>MEET THE EXPERT (3)</b></p> <p><b>IMPORTANT TOPICS IN PSYCHIATRY</b></p> <p><b>Leveraging Artificial Intelligence for Suicide Risk Prediction and Prevention</b> Dr. Mohammed Hosny (UAE)</p> <p><b>Impulsivity, suicidality, and emotional dysregulation in women having borderline personality disorder with and without substance dependence</b> Prof. Samir Foad Abou Elmagd (Cairo Univ.)</p> <p><b>Understanding Self Injurious Behavior</b> Dr. Alaa Farghaly (Teaching Hosp.)</p>	<p align="center"><b>TANNING WORKSHOP (1)</b></p> <p><b>Psychotherapy for Psychosis (an update)</b> Prof. Hanaa Soliman (UK)</p>

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06.00-07.00	<p align="center"><b>FORUM (5)</b></p> <p align="center"><b>CHALLENGES AND OPPORTUNITIES IN THE MANAGEMENT OF PSYCHIATRIC PATIENTS</b></p> <p><b>Intolerance of uncertainty as a transdiagnostic process: A multidimensional approach</b> A. Prof. Ayman Al Hosainey (Al Azhar Univ.)</p> <p><b>Psychiatry: The art of listening</b> A. Prof. Safaa Hammouda (Al Azhar Univ. G.)</p> <p><b>Prevalence of insomnia among university students in Saudi Arabia: A systematic review and meta-analysis</b> Dr. Mohamed Baklola (Mansoura Univ.)</p>	<p align="center"><b>FORUM (6)</b></p> <p align="center"><b>IS PSYCHIATRY SCIENTIFIC ENOUGH?: AN EPISTEMOLOGICAL PERSPECTIVE</b></p> <p><b>A Wake Up Call for Psychiatrists: What is Science in the first place?</b> Prof. Hanan Azzam (ASU)</p> <p><b>So, what is the epistemology behind current psychiatric practice</b> A. Prof. Ayman Al Hosainey (Al Azhar Univ.)</p>	<p align="center"><b>WORKSHOP (15)</b></p> <p align="center"><b>Defensive Psychiatry in Egypt: Striking the Right Balance</b> Prof. Ahmad A. Dobeaa (Agiad Psychiatric Hospital)</p>

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<b>TIME</b>	<b>HALL (A) (GENERAL PSYCHIATRY)</b>	<b>HALL (B) (MENTAL HEALTH ISSUES)</b>	<b>HALL (C) (WOMEN PSYCHIATRY)</b>
<b>09.00-09.30</b>	<b>KEYNOTE LECTURE (5)</b> <b>Psychopharmacology in Child and Adolescent Psychiatry: The Untold Story</b> Prof. Hisham Ramy (ASU)	<b>WORKSHOP (16)</b> <b>Cognitive Assessment for Memory in children</b> Prof. Soha Ghobashy (Alex. Univ.) Prof. Heba Essam (Alex. Univ.) Dr. Aya Maged (Alex. Univ.) Dr. Amira Khaled (Alex. Univ.)	<b>MINI LECTURES (3)</b> <b>Psychosexual Counselling Therapy in Women</b> Prof. Mona Reda (ASU) <b>Psychiatric disorders among females with prolonged infertility with or without in vitro fertilization</b> A. Prof. Reham Amer (Tanta Univ.)
<b>09.30-10.00</b>	<b>KEYNOTE LECTURE (6)</b> <b>Preventive psychiatry: A stepping stone for improving mental health</b> Prof. Menan Abdelmaksoud (MOH)		<b>SESSION (8)</b> <b>In Collaboration with International Marcé Society for Perinatal Mental Health MENA Regional Group (emerging)</b> <b>Enhancing a Collaborative Approach Priority Topics in Maternal Mental Health</b> Prof. Prabha Chandra (India) Prof. Gihan ELNahas (ASU) Prof. Ahmed Elhussieny (ASU)
<b>10.00-10.30</b>	<b>FOCUS LECTURE (5)</b> <b>Antipsychotic Misnaming; Brexpiprazol as an Example</b> Prof. Mahmoud Elwasify (Mansoura Univ.) <b>ZETA PHARMA</b>	<b>MEET THE EXPERT (4)</b> <b>UPDATES IN CHILD &amp; ADOLESCENTS PSYCHIATRY</b> <b>Understanding Irritability in Children and Adolescents</b> Prof. Wafaa Haggag (Suez Canal Univ.) <b>OCD in children and adolescents: Impact of Early Life Stress on Neurobiological vulnerability</b> Prof. Maha Sayed (ASU) <b>Children of the War: Psychological sequences and pathway to recovery</b> Prof. Marwa El Missiry (ASU)	
<b>10.30-11.00</b>	<b>FOCUS LECTURE (6)</b> <b>Beyond Medication: Holistic strategies for compliance in schizophrenia</b> Prof. Tarek Molokhia (Alex. Univ.) <b>HALLANCE</b>		<b>SESSION (9)</b> <b>MENA Regional Group (emerging)</b> <b>Keynote Lectures on Women's Mental Health</b> Dr. Lavinia Lumu (South Africa) Prof. Gihan ELNahas (Egypt)
<b>11.00-11.30</b>	<b>FOCUS LECTURE (7)</b> <b>Mulimodal Approach in Depression</b> Prof. Hani Hamed (Beni Souif Univ.) <b>HIKMA</b>	<b>SESSION (10)</b> <b>Understanding and Managing Food Noise in Eating Disorders: A Neurocognitive and Behavioral Perspective</b> <b>What does food noise mean? and how can food noise be presented in AN and obesity?</b> Prof. Heba Essawy (ASU) <b>Neurocognitive Mechanism of Food noise in eating disorders</b> Prof. Nermin Shaker (ASU) <b>CBT in food obsession and eating disorders</b> Prof. Dalia Abdel Moneim (ASU)	
<b>11.30-12.00</b>	<b>FOCUS LECTURE (8)</b> <b>Optimizing treatment for depression and beyond: Vilazodone in practice</b> Prof. Afaf Hamed Khalil (ASU) <b>RAMEDA</b>		<b>SESSION (11)</b> <b>In Collaboration with International Marcé Society for Perinatal Mental Health MENA Regional Group (emerging)</b>

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<b>12.00-12.30</b>	<b>FOCUS LECTURE (9)</b> <b>Disentangling relapses and adherence in psychosis</b> Prof. Hanan El Shinnawy (Cairo Univ.) <b>OTSUKA</b>	<b>FORUM (7)</b> <b>THE TRIPOLAR DISORDER: A HIDDEN POLE INFLUENCING BIPOLARITY</b> <b>Pinpointing Borderline Personality in the Cyclicity of Bipolar Mood Disorders</b> Prof. Amira Elbatrawy (ASU) <b>The Art of Management of Tripolarity</b> Dr. Omar Yehia Mansour (ASU) <b>Strategies for Management ADHD in the Context of Bipolar Disorder</b> Prof. Mahmoud Elwasify (Mansoura Univ.)	<b>Enhancing Maternal Mental Health Care: Success Stories across the Region</b> Prof. Menan Abdelmaksoud (Egypt) Dr. Nawal ALMahyijari (Oman) Dr. Hela Ounich (Tunisia) Prof. Hussein ELKholly (UK)
<b>12.30-01.00</b>	<b>FOCUS LECTURE (10)</b> <b>Updates in the Diagnosis and Management of Fatigue: The role of modafinil</b> Prof. Maha Sayed (ASU) <b>CHEMIPHARMA</b>		<b>PANEL DISCUSSION MENA Regional Group (emerging)</b> <b>BRAINSTORM SESSION Strengthening Regional Networking</b> MENA Marcé Group Prof. Gihan ELNahas (Egypt)
<b>01.00-02.00</b>	<b>FORUM (8)</b> <b>World Adversity and Psychiatry: "Focus on adversity in Palestine; A Call for Action"</b> Prof. Afaf Hamed Khalil (ASU) Emb. Nabila Makram Prof. Mostafa Shahein (Cairo Univ.) Prof. Mohamed Elmahdy (Al Azhar Univ.) Maj. Gen. Mohamed R. Elfiky (Army)	<b>FORUM (9)</b> <b>The Psychiatric Intermediate Care Unit (PICU): Towards better mental health services</b> <b>PICU Protocol &amp; Admission Pathway of Ain Shams Institute of Psychiatry PICU</b> Prof. Nivert Zaki (ASU) <b>PICU Admission and Exclusion Criteria</b> Prof. Nivert Zaki (ASU) <b>Assessment tools used in ASUIP PICU</b> A. Prof. Rehab Naguib (ASU) <b>Characteristics and outcomes of patients admitted to the first Psychiatric Intermediate Care Unit in Egypt &amp; the Middle East</b> A. Prof. Ola Oufa (ASU)	
<b>02.00-02.30</b>	<b>FOCUS LECTURE (11)</b> <b>Enhancing Mental wellness in Depression: Focus on Escitalopram</b> Prof. Marwa El Missiry (ASU) <b>GLOBAL-NAPI</b>	<b>MINI LECTURES (4)</b> <b>Highly sensitive children a forgotten diagnosis</b> Prof. Hala Hammad (UK) <b>High-Functioning ADHD: A review of current understanding and implications for clinical practice</b> Prof. Mohammed Hussein Ragab (KSA)	<b>MEET THE EXPERT In Collaborating with International Marcé Society for Perinatal Mental Health</b> <b>MENA Regional Group (emerging)</b> <b>The Cultural Aspects of Women's Mental Health: Adapting practices to address MENA region needs</b> Prof. Afaf Hamed Khalil (ASU) Prof. Magda Fahmy (Suez Canal Univ.)
<b>02.30-03.00</b>	<b>BRAIN BREAK</b>		

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<b>03.00-03.30</b>	<b>KEYNOTE LECTURE (7)</b> <b>New targets for Schizophrenia Treatment beyond the dopamine hypothesis</b> Prof. Adel Elsheshai (Alex Univ.)	<b>SYMPOSIUM (3)</b> <b>ARTIFICIAL INTELLIGENCE: OPPORTUNITIES, RISKS AND PRIORITIES IN PSYCHIATRY</b> <b>Empowering Science: The Impact of Artificial intelligence on Scientific Research</b> Prof. Hany Malak (ASU)	<b>SESSION (12)</b> <b>In Collaboration with International Marcé Society for Perinatal Mental Health MENA Regional Group (emerging)</b> <b>Priority Topics in Perinatal Mental Health Research</b> Dr. Aya Ashraf (Egypt) Dr. Radwa Gomaa (Egypt) Dr. Mohamed ElSheikh (Egypt) Dr. Georgina Adel (Egypt)
<b>03.30-04.00</b>	<b>KEYNOTE LECTURE (8)</b> <b>Drug use disorders and stroke</b> Prof. Hossam El Sawy (Tanta Univ.)	<b>Implementation of Artificial Intelligence in Psychiatric Diagnosis and Treatment</b> Prof. Heba El Shahawi (ASU) <b>Does the use of Artificial Intelligence necessitate an ethical committee</b> Prof. Marwa El Missiry (ASU)	
<b>04.00-05.00</b>	<b>PUBLIC SESSION</b> تيتا زوز و مشاكل المراهقة و الأسر المصرية: ندوة علمية Prof. Heba El Shahawi (ASU) Prof. Nermeen Shaker (ASU) Prof. Marwa El Missiry (ASU)	<b>SYMPOSIUM (4)</b> <b>CHALLENGES IN PSYCHOSEXUAL MEDICINE</b> <b>Sex Addiction: Primary Vs Mirror of a Psychiatric Disorder</b> Dr. Moataz Ibrahim (ASU) <b>Intimate Communication in Defective Communication: Sexuality in patients with ASD</b> Dr. Omar Yehia (ASU) <b>Paraphilia: Medical Vs Legal Issues</b> Dr. Sherif Yousri (ASU)	<b>FORUM (10)</b> <b>HOT ISSUES IN WOMEN PSYCHIATRY</b> <b>Domestic violence a national mental health problem.</b> Prof. Amira Elbatrawy (Ain Shams Univ.) <b>No health without perinatal mental health</b> A. Prof. Shirin El Makawi (Cairo Univ.) <b>Geriatric women mental illness and integrative management.</b> A. Prof. Ola Ossama Khalaf (Cairo Univ.)
<b>05.00-05.30</b>	<b>HOT TOPICS IN PSYCHIATRY (1)</b> <b>Spirituality and Coping Style Among Incurable Advanced Cancer Patients</b> Dr. Ola Osama Khalaf (Cairo Univ.) <b>Indecisiveness: Dimension &amp; management</b> Prof. Wa-il Abou Hindi (Zagazig Univ.)	<b>HOT TOPICS IN PSYCHIATRY (2)</b> <b>Socioeconomic status and psychiatric comorbidity associated with suicidal behavior among a sample of Egyptian patients who attended Tanta University emergency hospital for suicide related problems</b> A. Prof. Fatma EL-Deeb (Tanta Univ.) <b>Attachment Style, Maternal Interpersonal Trauma, Overprotection, and Borderline Personality Disorder</b> Dr. Wahba Hassanein (Private)	<b>NEW RESEARCH</b> <b>The Mind-Body Connection: Exploring Stress, Trauma, and Illness Through a Somatic IFS Lens</b> Dr. Hesham Eldabah (Alex Univ.) <b>Mental health literacy and help-seeking behaviour among Egyptian undergraduates: A cross-sectional national study</b> Dr. Mohamed Baklola (Mansoura Univ.) <b>Emotional Intelligence and Emotional Stability in Mental Health Crisis</b> Dr. Hesham Maged (Abbassia Hosp.)



**CONGRESS VENUES and DATES**  
**PRECONGRESS SCIENTIFIC ACTIVITIES**  
**Tuesday 27<sup>th</sup> May, 2025**



**OKASHA INSTITUTE OF PSYCHIATRY**  
**Faculty of Medicine, Ain Shams University**  
**<http://oipas.u.edu.eg>**  
**Location**



**FUNCTIONAL ROOMS**  
**Track (1): Prof. Ahmed Okasha Auditorium**  
**Track (2): Prof. Adel Sadek Hall**  
**Track (3): Prof. Tarek Asaad Hall**

## SKILLS TRAINING (1)

### Leadership Skills for Future Doctors

#### Leader

Prof. Tarek Ahmed Okasha (Ain Shams University)

#### Background:

This workshop is a basic introduction mainly targeting post graduate doctors to help them understand the basics of leadership and professional development of young doctors, including presentation skills, how to decide on one's priorities and how to make a proposal for action. Almost neglected for years, serious teaching and leadership skills are no longer a luxury enterprise.

#### Objectives:

1. Introduction of role of the doctor in the future.
2. How to decide on one's priorities.
3. How to write curriculum vitae, How to prepare a chair meeting?
4. Developing Psychiatrists as Clinical Leaders" offers insights into the roles and responsibilities of clinical leaders in psychiatry.

#### Developing Leadership Skills:

- Formal Education: Participate in leadership training programs and workshops tailored for healthcare professionals. These programs often cover topics like team dynamics, conflict resolution, and strategic planning.
- Mentorship: Seek guidance from experienced leaders in psychiatry to gain insights and practical advice.
- Reflective Practice: Regular self-assessment and reflection on experiences can identify areas for improvement and reinforce effective leadership behaviors.

**Format:** Lectures, handouts, case presentations and role playing.

**Target Audiences:** Young post graduate doctors, undergraduate doctors, psychologists and social workers.

#### Speakers:

##### **How to make presentation and decide on one's priorities?**

Prof. Marwa El Missiry (Ain Shams University)

##### **Conflict resolution, change management and building trust.**

Lect. Noha Ahmed Saad (Ain Shams University)

##### **Emotional intelligence.**

Lect. Mohamed Farwiz (Ain Shams University)

#### ***Discussion and conclusion***

#### Organizer

Dr. Duaa Elhereby (Ain Shams University)

## WORKSHOP (1)

### Neurodevelopmental Disorders: *Advances in understanding and treatment*

**Leader**

Prof. Hisham Ramy (Ain Shams University)

**Co-Leader**

Prof. Heba El Shahawi (Ain Shams University)

**Background:**

Neurodevelopmental disorders can range from very specific learning limitations to global impairment of social skills and intelligence. Several Disorders are included under this umbrella e.g. Attention Deficit hyperactivity Disorder, Developmental Dyslexia and Autism spectrum disorder. The Symposium will focus on 3 main topics. Firstly, Attention-deficit hyperactivity disorder (ADHD) which is a neurodevelopmental disorder characterized by inattention, hyperactivity, and impulsivity, causing functional impairment. Available medications include stimulants and non-stimulants medications. While available pharmacological treatment options for ADHD show relatively large effect sizes, there is still a need for improvement of current pharmacotherapeutic strategies and for the development of novel medications. Secondly, new theories that have evolved regarding developmental dyslexia, considering it as not a merely phonological disorder, but it is a visual disorder as well, where there is dysfunction in magnocellular neural pathway. The magnocellular theory of dyslexia assumes that developmental dyslexia is a visual disorder caused by dysfunctional magnocellular neural pathways. Evidence from imaging studies and application on treatment will be discussed. Lastly, the immune hypothesis will be highlighted as a major factor contributing to autism pathogenesis, as well to explain the differences of the clinical phenotypes and comorbidities influencing disease course, severity and possible treatment.

