

# Strengthening networks on Mental Health in the Mediterranean area

APRIL 22, 2022 - time CET/ROME



APRIL 22-23, 2022

MEDITERRANEAN  
SOCIETY ON MENTAL  
HEALTH



**9:00 – 9:15**

## Welcome Greetings

Mauro Giovanni Carta - Cagliari, Italy

**9:15 – 10:45**

## Mental health in the Mediterranean area in post-COVID

Chairmen: Elie Karam - Beirut, Lebanon; Viviane Kovess - Paris, France

- **Depression and COVID-19: preliminary results from a community survey in La Manouba Governorate, Tunisia**  
Uta Ouali, Amina Aissa, NIH Team - Tunis, Tunisia
- **Impact of COVID on mental health in Spain**  
Joseph Maria Haro Abad - Barcelona, Spain
- **Psychiatric Care during COVID-19 Pandemic: the Egyptian Experience**  
Tarek Okasha - Cairo, Egypt
- **The impact of COVID-19 in the Italian Health Professional**  
Giuseppe La Torre - Rome, Italy
- **COVID-19 and Young People**  
Mathilde Husky, Viviane Kovess - Bordeaux, France; Paris, France

**10:45 – 12:00**

## Bipolar Disorders - Welcome greetings by Jules Angst, Zurich, Switzerland

Chairmen: Michele Fornaro - Naples, Italy; Francesc Colom - Barcelona, Spain

- **Temperament: the Viennese perspective**  
Andreas Erfurth - Vienna, Austria
- **Circadian rhythms in Bipolar Disorders**  
Michele De Prisco - Barcelona, Spain
- **Treatment of Bipolar Depression**  
Leonardo Tondo - Harvard, US
- **Neuroinflammation in Bipolar Disorder**  
Mai Elassy - Mansoura, Egypt; Kuwait

**12:00 – 13:30**

**Human Rights/Trauma**

Chairmen: Adib Essali - Auckland, New Zeland; Mauro G Carta - Cagliari, Italy

- **Evidence on interventions for promotion, prevention and treatment to support refugees and asylum seekers**  
Marianna Purgato - Verona, Italy
- **Depression, Resilience and Post Traumatic Stress Disorder (PTSD) in Asylum-seeker War Refugees**  
Maria Malliarou - Larissa, Greece
- **Croatian experience on WHO QualityRights: Transforming services and promoting human rights**  
Sladjana Strkalj Ivezic - Zagreb, Croatia
- **Integrative Contextual Model for understanding of posttraumatic mental health sequelae**  
Boris Drozdek - Den Bosch, The Netherlands
- **Scalable interventions for Syrian refugees in Turkey**  
Ceren Acartürk - Istanbul, Turkey

**13:30 – 14:00**

**Lunch time**

**14:00 - 15:00**

**Board meeting**

**15:00 - 16:15**

**Suicide**

Chairmen: Mehmet Eskin - Istanbul, Turkey; Antonio Preti - Turin, Italy

- **The efficacy of problem-solving therapy in suicide attempted psychiatric patients**  
Neslihan Turgut - Aydin, Turkey
- **Reducing suicide risk in Lebanon**  
Cemile Ceren Sönmez - Instambul, Turkey
- **Addressing psychological distress in people bereaved through suicide: the Soproxi program**  
Paolo Scocco - Padova, Italy
- **Suicide among people with bipolar disorder in Tunisia**  
Wissal Cherif, Faten Fkhih-Romdhane, Majda Cheour - Tunis, Tunisia

**16:15 - 17:30**

**New technologies and rehabilitation**

Chairmen: John Cachia Msida - Malta; Liliana Dell'Osso - Pisa, Italy

- **Virtual reality and cognitive remediation in psychiatric rehabilitation**  
Valerio De Lorenzo, Alessandra Perra - Rome, Italy; Cagliari, Italy
- **Sailing and new technologies as rehabilitation tools**  
Aarón Manzanares Serrano, Francisco Sagado, Federica Sancassiani - Murcia, Spain; Cagliari, Italy
- **Telemedicine and Bipolar Disorders**  
Claudia Carmassi - Pisa, Italy
- **e-Health in alcohol and substance use disorders prevention: the D-Arianna and ORION projects**  
Giuseppe Carrà, Cristina Crocamo - Milan, Italy

**17:30 - 18:45**

**Parcours culturels et psychopathologie, le regard de la francophonie méditerranéenne**

Chairmen: Rym Ghachem - Tunis, Tunisia; Attia Dalila Benmassoud - Algiers, Algeria

- **Tempéraments affectifs dans les troubles de l'humeur: Expérience Tunisienne**  
Anwar Mechri - Sousse, Tunisia
- **Recovery et premier logement dans la population sans-abri**  
Vincent Girard - Marseille, France
- **La psychiatrie au Maroc: Réalités et perspectives**  
Ismail Rammouz - Agadir, Morocco
- **Parcours de soins des patients psychiatriques en Algérie: entre croyances autour de la maladie et spécificités culturelles**  
Madoui Mahboub Fatima Zohra - Costantine, Algeria

