

8th Qatar International Psychiatry and Mental Health Conference

“Integrating Physical and Mental Health”



5 to 7 December 2019

Sheraton Grand Doha Resort and Convention Hotel



This activity is an Accredited Group Learning Activity Category 1 as defined by the Qatar Council for Healthcare Practitioners - Accreditation Department and is approved for a maximum of 19.25 hours.

In Partnership with:



Welcome

message from

conference

chairperson



Dear delegates, presenters, sponsors and supporters,

Mental Health Services at Hamad Medical Corporation (HMC), in partnership with Qatar's Ministry of Public Health, is pleased to contribute to the learning and knowledge exchange for all healthcare professionals interested in information relating to the field of psychiatry and mental health.

We are delighted to welcome you to the 8th Qatar International Psychiatry and Mental Health Conference. Our overarching theme for this year is "Integrating Physical and Mental Health", which is such an important approach to dealing with and promoting general health and wellbeing.

This concept permeates throughout the largest and most comprehensive program we have arranged throughout three days. Whether you are a delegate, speaker, poster presenter, sponsor or engaged in the planning and delivery of this conference – we appreciate your active participation to help make this our most successful event to date. This is the ideal platform to showcase excellence in clinical practice, education and research, and to network with like-minded individuals who are keen to promote mental health services and care.

Your feedback on the overall conference format and individual sessions continues to be so valuable to help us raise the standard of our future conferences. We therefore greatly appreciate you taking the time to submit your answers to targeted survey questionnaires that are accessible via the conference App.

My fellow colleagues and I wish you a wonderful and informative conference experience.

Dr. Suhaila Ghuloum
Sr. Consultant Psychiatrist – HMC Mental Health Service
Conference Chair



Special thanks goes out to all speakers and poster presenters:

International Speakers

| Title | Name | Position/Organization |
|-------|--------------------------|---|
| Dr. | Abdulmohsen Alhumoud | Head of the Forensic Psychiatry Department at Kuwait Center for Mental Health; Lead Forensic Psychiatrist at Maudsley Mental Health |
| Dr. | Azza Al Mashaikhi | Internship Program, Sultan Qaboos University |
| Dr. | Doaa Farid | Ph.D. Candidate, Family Medicine and Primary Care Research, McGill University |
| Prof. | Edward Bullmore | Co-Chair of Cambridge Neuroscience, Scientific Director of the Wolfson Brain Imaging Centre, and Head of the Department of Psychiatry at Cambridge University |
| Ms. | Elaine Hanzak | Author and inspirational speaker |
| Dr. | Hamad Al-Sinawi | Senior Consultant - Department of behavioral medicine, Sultan Qaboos University Hospital, Oman |
| Dr. | Jacintha Cauffield | Associate Professor of Pharmacy Practice, Palm Beach Atlantic's Lloyd L. Gregory School of Pharmacy |
| Prof. | Jane Fisher | Director of Global and Women's Health, Monash University, Australia |
| Prof. | Maritta Valimaki | Leading the Mental Health Care Research Team at the Hong Kong Polytechnic University |
| Prof. | Michel Probst | Department of Rehabilitation Sciences. Head of the research unit Adapted Physical Activity and Psychomotor Rehabilitation and coordinator of the studies "Rehabilitation Sciences in Mental Health Care, Belgium. KU Leuven |
| Dr. | Naser Al Balushi | Specialist Psychiatrist, Sultan Qaboos University Hospital |
| Prof. | Pamela Taylor | Chair in Psychiatry, Division of Psychological Medicine and Clinical Neurosciences, Cardiff School of Medicine |
| Dr. | Philip Corlett | Associate Professor of Psychiatry, Yale University Department of Psychiatry |
| Prof. | Simon Wessely | Professor of Psychological Medicine and Regius Professor of Psychiatry at King's College London, Consultant Liaison Psychiatrist at King's College and the Maudsley Hospitals |
| Dr. | Tarig Taha Mohamed Salah | Psychiatrist, Juniper Centre, Moseley Hall Hospital |
| Mr | Thomas Midgley | Behavioral and Cognitive Psychotherapist & Highly Specialized Eating Disorder Dietitian |

