

conferenceseries



6TH ANNUAL CONGRESS ON

MENTAL HEALTH

SEPTEMBER 23-24, 2026 | AMSERDAM, NETHERLANDS

SCIENTIFIC PROGRAM

AGENDA

Wednesday, September 23, 2026

08:30-08:55 | Registrations Open

08:45-09:00 | Introduction & Opening Ceremony

Keynote Forum

09:00-09:45 Title: Empowering the 9 to 5: Harnessing Self-Care & Neuroscience for Optimal Workplace wellness

Crystal Kaur Toor, Advocate for Workplace Wellness (18-Year Career), Saudi Arabia

09:45-10:30 Title: Positive impact of Executive Coaching and Leadership training for Uber and Amazon employees

Mrs. Victoria, Feldman Head of Learning and Development Amazon, USA

Networking, Refreshments Break & Group Photo 10:30-11:00@Foyer

Major sessions: Addiction/Substance Use Disorder | Bipolar disorder | Women Mental Health | Body Dysmorphic Disorder (BDD) | Borderline Personality Disorder (BPD) | Depression, Stress and Anxiety | Psychosis | Paediatric Psychology | Paediatrics Oncology | Paediatric Trauma & Depression | Paediatric Care & Nursing | Generalized Anxiety Disorder (GAD) | Mood Disorders | Obsessive-Compulsive Disorder (OCD) | Panic Disorder | Multi-Infarct Dementia (MID) | Paranoia and Delusional Disorders | Phobias | Post-Traumatic Stress Disorder (PTSD) | Schizophrenia | Social Anxiety Disorder | Suicide | Children Psychology

11:00-11:30 Title: Decoding prejudice: Understanding patterns of Adolescent Mental Health Stigma

Dr.Sara Albuquerque, Universidade Lusófona,Portugal

11:30-12:00 Title: The Feelings of Family of Elderly Dialysis Patient for EOL at Home: A Case Study

Dr. Nadami MIMURA, Showa University Graduate School of Health Sciences, Japan

12:00-12:30 Title: Barriers for Elderly Patient on Hemodialysis Wishing to Receive End of life care at Home -from a Nurse's Perspective- : A Case Study

Dr. Yui TAMURA, Showa University Graduate School of Health Sciences, Japan

12:30-13:00 Title: Touching Infinity is both a personal memoir on becoming a psychologist

Dr. Douglas UHLIG, New York State Clinical Psychologist, USA

LUNCH BREAK 13:00-14:00@RESTUARANT

14:00-14:30 Title: Associations of bullying, cyberbullying and 24-hour movement behaviours among adolescent girls

Dr. Yancy SHI, The Education University of Hong Kong, Hong Kong

14:30-15:00 Title: Associations of bullying, cyberbullying and depression among adolescent girls

Dr.Yo Hyeong KIM, Shanghai American School, China

15:00-15:30 Title: Impact of an Arts-Based Mental Health Stigma Reduction Program on Youth: Quantitative and Qualitative Evaluation of the WeARTolerance Program

Dr.Isabel Santos, Universidade Lusófona, Portugal

15:30-16:00 Title: Relationship Between Mindfulness, Psychological Well Being And Psychological Inflexibility Among Young Adults

Dr.Tannu Taluja, Uttarakhand University, India

COFFEE BREAK 16:00-16:10@RESTUARANT

16:10-16:40 Title: Positive Leadership: To Navigate the Future Workforce by Addressing Anxiety and SelfEfficacy in Millennials and Generation Z"

Dr.Leonor Almeida, Catholic University of Portugal, Portugal

16:40-17:10 Title: "Real-Time Anxiety Detection"

Dr.Majid Sarrazfاده, UCLA Computer Science Department, USA

****Speaker Slots Available****

Panel Discussion

Thursday, September 24, 2026

08:45-09:00 | Introduction & Opening Cermony

Keynote Forum

09:00-09:45 Title: Decoding the enigma: Valproate encephalopathy in a bipolar affective disorder without hyperammonemia

Dr. Bárbara Castro Sousa, Cova da Beira Hospital Centel, Portugal

09:45-10:30 Title: Assessment of depressive symptoms in patients with COVID-19 pneumonia

Dr. Olga Guskova, Tyumen Cardiology Research Center, Russia

Networking, Refreshments Break & Group Photo 10:30-11:00@Foyer

Major sessions: Addiction/Substance Use Disorder | Bipolar disorder | Women Mental Health | Body Dysmorphic Disorder (BDD) | Borderline Personality Disorder (BPD) | Depression, Stress and Anxiety | Psychosis | Paediatric Psychology | Paediatrics Oncology | Paediatric Trauma & Depression | Paediatric Care & Nursing | Generalized Anxiety Disorder (GAD) | Mood Disorders | Obsessive-Compulsive Disorder (OCD) | Panic Disorder | Multi-Infarct Dementia (MID) | Paranoia and Delusional Disorders | Phobias | Post-Traumatic Stress Disorder (PTSD) | Schizophrenia | Social Anxiety Disorder | Suicide | Children Psychology

11:00-11:30 Title: Content validity of Teacher's evaluation of Neuro developmental delays (TEDD) tool for Indian preschoolers

Dr. Kolhe Sunanda, Amity University Rajasthan, India

11:30-12:00 Title: Some answers about teachers' motivations and new questions about their emotional health

Dr. Eligia Rosa Rodríguez-Rivero, University of La Laguna, Spain

12:00-12:30 Title: An RCT evaluation of the effectiveness of a mindfulness-based, rumination-focused nursing care for rumination (RFN) program for people with Mental Disorders III-A qualitative analysis focusing on the participants' experiences

Dr. Miki Eguchi, Kobe Tokiwa University, Japan

12:30-13:00 Title: Cross-sectional analysis of Colombian University students' perceptions of Mental Health during the COVID-19 pandemic: Repercussions on academic achievement

Dr. Erika T Paredes, UTS, Colombia

LUNCH BREAK 13:00-14:00@RESTUARANT

14:00-14:30 Title: Defining recovery from Psychiatric disorders with spotlight on eating disorders

Dr. Rachel Bachner-Melman, Hebrew University of Jerusalem, Israel

14:30-15:00 Title: Should Orthorexia be considered an eating disorder

Dr. Ada H Zohar, Hebrew University of Jerusalem, Israel

15:00-15:30 Title: Psychological Capital, Workplace Stress, and Mobbing in the Context of Workers' Mental Health

Dr. Dr. habil. GLAVANITS Judit, Department of Modern Technologies and Cybersecurity Law, Hungray

15:30-16:00 Title: Embracing our scars: Self-harm 101

Dr. Bree Wiles, UCLA Health, USA

COFFEE BREAK 16:00-16:10@RESTUARANT

16:10-16:40 Title: Sex Differences in the Relationship between Personal, Psychological and Biochemical Factors with Blood Pressure in a Healthy Adult Mexican Population: A Cross-Sectional Study

Dr. Aniel Jessica Leticia Bramibla Tapia, University of Guadalajara, Mexico

*****Speaker Slots Available*****

Panel Discussion