**18:45 - 19:00**

**Closing activities**



**MEDITERRANEAN SOCIETY ON MENTAL HEALTH**



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APRIL 23, 2022 - time CET/ROME

**9:00 – 10:30**

## Wellbeing and Mental Health

Chairman: Ivan Barbov - Skopje, Macedonia; Maria Pietronilla Penna - Cagliari, Italy

- **Mediterranean Diet and Mood Disorders**  
Fernanda Velluzzi - Cagliari, Italy
- **Towards a validation of two new instruments in the area of bipolar spectrum disorders: questionnaire for hyperactivity and drive to exploration, and genetic tool**  
Goce Kalcev, Alessandra Scano - Cagliari, Italy
- **Active ageing against social exclusion and cognitive impairment**  
Dario Fortin, Giulia Cossu - Trento, Italy; Cagliari, Italy
- **Can regular physical exercise be a treatment for panic disorder?**  
Sergio Machado - Rio de Janeiro, Brazil

**10:30 – 11.45**

## Social Psychiatry

Chairman: Nidhal Staali - Tunis, Tunisia; Nino Makhashvili - Tbilisi, Georgia

- **General practitioners' experiences during the first phase of the COVID-19 pandemic in Italy: a critical incident technique study**  
Peter Kurotschka - Wrzburg, Germany
- **WHO QualityRights in Albania and differences in the experience working in mental health in Albania and Canada**  
Laura Lori Dano - Toronto, Canada
- **WHO QualityRights in Greece: examples of implementation and future perspectives**  
Panagiotis Chondros - Marousi, Greece
- **Enhancing service user participation in mental health decision-making: benefits, challenges, and lessons learned from the case of the first service user association in Lebanon**  
Thurayya Zreik - Beirut, Lebanon

**11.45 – 12.00**

**Closing activities**

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## - SPEAKERS -

**Uta Ouali** - Department Psychiatry A, Razi University Hospital, Tunis, Tunisia; University of Tunis "El Manar", Tunis, Tunisia  
**Amina Aissa** - Department Psychiatry A, Razi University Hospital, Tunis, Tunisia; University of Tunis "El Manar", Tunis, Tunisia  
**NIH Team** - National Institute of Health, Tunis, Tunisia  
**Joseph Maria Haro Abad** - Parc Sanitari Sant Joan de Déu, Universitat de Barcelona, Barcelona, Spain  
**Tarek Okasha** - Okasha Institute of Psychiatry, Faculty of Medicine, Ain Shams University, Cairo, Egypt  
**Giuseppe La Torre** - University "La Sapienza", Rome, Italy  
**Mathilde Husky** - Laboratoire de Psychologie, Université de Bordeaux, Bordeaux, France  
**Viviane Kovess** - Université de Paris, LPPS, Paris, France; Department of Psychiatry, McGill University, Montreal, Canada  
**Jules Angst** - University of Zurich, Switzerland  
**Andreas Erfurth** - Department of Psychiatry and Psychotherapeutic Medicine, Klinik Hietzing, Vienna  
**Michele De Prisco** - Bipolar and Depressive Disorders Unit, Institute of Neuroscience, Hospital Clinic, Barcelona, Catalonia, Spain; Section of Psychiatry, Department of Neuroscience, Reproductive Science and Odontostomatology, Federico II University of Naples, Naples, Italy  
**Leonardo Tondo** - Master of Science Epidemiology and Statistics Harvard School of Public Health, McLean Hospital and Harvard Medical School, Harvard, US  
**Mai Elassy** - Mansoura University, Egypt; Kuwait Center for Mental Health, Kuwait  
**Marianna Purgato** - WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Verona, Italy; Cochrane Global Mental Health, University of Verona, Verona, Italy.  
**Maria Malliarou** - Laboratory of Education and Research of Trauma Care and patient safety, University of Thessaly, Larissa, Greece  
**Sladjana Strkalj Ivezić** - University Psychiatric hospital Vrapce, Croatia  
**Boris Drozdek** - MD, PhD, psychiatrist/psychotherapist, De Hemisfeer, Den Bosch, The Netherlands  
**Ceren Acartürk** - Koc University, Department of Psychology, Istanbul, Turkey  
**Neslihan Turgut** - Clinical Psychologist, Aydin, Turkey  
**Cemile Ceren Sönmez** - Koç University, Istanbul, Turkey  
**Paolo Scocco** - SOPROXI; Mental Health Center, ULSS 6 Euganea, Padova, Italy  
**Wissal Cherif** - Hopital Razi, Manouba, Tunisia  
**Faten Fkhih-Romdhane** - Hopital Razi, Manouba, Tunisia  
**Majda Cheour** - Faculty of Medicine of Tunis, Tunis El Manar University, Tunis, Tunisia; Hopital Razi, Manouba, Tunisia  
**Valerio De Lorenzo** - PRoMIND Services for Mental Health, Rome, Italy; University of Rome "Tor Vergata", Rome, Italy  
**Alessandra Perra** - International Ph.D. in Innovation Sciences and Technology, University of Cagliari, Cagliari, Italy  
**Aarón Manzanares Serrano** - Faculty of Sport, Catholic University of Murcia (UCAM), Murcia, Spain  
**Francisco Sagado** - Faculty of Sport, Catholic University of Murcia (UCAM), Murcia, Spain  
**Federica Sancassiani** - Department of Medical Sciences and Public Health, University of Cagliari, Cagliari, Italy  
**Claudia Carmassi** - Department of Clinical and Experimental Medicine, University of Pisa, Pisa, Italy  
**Giuseppe Carra** - Department of Medicine and Surgery, University of Milan "Bicocca", Milan, Italy  
**Cristina Crocamo** - Department of Medicine and Surgery, University of Milan "Bicocca", Milan, Italy  
**Anwar Mechri** - Faculté de Médecine de Monastir, Monastir, Tunisia  
**Vincent Girard** - Aix-Marseille University, Public Health Research Unit, Marseille, France; Regional Agency of Health, Marseille, France  
**Ismail Rammouz** - Faculté de médecine d'Agadir Université Ibn Zoh, Agadir, Morocco  
**Madoui Mahboub Fatima Zohra** - EHS de psychiatrie. Mahmoud Belamri, Laboratoire des maladies liées au stress psychosocial, Faculté de Médecine Belkacem Bensmail, université 3, Constantine, Algeria  
**Fernanda Velluzzi** - Obesity Unit, Department of Medical Sciences and Public Health, University of Cagliari, Italy  
**Goce Kalcev** - International Ph.D. in Innovation Sciences and Technology, University of Cagliari, Cagliari, Italy  
**Alessandra Scano** - Department of Surgical Sciences, University of Cagliari, Cagliari, Italy  
**Dario Fortin** - Department of Psychology and Cognitive Science - University of Trento, Trento, Italy  
**Giulia Cossu** - Department of Medical Sciences and Public Health, University of Cagliari, Cagliari, Italy  
**Sergio Machado** - Department of Sports Methods and Techniques, Federal University of Santa Maria, Santa Maria, Brazil; Laboratory of Physical Activity Neuroscience, Neurodiversity Institute, Queimados-RJ, Brazil  
**Peter Kurotschka** - Department of General Practice, University Hospital Wuerzburg, Wuerzburg, Germany  
**Laura Lori Dano** - Ryerson University, Toronto, Canada  
**Panagiotis Chondros** - "The HOME Project", Athens, Greece  
**Thurayya Zreik** - Research Consultant, Mental Health Service User Association, Lebanon