Local Invited Speakers

| Title | Name | Position/Organization |
|-------|------------------------|--|
| Dr. | Ahmed Othman Bawazir | Senior Consultant and Faculty of Family Medicine Residency Program, Primary Healthcare Corporation |
| Dr. | Aicha Hind Rifai | Assistant Professor of Clinical Psychiatry, Weil Cornell Medicine - Qatar |
| Ms. | Arij Yehya | Core Curriculum Program, Qatar University |
| Dr. | Atif Magbool | Consultant Child and Adolescent Psychiatrist, Sidra |
| Mr. | Badreldine Elsheikh | Primary Healthcare Corporation |
| Prof. | Barry Sulaiman | Assistant Professor of Law, Hamad Bin Khalifa University |
| Dr. | Felix Blaine | Naufar |
| Dr. | Hassen Al-Amin | Professor of Psychiatry, Weil Cornell Medicine - Qatar |
| Dr. | Khalid Abduljabbar | Consultant, Ministry of Administrative Development, Labor and Social Affairs, Qatar |
| Ms. | Layla I-Bacha | Art Specialist, Qatar Foundation |
| Dr. | Mahnaz Moussawi | Director, Student Wellness & Counseling Center, Georgetown University |
| Dr. | Mamoun Mobayed | Consultant Psychiatrist & Director of Treatment & Rehabilitation Dept., Behavioral Healthcare Center |
| Dr. | Mohamud Verjee | Assistant Dean, Medical Student Affairs, Co-Director, Primary Care Clerkship Associate Professor of Family Medicine in Clinical Medicine, Family Physician |
| Ms. | Monica Zolezzi | Assistant Professor, College of Pharmacy, Qatar University |
| Prof. | Moune Jabre | Assistant Professor of Clinical OB/Gyn, Weil Cornell Medicine - Qatar |
| Dr. | Reham Negm | Acting Assistant Executive Director – HHQI |
| Dr. | Rehan Siddiquee | Naufar |
| Dr. | Rodney Sharkey | Professor of English, Weil Cornell Medicine - Qatar |
| Ms. | Salma Khaled | Assistant Professor, Social and Economic Survey Research Institute, Qatar University |
| Dr. | Samya Ahmad Al Abdulla | Senior Consultant of Family Medicine, Executive Director of Operations Primary Health Care Corporation |
| Ms. | Suhad Daher-Nashif | Assistant Professor of Behavioral and Social Sciences, Qatar University |

HMC Speakers

| Title | Name | Position/Organization |
|-------|-------------------------------|--|
| Dr. | Abdelhamid Afana | Senior Clinical Psychologist and Psychotherapist, MHS, HMC |
| Dr. | Abdullah Hamad | Senior Consultant, Nephrology, HMC |
| Dr. | Ameera Al Kharaz | Consultant, MHS, HMC |
| Mr. | Ashok Bhagat | Occupational Therapy Supervisor, MHS |
| Dr. | Biju Bhaskaran | Consultant Geriatrician, RH, HMC |
| Dr. | Bindu Saleem | Psychologist, CAMHS, MHS, HMC |
| Dr. | Eman Saeed | Consultant, MHS, HMC |
| Mr. | Ghazi Daradkeh | Clinical Dietitian Supervisor, Dietetics & Clinical Nutrition, HMC |
| Dr. | Hesham Rustom | Consultant, MHS, HMC |
| Dr. | Ibrahim Makki | Medical Resident, MHS, HMC |
| Dr. | Khalid Elzamzamy | Medical Resident, MHS, HMC |
| Dr. | Mahmoud Fakhra | Consultant, MHS, HMC |
| Dr. | Mani Chandran | Senior Consultant Old Age Psychiatrist, RH, HMC |
| Dr. | Margaret Allen | HMC Medical Education |
| Dr. | Mohamed Abdelalaim Ibrahim | Senior Consultant Psychiatrist, MHS, HMC |
| Dr. | Mohamed El Tahir | Senior Consultant, MHS, HMC |
| Dr. | Mustafa Abdul Karim | Medical Resident, MHS, HMC |
| Dr. | Nahid Mohammed Elhassan Fadul | Clinical Fellow, MHS, HMC |
| Ms. | Needa Khan | Data Analyst, HHQI, HMC |
| Ms. | Nervana Elbakary | Clinical Pharmacist, MHS, HMC |
| Dr. | Noriya Alkhuzaei | Director of Pharmacy, MHS, HMC |
| Ms. | Oraib Abdalla | Clinical Pharmacist, MHS, HMC |
| Dr. | Ovais Wadoo | Consultant Psychiatrist, MHS, HMC |
| Dr. | Pravija Talapan Manikoth | Consultant Old Age Psychiatrist, RH, HMC |
| Dr. | Rajeev Kumar | Senior Consultant, MHS, HMC |
| Ms. | Reem Ibrahim | Research Assistant in MHS, AHS |
| Dr. | Reham Negm | Acting Assistant Executive Director , HHQI, HMC |
| Dr. | Saleem Al Nuaimi | Consultant, CAMHS, HMC |
| Dr. | Sami Ouanes | Clinical Fellow, MHS, HMC |
| Dr. | Sanabel Alakras | Clinical Fellow, MHS, HMC |
| Dr. | Shuja Reagu | Consultant, MHS, HMC |
| Dr. | Tarek Saad | Consultant, MHS, HMC |
| Dr. | Yasser Khan | Consultant, MHS, HMC |
| Mr. | Yassin Eltorki | Clinical Pharmacy Specialist, MHS, HMC |

