



SOCIETY of NEUROSCIENCES
& REHABILITATION



WORLD PSYCHIATRIC
ASSOCIATION



3rd Department of
Psychiatry, School
of Medicine AUTH

Under the auspices



School of Medicine
Aristotle University of Thessaloniki

9th Congress on
**Neurobiology,
Psychopharmacology
& Treatment Guidance**

ICNP 2024

March 8th - 10th 2024

Porto Palace Hotel, Thessaloniki, Greece



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Final Program

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Συμπληρώνοντας την «ΚΙΤΡΙΝΗ ΚΑΡΤΑ»



Dear colleagues,

It's a great pleasure to welcome you to the **9th Congress on Neurobiology, Psychopharmacology and Treatment Guidance** which will be held on **March 8th-10th 2024** in Thessaloniki, Greece.

This 9th Congress again aims at being valuable for the clinicians who fight daily in the front line for the treatment of real-world patients. In this frame, our goal is to provide a global and comprehensive update of the newest developments in Psychiatry and the allied sciences in a manner, which will be both focused and enriched. The rule is always to avoid content-free eloquence and authority and to face hard questions on the base of research findings.

The congress will gather again many worldwide experts to share with us their knowledge and experience once again with the support and guidance of the World Psychiatric Association and under the Auspices of the School of Medicine, Aristotle University of Thessaloniki.

During these difficult circumstances for the world, advanced education and training is the only way to the future. Novel and advanced technologies and approaches are emerging. Teaching clinical usefulness and application of new knowledge and informed treatment with psychopharmacological agents in a truly multidisciplinary approach will be the central axis of the meeting and although the congress will embrace high tech research concerning psychopathology, new treatment methods, genetics and molecular biology, it also aims on putting the emphasis on the human factor, both the therapist and the patient.

Apart from the humanistic tradition of Psychiatry and life sciences, the continuous and unconditional investment on the high level training of professionals and education of patients and their families, emerged as a significant challenge during the last few decades. Medical scientists and public health policy makers are increasingly concerned that the scientific discoveries are failing to be translated efficiently into tangible human benefit. Today, in an all the more complex and technologically advanced environment, the human factor emerges again as the most valuable one, the factor that determines the final outcome.

This 9th ICNP specifically focuses on the ultimate aim: that is to empower and eventually free patients and their families from the burden of mental disease and fighting for full remission and functional rehabilitation. It also includes the distinguished aim to spread high-level training to younger generations by including symposia organized by medical students and psychiatric residents from around the world. As hosts and organizers, we shall spare no effort in making your participation scientifically rewarding and meaningful.



Konstantinos N. Fountoulakis

Professor of Psychiatry, Aristotle University of Thessaloniki, Greece

Chair of the Scientific Faculty

Director, 3rd Department of Psychiatry, Aristotle University of Thessaloniki Greece
Chair, WPA Section on Pharmacopsychiatry and Section on Evidence-Based Psychiatry



Scientific Program

Friday, March 8th 2024

09.00-10.30 **SYMPOSIUM**

SPECIAL ISSUES IN SCHIZOPHRENIA

Chair: **Ioanna Gkolia**

Personality traits (Big5, Cloninger) and schizophrenia

Ioannis Tsiptsias

Suicidality and parasuicidal behaviors in psychosis

Agoroula Georgiadi

Brain gut axis, psychobiotics and their potential role in future treatments of psychosis

Triantafyllia Kalouda

Psychotherapy (interventions) and schizophrenia

Georgia Erythropoulou

10.30-11.30 **LECTURE**

Chair: **Nikitas Arnaoutoglou**

Clinical databases and research in the age of AI: lessons from an ECT and ketamine dataset

Michael Henry

11.30-13.00 **SYMPOSIUM**

OVERVIEW OF TARDIVE SYNDROMES

Chairs: **Konstantinos Fountoulakis, Nikitas Arnaoutoglou**

Epidemiology and pathophysiology

Michaela Koumati

Risk factors and clinical features

Konstantinos Chovardas

Diagnosis and differential diagnosis

Calypto Mitkani

Treatment and prognosis

Athanasios Saitis

Neurotensin / current research in Neuropeptides in stress and stress related disorders

