

# Abu Dhabi International Mental Health Conference

— "Raising Awareness, Back to the Past and Looking to the Future" —

24-26 October, 2019

InterContinental Hotel, Abu Dhabi, UAE



Accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) for 23 European CME Credits (ECMEC®s)



World Association for  
Psychosocial Rehabilitation



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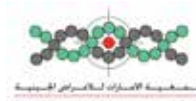
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# A Welcome Address to Abu Dhabi International Mental Health Conference 2019



Dear Colleagues,

Welcome to attend Abu Dhabi International Mental Health Conference, which proved in the past its success, fulfilling its objectives, thanks to Dr Darwish and Dr. Sabbahy I am pleased that the first word in the theme of the conference is (awareness). Awareness will change the image of mental health, will reduce stigma, seeking early help. To fight for reducing stigma of mental illness and early treatment will have its impact on the economy of any country. According to WHO one in every four is suffering from mental health problems. According to London School of Economics, treating depression and anxiety can increase the general domestic income by 2%. The burden of depression is higher than any other disease ,38% of the total burden of diseases, it will be the highest in 2030 among males and females. People with cancer, heart disease, strokes.. can work; however, people with depression cannot work whether with absenteeism or presenteeism, and those with other serious medical illness have often comorbid depression that affect their productivity.

Mental health is an integral component of general health, but has only rarely acquired the important place it merits. It is an area that has been largely ignored or neglected, although it affects and interacts with physical and social health. Mental health should constitute a vital priority for every individual's life, since a balanced mental state makes everyone more effective in coping with the stresses of life, working more productively and fruitfully, and responding more positively to the community's demands. Mental health problems affect not only the individual's well-being and working capacity, but also affects the patient's family and the community at large.

Stigma is pernicious and what is worse there are indications that despite advances of psychiatry and medicine stigma continues to grow and has more and more often terrible consequences for patients and families. It is a basic component of the negative discrimination that people with mental illness experience every day. It blocks access to facilities and options that, in principle at least, have been created to help people impaired by mental illness.

My presentation will discuss how to reduce the effect of stigma of mental illnesses whether to patients, families, neighbors, jobs, housing.....etc. and how investment in mental health can affect the production and economy and the wellbeing of the citizens.



**Prof. Ahmed Okasha**

**Honorary President of the Congress**

Professor And Founder Institute of Psychiatry, Ain Shams University,Cairo, Egypt

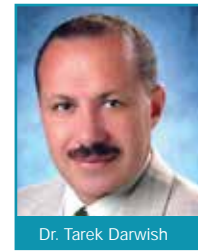
President of World Psychiatric Association (2002-2005)

Hon. President Egyptian Psychiatric Association and Arab Federation of Psychiatrists

Adviser to the Egyptian President for Mental Health and Community Integration

Member of the Egyptian Presidential Council of Distinguished Scientists

## Welcome message



Dear Colleagues,

On behalf of the scientific Committee, it gives us immense pleasure to invite you to **Abu Dhabi International Mental Health Conference 2019** to be held on **24-26 October, 2019** at InterContinental Hotel, Abu Dhabi, UAE.

This annual conference is the pinnacle event in the mental health industry. The conference provides invaluable opportunity to share knowledge, research, latest advances and best practices in the field of mental health.

The conference program is designed to challenge, inspire, and encourage participants while facilitating discussion. It includes an extensive range of topics with keynotes, concurrent sessions, workshops and posters to examine solutions and share ideas for improving the quality of life for our mentally ill patient.

Keynote lectures, submitted papers, workshops and case studies will discuss how approaches and techniques can be incorporated into daily practice. Featuring National and International leading clinical practitioners, academics, and mental health experts, the conference will motivate and inspire professionals (and future professionals) to make change and provide the best possible outcome for those living with mental health conditions.

This unique event will bring together prominent clinical practitioners, academics, service providers and mental health experts to deliberate and discuss mental health issues confronting the UAE and the region

The program will allow ample opportunities for participants to network collaborate and share ideas to enhance the quality and safety practices for mental care provided in the region

We hope this meeting will be of great benefit to all participants, we also hope and trust that you will enjoy your visit to Abu Dhabi, the capital of the United Arab Emirates, the vibrant and fast-growing city that combines state of the art facilities and infrastructure, as well as a glimpse of the traditional arabic culture.

This is an event not to be missed!



**Dr. Tarek Abdalla Darwish**  
**Conference President**

Consultant Psychiatrist & Medical Director,  
BSP, SKMC, Abu Dhabi, UAE

## Welcome message



Dear Colleagues,

On behalf of the organising and scientific committees, we are greatly honored to cordially welcome you all to this timely, informative and exciting event **Abu Dhabi International Mental Health Conference 2019** to be held on **24-26 October, 2019** at InterContinental Hotel, Abu Dhabi, UAE.

This multi-international conference will bring together some of the world's leading mental health specialists whose work has been widely acclaimed and which has contributed to successful patient outcomes.

Our past event has proven to be a major success and has been instrumental in further developing and solidifying our field as an important part in healthcare.

Now in its 2nd year, our conference is gaining a reputation as one of the world's largest established mental health congresses and an inspirational and empowering event tackling all the mental disorders challenges and offering new ideas and latest innovation to examine solutions for improving the quality of life for those with mental health issues in the UAE, the Middle East and the Region.

The scientific committee has developed a truly international event with high profile program that will satisfy all of your expectations and is rich and due to the success. The program will focus on the latest developments in current and controversial issues of our specialty, aims to offer reliable scientific updates in child & adult behavioral health & meet the challenges & opportunities that arise.

There will also be dedicated time for interdisciplinary workshops. As well the conference offers opportunities for paper presentations from clinicians and academics.

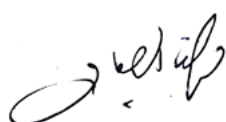
Every year we work towards raising the bar of excellence in terms of formulating a rich comprehensive agenda, inviting world-class renowned speakers for their unique insights, featuring high quality lectures on many key topics related to various psychiatric disorders and creating a rich interactive atmosphere for the exchange of knowledge and ideas to advance and develop the future of mental health in the UAE and the region.

