



INTERNATIONAL SOCIETY of NEUROBIOLOGY  
& PSYCHOPHARMACOLOGY

2008 • ISNP

# 1<sup>ο</sup> Συνέδριο Βασισμένης σε δεδομένα Ψυχιατρικής: Από την έρευνα στην κλινική πράξη

Evidence Based Psychiatry:  
From research to clinical practice

26-29 Μαΐου 2016  
May 2016

Κέρκυρα  
Corfu

[www.psychiatry.gr](http://www.psychiatry.gr)

Πρόγραμμα - Program



# 1<sup>st</sup> Congress on Evidence Based Mental Health: From research to clinical practice

**26-29** May 2016 Corfu  
Corfu Holiday Palace Hotel

## SCIENTIFIC PROGRAM

Thursday, May 26<sup>th</sup> 2016

Kerkyra Ballroom

15.00-16.30

### SYMPOSIUM

#### THE EMERGING EVIDENCE-BASED FACE OF PSYCHIATRY

Chairperson: Konstantinos Fountoulakis (Greece)

Necessity for diagnostic and statistical classification in Psychiatry. A retrospective view in Schizophrenia

Neoklis Eleftheriou (Greece)

Is Clozapine the evidence based gold standard in the treatment of resistant schizophrenia or not?

Myrto Samara (Greece)

Psychiatry: Evidence based medicine and clinical intuition?

Christos Bakas (Greece)

16.30-18.00

### SYMPOSIUM

#### SLEEP PROBLEMS FOR PSYCHIATRISTS

Chairperson: Alexandros Vgontzas (Greece)

Excessive daytime sleepiness and fatigue: It is not just sleep apnea

Alexandros Vgontzas (Greece)

Insomnia: Matching therapies to phenotypes

Maria Basta (Greece)

Sleep complaints in psychiatric disorders: What to do?

Dimitrios Dikeos (Greece)

18.00-19.30

### SYMPOSIUM (In Greek)

#### EPIDEMIOLOGICAL FINDINGS AND APPLICATIONS IN PSYCHIATRIC PRACTICE

Chairpersons: Venetsanos Mavreas (Greece), Petros Skapinakis (Greece)

Epidemiology of mental disorders in adult populations

Venetsanos Mavreas (Greece)

Epidemiology of psychoactive drug use

Stefanos Bellos (Greece)



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Bridging the gap between epidemiology and evidence-based practice in Child and Adolescent Mental Health Services – Myth or reality in Greece?

Triantafyllou Georgia (Greece) , Giannopoulou Ioanna (Greece)

19.30-20.15

## LECTURE

Chairperson: **Alexandros Vgontzas** (Greece)

Evidence based psychiatry: Fact of fiction

**Konstantinos N. Fountoulakis** (Greece)

20.30

Dinner



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Friday, May 27<sup>th</sup> 2016

Kerkyra Ballroom

- 08.00-09.30 **ORAL PRESENTATIONS**  
Chairpersons: Elena Kalogera (Greece), Christos Tsopelas (Greece)
- 09.30-11.00 **SYMPOSIUM (in Greek)**  
**INFLAMMATION IN MENTAL DISORDERS**  
Chairperson: Charalampos Touloumis (Greece)
- Prospects for therapeutic advances in Schizophrenia  
Charalampos Touloumis (Greece)
- Prospects for therapeutic advances in Bipolar Affective Disorder  
Christos Tsopelas(Greece)
- Prospects for therapeutic advances in Depression  
Dimitrios Agiomyriannakis (Greece)
- 11.00-11.30 **Coffee Break**
- 11.30-12.15 **LECTURE**  
Chairperson: Venetsanos Mavreas (Greece)
- Addictology-The emergence of an interdisciplinary field  
Meni Malliori (Greece)
- 12.15-13.00 **LECTURE**  
Chairperson: Meni Malliori (Greece)
- Neurobiology of early life stress and trauma  
Panagiota Pervanidou (Greece)
- 13.00-14.30 **SYMPOSIUM (In Greek)**  
**PSYCHOSOCIAL NEEDS AND SUPPORT FOR REFUGEES AND MIGRANTS IN GREECE**  
Chairperson:
- Acculturation and mental health in immigrant and refugee population  
Fragiskos Gonidakis (Greece)
- Promoting mental health and psychosocial support to refugees and migrants  
Meni Malliori (Greece)
- Psychological reactions of caregivers in Greek refugee spots: Preliminary observations  
Ioanna Bergiannaki (Greece)