## - CHAIRMEN -

**Elie Karam** - St. George Hospital University Medical Center, University of Balamand, Faculty of Medicine, Beirut, Lebanon  
**Viviane Kovess** - Université de Paris, LPPS, Paris, France; Department of Psychiatry, McGill University, Montreal, Canada  
**Michele Fornaro** - "Federico II" University of Naples, Naples, Italy  
**Francesc Colom** - Hospital "Del Mar", Barcelona, Spain  
**Adib Essali** - Consultant psychiatrist, Auckland, New Zealand  
**Mauro Giovanni Carta** - Department of Medical Sciences and Public Health, University of Cagliari, Cagliari, Italy  
**Mehmet Eskin** - Koc University, Psychology Department, Istanbul, Istanbul, Turkey  
**Antonio Preti** - Department of Neuroscience, University of Turin, Turin, Italy  
**John Cachia** - Public Health Medicine & Specialist in Family Medicine, Office of the SPH; Public Health Medicine, University of Malta, Malta  
**Liliana Dell'Osso** - Psychiatry Clinic, University of Pisa, Pisa, Italy  
**Rym Ghachem** - Hôpital RAZI Service Pinel, Tunis, Tunisia  
**Dalila Benmassoud** - Hôpital Psychiatrique Frantz Fanon Blida, Algérie; Université Saad Dahleb - Faculté de Médecine, Blida1, Algérie, Algiers, Algeria  
**Ivan Barbov** - Department of Neuromuscular diseases, University Clinic of Neurology, Skopje, North Macedonia, Skopje, Skopje, Macedonia  
**Maria Pietronilla Penna** - Department of Psychology, University of Cagliari, Italy  
**Nidhal Staali** - Razi hospital, Tunis, Tunisia  
**Nino Makhashvili** - Faculty of Business, Technology, and Education; School of Natural Sciences and Medicine; School of Arts and Sciences; Ilia State University, Tbilisi, Georgia

## - SCIENTIFIC SECRETARY -

**Giulia Cossu, Davide Gipaz, Alessandra Perra, Federica Sancassiani** - Department of Medical Sciences and Public Health, University of Cagliari, Cagliari, Italy

## - PRESIDENT OF THE WEBINAR -

**Mauro Giovanni Carta** - Department of Medical Sciences and Public Health, University of Cagliari, Cagliari, Italy