The event will be a great opportunity to network with already known colleagues and to meet new colleagues in the field from across the globe.

We are certain that your active participation and presence in the conference will significantly contribute to the success of this meeting.

I would like to welcome you all in this meeting and I am confident that all the discussions and efforts that will be made during this conference will translate into a major step towards quality mental health care and service for the benefit of the people in need.

Looking forward to welcome you on the 24-26 October 2019 in Abu Dhabi.



**Dr. Medhat Elsabbahy**

**Conference Director**

WAPR Board Member

Head of the Psychiatric Rehabilitation Division

Head of Scientific Sections of Arab Federation of Psychiatrists

Head of the Psychiatric Rehabilitation Dept., BSP, SKMC

Abu Dhabi, UAE

## Conference President

- **Dr. Tarek Abdullah Darwish** - Consultant Psychiatrist & Medical Director, SKMC, Abu Dhabi, UAE

## Conference Director

- **Dr. Medhat Elsabbahy** - WAPR Board Member, Head of the Psychiatric Rehabilitation Division, Head of Scientific Sections of Arab Federation of Psychiatrists, Head of the Psychiatric Rehabilitation Dept., BSP, SKMC - Abu Dhabi, UAE

## Organizing Committee

- **Dr. Alaa Haweel**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Mohamed Gamal Mousa**, Consultant Psychiatrist, Beautiful Mind Center, Abu Dhabi, UAE
- **Dr. Amani Ahmed**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Alaa Khamis Al Naqbi**, Specialist Psychiatrist, BSP SKMC
- **Dr. Mufeed M.S. Raouf**, Consultant Psychiatrist, Sulaiman Al Habib Hospital, Dubai, UAE
- **Dr. Ahmed Elboraie**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Talaat Matar**, Consultant Psychiatrist RAK Hospital, Professor of Psychiatry RAK University
- **Dr. Elbakhir Hassan Abdalla Mohamed**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Khawla Ahmed**, Consultant Psychiatrist, Psychiatry Department, Rashid Hospital, Dubai, UAE
- **Dr. Hadeer Abdel Rahman**, Specialist Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Ahlam Abdullah**, Marketing Department, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Baqlah Hassan Ali**, SCN Nurse, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Fareza Awwad**, Staff Nurse, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE

## Scientific Committee

- **Dr. Tarek Abdullah Darwish**, Medical Director and Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Mohamed Al-Garhy**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Medhat Elsabbahy** - WAPR Board Member, Head of the Psychiatric Rehabilitation Division, Head of Scientific Sections of Arab Federation of Psychiatrists, Head of the Psychiatric Rehabilitation Dept., BSP, SKMC - Abu Dhabi, UAE
- **Dr. Aisha Al Dhufairy**, Specialist Psychiatrist, SKMC
- **Dr. Eman Al Houti**, Specialist Psychiatrist, SKMC
- **Prof. Ahmed Saad**, Professor of Psychiatry, Ain Shams Institute of Psychiatry, Cairo, Egypt
- **Dr. Samer Makhoul**, Consultant Psychiatrist, American Center for Neurology and Psychiatry, Abu Dhabi, UAE
- **Prof. Dr. Hisham Ramy**, Professor of Psychiatry, Ain Shams University, Cairo, Egypt
- **Dr. Tarek Shahrour**, Director of the Psychiatry Residency, Training Program (ACGMEI accredited), Consultant Psychiatrist (Liaison Psychiatry), Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Dr. Adel Ahmed El Sheikh**, Consultant Psychiatrist, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Ma'Moon A M Karaja**, CN Nurse, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE
- **Baqlah Hassan Ali**, SCN Nurse, Sheikh Khalifa Medical City (SKMC), Abu Dhabi, UAE

## Advisory Board

- **Prof. Ahmed Okasha**, M.D., PhD, F.R.C.P., F.R.C., Psych., F.A.C.P (Hon.) Founder, Professor and Emeritus Chairman Institute of Psychiatry, Ain Shams University, Hon. President Egyptian Psychiatric Association, Hon. President Arab Federation of Psychiatrists, President of World Psychiatric Association WPA (2002-2005), Member of the Egyptian Presidential Advisory Council of distinguished Scientists
- **Prof. Afzal Javed**, WPA PRESIDENT Elect The Medical Centre. Manor Court Avenue Nuneaton, United Kingdom
- **Prof. Afaf Hamed Khalil**, Professor of Psychiatry, MD, FRCpsych, FAPA Institute of Psychiatry, Ain Shams University, President of Egyptian Association of Psychiatric Services
- **Dr. Alzain Abbas Omara**, MD , FRCpsych , DPM , FAPA, Consultant Psychiatrist, Al Noor Hospital
- **Prof. Thyloth Murali**, MD, DPM, PRESIDENT WAPR  
Prof. and Head Dep. of Psychiatry, M.S.Ramaiah Medical College and Hospitals
- **Prof. Marianne Farkas**, Boston Rehabilitation Center, USA
- **Prof. Veronica Carey**, Prof. Psychiatric Rehabilitation, Drexel University , Philadelphia  
Chair of Psychiatric Rehabilitation Academy, USA

## Learning Objectives

**Upon completion of this educational activity, participants will be able to:**

- Review the latest evidence and best practices for the management and treatment of different issues related to old aged and adults with mental health disorders.
- Describe fundamentals of quality improvement strategies for mental illness
- Evaluate and diagnose a selected group of common mental disorders using the most updated evidence based tools and apply it appropriately to fit regional special needs.
- Review practical real-life cases and pitfalls in various sub-specialties.
- Examine solutions to real-world clinical problems through case-based learning sessions
- Review current treatment guidelines and how to utilize them in clinical practice.
- Provide insight into patient needs and experiences and improve clinical practice.
- Apply new knowledge in the diagnostic and therapeutic modalities presented in selected topics
- Formulate an appropriate approach that is suitable for local experiences in some of the controversial issues in adults and old aged with mental health disorders
- Perform hands-on workshops given by world-leading experts and tutors in Mental Health Disorders