Opening Ceremony - Thursday 5 December 2019 | Room: Al Majlis hall

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| 4.30 PM | Refreshments and registration |
| 5.30 PM | <p>Opening remarks MC: Dr. Abdulaziz Al-Thani (Medical Resident)</p> <hr/> <p>Recital from the Holy Quran</p> <hr/> <p>Conference overview Dr. Suhaila Ghuloum Senior Consultant Psychiatry, Mental Health Service; Conference Chairperson</p> <hr/> <p>Qatar's Strategic Vision for Mental Health and Wellbeing Sheikh Dr. Mohammed Bin Hamad Al-Thani Director of Public Health Department, Ministry of Public Health, Qatar</p> <hr/> <p>An overview of service development in Qatar Mr. Iain Tulley National Lead for Mental Health and Wellbeing; CEO Mental Health Services</p> <hr/> <p>Making a reality of Integration in Qatar Dr. Majid Abdulla Chairman of Psychiatry HMC</p> <hr/> <p>Getting My Sparkle Back: The Power of Recovering from Mental Health Challenges Keynote by Ms. Elaine Hanzak Author and inspirational speaker</p> <hr/> <p>Innovative Approaches to Promotion, Prevention and Early Intervention in Women's Mental Health Keynote by Dr. Jane Fisher Professor of Global Health, Director of Global and Women's Health and Head, Monash University, Australia</p> <hr/> |
| 6.55 PM | Closing remarks |



Main Conference Program

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| 7 am to 8.30 am | Registration and coffee |
| 8 am to 8.20 am | Tai Chi session for delegates in the hotel garden |
| 8.30am to 9:35am | Plenary Lectures Chair: Prof. Peter Woodruff Room: Al Majlis hall |
| 8.35am to 9.05am | Plenary lecture 1 Title: We Need To Talk About Nigel Speaker: Prof. Simon Wessely |
| 9.05am to 9.35am | Plenary lecture 2 Title: Physical Activity: The Bridge Between Physical and Mental Health Speaker: Prof. Michel Probst |
| 9.35am to 10.00am | Morning Coffee Break |
| Parallel Panels: attendees should select to attend either Panel A or B or C | |
| 10am to 11:15am | Panel A: Risk Reduction in Mental Health Chair: Katja Warwick-Smith Room: Al Majlis hall |
| 10am to 10.25am | Title: Delusions, Explaining an Association with Violence Speaker: Prof. Pamela Taylor |
| 10.25am to 10.50am | Title: Promoting Medication Adherence, Engaging Patients Speaker: Dr. Jacintha Cauffield |
| 10.50am to 11.15am | Title: Nursing Role in Risk Reduction Speaker: Prof. Maritta Valimaki |
| 11.15am to 11.30am | Q&A |
| 10am to 11.15am | Panel B: Art and Mental Health (Healing and expression) Chair: Dr. Aicha Hind Al-Rifai Room: Al Rayyan hall |
| 10am to 10.25am | Title: Trigger Warning: Literature IS Life Speaker: Dr. Rodney Sharkey |
| 10.25am to 10.50am | Title: Clinical Applications of Music Therapy Speaker: Dr. Aicha Hind Rifai |
| 10.50am to 11.15am | Title: Public Art and Mental Health: How to Curate Public Art for Hospitals Speaker: Layla Ibrahim-Bacha |
| 11.15am to 11.30am | Q&A |
| 10am to 11.15am | Panel C: Addictions and Substance Misuse Co-Chairs: Dr. Nur-Run Hussein and Dr. Steven Eickelberg Room: Dukhan meeting room |
| 10am to 10.25am | Title: Neurobiology of Addiction Speaker: Dr. Felix Blaine |
| 10.25am to 10.50am | Title: Evidence Based Treatment of Addiction: Medication Assisted Treatment Speaker: Dr. Rehan Siddiquee |
| 10.50am to 11.15am | Title: CBT in Substance Use Disorders Speaker: Dr. Khalid Abduljabbar |
| 11.15am to 11.30am | Q&A |