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- 14.30-15.15      **LECTURE**  
Chairperson: **Martin Hatzinger (Switzerland)**
- Long acting injectable antipsychotic drugs: Facts and misconceptions  
**Frank Tarazi (USA)**
- 15.15-16.30      **Break**
- 16.30-18.00      **SYMPOSIUM**  
**SLEEP IN DEPRESSION AND DEMENTIA – A WINDOW TO THE BRAIN**
- Chairpersons: **Edith Holsboer-Trachsler (Switzerland), Thomas Paparrigopoulos (Greece)**
- Sleep and synaptic dysfunction in depression  
**Anne Eckert (Switzerland)**
- Synaptic plasticity model of therapeutic sleep deprivation in major depression  
**Christoph Nissen (Germany)**
- Sleep and dementia  
**Dimitris Dikeos (Greece)**
- Sleep in the prediction and course of depression  
**Martin Hatzinger (Switzerland)**
- 18.00-19.30      **SYMPOSIUM**  
**UNDERSTANDING BETTER MOOD DISORDERS AND THEIRS POLARITIES:  
FROM DIAGNOSIS TO TREATMENT**  
Chairperson: **Giuseppe Tavormina (Italy)**
- Early diagnosis of depression: what strategies?  
**Marilisa Amorosi (Italy)**
- Coping mechanism and emergency with patients suffering of major depressive episode  
**Nicolas Zdanowicz (Belgium), D. Jacques (Belgium), C. Reynaert (Belgium), T. Dubois, (Belgium)**
- Mood, art and psychotherapy  
**Immacolata d'Errico (Italy), Donata Tummillio (Italy)**
- Cognitive improvement in Bipolar Disorder II with atypical antipsychotics: a two-year open study  
**Francesco Franza (Italy), Alba Cervone (Italy)**
- Clinical utilization in 35 cases report of the rating scale for mixed states, the "G.T. MSRS"

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- 19.30-20.15 **LECTURE**  
Chairperson: Ioannis Nimatoudis (Greece)
- An overview of Meta-analyses on the non-genetic risk factors for schizophrenia  
Nikolaos Stefanis (Greece)
- 20.15-21.00 **SATELLITE LECTURE (Sponsored by Pharmaserve-Lilly S.A.C.I.)**  
Chairperson: Venetsanos Mavreas (Greece)
- The need to rationalize the treatment in Schizophrenia  
Vasilios-Panteleimon Bozikas
- 21.00 **Dinner**

Saturday May 28<sup>th</sup> 2016

Kerkyra Ballroom

- 08.00-10.45 **SYMPOSIUM**  
**QUANTITATIVE METHODS FOR EVIDENCE SYNTHESIS**  
Chairperson: Georgia Salanti (Switzerland)
- Good practice in undertaking and reporting clinical research: The international standards according to EQUATOR  
Nikolaos Pandis (Switzerland)
- Systematic reviews and meta-analysis  
Georgia Salanti (Switzerland)
- Publication bias in mental health clinical trials  
Dimitrios Mavridis (Greece)
- 10.45-11.30 **LECTURE**  
Chairperson: Antonios Politis (Greece)
- The Constant Evolution of Evidence Based Clinical Practice Guidance for Major Depressive Disorder:  
CANMAT 2016 edition  
Roumen Milev (Canada)

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12.00-13.30 **WORKSHOP**  
**LATE LIFE DEPRESSION: WHAT TO NOTICE AND HOW TO TREAT**  
Chairperson: **Antonios Politis (Greece)**