## Conference Highlighted Sessions

- Mental Health Access and Support, Service Design, Specialized
- Clinically Focused Programs
- Physical Wellbeing, Mental Wellness
- Child Mental Health
- Mentally Healthy Workplaces
- Strategies and Support for Wellness of Mental Health Workers
- Disorder Management
- Adolescent Mental Health
- Child and Adolescent Mental Health
- Aged Care Mental Health Solutions
- Suicide and Self Harm Prevention
- Living with Mental Health Issues
- Mental Health Care
- Artificial Intelligence in Mental Health Care

## Key Features

- State of the art lectures
- Keynote presentations by renowned speakers
- Poster presentations
- World class exhibits
- Interactive sessions
- Case discussions
- Hands-on workshops
- Platform for global networking connecting scientific community

## 5 Great Reasons to Attend

- **ACCESS** a best-in-class program in mental health delivered by experts in the field
- **LEARN** new frameworks and skills that can be implemented in your organisation
- **EXPERIENCE** incredible networking opportunities
- **ASK** questions, challenge thinking
- **JOIN** a community of change makers working to build a better world

## Target Audience

**This activity is designed to meet the needs of:**

- Psychiatrists
- Psychologists
- Neurologists
- Occupational Therapists
- Physical Therapists
- Speech Therapists
- Social Workers
- Counsellors
- General Practitioners
- Family Physicians
- Residents & Fellows
- Pharmacists
- Clinical Nurses
- Geriatrics physicians
- Aged care Providers
- Researchers
- Policy Makers, Government, Academia and Other Mental Health Professionals