**Objectives:**

Highlight the current and new psychopharmacological treatment of attention deficit hyperactivity disorder. Explain current and new theories of developmental Dyslexia Discuss the role of immune dysregulation in Autism Spectrum Disorder

**Target Audience:** Psychiatrists

**Speakers****Developmental Dyslexia: New theories and application in treatment.**

Prof. Heba El Shahawi (Ain Shams University)

**Advances in pharmacological treatment of attention deficit hyperactivity disorder.**

Prof. Nermin Shaker (Ain Shams University)

**Immune Dysregulation in autism spectrum disorder: The possible road to cure.**

Prof. Reem Elghamry (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Rahaf Mohamed (Ain Shams University)

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## WORKSHOP (2)

### Disease and Crime: *Stimulant use disorder*

**Leader**

Prof. Eman Abo Ella (Ain Shams University)

**Co-Leader**

Prof. Soheir ElGhonemy (Ain Shams University)

**Background:**

Costs attributable to criminal activity are a major component of the economic burden of substance use disorders, yet there is a paucity of empirical evidence on this topic. Our aim was to estimate the costs of crime associated with different forms and intensities of stimulant use. Substantial crime-related costs were associated with stimulant use, emphasizing the urgency for development and implementation of efficacious treatment regimens.

**Objectives:**

- Highlight the relationship between stimulant use disorder and crime

**Speakers**

Prof. Mahmoud Elhabiby (Ain Shams University)

Prof. Nesreen Mohsen (Ain Shams University)

Prof. Hanan Elrassas (Ain Shams University)

**Target Audience:** Young post graduate doctors, undergraduate doctors, psychologists and social workers.

***Discussion and Conclusion*****Organizer**

Dr. Radwa Gomaa (Ain Shams University)

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## SKILLS TRAINING (2)

### How to Choose Your Future Partner?

**Leaders**

Prof. Abdel Nasser Omar (Ain Shams University)

Prof. Mohamed El Mahdy (Al Azhar University)

**Moderator**

Dr. Omar Yehia Mansour (Ain Shams University)

**Background:**

Choosing a life partner is a significant decision that can profoundly impact your happiness and future. To make an informed choice, consider the following key factors:

- Self-Understanding
- Shared Core Values
- Effective Communication.
- Emotional Maturity.
- Lifestyle Compatibility.
- Support for Personal Growth.
- Conflict Resolution Skills.
- Trust Your Instincts.
- By focusing on these factors, you can make a thoughtful decision in choosing a life partner who complements your values and aspirations, leading to a fulfilling and enduring relationship.

**Target Audience:** Young post graduate doctors, undergraduate doctors, psychologists and social workers.

**Speakers:**

Prof. Abdel Nasser Omar (Ain Shams University)

Prof. Mohamed El Mahdy (Al Azhar University)

**Discussion and Conclusion****Organizer**

Dr. Ahmed Sharaf (Ain Shams University)

## WORKSHOP (3)

### ADHD: *The everlasting challenge*

**Leader**

Prof. Hisham Ramy (Ain Shams University)

**Co-leader**

Prof. Mona El Sheikh (Ain Shams University)

**Background:**

The workshop, "ADHD: Everlasting Challenges," aims to shed light on the persistent struggles individuals with Attention Deficit Hyperactivity Disorder (ADHD) face across various life stages. It will explore the multifaceted nature of ADHD, emphasizing its impact on academic performance, workplace productivity, personal relationships, and emotional well-being. Through an interdisciplinary approach, the workshop will highlight the latest research findings, effective management strategies, and innovative interventions to support individuals with ADHD. Participants will engage in interactive discussions, case studies, and practical exercises to better understand the complexity of the condition and its long-term implications. The workshop also aims to foster empathy, raise awareness about the stigma associated with ADHD, and provide tools for educators, caregivers, and professionals to create inclusive environments. Ultimately, this session will empower attendees with knowledge and actionable insights to address the ongoing challenges of ADHD and advocate for sustained support systems.

**Target Audiences:**

- Young post graduate doctors, undergraduate doctors, psychologists and social workers.

**Speakers**

Prof. Hisham Ramy (Ain Shams University)

Prof. Mona El Sheikh (Ain Shams University)

Lect. Noha Ahmed Saad (Ain Shams University)

**Discussion and Conclusion**

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**Organizer**

Dr. Aya Sakr (Ain Shams University)

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## WORKSHOP (4)

### DBT in Addiction Treatment

**Leaders**

Prof. Amany Haroun (Ain Shams University)

Prof. Soheir ElGhonemy (Ain Shams University)

**Co-Leader**

Prof. Hanan Elrassas (Ain Shams University)

**Background:**

Dialectical Behavior Therapy (DBT) is a cognitive-behavioral approach originally developed for borderline personality disorder but has shown efficacy in treating addiction. DBT for addiction treatment, often called DBT-SUD (Substance Use Disorder), integrates traditional DBT strategies—mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—with specific techniques targeting substance use. These include dialectical abstinence, behavioral chain analysis, and commitment strategies to reduce relapse. By addressing emotional dysregulation and maladaptive coping mechanisms, DBT helps individuals develop healthier ways to manage stress and cravings. Research suggests that DBT improves treatment retention, reduces substance use, and enhances overall psychological well-being, making it a promising approach for individuals struggling with addiction.

Dialectical Behavior Therapy (DBT) is a structured form of psychotherapy often used in the treatment of individuals with emotional dysregulation and maladaptive behaviors. While it is widely associated with treating borderline personality disorder, it is also effective for addiction treatment. Here are the objectives of DBT when applied to addiction treatment:

- Building a Life Worth Living.
- Reducing Harmful Behaviors.
- Balancing Acceptance and Change.
- Improving Emotional Regulation.
- Developing Distress Tolerance Skills.
- Enhancing Mindfulness.
- Strengthening Interpersonal Relationships.
- Managing Triggers and Cravings.
- Preventing Relapse
- In DBT for addiction (DBT-SUD), specific techniques are tailored to the challenges of substance use, such as "dialectical abstinence," which combines harm reduction and abstinence goals.

**Speaker**

Prof. Amany Haroun (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Doaa Ibrahim (Ain Shams University)

# SEMINAR (1)

## How to Choose a Medical Specialty?

### Leaders

- Prof. Ali Mohamed Alanwar (Dean of Faculty of Medicine, Ain Shams University)  
Prof. Tarek Ahmed Okasha (Chair Neuropsychiatry Department, Ain Shams University)

### Co-Leaders

- Prof. Hala Sweed (Vice Dean, Community Service & Environmental Development, Ain Shams University)  
Prof. Tarek Youssef (Executive Director, Ain Shams University Hospitals)

### Speakers:

- Prof. Nagya Fahmy (Ain Shams University)  
Prof. Amira Elbatrawy (Ain Shams University)

### Moderator

- Lect. Mohamed Gamal Farwies (Ain Shams University)

### Background:

The key points to choose your medical career are the following

#### 1. Self-Assessment

- Interests: What excites you about medicine? Do you prefer patient care, research, surgery, or public health?
- Skills: Are you good at problem-solving, manual dexterity, communication, or empathy?
- Lifestyle Goals: Consider work-life balance, potential income, and the length of training you're willing to undergo.

#### 2. Explore the Medical Field

- Research Different Specialties: Learn about areas like surgery, pediatrics, psychiatry, radiology, or family medicine.
- Shadow Professionals: Spend time with doctors in various specialties to see their daily work.
- Volunteer or Intern: Gain hands-on experience in healthcare settings.

#### 3. Understand the Education Path

- Medical School Requirements: Understand the subjects, tests, and grades needed for admission.
- Training Duration: Research how long it takes to specialize in different fields (e.g., general practitioner vs. neurosurgeon).

#### 4. Talk to Mentors

- Speak with doctors, professors, or career counselors. They can provide valuable insights into different careers.

#### 5. Consider Your Personality

- Some specialties require high levels of interaction (like pediatrics), while others (like pathology) may involve less patient contact. Choose one that suits you.

#### 6. Research Demand and Trends

- Look at the future demand for certain specialties in your region or globally.

#### 7. Stay Flexible

- Your preferences may change during medical school. Keep an open mind and explore various rotations before deciding.

### **Discussion and Conclusion**

#### **Organizer**

Dr. Dina Hussain (Ain Shams University)



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## **WORKSHOP (5)**

### **Child and Adolescent Suicide Prevention**

**Chairpersons**

Prof. Mohamed R Elfiky	(Ain Shams University)
Prof. Mona Mansour	(Ain Shams University)
Prof. Afaf Mohamed	(Ain Shams University)

**Background:**

Suicide is a leading cause of death among children and adolescents, making prevention a critical public health priority. This workshop will provide an in-depth exploration of evidence-based strategies for identifying, assessing, and reducing suicide risk in young populations. Key topics will include understanding risk and protective factors, recognizing warning signs, and implementing effective screening tools in clinical, school, and community settings. We will discuss the role of mental health disorders, social influences such as bullying and cyberbullying, and the impact of trauma and adverse childhood experiences. Additionally, the workshop will cover crisis intervention techniques, safety planning, and the integration of different therapeutic approaches for prevention of child and adolescent suicide.

**Speakers**

Prof. Nermin Shaker	(Ain Shams University)
Prof. Hanan Azzam	(Ain Shams University)
Prof. Marwa El Missiry	(Ain Shams University)
Lect. Mohamed Farwiz	(Ain Shams University)

***Discussion and Conclusion*****Organizer**

Dr. Sara Mohiey (Ain Shams University)

## WORKSHOP (6)

### Mastering Rating Scales in Addiction:

#### *Tools for assessment and treatment*

#### Chairpersons

Prof. Eman Abo Ella (Ain Shams University)

Prof. Hisham Hatata (Ain Shams University)

Prof. Mahmoud Elhabiby (Ain Shams University)

#### Moderator

Prof. Soheir ElGhonemy (Ain Shams University)

#### Background:

An addiction rating scale is a structured tool designed to assess the severity and impact of substance use or behavioral addictions. These scales are widely used in clinical and research settings to evaluate addiction levels, monitor treatment progress, and facilitate diagnostic decisions. Such tools typically measure multiple dimensions of addiction, including frequency of use, physical and psychological dependence, social and occupational impairments, and withdrawal symptoms. They employ either self-reported questionnaires or clinician-administered interviews. The information obtained from these scales helps clinicians design customized treatment strategies that address the specific needs of an individual, enhancing the effectiveness of interventions.

#### Objectives:

- To develop proficiency in selecting and administering the most appropriate scale for a given individual or context.
- To establish clear and measurable treatment goals.
- To identify importance of clinicians rely on validated tools rather than subjective judgment alone.
- To promote accountability and adherence to best practices in addiction management.

#### Target Audience:

- Psychiatrists Addiction specialists clinical Psychologists

#### Speakers

**Choosing the Right Tool: A guide to selecting effective addiction assessment instruments.**

Prof. Soheir ElGhonemy (Ain Shams University)

**Rating scales assessment.**

Ass. Prof. Mohamed Hossam (Ain Shams University)

**Rating scales assessment.**

Dr. Tawfik Mohamed (Ain Shams University)

#### Discussion and Conclusion

#### Organizer

Dr. Shenouda Abdelshahid (Ain Shams University)

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## WORKSHOP (7)

### Common Mistakes in Building Career

**Chairpersons**

Prof. Naglaa Elmahallawy	(Ain Shams University)
Prof. Afaf Hamed Khalil	(Ain Shams University)
Prof. Maha Sayed	(Ain Shams University)

**Moderator**

Prof. Marwa El Missiry	(Ain Shams University)
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**Speaker**

Prof. Tarek Al Habib	(KSA)
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**Background:**

Building a successful career in psychiatry requires a clear understanding of the field's demands and opportunities. However, aspiring psychiatrists often make several common mistakes that hinder their professional growth. These include inadequate exploration of subspecialties, neglecting the importance of mentorship, and insufficient focus on developing strong communication skills. Additionally, failure to stay updated with evolving research, over-reliance on clinical practice without balancing academic contributions, and underestimating the value of self-care can lead to burnout and professional stagnation. This abstract highlights these pitfalls to emphasize the importance of strategic planning, continuous learning, and holistic development in establishing a thriving career in psychiatry. Let me know if you'd like to expand on any points!

**Target Audience:**

- Psychiatrists

***Discussion and Conclusion*****Organizer**

Dr. Mariam Abdelhamid (Ain Shams University)

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## SEMINAR (2)

### Social Media and Child Development

**Chairpersons**

- |                             |                               |
|-----------------------------|-------------------------------|
| Prof. Doha Mostafa Elserafi | (Ain Shams University)        |
| Prof. Walaa Sabry           | (Ain Shams / Badr University) |

**Moderators**

- |                       |                        |
|-----------------------|------------------------|
| Lect. Arwa Tohami     | (Ain Shams University) |
| Lect. Mohamed Elshikh | (Ain Shams University) |

**Background:**

Recently there has been marvelous increase and intrusion of the internet in our life starting from basic life needs (food, shopping), entertainment, education, work and communication. What is the effect of all these variables on our kids during childhood and adolescence; do those apps help them in development and facilitate life for both parent and kids?

**Objectives:**

- What is the benefit of social media apps to our kids?
- How social media affects kids' development?
- Psychiatric disorders related to social media.
- How to avoid social media hazards on our kids

**Target Audience:**

- Psychiatric residents, Specialist Psychologist Social worker Parents

**Speakers:****Social media and child development.**

Prof. Ghada AM Hassan (Ain Shams University)

**Academic performance and social media.**

Prof. Doha Mostafa Elserafi (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Nada Helmy (Ain Shams University)

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## WORKSHOP (8)

### Interviewing Skills in Addiction

**Chairpersons**

Prof. Nahla Elsayed (Ain Shams University)

Prof. Eman Aboelaal (Ain Shams University)

**Speaker**

Prof. Mahmoud ElHabiby (Ain Shams University)

**Background:**

Effective interviewing is a cornerstone of addiction treatment, serving as the foundation for assessment, diagnosis, and therapeutic engagement. This lecture explores the essential skills required for interviewing individuals struggling with substance use disorders (SUDs), emphasizing a compassionate, structured, and evidence-based approach. Key topics will include building rapport, establishing trust, and utilizing motivational interviewing (MI) techniques to enhance readiness for change. We will also discuss the importance of open-ended questioning, active listening, and addressing resistance in a non-confrontational manner. Special considerations, such as managing denial, assessing co-occurring mental health conditions, and handling relapse discussions, will also be covered.

**Objective:**

By the end of this session, participants will gain practical strategies to conduct effective addiction-focused interviews, fostering a therapeutic alliance that promotes recovery and long-term behavioral change.

***Discussion and Conclusion*****Organizer**

Dr. Nada Helmy (Ain Shams University)

## SYMPOSIUM (1)

### Beyond the Horizon:

#### *Novel antipsychotics for the treatment of psychiatric disorders*

#### Chairpersons

Prof. Hisham Ramy (Ain Shams University)

Prof. Sawzan Aboufotouh (Ain Shams University)

#### Background:

Here is an abstract for a session proposal about novel antipsychotics: ## Title: Beyond the Horizon: Novel Antipsychotics for the Treatment of Psychiatric Disorders ## Abstract The treatment of psychiatric disorders, particularly schizophrenia and bipolar disorder, has long relied on traditional antipsychotics. However, these medications often come with significant side effects and limited efficacy. Recent advances in pharmacology have led to the development of novel antipsychotics, offering new hope for improved treatment outcomes. This session will bring together leading experts to discuss the latest research on novel antipsychotics, including their mechanisms of action, clinical efficacy, and potential applications. Topics will include: - The pharmacology and pharmacokinetics of novel antipsychotics - Clinical trial results and real-world experience with novel antipsychotics - Potential benefits and limitations of novel antipsychotics compared to traditional treatments - Future directions for research and development in novel antipsychotics.

#### Objectives:

- Understand the mechanisms of action and pharmacological profiles of novel antipsychotics.
- Discuss future directions for research and development in novel antipsychotics.

#### Target Audience:

- Psychiatrists and psychologists - Pharmacologists and neuroscientists - Researchers and academics - Clinicians and healthcare professionals interested in psychiatric treatment

#### Speakers:

##### **Antipsychotics: The untold story.**

Prof. Hisham Ramy (Ain Shams University)

##### **Xanomeline/Trospium: A novel mechanism.**

Prof. Sawzan Aboufotouh (Ain Shams University)

##### **Novel antipsychotic treatment mechanisms.**

Lect. Mayar Nawara (Ain Shams University)

#### **Discussion and Conclusion**

##### **Organizer**

Dr. Radwa Gomaa (Ain Shams University)

## WORKSHOP (9)

### Bridging the Gap in ASD Diagnosis and Management

#### Chairpersons

Prof. Safeya Effat (Ain Shams University)

Prof. Afaf Mohamed (Ain Shams University)

#### Speakers

Prof. Afaf Mohamed (Ain Shams University)

Prof. Ghada Refaat (Ain Shams University)

Prof. Marwa Soltan (Ain Shams University)

#### Background:

Autism Spectrum Disorder (ASD) is a complex neurodevelopmental condition with significant variability in presentation, leading to challenges in timely diagnosis and effective management. Despite advancements in screening tools, diagnostic criteria, and treatment approaches, disparities persist due to factors such as limited access to specialized care, variability in clinical expertise, and sociocultural differences in recognition and support. This workshop will focus on addressing these gaps by exploring recent innovations in ASD diagnosis, including the role of artificial intelligence, digital biomarkers, and early screening tools. We will also discuss best practices for interdisciplinary management, emphasizing personalized interventions such as behavioral therapies, pharmacological options, and emerging technologies like digital therapeutics and neuromodulation. Special attention will be given to underserved populations, late-diagnosed individuals, and the transition from childhood to adulthood.