Grigorios Kyriatzis

Friday, March 8th 2024

13.00-14.30 SYMPOSIUM

PSYCHOTROPIC MEDICATION SIDE-EFFECTS

Chair: **Eva-Maria Tsapakis**

Endocrinopathies

Vasiliki Triantafyllou

Neurological system

Ioannis Tsambazis

Pregnancy and the puerperium

Alexandra Papadopoulou

Cardiovascular system

Marios Bantidos

14.30-15.00 LECTURE

Chair: **Konstantinos Fountoulakis**

Health system's post-covid challenges

Vasileios Kontozamanis

15.00-16.30 SYMPOSIUM

**PSYCHOPHARMACOLOGY IN NEURODEVELOPMENTAL & SCHIZOPHRENIA
SPECTRUM DISORDERS**

Chairs: **Eva-Maria Tsapakis, Frank Tarazi**

Psychopharmacology of autism spectrum disorders

Frank Tarazi

Psychopharmacology of comorbidity of ADHD and psychosis

Kalliopi Diakaki

Psychopharmacology of negative symptoms of schizophrenia

Eva-Maria Tsapakis

Psychopharmacology of neurological soft signs

Michael Treiber



Friday, March 8th 2024

16.30-17.30 LECTURE

Chair: **Eva-Maria Tsapakis**

Efficacy and tolerance of atypical antipsychotic augmentation in major depressive disorder

Kostis Bonotis

17.30-18.30 LECTURE

Chair: **Panagiotis Panagiotidis**

The tower of Babel in psychiatry - Resolving the circle of misconceptions

Orestis Giotakos

18.30-19.30 LECTURE

Chair: **Eva Maria Tsapakis**

Circadian rhythms in contemporary society

Dimitrios Dikeos

19.30-20.30 LECTURE

Chair: **Frank Tarazi**

Somatic multicomorbidity, treatment reality and mortality in mental disorders

Konstantinos Fountoulakis

Saturday, March 9th 2024

08.00-09.30 SYMPOSIUM

BRAIN STIMULATION IN PSYCHIATRY

Chairs: **George P. Chrousos, Theodoros Koutsomitros**

Non-invasive brain stimulation: a new era of mental health therapies
Theodoros Koutsomitros

Augmentation of repetitive Transcranial Magnetic Stimulation (rTMS) for mood disorders
Andy Zamar

Home-use transcranial Direct Current Stimulation (tDCS) in the treatment of depression
Sandra A. Schwarz

09.30-11.00 SYMPOSIUM

BIPOLAR SPECTRUM AND MIXED STATES: HOW TO IMPROVE THE DIAGNOSTIC APPROACH

Chairs: **Giuseppe Tavormina, Francesco Franza**

Cognitive deficits in mood disorders: diagnostic and therapeutic trajectory
Francesco Franza

Comorbidities, depression severity, and circadian rhythms disturbances as clinical correlates of duration of untreated illness in affective disorders
Patrizia Moretti

Multilingual on-line GT-MSRS calculator for early diagnosis of bipolar depression and mixity states
Daria Smirnova

The mixity in mixed states and in the bipolar spectrum disorders
Giuseppe Tavormina

11.00-12.00 SATELLITE SYMPOSIUM

TBA

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Saturday, March 9th 2024

12.00-12.30 SATELLITE LECTURE

Chair: **Anastasia Konsta**

The pharmacokinetic evolution of long-acting injectable risperidone - an upgrade in schizophrenia treatment