## General Adult Psychiatry



**Prof. Ahmed Okasha**

Egypt



**Dr. Tarek Darwish**

UAE



**Dr. Medhat Elsabbahy**

UAE



**Prof. Eduard Vieta**

Spain



**Prof. J. Antoni  
Ramos-Quiroga, Spain**



**Prof. Afaf Hamed Khalil**

Egypt



**Dr. Asma Ben Houidi**

UAE



**Dr. Muna Al Kuwari**

UAE



**Prof. Dr. Momtaz Abdel  
Wahab, Egypt**



**Prof. Nivert Zaki**

Egypt



**Dr. Mohamed Gamal Mousa**

UAE



**Dr. Talaat Matar**

UAE



**Dr. Hamed Al Sinawi**  
Oman



**Dr. Muhammad Iqbal  
Naeem, UK**



**Dr. Hanan Esmaeel  
Abohameer, UAE**



**Prof. Farouk Majzoub**  
Lebanon



**Dr. Jawad Hashim**  
UAE



**Dr. Kadhim Alabady**  
UAE



**Dr. Khaled Mohamed**  
USA



**Dr. Mohamed Yousef  
Aly Abozaid, Kuwait**



**Dr. Waleed Al Faisal**  
UAE



**Dr. Naser Habib  
Al Balushi, Oman**



## Psychiatric Subspecialties



**Prof. Benton Tami**  
USA



**Prof. Tarek A. Okasha**  
Egypt



**Prof. Dr. Hisham Ramy**  
Egypt



**Dr. Mohamed Al Garhy**  
UAE



**Dr. Samaa El Abd**  
UAE



**Dr. Tarik Qassem Mohammad**  
UK



**Anita Sunil**  
UAE



**Prof. Syed Mahboob Shah**  
UAE



**Dr. Michelle Kelly**  
UAE



**Dr. Heba Elshahawi**  
Egypt



**Nipa Bhuptani**  
UAE



**Dr. Ismail Shihabuddeen**, India



**Dr. Abdulmohsen Alhumoud**, UAE



**Dr. Bassem Badr**  
UAE



**Dr. Hamed Al Sinawi**  
Oman



**Dr. Binu George**  
UAE



**Dr. Nahed Jaber**  
Oman



**Nicholas Orland**  
UAE



**Dr. Somaya Hassan Shaheen**, Egypt



**Dr. Abdulaziz Memon**, Canada



**Dr. Tamer Mahmoud Abo AlAta**, UAE



**Dr. Thoraya Omar**  
Egypt



**Dr. Abdelazim Mohamed Mabrouk**, UAE



Arabic Sessions



Zahraa Almousawi  
Kuwait



Prof. Dr. Ahmed Saad  
Egypt



Prof. Charlotte Kamel  
Bahrain



Prof. Dr. Reham Aly  
Egypt



Marwa Abd Allah Dardeer  
Egypt



Dr. Talaat Matar  
UAE



Dr. Ahmed Lotfy  
ElSherbiny, Egypt



Prof. Lotfy Abdul Aziz  
Al-Sherbiny, Egypt



Dr. Othman Ibrahim  
ELSayed, UAE



Dr. Nashwa Karam  
Abu Bakr, KSA



Dr. Marwa Tawfik  
Elhegawy, Egypt



Radwa Abu Bakr  
Egypt



Dr. Youcef Kaddouri  
Algeria



Dr. Nada Mansour  
Albogami, KSA



Alhazmi Malak  
KSA



## Workshop



**Prof. Benton Tami**

USA



**Prof. Dr. Mohamed El Mahdi**

Egypt



**Prof. Dr. Reham Aly**

Egypt



**Prof. Dr. Hisham Ramy**

Egypt



**Sara Powell**

UAE



**Mariam El Halawani**

UAE



**Natalia Gomez Carlier**

UAE



**Dr. Riccardo Dalle Grave**

Italy



**Carine El Khazen**

UAE



**Dr. Abdulmohsen Alhumoud, UAE**



**Samah Mohammed Rehan, Egypt**



**Prof. Farouk Majzoub**

Lebanon



**Dr. Shahid Quraishi**

UK



**Dr. Ismail Shihabuddeen**

India



**Rawan Al-Mujaini**

Oman



**Naglaa El Wasiffy**

Egypt



**Dr. Michelle Kelly**

UAE



**Dr. Hamed Al Sinawi**

Oman



**Dr. Naser Habib Al Balushi**

Oman



**Melody Sylvain**

UAE



**Dr. Dalia Nagui Rizk**

UAE



**Nipa Bhuptani**

UAE



**Dr. Hanan Ghadiry Ahmed**

Egypt





# Abu Dhabi International Mental Health Conference

— "Raising Awareness, Back to the Past and Looking to the Future" —

**24-26 October, 2019**

InterContinental Hotel, Abu Dhabi, UAE

Timings	Scientific Program - Thursday, 24 October 2019		
07:20 – 08:20	Registration & Welcome Break		
08:20 – 08:30	Pre-Test		
08:30 – 08:45	Welcome Remarks - Dr. Tarek Darwish, Conference Chair		
08:45 – 09:00	Welcome - SEHA		
09:00 – 10:30	Honorary President Address: Awareness and Reducing Stigma of Mental Illness Prof. Dr. Ahmed Okasha, Egypt		
	Identification and Interventions for Youths at Risk for Suicide Prof. Benton Tami, USA		
Track Moderators	Dr. Mufeed Raoof	Dr. Alaa Haweel	Dr. Amani Ibrahim
Parallel Session 1	Dar Istiqbal Ballroom	El Waha Meeting Room	Auditorium
	General Adult Psychiatry	Psychiatric Subspecialties	Arabic Sessions محاضرات باللغة العربية
	Chair: Dr. Moza Al Sabousi	Chair: Dr. Alaa Haweel	Chair: Dr. Amani Ibrahim
10:30 – 11:50	Treating Depression in the Era of Precision: Back to the Past and Looking to the Future Prof. Afaf Hamed Khalil, Egypt	A New Opioid Detoxification Protocol Using Loperamide and P-Glycoprotein Inhibitor Dr. Mohamed Al Garhy, UAE	مرض الحب Love Disorder Dr. Talaat Matar Tadross, UAE
	Mental Health for Woman in UAE Dr. Muna Al Kuwari, UAE	Recent and Alternative Untraditional Ways of Addiction Treatment Dr. Tamer Mahmoud Abo AlAta, UAE	ادمان الحب وقواعد البيولوجية Love Addiction! Biology Gone Wrong Dr. Bassem Hamed Mohamed Badr, UAE
			الوسواس القهري واضطراب كرب ما بعد الصدمة الفروق بين الحب البيولوجي والحب الناضج The Differences Between Biological Love & Mature Love Zahraa Almousawi, Kuwait
11:50 – 12:05	Panel Discussion		
12:05 – 12:15	Coffee Break		
Parallel Session 2	Chair: Dr. Mufeed Raoof	Chair: Dr. Alzain Omara	Chair: Dr. Abdel El Sheikh
12:15 – 13:35	Critical Reflection: Foundation for Learning and Practice in Psychiatry Dr. Muhammad Iqbal Naeem, UK	Dementia: A Global Crisis Prof. Tarek A. Okasha, Egypt	اضطراب الايقاع السرکادي والوظائف المعرفية لدى المكتئب Circadian Rhythm Disorder, Cognitive Dysfunction, Depression Dr. Youcef Kaddouri, Algeria Djammed Nassiba, Algeria
	Predictors of Outcome in Psychosis Dr. Mohamed Youssef Aly Abozaid, Kuwait	Who Cares for People with Dementia? Dr. Hamed Al Sinawi, Oman	اضطراب التوحد ومشكلات البلوغ الجنسي المظاهر السلوكية -التدخل واعادة التأهيل Autism and Problems of Sexual Puberty: Behavioural Manifestation, Intervention and Rehabilitation Dr. Marwa Tawfik Elhegawy, UAE
			Obsessive Compulsive Disorder and PTSD Zahraa Almousawi, Kuwait
13:35 – 13:50	Panel Discussion		
13:50 – 14:30	Lunch Break		
Parallel Session 3	Dr. Tarek Shahrour	Chair: Dr. Samaa Al Abd	Chair: Dr. Rami Al Shihhabi
14:30 – 15:50	Misdiagnosis of Bipolar Disorder Dr. Khaled Mohamed, USA	Child Physical And Emotional Abuse and Neglect: A School-Based Cross-sectional Study in Al Ain, United Arab Emirates Prof. Syed Mahboob Shah, UAE	وصمة المرض النفسي في الثقافة العربية Stigma of Mental Illness in Arab Culture Dr. Lotfy A. Elsherbiny, Egypt

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	Dar Istiqbal Ballroom	El Waha Meeting Room	Auditorium
Parallel Session 3 (Continuation)	General Adult Psychiatry	Psychiatric Subspecialties	Arabic Sessions محاضرات باللغة العربية
	Chair: Dr. Tarek Shahrour	Chair: Dr. Samaa Al Abd	Chair: Dr. Rami Al Shihhabi
14:30 – 15:50	The Burden of Bipolar Disorder in the UAE and the Middle East Region, 1990 to 2017 Dr. Jawad Hashim, UAE	Psychosocial Aspects of Childhood Illness: A UAE Perspective Dr. Abdelazim Mohamed Mabrouk, UAE  Attention Deficit Hyperactivity Disorder, Service Provision Dr. Samaa El Abd, UAE	مكافحة وصمة المرض النفسي، هل ما ينجح في البلاد الغربية ينجح في البلاد العربية؟  Fighting Stigma, Does What Work in the West Works in the Arab Countries? Dr. Ahmed Lotfy Moustafa ElSherbiny, Egypt
15:50 – 16:15	Panel Discussion		
16:15 – 16:45	Advances in Schizophrenia Management Symposium - Prof. Jose Olivares, Spain (Auditorium)		
Parallel Session 4	Chairs: Dr. Kadhim Al Abady/Dr. Hadeer Abdelrahman	Chair: Dr. Talaat Matar	Chairs: Dr. Ahlam Salem / Dr. Alaa AlNaqbi
16:45 – 18:05	Level and determinants of Patient Satisfaction with Psychiatric Out-patient Services, Muscat, Oman Dr. Naser Habib Albalushi, Oman  Anxiety Disorders; Why It Is Often Undiagnosed? Dr. Kadhim Alabady, UAE  Effectiveness of Brief Eclectic Family Interventions in reducing family burden and family distress among the care givers of persons with Schizophrenia Dr. Ismail Shihabuddeen Thalangara, India	Autism Awareness Among Practicing Paediatricians in the United Arab Emirates Dr. Michelle Kelly, UAE Dr. Binu George, UAE & Nipa Bhuptani, UAE  Self-esteem and Its Associated Factors Among Emirati Adolescents Age 12 to 18 years Prof. Syed Mahboob Shah, UAE  Controversies in Diagnosis and Management of Pediatric Bipolar Disorder Dr. Heba Elshahawi, Egypt	مجموعة دعم الوالدية الايجابية في مؤسسة دبي لرعاية النساء والأطفال  Positive Parenting Support Group at Dubai Foundation for Women and Children Practical Model Amina Bin Hammad, UAE  دراسة حالة العلاج بالفن لـ سيدة مسنة  Art Therapy Case Report Marwa Abd Allah Dardeer, Egypt
18:05 – 18:20	Panel Discussion		
18:20 – 18:30	Evaluation		
18:30	End of Day 1		
20:30 – 22:00	Symposium : "Better but not well": Unmet needs for the treatment of MMD - Prof. Eduard Vieta, Spain (Dar El Istiqbal Ballroom)		