#### Objectives:

Through expert presentations, interactive discussions, and case studies, this workshop will equip participants with the knowledge and strategies needed to enhance early detection, improve individualized care, and promote a more inclusive approach to ASD management across diverse settings.

#### *Discussion and Conclusion*

#### Organizer

Dr. Dalia Abuzaid (Ain Shams University)

## WORKSHOP (10)

### Work-life Balance

#### Chairpersons

Prof. Mohamed R Elfiky	(Ain Shams University)
Prof. Maha Sayed	(Ain Shams University)
Prof. Mona El Shiekh	(Ain Shams University)

#### Speaker

Prof. Sherien Ahmed Khalil	(Ain Shams University)
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#### Background:

Work-life balance refers to the equilibrium between professional responsibilities and personal life, encompassing aspects such as family, leisure, and health. Achieving this balance is crucial for individual well-being and organizational performance. An imbalance can lead to stress, burnout, and decreased productivity, while a healthy balance enhances job satisfaction and overall quality of life. The concept has evolved over time, especially with technological advancements blurring the lines between work and personal life. Traditionally, work-life balance emphasized clear boundaries between professional and personal domains. In contrast, work-life integration promotes a blending of these areas, allowing for greater flexibility. This shift acknowledges the diverse needs of today's workforce and the varying demands of different industries. Factors influencing work-life balance include organizational culture, technological advancements, individual preferences, and job demands. Organizations that foster a supportive culture with flexible policies enable employees to manage their work and personal commitments more effectively. Conversely, high job demands without adequate support can hinder this balance. Strategies to achieve work-life balance involve both organizational initiatives and individual actions. Organizations can implement flexible working arrangements, supportive policies, and encourage management support. Individuals can practice effective time management, prioritize self-care, and maintain open communication about their needs. In summary, work-life balance is a dynamic and multifaceted concept essential for the well-being of employees and the success of organizations. Understanding its components and implementing effective strategies can lead to a more harmonious and productive work environment.

#### Objective:

The presentation will discuss work life balance importance, how to achieve, consequences of long term stress (burn out syndrome), management of Burn out syndrome both prophylaxis and treatment.

#### Target Audience:

Young post graduate doctors, undergraduate doctors, psychologists and social workers.

#### *Discussion and Conclusion*

#### Organizer

Dr. Doaa Ibrahim (Ain Shams University)



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## SKILLS TRAINING (3)

### Skills for Sexual Therapy

**Chairpersons**

- |                         |                        |
|-------------------------|------------------------|
| Prof. Afaf Hamed Khalil | (Ain Shams University) |
| Prof. Ahmed Saad        | (Ain Shams University) |
| Prof. Mohamed Fekry     | (Ain Shams University) |

**Moderator**

- |                         |                        |
|-------------------------|------------------------|
| Ass. Prof. Dina Ibrahim | (Ain Shams University) |
|-------------------------|------------------------|

**Background:**

Awareness to sexual medicine and its relation to mental health status recently became a great interest to medical service providers, many of the psychiatrist and psychotherapists who regularly attend clinics are the first hand to detect mental health problem in patients with sexual disorder. Educational courses focusing on sexual medicine and psychiatry are deficient. This course is designed in attempt to cover this area of deficiency.

**Objectives:**

- Explaining in details the sexuality development from bio-psycho-social perspective.
- Presenting a detailed understanding of sexual disorders in males and females.
- Focusing on methods for early detection of sexual dysfunction in psychiatric patients.
- Explaining the risk factors for mental disorder in patients subjected to sexual violence.
- Highlights the way of assessment described to mental health and various forms of psychological distress.
- Explaining therapeutic different approaches.
- Training attendees on how to manage live cases.

**Target Audiences:** Young post graduate doctors.

- Physicians (psychiatrists, andrologists, urologists and gyne-obstetricians) who are interested in sexual medicine

**Speaker:**

Prof. Mona Reda (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Mariam Abdelhamid (Ain Shams University)

## WORKSHOP (11)

### Cyber Bullying:

*Understanding its impact on children and adolescents*

#### Chairpersons

Prof. Safeya Effat (Ain Shams University)

Prof. Afaf Mohamed (Ain Shams University)

#### Speakers

Prof. Nermin Shaker (Ain Shams University)

Dr. Noha Sami (Ain Shams University)

Dr. Sohayla Sami (Ain Shams University)

#### Background:

Cyber bullying has emerged as a significant public health concern, affecting the mental health, emotional well-being, and social development of children and adolescents. With the widespread use of social media and digital platforms, online harassment, threats, and psychological manipulation have become pervasive, often with long-lasting consequences. This workshop will explore the psychological, behavioral, and neurobiological effects of cyber bullying, including its links to anxiety, depression, self-harm, and suicidal ideation.

#### Objective:

We will discuss risk and protective factors, the role of anonymity in online aggression, and how cyber bullying differs from traditional bullying. Additionally, we will examine the responsibilities of parents, educators, and policymakers in prevention and intervention efforts.

#### *Discussion and Conclusion*

#### Organizer

Dr. Zolfa Salah (Ain Shams University)

## WORKSHOP (12)

### Effective Administration and Management of Addiction Treatment Programs

#### Chairpersons

Prof. Nahla Elsayed (Ain Shams University)

Prof. Amany Haroun (Ain Shams University)

#### Background:

Addiction treatment programs require effective administration and management to ensure high-quality care, financial sustainability, and compliance with regulatory requirements. This workshop will provide personnel working in addiction treatment programs with the knowledge, skills, and tools necessary to plan and implement sustainable addiction treatment programs.

#### Objectives:

- Understand the key components of effective addiction treatment program administration and management.
- Learn strategies for managing finances, personnel, and operations in addiction treatment programs.
- Develop skills for quality improvement, risk management, and compliance with regulatory requirements.

#### Target Audience:

- Administrators and managers of addiction treatment programs.
- Clinical directors and program managers.
- Healthcare personnel in addiction treatment (Psychiatrists, psychologists, nurses, social workers).
- Policy makers and regulators.

#### Speakers

##### **Administrative regulation of addiction treatment programs.**

Lect. Mayar Nawara (Ain Shams University)

##### **Managerial dilemmas in addiction treatment.**

Dr. Shenouda Abdelshahid (Ain Shams University)

#### *Discussion and Conclusion*

##### **Organizer**

Dr. Yasmine Muhammad (Ain Shams University)

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## SEMINAR (3)

### Communication and Negotiation Skills

**Chairpersons**

Prof. Adel Medani (Al Azhar University)  
Prof. Heba Essawi (Ain Shams University)

**Moderators**

Dr. Mayar Nawara (Ain Shams University)  
Dr. Dina Thabet (Ain Shams University)

**Background:**

Communication skills and emotional intelligence (EI) are fundamental in fostering effective interactions, building relationships, and achieving personal and professional success. Communication skills encompass the ability to express thoughts clearly, listen actively, and adapt to diverse social and cultural contexts. Emotional intelligence, on the other hand, refers to the capacity to understand, manage, and regulate one's emotions while empathizing with others' feelings. This seminar will explore the interconnectedness of these competencies, emphasizing their role in conflict resolution, teamwork, leadership, and interpersonal relationships. Mastering communication skills enhances one's ability to convey ideas and collaborate effectively, while high emotional intelligence enables individuals to navigate social complexities and respond to challenges with empathy and self-awareness. Together, these skills contribute to a harmonious, productive, and emotionally resilient environment in various spheres of life.

**Speakers:****Communication skills and emotional intelligence.**

Prof. Soheir ElGhonemy (Ain Shams University)

**Negotiation skills.**

Dr. Maisa Eid (Ain Shams University)

***Discussion and Conclusion*****Organizer**

Dr. Dina Hussaien (Ain Shams University)

## WORKSHOP (13)

### Acceptance and Commitment Therapy (ACT) for Children and Adolescents

#### Chairpersons

Prof. Suzan El Kholly (Ain Shams University)

Prof. Marwa Soltan (Ain Shams University)

#### Speaker

Dr. Abdel Gawad Khalifa (Ain Shams University)

#### Background:

Background: Acceptance and Commitment Therapy (ACT) is an evidence-based psychological intervention rooted in contextual behavioral science (CBS). It emphasizes psychological flexibility by integrating six core therapeutic processes: acceptance, cognitive diffusion, values clarification, committed action, present-moment awareness, and self-as-context. While ACT has been widely applied to adults, its adaptation for younger populations necessitates developmentally appropriate modifications. ACT Kidflex Model: The traditional ACT Hexaflex has been adapted into the ACT Kidflex framework to better align with children's cognitive and emotional development. This model simplifies the core ACT processes into six accessible concepts:

1. Let it be (Acceptance) – Encouraging children to acknowledge emotions without resistance.
2. Let it go (Cognitive Diffusion) – Helping children detach from unhelpful thoughts.
3. Choose what matters (Values) – Identifying personally meaningful goals.
4. Do what matters (Committed Action) – Taking purposeful actions despite challenges.
5. Stay here (Present-Moment Awareness) – Cultivating mindfulness and attentional control.
6. Notice yourself (Self-as-Context) – Enhancing self-awareness and perspective-taking. ACT for children and adolescents presents a promising approach to enhancing psychological flexibility.

#### *Discussion and Conclusion*

#### Organizer

Dr. Nagham Tarek (Ain Shams University)

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## SESSION (1)

### The Interface between Mood Disorders and Eating Disorders

**Chairpersons**

Prof. Heba Essawi	(Ain Shams University)
Prof. Dalia Abdel Moniem	(Ain Shams University)
Ass. Prof. Rehab Naguib	(Ain Shams University)

**Moderator**

Dr. Samar Serry	(Ain Shams University)
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**Background:**

Depression and dysthymia are found to be the common in 80% of patients with eating disorders like anorexia nervosa, bulimia nervosa and binge eating disorder. Perfectionism, traumatic experiences and poor self-image are overlapping risk factors for mood and eating disorders. Also bipolar disorder is significantly linked to a variety of disturbed eating behaviors either preceding the onset of an eating disorder or being followed by binge eating and weight gain caused by some pharmacological treatment choices. Both emotion regulation problems and impulsivity are the psychopathological factors playing a prominent role in both mood and eating disorders. Therefore, thorough screening for disturbed eating behaviors are recommended with novel approaches of interpersonal, CBT and emotive focused techniques can improve the outcome of patients.

**Speakers:****Psychopathology of both mood and eating disorders.**

Prof. Dalia Abdel Moneim (Ain Shams University)

**Interplay between eating disorders and mood disorders.**

Dr. Nahla Dessouky (Ain Shams University)

**The silent struggle: understanding the intersection of mood and eating disorders in therapeutic practice.**

Dr. Samar Serry (Ain Shams University)

**Orthorexia nervosa and its association with obsessive compulsive personality disorder in a sample of Egyptian medical students.**

Dr. Dina Hussein Mohamed (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Doaa Ibrahim (Ain Shams University)

# STUDENT ACTIVITY (1)

## Ain Shams & Badr Universities

### Stigma against Mental Illness among University Students

#### Chairpersons

Prof. Walaa Sabry (Badr University)

#### Moderators

Lect. Noha Ahmed Saad (Ain Shams University)

Lect. Mohamed Farwize (Ain Shams University)

#### Organizers

Dr. Mostafa Mohamed (Badr University)

Dr. Abdulrahman Mohamed (Badr University)

Dr. Ahmed Mohamed (Badr University)

#### Background:

Stigma around mental illness among university students is a serious issue that can have major impacts on students' well-being and academic success. Here are some key points about this stigma:

##### 1. What the Stigma Looks Like:

- Social Stigma: Students with mental health struggles may be labeled as "weak," "crazy," or "unstable."
- Self-Stigma: Students may internalize negative beliefs, feeling shame or guilt about needing help.
- Institutional Stigma: Lack of accessible mental health resources, or policies that don't prioritize student mental health.

**2. Causes of the Stigma:** Cultural beliefs: In some cultures, mental illness is taboo, lack of awareness: Students might not recognize symptoms or know that support exists and Fear of discrimination: Worrying that revealing a diagnosis might affect job opportunities, friendships, or academic standing.

**3. Effects of the Stigma:** Delayed help-seeking: Many students don't seek help until symptoms become severe, Isolation: Students may withdraw socially or academically and worsening mental health: Untreated mental health issues can lead to depression, anxiety, or even suicidal thoughts.

##### 4. How to Reduce the Stigma

- Education and Awareness Campaigns: Normalize conversations about mental health.
- Peer Support Groups: Encourage open discussion among students.
- Training for Faculty and Staff: Help them recognize signs and offer support.
- Accessible Counseling Services: Make it easy and confidential to get help.

#### Students:

Fatma Ahmed El Adl

Saif-Aleslam Hassan

Ahmad Al Khawaga

Sama Abdelbaset

Ahmed Hany Ahmed

Nagham Mahmoud Sayed

Ibrahim Mohamed Madian

Habiba Ahmed

Basant Hamdy

Peter Yacoub

Ahmed Nasser

#### *Discussion and Conclusion*

## WORKSHOP (14)

### Live your Life by your Values:

#### *Acceptance and commitment therapy for addiction*

#### Chairpersons

Prof. Eman Abo Ella (Ain Shams University)

Prof. Hanan Azzam (Ain Shams University)

#### Speaker

Prof. Hanan Elrassas (Ain Shams University)

#### Background:

Acceptance and Commitment Therapy (ACT) is an evidence-based therapeutic approach that helps individuals struggling with addiction develop psychological flexibility, break free from avoidance patterns, and build a values-driven life. This workshop explores the core principles of ACT and its application in addiction treatment, focusing on mindfulness, acceptance, and committed action. Participants will gain a deep understanding of ACT's six core processes—cognitive diffusion, acceptance, present-moment awareness, self-as-context, values clarification, and committed action—and how they support long-term recovery. Through experiential exercises, case discussions, and hands-on strategies, attendees will learn to help clients shift from struggling with cravings and negative thoughts to embracing discomfort while pursuing meaningful goals. By the end of this workshop, mental health professionals, addiction counselors, and support workers will be equipped with practical tools to integrate ACT into their clinical practice, empowering clients to break the cycle of addiction and create a fulfilling, values-based life.

#### Objectives:

- Overview of the treatment structure, decrease emotional pain and suffering, clarify personal values and to take action on them and increasing psychological flexibility.

#### Target Audience:

- Psychiatrists and psychologists dealing with SUD psychiatric patients.

#### *Discussion and Conclusion*

#### Organizer

Dr. Nada Helmy (Ain Shams University)



## STUDENT ACTIVITY (2)

### Ain Shams & Badr Universities

### Eating Disorders and Sleep Disorders among University Students

#### Chairpersons

Prof. Mahmoud El Habiby (Badr University)

#### Moderators

Dr. Tarek El Seharawy (Ain Shams University)

Dr. Omar Yahia (Ain Shams University)

#### Organizer

Dr. Ramy Salah Eldin (Badr University)

Dr. Fatma Helmy (Badr University)

Dr. Moustafa Mahmoud (Badr University)

#### Background:

Eating and sleep disorders among university students are increasingly common and can have a major impact on mental and physical health, academic performance, and overall well-being. Eating and sleep disorders among university students are increasingly common and can have a major impact on mental and physical health, academic performance, and overall well-being. Here's an overview of the issue:

##### 1. Eating Disorders

**Common Types:** Anorexia nervosa, bulimia nervosa, binge eating disorder (bed) and orthorexia

**Contributing factors:** academic stress, peer pressure and body image concerns, social media influence, poor time management and irregular meals and food insecurity

**Consequences:** nutritional deficiencies, gastrointestinal issues, depression and anxiety, poor academic performance

##### 2. Sleep Disorders

**Common Issues:** Insomnia, Delayed Sleep Phase Syndrome (DSPS), Sleep apnea, Poor sleep hygiene: Irregular sleep schedules, late-night screen use, caffeine

**Causes:** Heavy academic workload, Late-night study habits, Part-time jobs  
Social activities, Anxiety and stress,

**Consequences:** Daytime fatigue, Poor concentration, Mood disturbances, Increased risk of mental health issues

##### 3. Connection between Eating and Sleep Disorders

- Poor sleep can lead to irregular eating patterns and cravings for high-calorie foods.
- Disordered eating can disrupt metabolism and hormone balance, affecting sleep.
- Both often co-occur with stress, depression, and anxiety.
- Solutions and Prevention
- University mental health services and counseling
- Nutrition and sleep education workshops

#### Students:

Alfred Melad

Nadein Atef

Hamdy Mahmoud

Ayman Taher

Mohammed Emaduddin

Mohammed Eid Abdelall

Sohila Reda

Mariam Mohammed

Ibrahim Hany

Sohila Waheed

Ahmed Farrag

#### *Discussion and Conclusion*



# CONGRESS VENUE and DATES

Cairo, Egypt

28<sup>th</sup> – 29<sup>th</sup> May, 2025

**Citystars Intercontinental Hotel, Cairo, Egypt**

<https://www.intercontinental.com/hotels/gb/en/cairo/crohcn/hotel/detail>



## Functional Rooms

- Hall (A): Saraya 1 (-4 level)
- Hall (B): Saraya 2 (-4 level)
- Hall (C): Saraya 3 (-4 level)
- **VIP Room: San Souchi (-4 level)**

## Registration Area:

- Within the Exhibition

- **Coffee tea &: Business Lunch**

Within the exhibition

## Registration Hours:

**28 May 2025**

**08:00 A.M. to 06:00 P.M.**

**29 May 2025**

**08:00 A.M. to 03:00 P.M.**



**SESSION (2)**  
**Innovation in Mental Health**  
**Psychedelics in Psychiatry:**  
*Bridging science and therapy for mental health innovation*

**Chairpersons**

Prof. Mohamed Fekry	(Ain Shams University)
Prof. Manal Elatar	(MOH)
Prof. Shaimaa Arafa	(Al Azhar University)
Prof. Haydy Hassan	(Suez Canal University)

**Moderator**

Ass. Prof. Mohamed Hossam El Din (Ain Shams University)

**Background:**

After decades of demonization and criminalization, psychedelic drugs are on the cusp of entering mainstream psychiatry, with profound implications for a field that in recent decades has seen few pharmacological advancements for the treatment of mental disorders and addiction.