Petros Fotiadis

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12.30-13.30 LECTURE

Chair: **Ioannis Nimatoudis**

Nonsense psilocybin approach of assisted psychotherapy

Siegfried Kasper

13.30-14.30 LECTURE

Chair: **Ioannis Nimatoudis**

Medicinal cannabis for treating neuropsychiatric disorders

Ilya Reznik

14.30-15.00 Break

15.00-16.00 LECTURE

Chair: **Eva-Maria Tsapakis**

Immunotherapies for Alzheimer's disease: the time is now

Frank Tarazi

16.00-17.30 SYMPOSIUM

NEW TARGETS FOR PSYCHOTROPIC DRUG DEVELOPMENT - FOCUS ON DEPRESSIVE DISORDERS

Chair: **Angelos Halaris, Xenia Gonda**

The eye of the storm: the evolving role of P2X7 purinoceptors in stress, resilience, depression, anxiety, suicide, and their potential treatment

Xenia Gonda

Unveiling the involvement of endocannabinoids and synaptic plasticity in the antidepressant effects of ketamine and cannabidiol

Sâmia Joca

Mitochondrial targets for the development of novel therapeutic approaches

Maria Skokou

Bipolar disorders: the new thyroid disease

Andy Zamar

Saturday, March 9th 2024

17.30-19.00 SYMPOSIUM

**IMMUNOPSYCHIATRY AND AUTOIMMUNITY: GATEWAY TO PRECISION
PSYCHIATRY**

Chairs: **Angelos Halaris, Janet Cunningham**

Clinical immunopsychiatry in practice - Preliminary findings and challenges
Janet Cunningham

The mild encephalitis hypothesis- new findings for an extended scenario
Karl Bechter

Exploring the intersection of rheumatology, infections, and psychiatry
Jennifer Frankovich

PANS/PANDAS: Case presentations, lessons learned, and clinical pearls from
treating physicians
Jennifer Frankovich, Angelos Halaris

A case study of PANDAS and treatment resistant bipolar disorder
Angelos Halaris

19.00-20.00 LECTURE

Chair: **Konstantinos Fountoulakis**

My diary; Personal millstone of my journey in psychiatry
Joseph Zohar

20.00-20.30 Awards Ceremony



Sunday, March 10th 2024

08.00-09.30 SYMPOSIUM

TELEPSYCHIATRY FOR CHILDREN AND ADOLESCENTS

Telepsychiatry for children and adolescents: A comprehensive guide to its application and success

Paraskevi Tatsiopoulou

Potential pitfalls with telepsychiatry for children and adolescents

Stella Kostikidou

From theory to practice: Recognising and ameliorating the pitfalls

Maria Kerasidou

Workshop - Case scenarios

Paschalina Kosmidou, Magdalini Matsouki, Ioanna Simigdali

09.30-11.00 SYMPOSIUM

COMMUNITY AND MENTAL HEALTH CRISIS RESOLUTION AND HOME TREATMENT INTERVENTIONS TEAMS

Chairs: **Nikitas Arnaoutoglou, Ilias Grammatikopoulos**

The crisis resolution and home treatment older people, South Cambridgeshire and Peterborough NHS Foundation Trust - "The Doctor's and the Nurses' perspective - Part I"

Panagiota Goulia

The crisis resolution and home treatment older people, South Cambridgeshire and Peterborough NHS Foundation Trust - "The Doctor's and the Nurses' perspective - Part II"

Lucy Entwistle

The crisis resolution and home treatment older people, South Cambridgeshire and Peterborough NHS Foundation Trust - "The Doctor's and the Nurses' perspective - Part III"

Alison Wilkinson

Integrate mental health as part of the readiness and planning/implementation in dealing with emergency situations. The 10th Axis of the Hellenic National Action Plan for Mental Health 2021-2030

Sotiris Koupidis

Community based Initiatives in Northern Greece. The paradigm of Mental Health Mobile units