# Abu Dhabi International Mental Health Conference

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**24-26 October, 2019**

InterContinental Hotel, Abu Dhabi, UAE

Timings	Scientific Program - Friday, 25 October 2019		
08:00 – 08:55	Registration & Welcome Break		
08:55 – 09:00	Welcome Remarks - Dr. Medhat Elsabbahy, Conference Director		
09:00 – 10:00	Key Note Presentation: Future Management of Treatment Resistant Depression Prof. J. Antoni Ramos-Quiroga, Spain		
	The State-of-the-Art Management of Bipolar Disorders Prof. Eduard Vieta, Spain		
10:00 – 10:15	Coffee Break		
Moderators	Dr. Hadeer Abdelrahman	Dr. Sona Vargese	Dr. Aisha Al Dhufairi
Parallel Session 5	Dar Istiqbal Ballroom	El Waha Meeting Room	Auditorium
	General Adult Psychiatry	Psychiatric Subspecialties	Arabic Sessions محاضرات باللغة العربية
	Chair: Dr. Hafez Amin	Chairs: Dr. Mohamed Algarhy/Dr. Sona Vargese	Chair: Dr. Fatema Al Mansouri
10:15 – 11:35	Medical Comorbidity with Schizophrenia Prof. Momtaz Abdelwahab, Egypt	Salient Points in Forensic Psychiatry: Egyptian Perspectives Prof. Hisham Ramy, Egypt	Palliative Care in Psychiatric Practice Prof. Ahmed Saad, Egypt
	Ultra High Clinical Risk for Psychosis: Definitions and Neurobiology Dr. Bassem Hamed Mohamed Badr, UAE	Kuwait Mental Health Law: The Unique Hybrid Dr. Abdulmohsen Alhumoud, UAE	A Review of Burn out in Health Care Professionals Prof. Charlotte Kamel, Bahrain
11:35 – 12:00	Panel Discussion		
12:00 – 13:30	Prayer & Lunch Break		
Parallel Session 6	Chair: Dr. Mohamed Abdel Maqsoud	Chairs: Dr. Amani Hassan / Dr. Saad Omar Al Khanbashi	Chairs: Dr. Aisha Al Dhufairi / Dr. Emel Sheikho
13:30 – 14:50	The neuro-cultural dimensions of insidious emotional traumas and their indices in the Thematic Apperception Test (TAT) Prof. Farouk Majzoub, Lebanon	The application of Behaviour Skills Training (BST) in Training the parent on Applied Behaviour Analytic (ABA) Skill Acquisition Programs in the Middle East Nicholas Orland, UAE	CBT in the management and prevention of Suicide (Arabic) Dr. Reham Abdelsamie Aly, Egypt
	Asthmatic, Hypertensive and Ischemic Heart Patients Effective Screening for Depression Dr. Waleed Al Faisal, UAE	Can Adolescents Be Pushed Into an Eating Disorder? Body Image, Negative Comments and Media: Royal Hospital Experience Dr. Nahed Jaber, Oman	العلاج الأسري الإيجابي Positive Family Therapy Dr. Nashwa Karam Abu Bakr, KSA
	Work Place Stress Survey in Primary Health Care Dr. Waleed Al Faisal, UAE	Childhood Trauma and Dissociative Experiences in Female Borderline Disorder with and Without Substance Dependence Dr. Somaya Hassan Shaheen, Egypt	
14:50 – 15:05	Panel Discussion		
15:05 – 15:35	Symposium: Avoiding Re-Hospitalization: A place for LAI's? - Dr. Samer Makhoul, UAE (El Waha Meeting Room)		



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**24-26 October, 2019**

InterContinental Hotel, Abu Dhabi, UAE

Timings	Scientific Program - Friday, 25 October 2019		
Parallel Session 7	Dar Istiqbal Ballroom	El Waha Meeting Room	Auditorium
	General Adult Psychiatry	Psychiatric Subspecialties	Arabic Sessions محاضرات باللغة العربية
	Chair: Dr. Gamal Mousa	Chair: Dr. Saad Ghalib	Chair: Dr. Elbakhir Hassan
15:35 – 16:55	Transcranial magnetic stimulation Dr. Hanan Esmaeel Abohameer, UAE	Apolipoprotein E4 allele as a risk factor in the onset and progress of Alzheimer's disease Dr. Thoria Omar, Egypt	Approaches to Treatment Resistant Schizophrenia Dr. Othman Ibrahim Elsayed, UAE
	Psychotropic Medications during ECT in the Treatment of Depression, Mania and Schizophrenia Dr. Mohamed Gamal Mousa, UAE	Depression in Old Age Dr. Tarik Qassem Mohammad, UK	دور المساندة الاجتماعية في تحقيق التوافق النفسي Role of Social Support in Psychological Adjustment (Arabic) Dr. Nada Mansour Albogami, KSA & Alhazmi Malak, KSA
16:55 – 17:10	Panel Discussion		
Parallel Session 8	Chair: Dr. Samer Makhoul	Chair: Dr. Ali Albedwawy	Chair: Dr. Amani Ibrahim
17:10 – 18:30	Psychiatric Medications in Pregnancy & Lactation: A Risky Guessing Game?! Yes or No!! Prof. Nivert Zaki, Egypt	Psychosocial Rehabilitation for Victims of Human Trafficking Anita Sunil, UAE	اضطرابات الشخصية بين ضحايا الاعتداء الجنسي في مرحلة الطفولة Personality Disorders in Child Sexual Abuse Population Dr. Othman Ibrahim Elsayed, UAE
	Perinatal Depression: Updates and Overview Dr. Asma Ben Houidi, UAE	Psychosocial Rehabilitation Program at Centennial Centre for Mental Health & Brain Injury Dr. Abdulaziz Memon, Canada	البصمة اللونية أثر البصمة اللونية على الاتزان النفسي رضوى أبو بكر Fingerprint on psychological Balance Radwa Abu Bakr, Egypt
	Is psychiatry a Branch of Medicine? Dr. Talaat Matar Tadross, UAE		
18:30 – 18:45	Panel Discussion		
18:45 – 18:55	Post-Test		
18:55 – 19:00	Evaluation		
19:00	End of Day 2		