**Objectives:**

1. To reveal history of psychedelic use and their neurobiological actions.
2. To highlight their use in mental health

**Target Audience:** Psychiatrists and Psychologists

**Speakers:**

**The role of psychedelics in psychiatric treatment: Current evidence and ethical considerations.**

Dr. Shaymaa Arafa (Al Azhar University)

**From mysticism to medicine: A historical and neurobiological perspective on psychedelics.**

Ass. Prof. Mohamed Youssef (Ain Shams University)

**Clinical trials and real-world evidence: the impact of psychedelic-assisted therapy on mental health.**

Dr. Zainab Khaled (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Hend Ahmed (Ain Shams University)

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## SESSION (3)

### Critical Issues in Child & Adolescents Psychiatry

#### Chairpersons

Prof. Marwa Soltan	(Ain Shams University)
Prof. Reda Ismail	(Al Azhar University)
Dr. Hala Taha	(Al Azhar University G.)
Prof. Mohamed Seleem	(Tanta University)

#### Moderator

Dr. Noha Samy	(Ain Shams University)
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#### Speakers:

**Trapped in a life of misery: the case for profound autism.**

Prof. Mohammad Seleem (Tanta University)

**Emerging breakthroughs treatments for ASD and their possible relation to brain circuits: The art of biology.**

A. Prof. Ahmed Nabil (Menoufia University)

**Attention deficit disorder, seven types, diagnosis, and treatment.**

Dr. Hala Taha (Al Azhar University G.)

#### *Discussion and Conclusion*

#### Organizer

Dr. Rahaf Mohamed (Ain Shams University)

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## **SESSION (4)**

### **Hot Topics in Addiction Medicine**

#### **Chairpersons**

Prof. Samir Abou Elmagd (Cairo University)  
Prof. Hisham Hatata (Ain Shams University)  
Prof. Mohamed Ramadan (Fayoum University)

#### **Moderator**

Dr. Nada Albashir (UAE)

#### **Speakers:**

##### **Sports addiction? Is it possible?**

Prof. Shewikar El Bakry (Benha University)

##### **Transactional analysis as a dynamic model to understand drug addiction.**

Prof. Samir Foad Abou Elmagd (Cairo University)

##### **Psychiatric assessment and quality of life of family caregivers of individuals with substance use disorders.**

Ass. Prof. Mohamed Fawzy Abdelaal (Assiut University)

#### ***Discussion and Conclusion***

#### **Organizer**

Dr. Nourhan Mohamed (Ain Shams University)

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## OPENING CEREMONY WELCOME CEREMONY

### Welcome Words:

**PROF. GIHAN ELNAHAS**

*Congress Secretary General*

Professor of Psychiatry, Okasha Institute of Psychiatry, Ain Shams University

**PROF. AMIRA ELBATRAWY**

*Congress Assistant Secretary General (Master of Ceremony)*

Professor of Psychiatry, Okasha Institute of Psychiatry, Ain Shams University

**PROF. AFAF HAMED KHALIL**

*Congress Advisor*

Professor of Psychiatry, Okasha Institute of Psychiatry, Ain Shams University

Addressing the Congress Theme "World Adversity & Psychiatry"

**PROF. TAREK AHMED OKASHA**

*Congress President*

Chair Neuropsychiatry Department, Faculty of Medicine, Ain Shams University

Director Okasha Institute of Psychiatry, Ain Shams University Hospitals

**PROF. TAREK YOUSSEF**

Chief Executive Officer, Ain Shams University Hospitals

**PROF. MOSTAFA SHAHEIN**

Professor of Psychiatry, Cairo University

Secretary General Arab Federation of Psychiatrists Board

**PROF. MOMTAZ ABDEL WAHAB**

Professor of Psychiatry, Cairo University

President of the Egyptian Psychiatric Association

**PROF. MOSTAFA KAMEL ISMAIL**

Professor of Psychiatry, Okasha Institute of Psychiatry, Ain Shams University

Chair of the Continuous Professional Development Committee

**PROF. AHMED OKASHA**

Founder Okasha Institute of Psychiatry, Ain Shams University

Hon. President Egyptian Psychiatric Association & Arab Federation of Psychiatrists

Advisor to His Excellency the President of Egypt for Mental Health and Community Integration

**PROF. ALI MOHAMED ALANWAR**

Dean of Faculty Ain Shams University

Chairman of the Board of Directors of Ain Shams University Hospitals

**HIS EXCELLENCY**

**PROF. MOHAMED DIAA ZAIN AL-ABIDIN**

President Ain Shams University

**Organizer**

Lect. Noha Ahmed Saad (Ain Shams University)

الاحتفال بالوفاء والولاء  
**Celebrating Loyalty & Faithfulness**  
*Honoring Success Partners*

**Chairpersons**

Prof. Mohamed Daa Zain Al-Abidin	(President Ain Shams University)
Prof. Ali Mohamed Alanwar	(Dean of Faculty Ain Shams University, Chairman of the Board of Directors of Ain Shams University Hospitals)
Prof. Tarek Youssef	(Chief Executive Officer, Ain Shams University Hospitals)
Prof. Tarek Ahmed Okasha	(Chair Neuropsychiatry Department, Faculty of Medicine, Ain Shams University, Director Okasha Institute of Psychiatry, Ain Shams University Hospitals.)

**Organizer**

Lect. Mohamed Farweiz (Ain Shams University)



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## KEYNOTE LECTURE (1)

### GEOPSYCHIATRY

**Chairpersons**

Prof. Zienab Bishry	(Ain Shams University)
Prof. Momtaz Abdel Wahab	(President of the Egyptian Psychiatric Association)
Prof. Tamer El Guwiely	(Cairo University)
Prof. Menan Abdelmaksoud	(General Mental Health Secretariat)

**Speaker:**

**Prof. Tarek Ahmed Okasha (Ain Shams University)**

Chair Neuropsychiatry Department, Faculty of Medicine, Ain Shams University.  
Director Okasha Institute of Psychiatry, Ain Shams University Hospitals

**Abstract:**

Geopsychiatry focuses on the influences and impacts of global factors such as war, conflict, displacement, foreign policy, migration and immigration as well as climate change, natural disasters, globalization, population growth, urbanization, agricultural production, industrialization, geopolitics, public health crisis and disasters (natural, man-made) socioeconomic transformations, and cultural practices that have a profound effect on mental health, mental disorders and service provision. Our world especially the Middle East and North African region is currently confronted with a number of complex problems and threats. These environmental and socio-political stressors have been accompanied by the spread of problematic psychological and behavioural tendencies, and it would be naïve to expect that global environmental and socio-political stressors will have a less stressful impact on communities and individuals in the decades to come. Unless psychiatric research and practice accept the major role they need to play in responding to all these geopolitical negative phenomena, psychiatrists and mental health professionals will increasingly be overwhelmed by their mental health sequelae. This presentation will discuss the term Geopsychiatry.

***Discussion and Conclusion*****Organizer**

Dr. Omar Yahya (Ain Shams University)

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**FOCUS LECTURE (1)**  
**Beyond Symptom Control:**  
*Brexpiprazole for life engagement*

**Chairpersons**

Prof. Tarek Ahmed Okasha	(Ain Shams University)
Prof. Salwa Tobar	(Mansoura University)
Prof. Hossam El Sawy	(Tanta University)
Prof. Nivert Zaki	(Ain Shams University)

**Speaker:**

Prof. Abdel Nasser Omar (Ain Shams University)

**Abstract:**

Schizophrenia and related psychiatric disorders often lead to significant impairments in social, occupational, and daily life functioning, beyond the core symptoms of psychosis. Traditional antipsychotics focus primarily on symptom control, but the evolving landscape of treatment emphasizes improving patients' overall well-being and engagement in life. Brexpiprazole, a novel serotonin-dopamine activity modulator (SDAM), offers a unique pharmacological profile that balances dopamine and serotonin activity, leading to enhanced and improved cognitive and emotional function. This session will explore the role of brexpiprazole in promoting life engagement, highlighting its impact on cognitive stability, emotional regulation, and overall quality of life. By shifting the focus from symptom suppression to holistic patient well-being, brexpiprazole represents a step forward in redefining treatment success in schizophrenia and related disorders.

***Discussion and Conclusion***

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**Organizer**

Dr. Duaa Elhereby (Ain Shams University)

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## FORUM (1)

### Eating Disorders in Sports Practice

**Chairpersons**

Prof. Heba Essawi	(Ain Shams University)
Prof. Adel Serag	(KSA)
Prof. Mohamed Fekry	(Ain Shams University)
Prof. Dalia Abdel Moniem	(Ain Shams University)

**Moderator**

Dr. Zainab Khaled	(Ain Shams University)
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**Background:**

Atheletes face many challenges related to the nature of sports they practice and how do they maintain their peak performance, also body weight affects performance in sports. Sometimes it is seen as apart of sporting strategy and tactics. Sports and weight are catecogarized into sports with weight prescribing rules, sports that advantage lean light bodied atheletes and sports rules lean robust muscular atheletes. From this prescreptive the aim of this presentation is to highlight the importance of weight according to different type of sports and risk on sportive.

**Objectives:**

- Increasing awareness about sports psychiatry and challenges facing atheletes and sports psychiatrists

**Speakers:****Sports Eating Crisis.**

Prof. Mohamed Fekry (Ain Shams University)

**Psychiatric implications among top athletes.**

Prof. Samir Abou Elmagd (Cairo University)

**Eating disorders in athletes.**

Lect. Mohamed Gamal Farwiesz (Ain Shams University)

**Nutritional aspects in eating disorders in athletes: From risk to management.**

Lect. Sara Adel Khedr (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Yasmine Muhammed (Ain Shams University)

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**ISSUP EGYPT SESSION**  
**International Society of Substance Use Professionals**  
**(ISSUP) Egypt:**

*Collaborative approaches to addressing substance use in women*

**Chairpersons**

Prof. Tarek Abdel Gawad	(Cairo University)
Prof. Amany Haroun	(Ain Shams University)
Prof. Soheir ElGhonemy	(Ain Shams University)
Maj. Gen. Prof. Ibrahim Badawy	(Police Hospitals)

**Moderator**

Lect. Safi Mohamed	(Ain Shams University)
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**Background:**

Substance use disorders (SUDs) disproportionately affect women, who often face unique challenges and barriers to seeking treatment. This session brings together a multidisciplinary panel of experts from various organizations to discuss collaborative approaches to addressing substance use in women. Participants will learn about innovative strategies, best practices, and lessons learned from successful partnerships.

**Objectives:**

- Understand the complexities and nuances of substance use in women.
- Identify effective collaborative approaches to addressing SUDs in women.
- Learn about innovative strategies and best practices from successful partnerships.
- Develop skills for building and maintaining effective collaborations

**Target Audience:**

- Psychiatrists, Psychologists, policy makers

**Speakers:****Substance use in women.**

Prof. Nahla ElSayed (Ain Shams University)
Prof. Soheir ElGhonemy (Ain Shams University)
Prof. Rania Mamdouh (Cairo University)
Dr. Mayar Nawara (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Nourhan Mohamed (Ain Shams University)

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## FOCUS LECTURE (2)

### Managing Depression; the Role of Vortioxetine

**Chairpersons**

Prof. Afaf Hamed Khalil (Ain Shams University)

Prof. Magda Fahmy (Suez Canal University)

Prof. Noha Sabry (Cairo University)

Prof. Khaled El Beih (Assuit University)

**Speaker:**

Prof. Tarek Ahmed Okasha (Ain Shams University)

**Background:**

The life time prevalence of Major Depressive disorders (MDD) is around 20% with a 12 month prevalence rate of 5-7%. Proper management, diagnosis and treatment of depression are essential to avoid further relapses and residual symptom. Recently, several research works has suggested that some of the most difficult symptoms to tackle in depression are blunted affect and anhedonia. These symptoms are currently not tackled by our antidepressant such as TCAs and SSRIs which gives a poorer prognosis for our depressed patients. This presentation will focus on Vortioxetine, a multi modal novel antidepressant with a unique mode of action.

***Discussion and Conclusion***

## SPONSORED BY

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**Organizer**

Dr. Sara Mohiey (Ain Shams University)

## SYMPOSIUM (2)

### Frontiers in the Management of Psychiatric Disorders

#### Chairpersons

Prof. Tarek Ahmed Okasha (Ain Shams University)

Prof. Mohamed Nasr (Cairo University)

Prof. Amira Elbatrawy (Ain Shams University)

Prof. Nermin Shaker (Ain Shams University)

#### Speakers:

**Back to life: Esketamine for treatment resistant depression.**

Prof. Marwa Abd El Meguid (Ain Shams University)

**Pros and cons of using long acting paliperidone palmitate injectables in patients with schizophrenia; the everlasting debate.**

Prof. Mona El Sheikh (Ain Shams University)

#### Background:

Treatment resistant depression (TRD) poses a major challenge to clinician starting from its diagnosis till reaching the treatment decision to achieve the best response for their patients. TRD affects about 30% of patients with MDD impacting their quality of life and increasing the risk for attempting suicide. Esketamine, approved few years ago, offers a new hope to achieve remission in those patients to improve their quality of life.

Schizophrenia is a serious mental illness that requires continuous and effective long-term management to reduce symptoms, improve quality of life, and prevent relapse. Oral antipsychotic medications have proven efficacy for many patients taking these medications; however, a considerable number of patients continue to experience ongoing symptoms and relapse, often due to lack of adherence. The use of long-acting injectable (LAI) antipsychotic medications is a well-tolerated and effective means to help address low levels of treatment adherence in patients with schizophrenia. Despite the benefits of LAIs, several barriers prevent their widespread adoption, such as controversies/issues related to benefits outside of improved adherence, defining the target patient population, when to initiate LAI treatment, relevance of adverse effects with LAIs, healthcare provider education and training, and presenting treatment recommendations to patients. Several arguments perpetuating a negative perception of LAIs exist; however, many of these issues are unsupported by current data and can be countered with proper education of mental health professionals, to reach the ultimate goal that treatment of schizophrenia is a long-term commitment, and patients should be provided the best chance of success early on, which includes the medication that will result in the highest adherence, greatest efficacy, and fewest discontinuations because of patient discomfort. The controversies regarding the use of long acting paliperidone palmitate in schizophrenic patients will be discussed, highlighting the pros and cons of its use in patients and mental health systems as well.

#### *Discussion and Conclusion*

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#### **Organizer**

Dr. Nada Helmy (Ain Shams University)

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## FORUM (2)

### Advances in Key Areas of Mental Health

#### Chairpersons

Prof. Ahmed Saad	(Ain Shams University)
Prof. Ahmed Mubarak	(Tanta University)
Prof. Lamyaa Elhamrawy	(Menofia University)
Prof. Mona El Rakhawy	(Cairo University)

#### Moderator

Lect. Hadir Allam	(Ain Shams University)
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#### Speakers:

##### **Resilience: Neurobiology and methods of promotion.**

Prof. Salwa Tobar (Mansoura University)

##### **Mental health during hard times, challenges and opportunities.**

Prof. Ahmed Mubarak (Tanta University)

##### **Defeating cancer with Antidepressants.**

Prof. Taghreed Elshafie (Al Azhar University G.)