Depression and cognitive impairment in Late Life  
**Antonios Politis (Greece)**

Pharmacological treatment of late life depression  
**Everina Katirtzoglou(Greece)**

Pharmacological treatment of depression in Alzheimer Disease  
**Antonios Politis (Greece)**

13.30-15.00 **SYMPOSIUM**  
**EVIDENCE BASED FORENSIC PSYCHIATRY**  
Chairperson: **Athanasios Douzenis (Greece)**

Unmet needs of forensic psychiatric patients lead to repeated offending  
**Athanasios Douzenis (Greece)**

Preventing violent recidivism with the use of long acting antipsychotic agents  
**Georgios Tzeferakos (Greece)**

Assessing dangerousness and risk of violence what do we know so far?  
**Christos Tsopelas (Greece)**

15.00-16.30 **Break**

16.30-18.00 **SYMPOSIUM**  
**TRAUMA-FOCUSED PSYCHOTHERAPY**  
Chairperson: **Ioannis Zervas (Greece)**

Review of psychotherapeutic approaches to trauma  
**Ioannis Zervas (Greece)**

Case presentation of CBT approach to acute and chronic phases of PTSD  
**Asimina Grigoriou (Greece)**

EMDR treatment for psychic trauma  
**Elena Kalogera (Greece)**



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## SYMPOSIUM

### CLOZAPINE USE IN SCHIZOPHRENIA – AN UPDATE

Chairpersons: Frank Tarazi (USA), Maria Nystazaki (Greece)

Preclinical profile of clozapine: The “typical” atypical antipsychotic  
Frank Tarazi (USA)

Clinical guidelines on the use of Clozapine  
Styliani Papadopoulou (Greece)

Use and abuse of Prescribing Clozapine in an Acute Mental Health Unit  
Maria Nystazaki (Greece)

Clozapine effects on cognition in Schizophrenia  
Evangelia Tsapakis (Greece)

19.30-20.15

## LECTURE

Chairperson: Maria Basta (Greece)

From risk variants to phenotypic plasticity: The two faces of the serotonin transporter and its implications for health, pathology and clinical work  
Xenia Gonda (Hungary)

20.15-21.00

## LECTURE

Chairperson: Konstantinos N. Fountoulakis (Greece)

Anti-inflammatory drugs as potential antidepressants: emphasis on non-monoamine targets for future antidepressant drug development  
Brian Leonard (Ireland)

21.30

Dinner

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Sunday, May 29<sup>th</sup> 2016

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- 10.00-11.30    **SYMPOSIUM**  
**DECONSTRUCTING AND REMODELING BIPOLAR DISORDER ON THE BASIS OF DATA**  
Chairpersons: Dimos Dimellis (Greece), Vangelis Karavelas (Greece)
- Pros and Cons on the concept of unified psychosis  
Odysseas Kyriazis (Greece)
- Biological aspects of nosological borders  
Vangelis Karavelas (Greece)
- Syndromic or diagnostic oriented treatment?  
Dimos Dimellis (Greece)
- Modeling Bipolarity on the basis of evidence  
Panagiotis Ferentinos (Greece)
- 11.30-13.00    **SYMPOSIUM**  
**FACTS AND MYTHS OF SEXUALITY**  
Chairpersons: Philippos Kouniakakis (Greece), George Papazisis (Greece)
- Epidemiology of sexual disorders and dysfunctions  
Philippos Kouniakakis (Greece)
- The neurobiological basis of sexuality and its dysfunctions  
Konstantinos Randis (Greece)
- Evidence based psychotherapy  
Fotini Ferenidou (Greece)
- Evidence based pharmacotherapy  
George Papazisis (Greece)
- 13.00-13.30    **LECTURE**  
Chairperson: Konstantinos N. Fountoulakis (Greece)
- Integrating mental health into primary care: A global prospective or a rhetoric statement?  
Christos Lionis (Greece)
- 13.00-14.00    **Closing Ceremony**