

Scientific Program

7th World Congress on

Mental Health, Psychiatry & Wellbeing

March 27-28, 2020 | Barcelona, Spain



Conference Series LLC Ltd

47 Churchfield Road, London, W36AY, UK. Tel: +44 20 393 63178

Day 01, March 27, 2020

10:00-10:15 Registrations

**10:15-10:30 Meeting Hall- Andromede
Opening Ceremony**

Keynote Forum

10:30-11:15 Title: Being Mental Health Strong and Walking Resiliently Alongside a Loved One with a Mental Health Condition

Erin Ramachandran, Director (Mental Health & Wellness Program), USA

11:15-12:00 Title: Winning and healing through inner-balance

Tobias Mol, HeartRoads, The Netherlands

Group photo & Coffee Break : 12:00-12:15 @

International Workshop

12:15-13:15 Title: Resiliency and Engaged Leadership; Force Preservation Combined Arms

Leila Brady and Col Brian T. Rideout, USA

Lunch Break : 13:15-14:15 @

Sessions: Eudaimonia and Wellness | Mindfulness and Compassion | Stress, Anxiety and Depression | Mental Health & Well being | Psychology and Psychological Resilience | Mental Health and Quality of Life

Session Chair: Danielle Gryspeerdt, McGill University, Canada

14:15-14:45 Title: The role of values, value-related behaviors and self-efficacy for hedonic and eudaimonic well-being

Agnieszka Bojanowska, PhD, Poland

14:45-15:15 Title: Mindfulness-Based Intervention for Reducing Stress, Depression and Anxiety in Workers: Randomized Trial

Edilaine C. Silva Gherardi-Donato, University of São Paulo, Brazil

15:15-15:45 Title: Emotional Creativity Inventory: validity in junior, senior students and Chilean workers of the ECI-S scale

Silvia da Costa, University of Basque Country, Andres Bello University, Spain

Sessions: Child Psychology, Autism and Protection | Positive Education, Learning and Coaching | Self-harm and Suicide Prevention | Self-harm and Suicide Prevention |

15:45-16:15 Title: The Relation between Bullying at School and Cyberbullying: Risk and Protective Factors

Ifigenia Stylianou, Cyprus

16:15-16:45 Title: The importance of collaboration and compassion in mental health treatment of anxiety disorders

Myra Braun, WI, USA

Coffee Break : 16:45-17:00 @

17:00-17:45 **Title: Positive Education, Learning, and Coaching Tract**
Laura Alipoon and Carol Davis, Loma Linda University, USA

Panel Discussion & Award Ceremony

End of Day-1

Day 02, March 28, 2020

Sessions: Women's Mental Health and Midwifery | LGBT and Sexual Orientation | Autistic Parents Daily Life Challenges | Philosophy, Religion and Language

Session Chair: Hacene Raffa, Canada

Session Co-chair: Martha Lally, USA

09:00-09:30 **Title: Breaking the Silence from this Relationship Destroyer - - Marriage & Mental Health**

Erin Ramachandran, Director (Mental Health & Wellness Program), USA

09:30-10:00 **Title: The influence of Internet in the Increased Suicides among Young Male Homosexuals**

Marcelo Pombo Novaes Fernandes, ISCTE – IUL , Portugal

10:00-10:30 **Title: Religiosity, psychosocial factors, and well-being: an examination among a national sample of Chileans**

Silvia da Costa, Spain

10:30-11:00 **Title: The Influence of Christianity in the Process of Acceptance of Homosexuality: Guilt and Apostasy**

Marcelo Pombo Novaes Fernandes, ISCTE – IUL ,Portugal

11:00-11:30 **Title: Positive thinking in psychology and its outcomes and benefits: Ways to be a positive thinker**

Maimoona Asad, General Practitioner and a Consulting Phycologist, Saudi Arabia

Panel Discussion & Round Table

Best Poster Award

Closing Ceremony