#### *Discussion and Conclusion*

#### Organizer

Dr. Rahaf Mohamed (Ain Shams University)

## SESSION (5)

### Epidemiology of Substance Use Disorders in Egypt

#### Chairpersons

Prof. Menan Abdelmaksoud	(GSMHAT)
Prof. Medhat Bassiony	(Zagazig University)
Prof. Noha Sabry	(Cairo University)
Prof. Mahdi Alenzi	(KSA)

#### Moderator

Dr. Ahmed Fathey	(NOD)
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#### Background:

Addiction is a global public health issue characterized by complex interactions between biological, psychological, social, and environmental factors. This paper explores the epidemiology of addiction, focusing on patterns of prevalence, demographic and geographic variations, and temporal trends in substance use disorders (SUDs) and behavioral addictions. Key causes of addiction include genetic predisposition, neurobiological changes, mental health comorbidities, and socioeconomic determinants such as trauma, poverty, and social isolation. The public health implications of addiction are profound, encompassing significant health burdens, economic costs, and social consequences, including stigma and family disruption. Exploring Egyptian experience through NDO (National Drug Observatory).

#### Objectives:

1. Recognize the global and regional prevalence of substance use disorders.
2. Understand the distribution of SUD based on demographics such as age, gender, and socioeconomic status.
3. Recognize current trends in substance use, such as the opioid crisis and the rise of synthetic drugs.

**Target Audience:** Psychiatrists

#### Speakers:

**Egyptian Experience Ministry of Health; Introduction.**

Prof. Menan Abdelmaksoud (GSMHAT)

**Emerging Trends: The Epidemiology of Synthetic Drug Abuse in Egypt.**

Prof. Soheir ElGhonemy (Ain Shams University)

**National Drug Observatory (NDO) annual report.**

Dr. Ahmed Fathey (NOD)

#### *Discussion and Conclusion*

#### Organizer

Dr. Aya Ashraf (Ain Shams University)



## FOCUS LECTURE (3)

### Beneficiaries and Maleficence of Antipsychotics:

#### *The untold Story of Tudasidone*

#### Chairpersons

Prof. Tarek Ahmed Okasha	(Ain Shams University)
Prof. Mostafa Shahein	(Cairo University)
Prof. Alaa Darweesh	(Assuit University)
Prof. Hany Hamed	(Beni Souief University)

#### Speaker:

Prof. Hisham Ramy (Ain Shams University)

#### Background:

Lurasidone is an atypical antipsychotic approved for the treatment of schizophrenia and bipolar depression. Its pharmacological profile includes potent antagonism of dopamine D2 and serotonin 5-HT<sub>2A</sub> and 5-HT<sub>7</sub> receptors, as well as partial agonism at 5-HT<sub>1A</sub> receptors, contributing to its efficacy in managing psychiatric disorders. Clinical trials have demonstrated that lurasidone effectively reduces symptoms of schizophrenia and bipolar depression while also offering cognitive and functional benefits. Its antagonism of the 5-HT<sub>7</sub> receptor has been linked to improvements in cognitive function, including memory, attention, and executive function, which are critical for daily functioning and long-term recovery. Unlike many second-generation antipsychotics, lurasidone has a lower risk of metabolic side effects such as weight gain, dyslipidemia, and glucose intolerance. Additionally, its once-daily dosing, minimal sedation, and pro-cognitive effects enhance patient adherence and overall quality of life. However, lurasidone is associated with some extrapyramidal symptoms, like akathisia. Overall, lurasidone offers an effective and well-tolerated option for patients with psychiatric disorders, balancing symptom control, cognitive enhancement, and functional recovery with a favorable metabolic safety profile.

#### *Discussion and Conclusion*

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#### Organizer

Dr. Sara Mohiey (Ain Shams University)

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## MEET THE EXPERT (1)

### **Schizophrenia: *The everlasting challenge***

#### **Chairpersons**

Prof. Adel Elsheshai	(Alexandria University)
Prof. Hossam El Sawy	(Tanta University)
Prof. Amira Elbatrawy	(Ain Shams University)
Prof. Heba Fathy	(Cairo University)

#### **Moderator**

Lect. Samar Serry	(Ain Shams University)
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#### **Speakers:**

##### **Decoding psychosis; advances in cognitive behavior therapy.**

Prof. Mai Eissa (Tanta University)

##### **The role of cognitive enhancers in patients with schizophrenia.**

Prof. Reem Hashem (Ain Shams University)

##### **Implications of Artificial Intelligence (AI) in schizophrenia.**

Dr. Hadir Allam (Ain Shams University)

#### ***Discussion and Conclusion***

#### **Organizer**

Dr. Yasmine Muhammed (Ain Shams University)

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## KEYNOTE LECTURE (2)

### The Complexity of Comorbidities in Substance Use Disorders

**Chairpersons**

Prof. Tarek Abdel Gawad	(Cairo University)
Prof. Ashraf Tantawy	(Suez Canal University)
Prof. Eman Abo Ella	(Ain Shams University)
Prof. Mahmoud Elwasify	(Mansoura University)

**Speaker:**

Prof. Nahla Elsayed (Ain Shams University)

**Background:**

Substance use disorders (SUDs) often co-occur with other psychiatric and medical conditions, resulting in complex comorbidities that challenge healthcare providers, patients, and families. This keynote lecture will delve into the intricacies of comorbidities in SUDs, exploring the latest research, clinical implications, and innovative treatment approaches. Learning Objectives - Understand the prevalence and impact of comorbidities in SUDs - Recognize the complex interplay between SUDs and co-occurring psychiatric and medical conditions - Learn about evidence-based treatments and innovative approaches for managing comorbidities in SUDs - Discuss the importance of integrated care and collaboration among healthcare providers

***Discussion and Conclusion*****Organizer**

Dr. Hend Ahmed (Ain Shams University)

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## KEYNOTE LECTURE (3)

### The Forgotten Clinical Diagnosis:

*Recognizing the overlooked in medical practice*

#### Chairpersons

Prof. Afaf Hamed Khalil	(Ain Shams University)
Prof. Howaida Elgebaly	(Ain Shams University)
Prof. Mohamed Kamal Mahdi	(Al Azhar University)
Prof. Tagreed El Shaafie	(Al Azhar University)

#### Moderator

Prof. Marwa El Missiry	(Ain Shams University)
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#### Speaker:

Prof. Tarek Al Habib (KSA)

#### Background:

A "forgotten clinical diagnosis" typically refers to a medical condition or diagnosis that may be overlooked, under-recognized, or rarely considered by healthcare professionals in clinical practice. This often happens with conditions that mimic more common diseases, have subtle symptoms, or occur infrequently. Here's an abstract outlining the concept:

In the complex landscape of modern medicine, certain diagnoses are frequently overlooked or forgotten, resulting in delayed or missed treatment. These conditions, often termed "forgotten clinical diagnoses," pose significant challenges due to their rarity, atypical presentation, or similarity to more common ailments. Factors contributing to this phenomenon include clinician unfamiliarity, reliance on pattern recognition, and limited awareness of regional or demographic-specific conditions. Examples range from rare genetic disorders and atypical infections to neglected tropical diseases and uncommon autoimmune syndromes. This article explores the impact of forgotten diagnoses on patient outcomes, emphasizing the need for a broad differential diagnosis and a systematic approach to clinical evaluation. Strategies to address this issue include ongoing medical education, utilization of diagnostic decision-support tools, and fostering interdisciplinary collaboration. By revisiting forgotten diagnoses, healthcare professionals can improve diagnostic accuracy, enhance patient care, and reduce morbidity associated with delayed recognition.

#### *Discussion and Conclusion*

#### Organizer

Dr. Ahmed Sharaf (Ain Shams University)

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## KEYNOTE LECTURE (4)

### ADHD in Addiction: *From childhood to elderly*

#### Chairpersons

Prof. Wafaa Haggag	(Suez Canal University)
Prof. Fatma Al Sherief	(Zagazig University)
Dr. Nada AlQattan	(KSA)
Prof. Wa-il Abou Hindy	(Zagazig University)

#### Speaker:

Prof. Eman Abo Ella (Ain Shams University)

#### Background:

Attention-Deficit/Hyperactivity Disorder (ADHD) and addiction are often intertwined, presenting a complex challenge for individuals and healthcare professionals. This presentation explores the bidirectional relationship between ADHD and substance use disorders (SUDs), emphasizing the shared neurobiological and behavioral vulnerabilities that contribute to this co-occurrence. We will examine how ADHD symptoms, such as impulsivity and difficulty with self-regulation, increase the risk of substance experimentation in childhood and adolescence, and affect the presentation of addictions throughout the lifespan. Additionally, the presentation will address how addiction can exacerbate ADHD symptoms, creating a reinforcing cycle. Key topics include the role of dopamine dysregulation, common comorbidities, and the impact of early diagnosis and treatment on reducing addiction risks. Evidence-based strategies for intervention, including pharmacological and behavioral approaches tailored for individuals with ADHD and SUDs, will be highlighted. Attendees will gain insights into practical tools for prevention, early intervention, and long-term management. This presentation aims to equip professionals with a deeper understanding of ADHD and addiction, fostering holistic and effective care for this high-risk population.

#### *Discussion and Conclusion*

#### Organizer

Dr. Shenouda Abdelshahid (Ain Shams University)

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## FOCUS LECTURE (4)

### Depression and Anxiety how do they meet in Clinical Practice

**Chairpersons**

Prof. Afaf Hamed Khalil	(Ain Shams University)
Prof. Mohamed El Hammady	(Benha University)
Prof. Shewikar El Bakry	(Benha University)
Prof. Nivert Zaki	(Ain Shams University)

**Speaker:**

Prof. Nahla El Sayed (Ain Shams University)

**Background:**

In mental health, one of the more common comorbidities is that of depression and anxiety. Some estimates show that 60% of those with anxiety will also have symptoms of depression, and the numbers are similar for those with depression. The two conditions have similar biological mechanisms in the brain, so they are therefore more likely to “show up” together. They have many overlapping symptoms and present simultaneously. Unfortunately, most research today focuses on patients with one illness, and treatments are then guided by this research. In result, there are many well-researched treatments available for mental illnesses, but not for comorbid mental illnesses. There is a lot that we still need to understand about how we recognize and treat conditions when they present at the same time. There are several things we do know about comorbid anxiety and depression, however, and they underscore this need for accurate assessment.

***Discussion and Conclusion***

## SPONSORED BY

## VIATRIS

**Organizer**

Dr. Radwa Gomaa (Ain Shams University)

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## FORUM (3)

### Interface between the Law and Child and Adolescent Psychiatry: *Egyptian perspectives*

#### Chairpersons

Prof. Safeya Effat	(Ain Shams University)
Prof. Hisham Ramy	(Ain Shams University)
Prof. Menan Abdelmaksoud	(Secretary General Mental Health Secretariat)
Prof. Mohamed Nasr	(Cairo University)

#### Background:

The interface between the law and child and adolescent psychiatry is a complex and dynamic area that involves addressing the rights, needs, and well-being of children and adolescents within legal, medical, and psychosocial frameworks. Primary areas of interaction include Legal Rights of Children and Adolescents, Child Protection and Safeguarding, Mental Health Legislation and Ethical Challenges in child and adolescent psychiatry practice. The collaboration between legal professionals and child and adolescent psychiatrists is essential to ensure the protection, treatment, and development of young individuals. It requires ongoing dialogue, mutual understanding, and an interdisciplinary approach to navigate the unique challenges that arise at this intersection.

#### Speakers:

- Prof. Safeya Effat (Ain Shams University)
- Prof. Hisham Ramy (Ain Shams University)
- Dr. Tarek ElSehrawy (Ain Shams University)

#### *Discussion and Conclusion*

#### Organizer

Dr. Nada Helmy (Ain Shams University)

## MINI LECTURES (1)

### Chairpersons

Prof. Mohamed R Elfiky	(Ain Shams University)
Prof. Haydy Hassan	(Suez Canal University)
Prof. Mahmoud Elwasify	(Mansoura University)
Prof. Marwa Soltan	(Ain Shams University)

### Moderator

Ass. Prof. Mai Sief Eldin	(Ain Shams University)
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### Speakers:

#### **AI in addition recovery.**

Prof. Mohamed Adel Elhadidy (Mansoura University)

#### **Atypical antipsychotics for depressive episodes: clinical art in BD vs MDD.**

Prof. Mohamed Elwasify (Mansoura University)

### *Discussion and Conclusion*

### **Organizer**

Dr. Shenouda Abdelshaheed (Ain Shams University)



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## CHALLENGE SESSION

### **Arpistable:** *A Versatile Atypical Antipsychotic for Psychiatric Care*

**Chairpersons**

Prof. Afaf Hamed Khalil	(Ain Shams University)
Pro. Tarek Ahmed Okasha	(Ain Shams University)
Prof. Mai Eissa	(Tanta University)
Prof. Salwa Tobar	(Mansoura University)

**Speaker:**

Prof. Mohamed Adel Elhadidy (Mansoura University)

**Background:**

Sun pharm new launch drug is a unique atypical antipsychotic with a distinctive mechanism of action, acting as a partial agonist at dopamine D2 and serotonin 5-HT1A receptors while antagonizing 5-HT2A receptors. This pharmacological profile grants it a favorable side effect profile compared to other antipsychotics, with lower risks of extrapyramidal symptoms, weight gain, and metabolic disturbances. In this presentation we will explore the broad therapeutic applications of this drug in psychiatric practice, including its efficacy in schizophrenia, bipolar disorder, major depressive disorder and irritability associated with autism spectrum disorder.

***Discussion and Conclusion***

## SPONSORED BY

## SUNPHARMA

**Organizer**

Dr. Nada Helmy (Ain Shams University)

## MINI LECTURES (2)

### Chairpersons

Prof. Tarek Abdel Gawad	(Cairo University)
Prof. Tarek Molokhia	(Alexandria University)
Prof. Hanan Elrassas	(Ain Shams University)
Prof. Reem El Ghamry	(Ain Shams University)

### Moderator

Dr. Mayar Nawara	(Ain Shams University)
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### Speakers:

#### **Tailoring treatment plans for individuals with addiction.**

Prof. Ahmed El Missiry (UK)

#### **Addiction in women.**

Prof. Hisham Hatata (Ain Shams University)

### *Discussion and Conclusion*

### **Organizer**

Dr. Doaa Ibrahim (Ain Shams University)

## FORUM (4)

### Novel Approach in understanding Autism:

*Updates on biomarkers, neurobiology and new drug treatment*

#### Chairpersons

Prof. Hisham Ramy	(Ain Shams University)
Prof. Omnia Rafaat	(Cairo University)
Prof. Mai Eissa	(Tanta University)
Prof. Heba Essam	(Alexandria University)

#### Moderator

Lect. Noha Ahmed Saad	(Ain Shams University)
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#### Background:

Autism spectrum Disorder is a complex neurodevelopmental disorder that includes social communication impairments and stereotyped behavior. Unfortunately, recovery from ASD is unlikely, and depend mainly on timely psychoeducation intervention. In the last decade scientists focused on etiopathogenetic mechanisms that can be cured e.g., immune theories, and brain derived neurotrophic factors. Moreover, neuroimaging recently, found higher module in the medial prefrontal cortex, posterior cingulate gyrus, and angular gyrus, and lower switching in the visual regions. Theses abnormalities were linked to genes regulating the neurotransmitters and can lead to better understanding of autism spectrum disorder. Furthermore, many off label drugs are used that target memory, brain derived factors and immune system. Thus, there is an emerging need to find biomarkers that assess the need and response of novel ways of treatment. Finally, there is potential similarity between autism spectrum disorder and Alzheimer's disease. The role of memantine as an N methyl-D-aspartate (NMDA) receptor antagonist, in alleviating symptoms associated with ASD will be discussed.

#### Objectives:

- Highlight the recent advances in neuroimaging in autism spectrum disorder Spotlights on recent biomarkers to guide intervention in autism Discuss the possible role of memantine in the treatment of ASD.

**Target Audience:** Psychiatrists

#### Speakers:

**In the road of searching for biomarkers to guide intervention in Autism.**

Prof. Heba El Shahawi (Ain Shams University)

**Abnormalities in brain functions in autism: overview of recent connectome findings.**

Dr. Mohamed Elsheikh (Ain Shams University)

**Can Memantine treat autism: answers from preclinical and clinical studies?**

Prof. Sawsan Aboul-Fotouh (Ain Shams University)

#### **Discussion and Conclusion**

#### **Organizer**

Dr. Aya Sakr (Ain Shams University)

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## MEET THE EXPERT (2)

### Polypharmacy in Psychiatry; Playing with the Devil

#### Chairpersons

Prof. Ghada Refaat Amin	(Ain Shams University)
Prof. Heba El Shahawi	(Ain Shams University)
Prof. Manal Omar	(Faculty of Postgraduate Childhood Studies)

#### Moderator

Lect. Arwa Tohami	(Ain Shams University)
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#### Background:

Despite advances in psychopharmacology and a better understanding of the principles of therapeutics, its practice is increasing rapidly. The prevalence of polypharmacy in psychiatry varies between 13%-90%. Evidence for beneficial effects of poly pharmacy versus its hazards in both child, adolescent and old age psychiatry will be discussed.

#### Objectives:

Benefits and hazards of polypharmacy in child and adolescent psychiatry Tailoring treatment in geriatric patient Rational and irrational poly pharmacy in psychiatric adult patients.