Day-2  
17:00 – 19:00

**Parallel Workshop with Prof. Dr. Hisham Ramy, Egypt - For Young Psychiatrist**

Moderators: Dr. Ossama Osman & Dr. Tarek Shahrour - (El Waha Meeting Room)

# Abu Dhabi International Mental Health Conference

— "Raising Awareness, Back to the Past and Looking to the Future" —

24-26 October, 2019

InterContinental Hotel, Abu Dhabi, UAE

Timings	Workshop Agenda - Saturday, 26 October 2019			
08:00 – 09:00	Registration & Welcome Break			
Workshop Session 1	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:
09:00 – 11:00	Identification and Interventions for Youths at Risk for Suicide Prof. Benton Tami, USA	Unearthing Unconscious Stressors in Healthcare Providers: Art Therapy for Self-Care Natalia Gomez Carlier, UAE, Sara Powell, UAE & Mariam El Halawani, UAE	Cognitive Behavior Therapy for Obsessive-Compulsive Disorder (OCD) (Arabic) Dr. Reham Abdelsamie Aly, Egypt & Prof. Hisham Rami, Egypt	بعض التطبيقات العملية لطرق العلاج التأهيلي للمرضى العقليين Rehabilitation for Mental Ill Patients (Arabic) Dr. Hanan Ghadiry Ahmed, Egypt
11:00 – 11:15	Coffee Break			
Workshop Session 2	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:
11:15 – 13:15	Suicide Assessment and Its Role in Preventing Morbidity and Mortality Dr. Shahid Quraishi, UK	5-Steps patients' interview for providing mental health care in PHC Dr. Abdullah Dukhail Al-Khathami, KSA	التقييم النفسي العصبي لمرضى الخرف Neuropsychological Assessment in Cognitive Disorders (Arabic) Dr. Hamed Al Sinawi, Oman Dr. Nasr Al Balushi, Oman & Rawan Al-Mujaini, Oman	Evidence-based Intervention for Autism Spectrum Disorder: An Overview of Applied Behavior Analysis (ABA) Dr. Michelle Kelly, UAE & Dr. Clodagh M. Murray, UAE
13:15 – 14:00	Prayer and Lunch Break			
Workshop Session 3	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:
14:00 – 16:00	Psycho Social Treatment in Schizophrenia Dr. Ismail Shihabuddeen, India	Personalized Cognitive Behaviour therapy for Obesity (CBT-OB) Dr. Riccardo Dalle Grave, Italy & Carine El Khazen, UAE	Management of Female Sexual Dysfunctions (Arabic) Prof. Dr. Mohamed Elmahdi, Egypt	ACT: An Empirically Validated Approach to a Meaningful Life Melody Sylvain, UAE & Nipa Bhuptani, UAE
Workshop Session 4	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:	Workshop Room: TBA Chair:
16:00 – 18:00	Forensic Psychiatry: The What, The Who, The Why Dr. Abdulmohsen Alhumoud, UAE	إختبار تَبْصُرِ المتون Apperception Test (TAT) في تقييمه الصدمة التخلقية لدى الأطفال والراشدين The Thematic Apperception Test (TAT) in the Assessment of Children and Adults with Attachment Trauma (Arabic) Prof. Farouk Majzoub, Lebanon	دائرة الأمان "My comfort zone" Workshop (Arabic) Samah Mohammed Rehan, Egypt & Naglaa El Wasiffy, Egypt	Introduction to Dialectical Behavior Therapy for Borderline Personality Disorder Dr. Dalia Nagui Rizk, UAE
18:00	End of Day 3			

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## Poster Presenters

**Mu Opioid Receptor Gene (OPRM 1) Polymorphism in Patients with Opiate Use Disorder**

Prof. Dr. Nehal Mostafa Ahmed Attia, Cairo University Egypt

**Study Of Telomere Length And 8-hydroxy-2-deoxyguanosine (8-OHdG) As Markers For Early Prediction Of Alzheimer Disease**

Dr. Rawhia Hassan El-Edel, Menoufia University, Egypt

**Case Report of Sands-like Dysesthetic Syndrome**

Dr. Dimitre Dimitrov & Dr. Medhat Elsabbahy, Sheikh Khalifa Medical City, Abu Dhabi, UAE

**Substance Misuse in Acute Psychiatric Admissions of Young Adults**

Dr. Muhammad Iqbal Naeem, NHS Foundation Trust, UK

**Attitudes of Healthcare Professionals towards Mental Illness; a Survey Study in Ras Al Khaima**

Ayesha Khan, Ras Al Khaimah Medical and Health Sciences University, UAE

**Depression in Adult Patients with Biotin Responsive Basal Ganglia Disease**

Dr. Asif Rashid, LifePath Systems, Plano, TX, USA

**Evaluation of Cardiovascular Risk in Individuals with Serious Mental Illness**

Monica Zolezzi, Qatar University, Qatar

**Topiramate as Adjuvant for OCD in Bipolar Disorder: A Case Series**

Dr. Firoz Kazhungil, Universal Hospital, Abu Dhabi, UAE

**From Natural to Artificial Resiliency to Prevent Substance Abuse in the Arab World (example of Algeria)**

Dr. Taleb Hanane, University of Ouargla, Algeria



# PRA TRAINING WORKSHOP

**25-26 October, 2019**

InterContinental Hotel, Abu Dhabi, UAE

**Registration Fee  
1700 AED**



**Speaker:**

**Prof. Veronica Carey**

Prof. Psychiatric Rehabilitation, Drexel University  
Philadelphia, Chair of Psychiatric Rehabilitation Academy  
USA