Maria Sofologi

Sunday, March 10th 2024

11.00-12.30 SYMPOSIUM

INTERNATIONAL EVIDENCE-BASED TREATMENT GUIDELINES, AN UPDATE

Chair: **Konstantinos Fountoulakis, Nikitas Arnaoutoglou**

Schizophrenia

Konstantinos Chovardas

Bipolar disorder

Athanasios Saitis

Depressive disorders

Sofia Fylaki

Obsessive-compulsive disorder

Simos Karalis

12.30-14.00 SYMPOSIUM

PSYCHEDELICS IN PSYCHIATRIC TREATMENT, AN UPDATE

Chair: **Eva Maria Tsapakis**

Pharmacology of psychedelics

Eleni Mousiou

MDMA and ketamine in the treatment of PTSD

Fani Polychronidou

Psilocybin and other classic psychedelics in depression

Eleni Anna Kallikourdi

Psychedelic treatments for substance use disorder and substance misuse

Gregory Karakatsoulis



Sunday, March 10th 2024

14.00-15.30 SYMPOSIUM

OPERATIONAL STRESS ISSUES

Chairs: **Petros Fotiadis, Panagiotis Panagiotidis**

COVID-19 crisis management, psychological support for health personnel
Petros Fotiadis

Drugs and war a special relationship
Panagiotis Panagiotidis

Climate change and mental health in the Hellenic Armed Forces
Nikolaos Moschopoulos

War psychology - Malingering and self-inflicted wounds
Eleni Tsalkitzi

Psychological warfare - fake news
Konstantinos Rantis

15.30-16.30 SYMPOSIUM

PSYCHOEDUCATION AND MEDICATION TREATMENT

Chairs: **Eva Maria Tsapakis, Gregory Karakatsoulis**

Psychological perspectives and cultural attitudes towards mental illness and treatment
Ioanna Litsa

Psychoeducation and depression
Eleni Papadimitriou

Psychoeducation and dementia
Margarita Chanopoulou

General Information

Dates and venue

March 8th-10th 2024

Porto Palace Hotel, Thessaloniki, Greece

(65, 26th Octovriou Avenue, T. +30 2310 504504, F. +30 2310 540384, www.portopalace.gr)

Official language

English will be the official language of the congress. No simultaneous translation will be provided.

Congress badge

Delegates are obliged to show their congress badge at the entrance of congress hall for their attendance time to be registered.

Certificate of attendance

All delegates will receive the certificate of attendance. Certificates will be provided after the completion of the scientific program by email.

Presentations

Available visual equipment for all presentations will be through power point presentation. Presentations must be submitted to the technical secretariat 1 hour prior to the presentation. The use of personal computers will not be feasible.

Exhibition

Within the congress area there will be an exhibition of pharmaceutical products.

Registration fees

Type	Amount
Specialists	140,00€
Residents	120,00€
Other Mental Health Professionals	Free
Undergraduate Students	Free

The above registration fees do not include 24% VAT

Registration fees include:

- Admission to the scientific sessions
- Certificate of attendance
- Admission to the exhibition area

Congress Secretariat



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Index of Speakers

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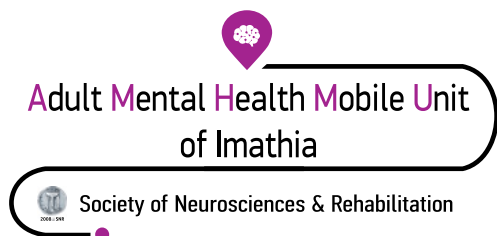
Gaskell Gold Medal & Prize - RCPsych Founder of The London Psychiatry Centre, Medical Director & Consultant Psychiatrist, UK

Zohar Joseph

Director, National Post-Trauma Center, Research Foundation, Sheba Medical Center, Israel

Acknowledgements

The Organizing Committee wishes to thank the below-mentioned companies:



Σημαντικές Πληροφορίες Ασφάλειας

Αντενδείξεις: Το Leronex αντενδείκνυται σε ασθενείς με υπερευαίσθησία στη δραστική ουσία και σε κάποιον από τα έκδοχά του, σε ασθενείς με ιστορικό τοξικής ή ιδιοσυγκρασιακής κοκκιοκυτταροπενίας/ακοκκιοκυττάρωσης (με εξαίρεση την κοκκιοκυτταροπενία /ακοκκιοκυττάρωση από προηγούμενη χημειοθεραπεία) ή σε ιστορικό ακοκκιοκυττάρωσης που προκλήθηκε από Leronex. Σε ασθενείς που δεν μπορούν να υποβληθούν σε τακτικό αιματολογικό έλεγχο. Η θεραπεία δεν πρέπει να ξεκινά ταυτόχρονα με φάρμακα που είναι γνωστό ότι έχουν σημαντικές πιθανότητες να προκαλέσουν ακοκκιοκυττάρωση ή σε ασθενείς με διαταραχή της λειτουργία του μυελού των οστών. Η ταυτόχρονη χρήση αντιψυχωσικών εναποθέσεων (derot) πρέπει να αποθαρρύνεται. Το Leronex αντενδείκνυται σε μη ελεγχόμενη επιληψία, σε αλκοολική και άλλες τοξικές ψυχώσεις, φαρμακευτική δηλητηρίαση και κωματώδεις καταστάσεις. Σε κυκλοφορική καταπληξία και /ή καταστολή του ΚΝΣ κάθε αιτιολογίας. Σε σοβαρές νεφρικές ή καρδιακές διαταραχές (π.χ. μυοκαρδίτιδα). Σε ενεργό ηπατική νόσο που συνοδεύεται με ναυτία, ανορεξία ή ίκτερος. Σε προοδευτική ηπατική νόσο, ή και ηπατική ανεπάρκεια. Σε παραλυτικό ειλεό. **Ειδικές προειδοποιήσεις και προφυλάξεις κατά τη χρήση:** • **Ακοκκιοκυττάρωση** : Το Leronex μπορεί να προκαλέσει ακοκκιοκυττάρωση. Η χρήση του περιορίζεται στους ασθενείς στους οποίους - έχουν αρχικά φυσιολογικά ευρήματα στις μετρήσεις των λευκοκυττάρων $WBC \geq 3.500/mm^3$ ($3,5 \times 10^9/L$) και $ANC \geq 2000 mm^3$ ($2,0 \times 10^9/L$) και - στους οποίους μπορεί να πραγματοποιηθούν τακτικές μετρήσεις των WBC και ANC, κάθε εβδομάδα για τις πρώτες 18 εβδομάδες και για διάστημα τουλάχιστον 4 εβδομάδων στη συνέχεια. Η παρακολούθηση πρέπει να συνεχίζεται σε όλη τη διάρκεια της θεραπείας και για 4 εβδομάδες μετά την πλήρη διακοπή του Leronex. Άμεση διακοπή του Leronex είναι υποχρεωτική αν είτε ο αριθμός των λευκών αιμοσφαιρίων WBC είναι μικρότερος από $3000/mm^3$ ($3,0 \times 10^9/L$) είτε ο απόλυτος αριθμός των ουδετερόφιλων ANC είναι μικρότερος από $1500/mm^3$ ($1,5 \times 10^9/L$) οποιαδήποτε στιγμή κατά τη διάρκεια της θεραπείας. Οι ασθενείς στους οποίους διακόπηκε εξαιτίας σημαντικής μείωσης του αριθμού των WBC είτε των ANC δεν πρέπει να εκτίθενται εκ νέου στο Leronex. Οι ασθενείς με ιστορικό πρωτοπαθών διαταραχών του μυελού των οστών μπορούν να λάβουν θεραπεία μόνο αν το όφελος υπερβαίνει τον κίνδυνο. Οι ασθενείς πρέπει να εκτιμούνται προσεκτικά από αιματολόγο πριν την έναρξη του Leronex. • **Έλεγχος του αριθμού των λευκών αιμοσφαιρίων (WBC) και του απόλυτου αριθμού των ουδετεροφίλων (ANC):** 10 ημέρες πριν την έναρξη θεραπείας πρέπει να πραγματοποιούνται μετρήσεις του αριθμού των