**Target audience:** Psychiatric residents and specialists

#### Speakers:

**Benefits and hazards of polypharmacy in child and adolescent psychiatry.**

Prof. Ghada AM Hassan (Ain Shams University)

**Tailoring treatment in geriatric patient.**

Prof. Doha Mostafa Elserafi (Ain Shams University)

**Rationale and irrational polypharmacy in psychiatric adult patients.**

Prof. Haydy Hassan Sayed (Suez Canal University)

#### *Discussion and Conclusion*

#### Organizer

Dr. Yasmine Muhammad (Ain Shams University)

## SESSION (6)

### Silent Addiction

#### Chairpersons

Prof. Reda Roshdy	(Al Azhar University)
Prof. Samah Rabei	(Helwan University)
Prof. Ashraf Tantawy	(Suez Canal University)
Prof. Haitham Hassan	(Helwan University)

#### Moderator

Dr. Sally Noby	(National Mental Health Platform in Egypt)
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#### Background:

Silent addiction refers to the hidden, often unnoticed patterns of dependence that can significantly impact an individual's mental and physical well-being without clear external signs. Unlike traditional forms of addiction, such as substance abuse, silent addiction may involve behaviors or activities like excessive gaming, social media use, or compulsive work habits. These addictive behaviors, while not immediately recognized as harmful, can deeply affect an individual's mental health, leading to anxiety, depression, burnout, and social isolation.

#### Objectives:

This presentation aims to explore the concept of silent addiction, its underlying psychological and neurological mechanisms, and the societal factors that contribute to its rise. It will also address the challenges of diagnosing and treating these forms of addiction and provide strategies for intervention, prevention, and support. Through a combination of case studies, expert insights, and research findings, this session will emphasize the critical need to address silent addiction within the broader context of mental health care and offer insights into effective interventions and prevention strategies.

#### Target Audience:

- Psychiatrists, psychologists, social workers, nurses, general public.

#### Speakers:

##### **Compulsive sexual behavior disorder.**

Prof. Mona Reda (Ain Shams University)

##### **Gaming & Gambling Addiction - Egypt initiative.**

Dr. Sally Noby (National Mental Health Platform in Egypt)

##### **Silent addiction: Unseen struggles and mental health impacts.**

Lect. Safi Mohamed Nagib (Ain Shams University)

#### *Discussion and Conclusion*

#### Organizer

Dr. Zolfa Salah (Ain Shams University)

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**SESSION (7)**  
**Towards Better Mental Health Services:**  
*Helping seniors to live with a better quality of Life*

**Chairpersons**

Prof. Ehab Ramadan	(KFS University)
Maj. Gen. Prof. Mohamed Diab	(Armed Forces)
Prof. Marwa Abd El Meguid	(Ain Shams University)
Dr. Mohamed Zohdy	(Mamoura Hospital)

**Background:**

Mental health services and psychiatric care in old age patient has a different perspective. Dealing with this very special age group who might have many medical comorbidities has special consideration. Memory problems, depressed mood and deterioration of overall functions need more attention from clinician in diagnosis and management.

**Speakers:****Managing depression in golden years.**

Prof. Marwa Abd El Meguid (Ain Shams University)

**Blood- Based biomarkers, new era in the battle against Alzheimer's disease.**

Prof. Maissa Eid (Ain Shams University)

**Non pharmacological management in old age psychiatric disorder.**

Ass. Prof. Rehab Serag (Ain Shams University)

***Discussion and Conclusion*****Organizer**

Dr. Yasmine Muhammad (Ain Shams University)

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## MEET THE EXPERT (3)

### Important Topics in Psychiatry

#### Chairpersons

Prof. Samir Abou Elmagd (Cairo University)  
Ass. Prof. Ola Oufa (Ain Shams University)  
Ass. Prof. Rehab Serrag (Ain Shams University)

#### Moderator

Dr. Mohammed Hosny (UAE)

#### Speakers:

**Leveraging artificial intelligence for suicide risk prediction and prevention.**

Dr. Mohammed Hosny (UAE)

**Impulsivity, suicidality, and emotional dysregulation in women having borderline personality disorder with and without substance dependence.**

Prof. Samir Foad Abou Elmagd (Cairo University)

**Understanding self-injurious behavior.**

Dr. Alaa Farghaly (Teaching Hosp.)

#### *Discussion and Conclusion*

#### Organizer

Dr. Nagham Tarek (Ain Shams University)

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## TANNING WORKSHOP (1)

### Psychotherapy for Psychosis (an update)

**Chairpersons**

Prof. Afaf Hamed Khalil (Ain Shams University)

Prof. Suzan El Kholy (Ain Shams University)

Prof. Marwa Abd El Meguid (Ain Shams University)

Dr. Abdel Gawad Khalifa (Ain Shams University)

**Moderator**

Prof. Hanan Elrassas (Ain Shams University)

**Speaker:**

**Psychotherapy for Psychosis (an update).**

Prof. Hanaa Soliman (UK)

**Background**

This workshop aims to introduce recent developments in psychotherapy for psychosis.

**Who can attend this workshop?**

Psychiatrists and psychotherapists with experience in psychotherapy and the treatment of people with psychotic experiences

**What the workshop is going to introduce:**

- Cognitive Behavioural Therapy for Psychosis (CBTp): Refinements and new evidence
- Compassion-Focused Therapy and Acceptance and Commitment Therapy in psychosis treatment
- Trauma-Informed Approaches in managing psychosis
- Systemic therapy
- Case vignettes demonstrating the formulation and indication for different approaches.

**Objectives**

By the end of the workshop, participants will be able to:

- Understand recent developments in psychotherapy approaches to psychosis beyond CBTp.
- Learn about trauma-informed approaches to psychosis
- Learn about systemic therapies, particularly Open Dialogue

Reflect on implementing the new understanding of psychosis in everyday practice.

**Discussion and Conclusion****Organizer**

Dr. Nagham Tarek (Ain Shams University)



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## FORUM (5)

### Challenges and Opportunities in the Management of Psychiatric Patients

#### Chairpersons

Prof. Mostafa Alsaadany	(Alexandria (University))
Prof. Hala Taha	(Al Azhar University)
Ass. Prof. Mohamed Youssef	(Ain Shams University)
Ass. Prof. Mai Sief	(Ain Shams University)

#### Moderator

Dr. Omar Yehia	(Ain Shams University)
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#### Speakers:

**Intolerance of uncertainty as a transdiagnostic process: A multidimensional approach.**

Ass. Prof. Ayman Al Hosainey (Al Azhar University)

**Psychiatry: The art of listening.**

Ass. Prof. Safaa Hammouda (Al Azhar University G.)

**Prevalence of insomnia among university students in Saudi Arabia: A systematic review and meta-analysis.**

Dr. Mohamed Baklola (Mansoura University)

#### *Discussion and Conclusion*

#### Organizer

Dr. Dina Ibrahim (Ain Shams University)

**FORUM (6)****Is psychiatry Scientific Enough?**  
*An epistemological perspective***Chairpersons**

Prof. Hanan Azzam	(Ain Shams University)
Prof. Mohamed Ramadan	(Fayoum University)
Ass. Prof. Mohamed Hossam	(Ain Shams University)

**Moderator**

Dr. Dina Thabet	(Ain Shams University)
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**Background:**

'Psychiatry', since it's constructed during the 19th century, presented itself as a branch of medicine seeking scientifically to explain the causes of 'mental diseases' to develop rational cures. It tries to use objective scientific diagnostic tools as neuroimaging or genetic testing to justify its belonging to natural science. Yet, still some important issues are more related to certain "school of thoughts" rather than belonging to the true natural science. Epistemology, on the other hand, is conventionally defined as a discipline that deals with the origin and legitimation of knowledge. There is a variety of epistemological approaches but the most popular in the dominant Anglo-Saxon culture of our day is the one that studies the 'successful' sciences (such as physics, chemistry, mathematics) to find out what logical and theoretical methods and structures are responsible for their success and proceeds to apply them the rest of 'sciences' (e.g. the human or social sciences). In this sense, the epistemology of psychiatry would state that the closer the inner workings of psychiatry come to those of the successful natural sciences the higher the probability that its knowledge is good and true. Here comes the question, to what extent has psychiatry succeeded in achieving this objective? In this symposium we will try to answer this question by exploring the different epistemological backgrounds of the current psychiatric practices with application to some clinical examples relating to our everyday practice.

**Objectives:**

1. Review the history of psychiatry as a branch of medicine.
2. Highlights the main features that make psychiatry differs from other medical specialties.
3. Overview the epistological background that govern the current perspectives in psychiatry.
4. Critique these epistomolical theories in light of our cultural background.

**Speakers:****A Wake-Up Call for Psychiatrists: What is Science in the first place?**

Prof. Hanan Azzam (Ain Shams University)

**So, what is the epistemology behind current psychiatric practice?**

Ass. Prof. Ayman Al Hosainey (Al Azhar University)

**Discussion and Conclusion****Organizer**

Dr. Dalia Abuzaid (Ain Shams University)

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## WORKSHOP (15)

### Defensive Psychiatry in Egypt: *Striking the right balance*

**Chairpersons**

Dr. Ahmed Dobeia (Agiad Psychiatric Hospital)

Prof. Wafaa El Bahaay (Mansoura University)

Prof. Hanan Elrassas (Ain Shams University)

**Speaker**

Dr. Ahmad A. Dobeia (Agiad Psychiatric Hospital)

**Background:**

Defensive medical practice, defined as decision-making aimed primarily at avoiding litigation rather than optimizing patient outcomes, has emerged as a growing concern in psychiatry. This presentation explores the dynamics of defensive practice in the Egyptian psychiatric landscape, highlighting its legal, ethical, and clinical dimensions. Drawing from the Egyptian Mental Health Act and real-life examples, it outlines the triggers of medico-legal challenges, such as misdiagnoses, breaches of confidentiality, and management of high-risk patients.

**Objectives:**

- To address these challenges, a multi-faceted strategy is proposed, including enhanced training on medico-legal standards, clearer legal protections for psychiatrists, and systematic risk management practices.

**Target Audience:** Psychiatrists & Psychologists

***Discussion and Conclusion*****Organizer**

Dr. Nagham Tarek (Ain Shams University)



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**29 May, 2025**

**Intercontinental Citystars**

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## KEYNOTE LECTURE (5)

### Psychopharmacology in Child and Adolescent Psychiatry:

#### *The untold story*

**Chairpersons**

Prof. Ola Shahein	(Cairo University)
Prof. Nermin Shaker	(Ain Shams University)
Prof. Mona El Sheikh	(Ain Shams University)
Prof. Shewikar El Bakri	(Benha University)

**Speaker:**

Prof. Hisham Ramy (Ain Shams University)

**Background:**

The use of psychotropic medications in children and adolescents is often surrounded by controversy, misconceptions, and evolving scientific understanding. This lecture will go beyond standard prescribing guidelines to explore the complexities, challenges, and ethical dilemmas in pediatric psychopharmacology—the “untold story” behind medication use in young patients. Key topics will include the limitations of current evidence, the role of pharmaceutical industry influence, and the ongoing debate over overmedication versus under-treatment. We will also examine emerging concerns such as long-term neurodevelopmental effects, off-label prescribing practices, and disparities in access to care. Additionally, the session will highlight cutting-edge advancements, including pharmacogenetics, novel therapeutics, and the shift toward personalized medicine. Through case discussions and a critical analysis of recent research, this lecture will challenge conventional perspectives, equipping clinicians with a deeper, more nuanced understanding of psychopharmacology in child and adolescent psychiatry.

***Discussion and Conclusion*****Organizer**

Dr. Aya Sakr (Ain Shams University)

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## WORKSHOP (16)

### Cognitive Assessment for Memory in Children

#### Chairpersons

Prof. Suaad Mousa	(Cairo University)
Prof. Maha Sayed	(Ain Shams University)
Prof. Manal Omar	(Faculty of Postgraduate Childhood Studies)

#### Speakers

Prof. Soha Ghobashy	(Alexandria University)
Prof. Heba Essam	(Alexandria University)
Dr. Aya Maged	(Alexandria University)
Dr. Amira Khaled	(Alexandria University)

#### Background:

Cognitive assessment of children is required in different settings i.e. schools, clinics, hospitals and even in sports club, Cognitive abilities play a major role in determining the child professional and social and academic excelling and it is affected in almost all psychiatric illnesses representing one of the most important diagnostic criteria and also one of the important prognostic factors. There are indefinite number of assessment tools developed over years for different developmental stages ....we have started a series of sessions for assessment of different cognitive domains, this session will target mainly the memory assessment.

#### Objectives:

- This workshop is aiming to train audience on the practice of the most commonly used tools for assessment of memory in children.

#### Target Audience:

- Psychiatrist
- Psychologist
- Psychiatric nurses
- School teachers and social workers

#### *Discussion and Conclusion*

#### Organizer

Dr. Nada Helmy (Ain Shams University)

## MINI LECTURES (3)

### Chairpersons

Prof. Adel Elmadani	(Al Azhar B University)
Maj. Gen. Prof. Gamal Farwiaz	(Armed Forces)
Prof. Mohamed Fekry	(Ain Shams University)
Prof. Abdullah Mekky	(Al Azhar B University)

### Speakers:

#### **Psychosexual counselling therapy in women.**

Prof. Mona Reda (Ain Shams University)

#### **Psychiatric disorders among females with prolonged infertility with or without in vitro fertilization.**

Ass. Prof. Reham Amer (Tanta Univ.)

### *Discussion and Conclusion*

### **Organizer**

Dr. Aya Sakr (Ain Shams University)



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## KEYNOTE LECTURE (6)

### Preventive Psychiatry:

*A stepping stone for improving mental health*

#### Chairpersons

Prof. Tarek Ahmed Okasha	(Ain Shams University)
Prof. Mona Elrakhawy	(Cairo University)
Prof. Noha Sabry	(Cairo University)
Prof. Nermin Shaker	(Ain Shams University)

#### Speaker:

Prof. Menan Abdelmaksoud  
(Secretary General of the General Secretariat of Mental Health and Addiction Treatment, Ministry of Health & Population, Egypt)

#### Background:

Preventive psychiatry is an emerging field that focuses on identifying and addressing mental health issues before they manifest in full-blown clinical conditions. This approach emphasizes early intervention, risk assessment, and the promotion of mental well-being to reduce the prevalence and severity of psychiatric disorders. By integrating strategies such as screening for at-risk populations, providing psychoeducation, fostering resilience, and improving access to mental health resources, preventative psychiatry seeks to mitigate the societal and personal impacts of mental illness. Through a holistic and proactive approach, preventative psychiatry aims to enhance quality of life, reduce healthcare costs, and promote long-term mental health across communities.

#### *Discussion and Conclusion*

#### Organizer

Dr. Shenouda Abdelshahid (Ain Shams University)

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**SESSION (8)**  
**In Collaboration with**  
**International Marcé Society for Perinatal Mental Health**  
**MENA Regional Group (emerging)**  
**Enhancing a Collaborative Approach Priority Topics in**  
**Maternal Mental Health**

**Chairpersons**

Prof. Amira Elbatrawy (Ain Shams University)  
Prof. Nawal Al Mahyijari (Oman)

**Background and Objectives:**

Pregnancy and childbirth are among the most complex experiences women encounter in their lifetimes, with potentially negative implications for mental health. Physical and psychological changes associated with pregnancy and childbirth can increase the risk for psychological morbidity throughout the prenatal and postnatal periods. In turn, perinatal mental disorders can have significant negative effects on maternal and child health outcomes, causing increased rates of hospitalization and negative experiences of childbirth for the mother, and long-term complications for the child's cognitive, emotional, and behavioral development. Despite documented high levels of perinatal mental disorders, services for maternal mental health services are deficient throughout the world and in the Arab region. Collaborative approaches for estimating, screening, preventing, and treating perinatal mental illness would be a step in the right direction for the region.

**Objectives:**

- 1- Demonstrate the key pillars for establishing and running Mother-baby units.
- 2- Highlight the principles of safe prescription of psychotropic medications to address obstetrics concerns and bridge the interdisciplinary gaps.
- 3- Address collaborative liaison approach to ensure integrated services.

**Speakers:**

**Establishing and managing Mother-baby Units: Best practice and innovations.**

Prof. Prabha Chandra (India)

**Prescribe or Deprescribe: Addressing Ob/Gyn Concerns in Perinatal Mental Health Services.**

Prof. Gihan ELNahas (Ain Shams University)

**Perinatal Mental Health concerns from the Ob-Gyn perspective.**

Prof. Ahmed Elhussieny (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Duaa Elhereby (Ain Shams University)

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## FOCUS LECTURE (5)

### Antipsychotic Misnaming; Brexpiprazole as an Example

**Chairpersons**

Prof. Mohamed El Hamady	(Benha University)
Prof. Reda Roshdy	(Al Azhar University)
Prof. Salwa Tobar	(Mansoura University)
Prof. Fatma Al Sherief	(Zagazig University)

**Speaker:**

Prof. Mahmoud Elwasify (Mansoura University)

**Background:**

The traditional naming of antipsychotic medications is not standing for their current usage in many other indications other than schizophrenia such as Bipolar Disorder, Major depressive disorder, behavioral symptoms of dementia...etc. The aim of this presentation is to discuss Dopamine partial agonists which offer a unique mechanism of action which may help them to function better than other therapeutic options for many psychiatric disorders.