## Target Audience:

- Psychiatrists
- Psychologists
- Psychiatric nurses
- Home care nurses
- Community nurses
- Social workers
- Occupational therapy
- All mental health workers

## Topics:

**Psychiatric Rehabilitation Competencies (6 Hours)**

25 October, 2019 - InterContinental Hotel, Abu Dhabi, UAE

**Assessment and Treatment Planning**

26 October, 2019 - InterContinental Hotel, Abu Dhabi, UAE

# Glimpse of Mental Health Conference



**650**  
Delegates

**59**  
Speakers

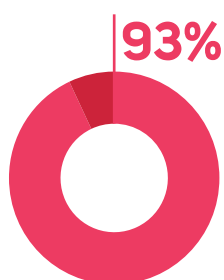
**07** Poster  
Presentations

**10**  
Workshops

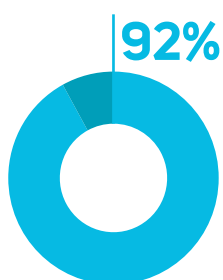
**21.5** CME  
Hours (DOH)

**16** CME/CPD  
Hours - KSA

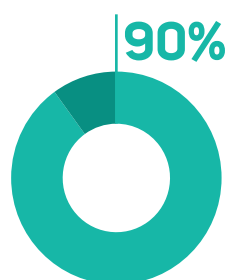
## Delegates Feedback



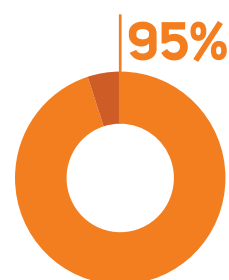
Attended the event  
for scientific content



Described the  
conference as excellent



Rated the speakers  
as outstanding



Rated the conference  
very well organized

## Tracks Covered



General Adult  
Psychiatry



Psychiatric  
Subspecialties



Arabic  
Sessions



Abu Dhabi National Exhibition Centre  
Abu Dhabi, UAE

“It is the main and most beneficial Mental Health specialists' gathering in the region”.  
Fouziah Alomair, Clinical Psychologist, Dr. Sulaiman Alhabeeb Medical Center – Riyadh

"I thoroughly enjoyed the conference. Very well organized, All speakers were excellent making me wish we had more time for each session. I gained a lot of insights and knowledge".

Dr. Rawan Al Abdullah, King Saud University, College of Medicine, KSA



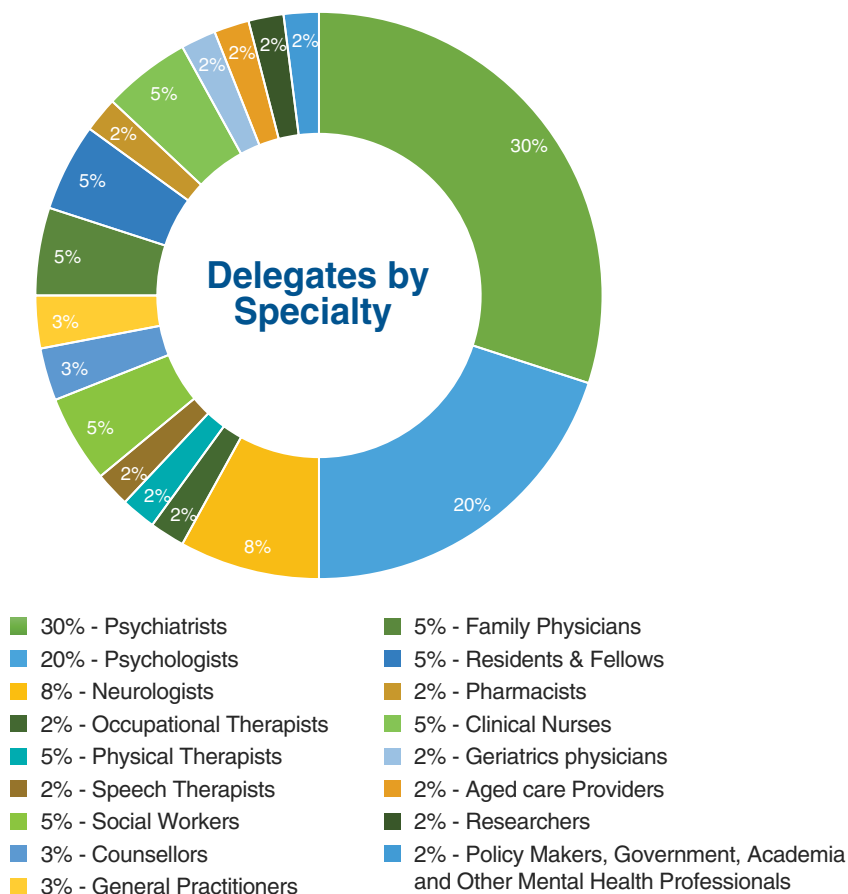


### Delegates Participation from Different Countries

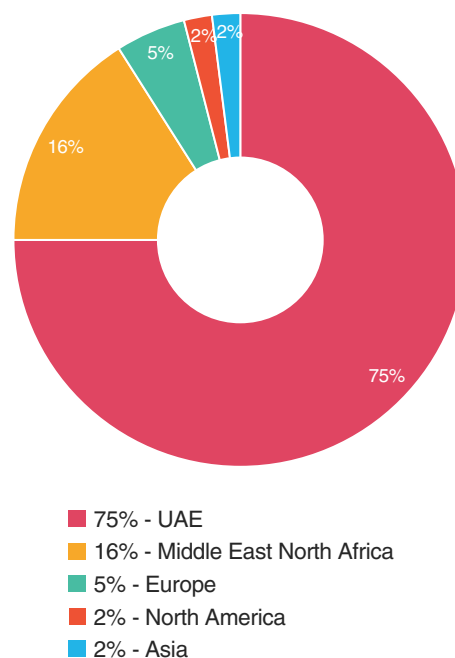


Over 650 Participants attended the conference which was extremely beneficial in their practice.