λευκών και διαφορικών αιμοσφαιρίων ώστε να διασφαλιστεί ότι μόνο οι ασθενείς με φυσιολογικό αριθμό WBC και ANC (αριθμός $WBC \geq 3500/mm^3$ ($3,5 \times 10^9/L$) και $ANC \geq 2000/mm^3$ ($2,0 \times 10^9/L$) θα λάβουν Leronex. Μετά την έναρξη της θεραπείας πρέπει να πραγματοποιείται τακτική μέτρηση του αριθμού των λευκών αιμοσφαιρίων και του ANC και να παρακολουθείται εβδομαδιαίως για τις πρώτες 18 εβδομάδες και στη συνέχεια για διαστήματα τεσσάρων εβδομάδων τουλάχιστον. • **Ηωσινοφιλία:** Συνιστάται διακοπή, αν ο αριθμός των ηωσινοφίλων αυξηθεί πάνω από τα $3000/mm^3$ ($3,0 \times 10^9/L$). Η θεραπεία πρέπει να ξαναρχίσει μόνο όταν ο αριθμός των ηωσινοφίλων μειωθεί κάτω από $1000/mm^3$ ($1,0 \times 10^9/L$). • **Θρομβοπενία:** Συνιστάται διακοπή της θεραπείας αν ο αριθμός των αιμοπεταλίων μειωθεί κάτω από $50.000/mm^3$ ($50 \times 10^9/L$). • **Καρδιαγγειακές διαταραχές:** Μπορεί να εμφανιστεί ορθοστατική υπόταση, με ή χωρίς συκοπή κατά τη διάρκεια της θεραπείας. Η χρήση του Leronex συνδέεται με αυξημένο κίνδυνο μυοκαρδίτιδας. Έχουν επίσης αναφερθεί περικαρδίτιδα/ περικαρδιακή συλλογή υγρού, καρδιομυοπάθεια, εμφραγμα του μυοκαρδίου, παράταση του διαστήματος QT. • Έχει παρατηρηθεί περίπου τριπλάσια αύξηση του κινδύνου για **εγκεφαλοαγγειακές ανεπιθύμητες ενέργειες**, κίνδυνος θρομβοεμβολής, επιληπτικές κρίσεις. • **Αντιχολινεργικές δράσεις:** Συνιστάται προσεκτική επίβλεψη σε ασθενείς με υπερτροφία του προστάτη και γλαύκωμα κλειστής γωνίας. Διαταραχές διαφόρων βαθμών της περισταλτικότητας του εντέρου, (δυσκοιλιότητα, εντερική απόφραξη, ενσφήνωση κοπράνων, παραλυτικός ειλεός, megacolon, έμφρακτο του εντέρου/ ισχαιμία). • Πυρετός. • Το Leronex μπορεί να προκαλέσει επιληπτικές κρίσεις, υπνηλία, ορθοστατική υπόταση, κινητική και αισθητηριακή αστάθεια, η οποία μπορεί να οδηγήσει σε πτώσεις. • Ηπατική δυσλειτουργία. • Η έναρξη της θεραπείας σε ασθενείς ηλικίας 60 ετών και άνω συνιστάται να γίνεται σε χαμηλότερη δόση. Δεν πρέπει να χορηγείται σε παιδιά και εφήβους ηλικίας κάτω των 16 ετών. • Δεν πρέπει να χρησιμοποιείται αλκοόλ ταυτόχρονα με το Leronex. Ιδιαίτερη προσοχή συνιστάται όταν χορηγείται σε ασθενείς που λαμβάνουν βενζοδιαζεπίνη ή άλλο ψυχοτρόπο παράγοντα. Η ταυτόχρονη χορήγηση ουσιών που είναι γνωστό ότι αναστέλλουν τη δραστηριότητα κάποιων ισοενζύμων του κυττοχρώματος P450 μπορεί να αυξήσει τα επίπεδα της κλοζαπίνης και η δόση της κλοζαπίνης πιθανά πρέπει να ελαττωθεί. • Πρέπει να δίδεται προσοχή όταν συνταγογραφείται σε εγκύους γυναίκες. Οι μητέρες που λαμβάνουν Leronex δεν πρέπει να θηλάζουν. • Περιέχει μονούδρική λακτόζη.

1. Περίληψη Χαρακτηριστικών Προϊόντος Leronex, 04/2023

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