***Discussion and Conclusion***

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**Organizer**

Dr. Mariam Abdel Hamid (Ain Shams University)

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## MEET THE EXPERT (4)

### Updates in Child & Adolescents Psychiatry

#### Chairpersons

Prof. Azza Al Bakri	(Cairo University)
Prof. Afaf Mohamed	(Ain Shams University)
Prof. Mona El Sheikh	(Ain Shams University)
Prof. Fatima Al Muhaish	(KSA)

#### Speakers:

##### **Understanding irritability in children and adolescents.**

Prof. Wafaa Haggag (Suez Canal University)

##### **OCD in children and adolescents: Impact of early life stress on neurobiological vulnerability.**

Prof. Maha Sayed (Ain Shams University)

##### **Children of the war: Psychological sequences and pathway to recovery.**

Prof. Marwa El Missiry (Ain Shams University)

#### *Discussion and Conclusion*

#### **Organizer**

Dr. Rahaf Mohamed (Ain Shams University)

## FOCUS LECTURE (6)

### **Beyond Medication:**

*Holistic strategies for compliance in schizophrenia*

#### **Chairpersons**

Prof. Tarek Ahmed Okasha (Ain Shams University)  
Prof. Hany Hamed (Beni Souief University)  
Prof. Magda Fahmy (Suez Canal University)  
Prof. Khaled Ahmed El Beih (Assuit University)

#### **Speaker:**

Prof. Tarek Molokhia (Alexandria University)

#### **Background:**

#### ***Discussion and Conclusion***

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#### **Organizer**

Dr. Sara Mohiey (Ain Shams University)

**SESSION (9)**  
**In Collaboration with**  
**International Marcé Society for Perinatal Mental Health**  
**MENA Regional Group (emerging)**  
**Keynote Lectures on Women's Mental Health**

**Chairpersons**

Prof. Prabha Chandra (India)  
Prof. Hela Qounich (Tunisia)

**Speakers:**

**Keynote lecture: Current trends in perinatal mental health.**

Dr. Lavinia Lumu (South Africa)

**Keynote lecture: Scaling Up Mental Health Services for Women: Egypt's Leading Example from the Institute of Psychiatry.**

Prof. Gihan ELNahas (Egypt)

***Discussion and Conclusion***

**Organizer**

Dr. Duaa Elhereby (Ain Shams University)

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## FOCUS LECTURE (7)

### Multimodal Approach in Depression

**Chairpersons**

Prof. Mostafa Shahein	(Cairo University)
Prof. Tarek Ahmed Okasha	(Ain Shams University)
Maj. Gen. Prof. Mohamed Diab	(Armed Forces)
Prof. Amira Elbatrawy	(Ain Shams University)

**Speaker:**

Prof. Hani Hamed (Beni Souif University)

**Background:**

Depression is a complex and multifactorial disorder that requires a comprehensive and integrated treatment approach. This lecture explores the multimodal action of vortioxetine, an antidepressant that combines multiple mechanisms to address the diverse symptoms of depression. Vortioxetine acts not only as a serotonin reuptake inhibitor but also modulates various serotonin receptors, enhancing both serotonergic neurotransmission and cognitive function. In addition to its pharmacological effects, vortioxetine has been shown to improve emotional processing and reduce cognitive impairment, which are often overlooked components of depression. This session will highlight the potential of multimodal treatments, like vortioxetine, in improving patient outcomes and reducing relapse in major depressive disorder.

***Discussion and Conclusion***

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**Organizer**

Dr. Radwa Gomaa (Ain Shams University)

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## SESSION (10)

### Understanding and Managing Food Noise in Eating Disorders: *A Neurocognitive and Behavioral Perspective*

**Chairpersons**

Prof. Heba Essawi	(Ain Shams University)
Maj. Gen. Prof. Mohamed Reda Elfiky	(Armed Forces)
Prof. Shewikar El Bakry	(Benha University)
Prof. Alaa Darweesh	(Assuit University)

**Background:**

Food noise—the persistent, intrusive thoughts about food, eating, and body image—is a hallmark symptom of eating disorders, significantly impacting cognitive function and emotional well-being. This workshop explores the neurocognitive mechanisms underlying food noise, including dysregulation in reward processing, hormonal imbalances, and cognitive distortions that reinforce preoccupation with food. We will examine the role of dietary restriction, anxiety, and social influences in amplifying these intrusive thoughts. Additionally, we will discuss evidence-based interventions, such as cognitive-behavioral therapy (CBT), mindfulness techniques, and nutritional rehabilitation, that can help reduce food noise and improve recovery outcomes. By enhancing our understanding of food noise, we can develop more effective therapeutic strategies to support individuals with eating disorders in achieving long-term recovery.

**Speakers:**

**What does food noise mean?**

**How can food noise present in anorexia nervosa and obesity?**

Prof. Heba Essawi (Ain Shams University)

**Neurocognitive mechanism of food noise in eating disorders.**

Prof. Nermin Shaker (Ain Shams University)

**CBT in food obsession and eating disorders.**

Prof. Dalia Abdel Moneim (Ain Shams University)

***Discussion and Conclusion*****Organizer**

Dr. Duaa Elhereby (Ain Shams University)



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**FOCUS LECTURE (8)****Optimizing Treatment for Depression and Beyond:**  
*Vilazodone in clinical practice***Chairpersons**

Prof. Tarek Ahmed Okasha	(Ain Shams University)
Prof. Hossam El Sawy	(Tanta University)
Maj. Gen. Prof. Hosny Awad	(Armed Forces)
Prof. Marwa Abd El Meguid	(Ain Shams University)

**Speaker:**

Prof. Afaf Hamed Khalil (Ain Shams University)

**Background:**

Depression is a prevalent and debilitating mental health condition that requires effective treatment strategies. Vilazodone, a novel antidepressant with a dual mechanism of action as a selective serotonin reuptake inhibitor (SSRI) and a partial 5-HT<sub>1A</sub> receptor agonist, has demonstrated efficacy in major depressive disorder (MDD). However, optimizing its use to maximize benefits while minimizing side effects remains an area of clinical interest. This presentation aims to explore strategies for optimizing vilazodone treatment in patients with depression, focusing on dosing, efficacy, side effects, and patient.

***Discussion and Conclusion*****SPONSORED BY****RAMEDA****Organizer**

Dr. Dina Hussain (Ain Shams University)

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**SESSION (11)**  
**In Collaboration with**  
**International Marcé Society for Perinatal Mental Health**  
**MENA Regional Group (emerging)**  
*Enhancing Maternal Mental Health Care:*  
*Success Stories across the Region*

**Chairpersons**

Prof. Ola Shaheen (Cairo University)  
Prof. Marwa El Missiry (Ain Shams University)

**Abstract:**

Exploring the scope and quality of existing policies and services for perinatal women, this session will highlight success stories from various Arab states. The goal is to share experiences, lessons learned, and address gaps in service provision. Speakers from Egypt, Oman, and Tunisia will present their significant achievements. Additionally, insights into effective strategies from the UK will illuminate which policies can be adopted and adapted for services in the MENA region.

**Speakers:****Success story in upscaling Women Mental Health services in Egypt.**

Prof Menan Abdelmaksoud (Egypt)

**Success story in upscaling Women Mental Health services in Oman.**

Dr. Nawal ALMahyijari (Oman)

**Success story in upscaling Women Mental Health services in Tunisia.**

Dr. Hela Ounich (Tunisia)

**Success story in upscaling Women Mental Health services in UK.**

Prof. Hussein ELKholly (UK)

***Discussion and Conclusion*****Organizer**

Dr. Duaa Elhereby (Ain Shams University)

## FOCUS LECTURE (9)

### Disentangling Relapses and Adherence in Psychosis

#### Chairpersons

Prof. Reda Ismail (Al Azhar University, G.)

Prof. Ashraf Tantawy (Suez Canal University)

Prof. Tarek Ahmed Okasha (Ain Shams University)

Prof. Alaa Darweesh (Assuit University)

#### Speaker:

Prof. Hanan El Shinnawy (Cairo University)

#### Background:

Schizophrenia is often characterized by recurring relapses, with up to 81.9% of individuals with schizophrenia or schizoaffective disorder experiencing relapses within five years of their diagnosis. The rates of subsequent relapse are similarly high. Highly effective neuroleptic drugs have been available for the past 40 years, but 50% of schizophrenic patients, under normal treatment conditions, relapse within 1 year after their latest episode, frequently spending 15-20% of their time in psychiatric institutions. The term relapse usually refers to a deterioration or recurrence of positive rather than negative features, and relapses appear to impair the course of the disease. Impairment is often longer than expected for those patients who discontinue antipsychotic medication and then relapse to their prediscontinuation clinical state of function. Drug therapy is an important defense against relapses. Marked differences in relapse rate between patients receiving placebo and neuroleptic drugs have been observed (approximately 69% after 1 year for the placebo group versus 26% for the neuroleptic group). First-year relapse rates can be reduced from 75% to 15% with prophylactic treatment with neuroleptics. Follow-up studies suggest that noncompliance with medication, pharmacological factors, psychosocial factors and alcohol and drug abuse contribute to setting off new psychotic episodes. The most important of these is noncompliance with medication. The overwhelming majority of schizophrenic patients who suffered a clinical exacerbation and required hospitalization (73%) did not comply with the treatment prescribed. The effect of new antipsychotic agents should be examined in patients who relapse despite maintenance treatment with conventional neuroleptics. We have found that the rate of current drug abuse among patients with schizophrenic relapse (44%) was significantly higher than that in schizophrenic patients who regularly attended outpatient clinics. Also, the rate of alcohol and substance abuse is higher in males (79%) than in females (21%). Psychiatric units should integrate addiction treatments with psychotic-relapse management.

#### *Discussion and Conclusion*

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#### Organizer

Dr. Dalia Abuzaid (Ain Shams University)

## FORUM (7)

### The Tripolar Disorder:

#### *A hidden pole influencing bipolarity*

#### Chairpersons

Prof. Mona El Rakhawy	(Cairo University)
Maj. Gen. Prof. Ehab Elbaz	(Armed Forces)
Prof. Amira Elbatrawy	(Ain Shams University)
Prof. Samah Rabei	(Helwan University)

#### Moderator

Prof. Mohamed Ramadan	(Fayoum) University)
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#### Background:

The relationship between bipolar disorder (BD) and borderline personality disorder (BPD) has been always been controversial. In fact, the phenomenological overlap between BPD and BD, especially in terms of affective instability and impulsivity, has long been recognized, suggesting that this co-morbidity could represent an artifact of the definition. Diagnostic challenges can emerge, particularly in the context of BD II and BPD. The complication also comes from the prevalence of high rates of BPD in patients with BD. It has been reported in clinical studies and interestingly, this co-occurrence seems to be bidirectional in nature, regardless of the index population studied (BPD with BD or vice versa). The underlying nature of the relationship between BD and BPD remains unclear and continues to foster debate. BPD can frequently co-occur with other disorders such as major depressive disorder, the association between BPD and BD seems to be particularly robust. Moreover, it has been suggested that the development of personality structure may be affected by the early onset of a mood disturbance and that environmental determinants, such as early childhood adversity, may have implications in the development and clinical course of psychiatric disorders such as BD and BPD. Thus, an overlook of the nature and co-occurrence of both disorders is fundamental. Also, tailoring a proper management plan is needed for a better outcome.

#### Objectives:

- Identifying the points needed in diagnosis and management of BD and BPD co-occurrence.

#### Target Audience:

- Psychiatrists

#### Speakers:

##### **Pinpointing borderline personality in the cyclicity of bipolar mood disorders.**

Prof. Amira Elbatrawy (Ain Shams University)

##### **The art of management of tripolarity.**

Dr. Omar Yehia Mansour (Ain Shams University)

##### **Strategies for management ADHD in the context of bipolar disorder.**

Prof. Mahmoud Elwasify (Mansoura University)

#### **Discussion and Conclusion**

#### **Organizer**

Dr. Dina Hussain (Ain Shams University)

## FOCUS LECTURE (10)

### Updates in the Diagnosis and Management of Fatigue: *The role of modafinil*

#### Chairpersons

Prof. Adel Elsheshai	(Alexandria University)
Prof. Hossam El Sawy	(Tanta University)
Prof. Tarek Ahmed Okasha	(Ain Shams University)
Prof. Taghreed Elshafie	(Al Azhar University G.)
Prof. Haydy Hassan	(Suez Canal University)

#### Speaker:

Prof. Maha Sayed (Ain Shams University)

#### Background:

Fatigue, a multifaceted condition characterized by persistent tiredness and reduced mental and physical performance, significantly impacts quality of life and productivity. Modafinil, a wakefulness-promoting agent originally developed to treat narcolepsy, has emerged as a promising therapeutic option for managing fatigue associated with various medical conditions, including multiple sclerosis, depression, and cancer-related fatigue. Its mechanism of action involves modulating dopaminergic and other neurotransmitter systems to enhance alertness and cognitive function. This review explores the efficacy, safety, and potential applications of modafinil in alleviating fatigue, emphasizing its benefits, limitations, and the need for individualized treatment strategies. Further research is warranted to optimize its clinical use and address long-term safety concerns.

#### *Discussion and Conclusion*

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#### Organizer

Dr. Zolfa Salah (Ain Shams University)

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**PANEL DISCUSSION**  
**In Collaboration with**  
**International Marcé Society for Perinatal Mental Health**  
**MENA Regional Group (emerging)**  
**BRAINSTORM SESSION**  
*Strengthening Regional Networking*

**Panel**

Prof. Gihan ELNahas	(Egypt)
Prof. Prabha Chandra	(India)
Prof. Menan Abdelmaksoud	(Egypt)
Prof. Ola Shaheen	(Egypt)
Prof. Hela Ounich	(Tunisia)
Prof. Shewikar El Bakry	(Egypt)
Prof. Amira Elbatrawy	(Egypt)
Prof. Hussein ELKholy	(UK)

**Agenda and objectives:**

There is a well-recognized need for a regional platform to discuss puerperal mental illness comprehensively across various Arab countries, highlighting the common geopolitical, cultural, and social factors that shape Arab women's mental health. This session will focus on the role of civil society organizations in uniting professionals in women's and maternal mental health on a shared platform for information exchange, collaboration, and the advancement of women's services, turning plans into actionable implementation.

**Speakers:**

**MENA Marcé Group: Engaging Members and Driving Collaboration.**

**Women's Mental Health Chapter of the Arab Federation of Psychiatrists: The Path Forward.**

Prof. Gihan ELNahas (Egypt)

**Discussion and Conclusion****Organizer**

Dr. Mariam Abdel Hamid (Ain Shams University)

**FORUM (8)**  
**World Adversity and Psychiatry:**  
*“Focus on adversity in Palestine;  
A Call for Action”*

**Panel**

Prof. Afaf Hamed Khalil	(Ain Shams University)
Emb. Nabila Makram	(Egypt)
Prof. Mostafa Shahein	(Arab Federation of Psychiatrists)
Prof. Abdel Nasser Omar	(Ain Shams University)
Prof. Mohamed Elmahdy	(Al Azhar University)
Prof. Menan Abdelmaksoud	(GSMHAT)
Maj. Gen. Mohamed R. Elfiky	(Egyptian Psychiatric Association)
Dr. Mohamed Zohdy	(MOH)

**Moderators**

Lect. Noha Ahmed Saad	(Ain Shams University)
Lect. Mohamed Farwiz	(Ain Shams University)

**Introduction; Prof. Afaf Hamed Khalil****Background and menu for discussion**

- Context of adversity in Palestine
- Impact of adversity
- The need for improving mental health in Palestine
- The need for building resilience and strategies
- Effort to improve psychiatrist's, role
- Finding solutions to offer supportive services
- Use of telepsychiatry
- Training non-specialists for mental health care
- The role of nongovernmental associations

**Organizer**

Dr. Aya Ashraf (Ain Shams University)

## FORUM (9)

### The Psychiatric Intermediate Care Unit (PICU):

*Towards better mental health services*

#### Chairpersons

Prof. Tarek Ahmed Okasha (Ain Shams University)

Prof. Safeya Effat (Ain Shams University)

Prof. Mohamed Fekry (Ain Shams University)

Prof. Marwa Abd El Meguid (Ain Shams University)

#### Moderator

Dr. Nahla Dessouky (Ain Shams University)

#### Background:

It is the first specialized unit in Egypt and Middle East for management of acute cases of psychiatric emergencies within the inpatient department. The philosophy of the PICU is to provide a modern, needs-led mental health service, which treats patients with dignity and respect in an appropriate environment that is safe and supportive for patients and staff. It is based on a multi-disciplinary approach to provide a range of services that are appropriate to individual need.