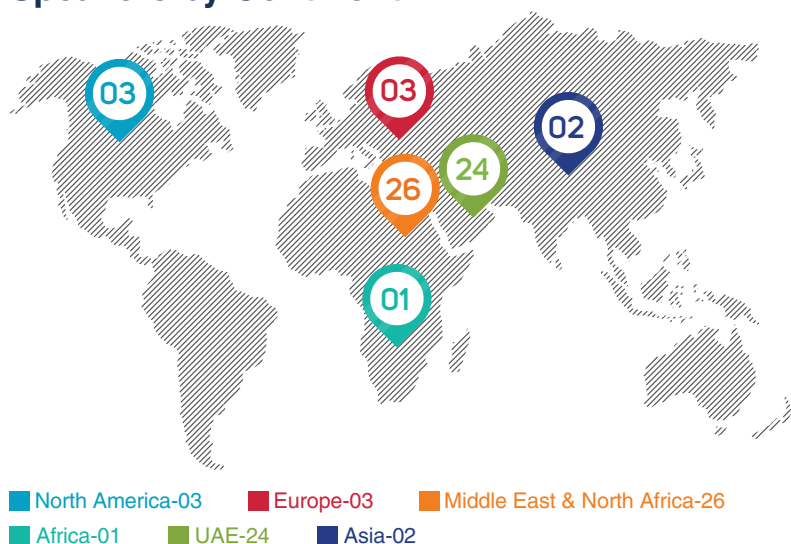
### Delegates by Specialty



### Delegates by Continent



### Speakers by Continent



### Why Delegates Attend Abu Dhabi International Mental Health Conference ?

**84%**

Keep up to date to the latest dermatology and aesthetics techniques

**84%**

Meet the industry colleagues

**82%**

Establish new contacts & collaborations

**80%**

Find / Buy specific product or service



The UAE largest Mental Health event supported by World Association for Psychosocial Rehabilitation

There is no other show in the region which brings together as many industry experts to show case and discuss the latest developments in Mental Health



## Why our Exhibitors chose Mental Health Conference?

**87%** Seek immediate business

**90%** Meet existing clients or partners

**72%** Look for a local agent

**93%** Seek potential clients

**62%** Monitor competitor activity

**90%** Create the brand awareness of company

## Exhibitors Survey Results

**77%** Exhibitors have re-booked for next year conference

**88%** Described the quality of visitors was very good

**72%** Exhibitor generated business leads



**95%** Exhibitors described the overall quality of the event was excellent

**93%** Exhibitors who responded to the survey were satisfied with the quality of visitors at Mental Health Conference





## HOW TO REGISTER

 [www.menaconference.com](http://www.menaconference.com)  
 Tel.: +971 24 919 888

### Personal Details

Full Name:

Job Title:

Place of Work:

City:

Mobile:

Tel (work):

Email:

Fax:

☐ Yes, I would like to receive information on future events by e-mail.

☐ I do not want my address to appear on the delegates list.

### Registration Fees

Please select the conference that is relevant to your speciality.

SEHA Staff	
<input type="checkbox"/> Doctors	AED 1000
<input type="checkbox"/> Nurses / Residents / Allied Health Professional	AED 800
<input type="checkbox"/> Students	AED 600

Non-SEHA Staff	
<input type="checkbox"/> Doctors	AED 1250
<input type="checkbox"/> Nurses / Residents / Allied Health Professional	AED 1000
<input type="checkbox"/> Workshop (Selection of 3 workshop)	AED 300
<input type="checkbox"/> PRA Training Workshop	AED 1700

A confirmation email will be sent upon receipt of your registration form. Please note that full payment must be received prior to the event. Payment can be made via Online / Credit card / Cheque/Bank drafts in AED. All payment should be in favour

UAE Government mandate, VAT will be applicable at a standard rate of 5%

### Payments

Please choose one of the following mode of payment

- ☐ By Online ([www.menaconference.com](http://www.menaconference.com)) ☐ By cheque payable to MENA  
☐ By Credit card ☐ By Bank Transfer

BANK TRANSFER	
Account Name	MIDDLE EAST NORTH AFRICA CONFERENCE
Bank Name	BANK OF BARODA, HAMDAN STREET, ABU DHABI
Bank Account No.	90020200006131
Swift Code	BARBAEADADH
Iban No.	AE290110090020200006131

### Organizing Office

شركة الشرق الأوسط وشمال افريقيا للمؤتمرات ذ.م.م.



For registration and further information, please contact

**Mr. Jerico & Ms. Maria**  
Phone: +971 2 4919888  
Mob: +971 565033749, +917 565033745  
Email: [jerico@menaconference.com](mailto:jerico@menaconference.com),  
[maria@menaconference.com](mailto:maria@menaconference.com)

### Cancellation / Substitution Policy

If you are unable to attend, a substitute delegate will be very welcome in your place. If this is not suitable, a 20% administration fee will apply. Registrations cancelled less than two weeks before the event are non refundable.

### Event Venue



InterContinental Abu Dhabi  
King Abdullah bin Abdul Aziz Al Saud St.  
Abu Dhabi, UAE  
02 666 6888

The organizing committee reserve the right to make any modifications to the programme in occurrence of any unforeseen circumstances.

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MARK YOUR  
CALENDAR

**24-26 October, 2019**

InterContinental Hotel, Abu Dhabi, UAE



For registration and further information, please contact:

**Mr. Jerico or Ms. Maria**

Phone: +971 2 4919888 | Mob : +971 565033749 | +971 565033745

Email: jerico@menaconference.com | Email: maria@menaconference.com

Managed by

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