#### Speakers:

##### **Protocol and admission pathway of Ain Shams Institute of Psychiatry PICU.**

Prof. Nivert Zaki (Ain Shams University)

##### **PICU admission and exclusion criteria.**

Prof. Nivert Zaki (Ain Shams University)

##### **Assessment tools used in ASUIP PICU.**

Ass. Prof. Rehab Naguib (Ain Shams University)

##### **Characteristics and outcomes of patients admitted to the first Psychiatric Intermediate Care Unit in Egypt & the Middle East.**

Ass. Prof. Ola Oufa (Ain Shams University)

#### ***Discussion and Conclusion***

#### **Organizer**

Dr. Ahmed Sharaf (Ain Shams University)



## FOCUS LECTURE (11)

### Enhancing mental wellness in Depression:

#### *Focus on Escitalopram*

#### Chairpersons

Prof. Mohamed R Elfiky	(Ain Shams University)
Prof. Ahmed Mubarak	(Tanta University)
Prof. Mostafa Alsaadany	(Alexandria (University))
Prof. Nahla Elsayed	(Ain Shams University)

#### Speaker:

Prof. Marwa El Missiry (Ain Shams University)

#### Background:

Depression, a leading cause of global disability, profoundly impacts mental wellness, necessitating effective therapeutic interventions. This presentation explores the role of escitalopram, a selective serotonin reuptake inhibitor (SSRI), in enhancing mental wellness by addressing both symptom reduction and holistic recovery. Enhancing Mental Wellness: Beyond symptom alleviation, escitalopram improves quality of life, emotional regulation, and functional capacity. Integrating patient-centered strategies—personalized dosing, adherence support, and combination with psychotherapy or lifestyle interventions—amplifies outcomes. Case studies highlight its role in restoring social and occupational engagement. Escitalopram is a cornerstone in depression management, bridging biochemical intervention with holistic wellness. Its integration into multimodal, individualized care plans exemplifies modern psychiatry's shift toward comprehensive mental health recovery.

#### *Discussion and Conclusion*

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#### Organizer

Dr. Dalia Abuzaied (Ain Shams University)

## MINI LECTURES (4)

### Chairpersons

Prof. Azza Al Bakri	(Cairo University)
Prof. Heba El Shahawi	(Ain Shams University)
Prof. Fatima Al Muhaish	(KSA)
Prof. Marwa El Missiry	(Ain Shams University)

### Moderator

Dr. Iman Gaber	(GSMHAT)
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### Speakers:

**Highly sensitive children a forgotten diagnosis.**

Prof. Hala Hammad (UK)

**High-Functioning ADHD: A review of current understanding and implications for clinical practice.**

Prof. Mohammed Hussein Ragab (KSA)

### *Discussion and Conclusion*

### Organizer

Dr. Shenouda Abdelshahid (Ain Shams University)

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**MEET THE EXPERT**  
**In Collaborating with**  
**International Marcé Society for Perinatal Mental Health**  
**MENA Regional Group (emerging)**

*The Cultural Aspects of Women's Mental Health:  
Adapting practices to address MENA region needs*

**Chairpersons**

Prof. Gihan ELNahas	(Ain Shams University)
Prof. Taghreed Elshafie	(Al Azhar University G.)
Prof. Heba El Shahawi	(Ain Shams University)

**Speakers:**

**Behind the veil: Understanding the culture complexities of women's mental health in Arab region**

Prof. Afaf Hamed Khalil (Ain Shams University)

Prof. Magda Fahmy (Suez Canal University)

***Discussion and Conclusion***

**Organizer**

Dr. Duaa Elhereby (Ain Shams University)

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## KEYNOTE LECTURE (7)

### New Targets for Schizophrenia Treatment beyond the Dopamine Hypothesis

**Chairpersons**

Prof. Tarek Molokhia	(Alexandria University)
Prof. Ashraf Tantawy	(Suez Canal University)
Prof. Gamal Shamma	(Tanta University)
Prof. Soha Ghobashy	(Alexandria University)

**Speaker:**

Prof. Adel Elsheshai (Alexandria University)

**Background:**

Schizophrenia is a complex psychiatric disorder characterized by positive, negative, and cognitive symptoms. While traditional antipsychotic treatments primarily target the dopamine D2 receptor, this approach often leaves negative and cognitive symptoms inadequately addressed and is associated with significant side effects. Recent advances in neurobiology have expanded our understanding of schizophrenia, revealing the involvement of other neurotransmitter systems, cellular mechanisms, and neural circuits. Emerging therapeutic targets include the glutamatergic system, specifically NMDA receptor hypofunction, and the gamma - aminobutyric acid (GABA) system, and neuroinflammation pathways. Additionally, research into the role of serotonin, cholinergic modulation, synaptic plasticity, and neurotrophic factors has highlighted novel intervention strategies. This shift beyond the dopamine hypothesis offers the potential for more effective, personalized treatments, addressing broader symptom domains and improving long-term outcomes for individuals with schizophrenia.

***Discussion and Conclusion*****Organizer**

Dr. Hind Ahmed (Ain Shams University)

## SYMPOSIUM (3)

### Artificial Intelligence:

#### *Opportunities, risks and priorities in psychiatry*

#### Chairpersons

Prof. Howaida Elgebaly	(Chair, Child Institute, Ain Shams University)
Prof. Heba El Shahawi	(Ain Shams University)
Prof. Hany Malak	(Ain Shams University)
Prof. Mohamed Abo El Abbas	(Al Azhar University-D)

#### Background:

Artificial Intelligence (AI) is being used in research to help with summarizing and writing research papers, brainstorming ideas and medical diagnosis. Researchers can use AI tools for finding and reviewing relevant papers, comprehending academic papers, data collection and analysis, better academic writing, seamless team collaborations, and instant plagiarism checks. AI is also used for analyzing data from experiments, writing research grants, books, and academic journal articles, and editing articles. The field of psychiatry are still entirely limited to subjective conscious symptoms and observable clinical symptoms. With the development of biotechnology and arrival of the age of big data, AI can become a bridge to transform medicine, connecting basic research, drug development, and clinical practice. AI approaches in psychiatric research combine the clinical, psychometric, and biological validation of digital phenotyping into the implementation of diagnostic and prognostic models in real-world clinical practice. Nevertheless, ethical issues should be considered as well.

#### Objectives:

- Help scientists about the use of AI in research and validated web sites for that.
- When and when not to use AI in research.
- The proposed new law for Ain Shams University about the use of AI in research.
- How AI can help in diagnosis and treatment of psychiatric disorders.
- Ethical Consideration.

**Target Audience:** - Psychiatrists. - Students - psychologists.

#### Speakers:

**Empowering science: The impact of artificial intelligence on scientific research.**

Prof. Hany Malak (Ain Shams University)

**Implementation of artificial intelligence in psychiatric diagnosis and treatment.**

Prof. Heba El Shahawi (Ain Shams University)

**Does the use of artificial intelligence necessitate an ethical committee?**

Prof. Marwa El Missiry (Ain Shams University)

#### *Discussion and Conclusion*

#### Organizer

Dr. Dalia Abuzaied (Ain Shams University)

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**SESSION (12)**  
**In Collaboration with**  
**International Marcé Society for Perinatal Mental Health**  
**MENA Regional Group (emerging)**

*Priority Topics in Perinatal Mental Health Research*

**Chairpersons**

Prof. Heba El Shahawi (Egypt)

Prof. Marwa El Missiry (Egypt)

**Background:**

Research on perinatal mental illness is crucial in the Middle East and North Africa (MENA) region because PMI is associated with a high risk of maternal and infant morbidity. While several studies have explored the prevalence and risk factors of PMI in the MENA region, there is a chronic lack of good data about the prevalence, correlation and impact of mental illness among pregnant women and new mothers in the Middle East and North Africa (MENA) region.

**Objectives**

In this session we will demonstrate key results and insights derived from women and perinatal mental health research work conducted by young psychiatrists in the field.

**Speakers:**

Dr. Aya Ashraf (Egypt)

Dr. Radwa Gomaa (Egypt)

Dr. Mohamed ELSheikh (Egypt)

Dr. Georgina Adel (Egypt)

***Discussion and Conclusion***

**Organizer**

Dr. Duaa Elhereby (Ain Shams University)

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## KEYNOTE LECTURE (8)

### Drug Use Disorders and Stroke

**Chairpersons**

Prof. Eman Abo Ella	(Ain Shams University)
Prof. Maha Emadeldin	(Beni Suef University)
Maj. Gen. Prof. Mohamed Diab	(Armed Forces)
Prof. Walaa Sabri	(Ain Shams / Badr University)

**Speaker:**

Prof. Hossam El Sawy (Tanta University)

**Background:**

Addiction has a severe effect on the vascular system of the brain beside the psychiatric effects. It is the fifth leading cause of death in drug abuse. There are many risk factors in drug users that may lead to stroke. Some of substances may lead to cerebral hemorrhage others may lead to infarction. The pathological changes that may lead to stroke differs according to substance and methods of use. Substances as opiates and stimulants are very risky and have different mechanisms in the etiology of stroke.

***Discussion and Conclusion*****Organizer**

Dr. Radwa Gomaa (Ain Shams University)

## PUBLIC SESSION

### تيتا زوز و مشاكل المراهقة و الأسر المصرية: ندوة عامة

#### Chairpersons

Prof. Heba El Shahawi (Ain Shams University)

Prof. Heba Essawi (Ain Shams University)

#### Moderators

Mrs. Isaad Younis (Actress)

Mr. Mohamed Abdelaziz (Script Writer)

#### Background:

Nowadays with the development of technology, young generation in Egypt are exposed to a variety of information through digital media. Although, this was accompanied with better education resources, they face challenges in reaching an equilibrium between their morals, culture respect on one hand and modernization on the other side. Parents as well, face challenges in upbringing their children especially in the adolescent period for a variety of reasons such as Lack of time, economic pressure, and marital problems. In the series (تيتا زوز), the grandmother Dr. Etezaz, who used to work in agriculture and have four children, is trying to follow up her grandchildren problems and help them. She faced many problems and decided to use artificial intelligence to help her in dealing with her family problems through a character named Roshdy. Zozo faced many problems with her grandchildren ranging from cyberbullying, poor self-confidence, self-harm, and even suicidal attempts. Poor parenting, parental discord, excessive exposure of digital media, and poor social communication with adults were among the main reasons for this dilemma. The series had focused on current problems in Egyptian families; therefore, experts in psychiatrists will discuss the optimal solution.

#### Objectives

- Spotlight in different parenting styles and how to improve.
- Proper handling of poor self-confidence and self-harm in adolescents' period.
- Dealing with internet addiction and self-harm.

**Target Audience:** Psychiatrists, psychologists, social workers, teachers and parents

#### Speakers:

**Navigating teens and parents problems: Media and expert prespectives.**

Prof. Heba El Shahawi (Ain Shams University)

**The protective effect of proper parenting on adolescents.**

Prof. Nermin Shaker (Ain Shams University)

**Exploring and mitigating the effects of cyberbullying on adolescents.**

Prof. Marwa El Missiry (Ain Shams University)

#### **Discussion and Conclusion**

#### **Organizer**

Dr. Yasmine Muhammad (Ain Shams University)



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## SYMPOSIUM (4)

### Challenges in Psychosexual Medicine

**Chairperson**

Prof. Ahmed Saad	(Ain Shams University)
Prof. Magda Fahmy	(Suez Canal University)
Prof. Mohamed Fekry	(Ain Shams University)
Prof. Abdullah Mekky	(Al Azhar university B.)

**Background:**

Psychosexual disorders are considered common psychiatric disorders, but they are often ignored in assessment. The changes in the diagnostic classificatory systems were aimed to make the mentioned disorders more related to the clinical presentations of patients. However, despite these changes there are still challenges that face clinicians in dealing with different psychosexual disorders. For years, there was still a debate of considering sex addiction as a mental disorder. By the release of ICD-11, the presence of a separate compulsive sexual behavior disorder CSBD has made it a clear independent disorder of compulsively engaging in sexual activities. Yet, still there are some challenges in the diagnosis and management of such a disorder. Moreover, there has been an increased interest of sexuality among the autism spectrum disorder ASD population. But unfortunately, the colored clinical picture of the sexual problem by the autistic feature makes it hard to be managed. Finally, still paraphilia is debatable through the intersection between legal prospective and the medical one. The condition became more challenging with the changes i done in the classificatory systems.

**Objectives:**

- Highlighting the challenges that face diagnosis and management of different psychosexual disorders

**Target Audience:**

- Psychiatrists and clinical psychologists interested in psychosexual medicine

**Speakers:****Sex addiction: Primary Vs mirror of a psychiatric disorder.**

Dr. Moataz Ibrahim (Ain Shams University)

**Intimate communication in defective communication: sexuality in patients with ASD.**

Dr. Omar Yehia (Ain Shams University)

**Paraphilia: Medical vs legal issues.**

Dr. Sherif Yousri (Ain Shams University)

**Discussion and Conclusion****Organizer**

Dr. Dalia Abouzaied (Ain Shams University)

## FORUM (10)

### Hot Issues in Women Psychiatry

#### Chairpersons

Prof. Wafaa El Bahaay	(Mansoura University)
Prof. Amira Elbatrawy	(Ain Shams University)
Ass. Prof. Dina Ibrahim	(Ain Shams University)
Dr. Mohamed Saad Abdel Salam	(Suez University)

#### Background:

Motherhood is a normal process of life characterized not only by physiological and biological changes in the mother's body, including physical brain changes, but also by a psychological adaptation to the new reality of pregnancy, childbirth and the future baby. Non-psychotic mental disorders are among the commonest morbidities of pregnancy and the post-partum period. However, increasing evidence shows substantial morbidity from other disorders (anxiety disorders, post-traumatic stress disorder (PTSD), eating disorders, and personality disorders). The prevalence of perinatal mental illness has increased in recent years. Some of the contributory factors could be domestic violence, discrimination, stigmatization, sexual violence, and barriers to seeking treatment are important points that must be looked at carefully. As people age, they confront personal and cultural challenges, the effects of which on mental health are not fully understood. When it comes to addressing mental health, older adults' mental health is overlooked more than any other age group. This developmental stage includes many life transitions, increased grief and mourning, amplified self-reflection and review of accomplishments, and the hope this phase of life offers.

#### Objectives:

- In this forum we will discuss different etiological factors affecting women mental health in both adulthood and older stages and highlighting an integrative management approach promoting better mental health in women.

#### Target Audience:

- Psychiatrists, psychologists, social workers and nursing personnel in mental health field, medical students

#### Speakers:

##### **Domestic violence a national mental health problem.**

Prof. Amira Elbatrawy (Ain Shams University)

##### **No health without perinatal mental health.**

Ass. Prof. Shirin El Makawi (Cairo University)

##### **Geriatric women mental illness and integrative management.**

Ass. Prof. Ola Ossama Khalaf (Cairo University)

#### ***Discussion and Conclusion***

#### **Organizer**

Dr. Mariam Abdelhamid (Ain Shams University)

## Hot Topics in Psychiatry (1)

### Chairpersons

Prof. Wa-Il Abohendy (Zagazig University)  
Prof. Shaimaa Arafa (Al Azhar University, G.)  
Ass. Prof. Tarek Elsehrawy (Ain Shams University)

### Moderator

Dr. Omar Yehia (Ain Shams University)

### Speakers:

**Spirituality and Coping Style Among Incurable Advanced Cancer Patients.**

Dr. Ola Osama Khalaf (Cairo University)

**Indecisiveness: Dimension & management.**

Prof. Wa-Il Abohendy (Zagazig University)

### *Discussion and Conclusion*

### Organizer

Dr. Dalia Abouzaied (Ain Shams University)

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## Hot Topics in Psychiatry (2)

### Chairpersons

Ass. Prof. Fatma EL-Deeb	(Tanta University)
Ass. Prof. Rehab Naguib	(Ain Shams University)
Ass. Prof. Ola Oufa	(Ain Shams University)
Ass. Prof. Sara Ashraf	(Ain Shams University)

### Speakers:

**Socioeconomic status and psychiatric comorbidity associated with suicidal behavior among a sample of Egyptian patients who attended Tanta University emergency hospital for suicide related problems.**

Ass. Prof. Fatma EL-Deeb (Tanta University)

**Attachment style, maternal interpersonal trauma, overprotection, and borderline personality disorder.**

Dr. Wahba Hassanein (Private)

### *Discussion and Conclusion*

### Organizer

Dr. Mariam Abdelhamid (Ain Shams University)

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## NEW RESEARCH

### Chairpersons

Ass. Prof. Mohamed Hossam	(Ain Shams University)
Ass. Prof. Rehab Serrag	(Ain Shams University)
Ass. Prof. Dina Ibrahim	(Ain Shams University)
Dr. Mohamed Hosni	(UAE)

### Speakers:

**The Mind-Body Connection: Exploring Stress, Trauma, and Illness Through a Somatic IFS Lens.**

Dr. Hesham Eldabah (Alexandria University)

**Mental health literacy and help-seeking behaviour among Egyptian undergraduates: a cross-sectional national study.**

Dr. Mohamed Baklola (Mansoura University)

**Emotional intelligence and emotional stability in mental health crisis.**

Dr. Hesham Maged (Abbassia Hosp.)

### *Discussion and Conclusion*

### Organizer

Dr. Radwa Gomaa (Ain Shams University)