Conference Day Two Friday, 6 December 2019

| 11.30am to 11.50am | Poster Presentation | Yoga session | Mindfulness session | Spirituality session |
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| | Al Majlis foyer | Ms. Leema Sony Room: Al-Nakhil | Ms. Donna Gala Room: Al-Basir | Mr Eltorkey, Mr Younis, Dr Ibrahim, Dr Elzamzamy, Dr Wadoo, Dr Altohami, Prayer area |
| 11.50 am to 1pm | Lunch Break and Friday Prayer * The Khutbah will be delivered by Dr. Khalid Elzamzamy | | | |
| 1.05pm to 2.05pm | Plenary Lectures Chair: Dr. Mohammad Ahmed Room: Al Majlis Hall | | | |
| 1:05pm to 1.35pm | Plenary lecture 3 Title: Inflammation and Mental Illness Speaker: Prof. Edward Bullmore Al Majlis hall | | | |
| 1.35pm to 2.05pm | Plenary lecture 4 Title: Integration of Compassion Focused Therapy in the treatment of eating disorders Speaker: Dr. Thomas Midgley Al Majlis hall | | | |
| 5 minute transition and prayer break | | | | |
| Parallel Panels: attendees should select to attend either Panel A or B or C | | | | |
| 2.10 pm to 3.40 pm | Panel A: Theme: Forensic Mental Health Services: An international Perspective Chair: Dr Shuja Reagu Room: Dukhan meeting room | | | |
| 2.10 pm to 2.35 pm | Title: Risk, Recovery and Research in Forensic Psychiatry, A UK Perspective Speaker: Prof. Pamela Taylor | | | |
| 2.35 pm to 3 pm | Title: The Development of Forensic Psychiatry Services in Qatar. Story so far Speaker: Dr. Mohamed A. Ibrahim | | | |
| 3 pm to 3.25 pm | Title: Forensic Psychiatry services in Kuwait Speaker: Dr. Abdulmohsen Alhumoud | | | |
| 3.25 pm to 3.40 pm | Q&A | | | |
| 2.10 pm to 3.40 pm | Panel B: Theme: Students and Trainees' Mental Health Chair: Dr. Hassen Al-Amin Room: Al Majlis hall | | | |
| 2.10 pm to 2.35 pm | Title: Medical Students Health and Wellbeing - Today's Challenges Speaker: Dr. Mohamud Verjee | | | |
| 2.35 pm to 3 pm | Title: University Students' Mental Health: The QF Experience Speaker: Dr. Mahnaz Moussawi | | | |
| 3 pm to 3.25 pm | Title: Residents' Mental Health: HMC Experience Speaker: Dr Margaret Allen | | | |
| 3.25 pm to 3.40 pm | Q&A | | | |
| 2.10 pm to 3.40 pm | Panel C: Theme: Mental Health in Primary Care Chair: Dr. Ovais Wadoo Room: Al Rayyan hall | | | |
| 2.10 pm to 2.35 pm | Title: Integrating Mental Health into Primary Care Speaker: Dr. Samya Ahmad Al-Abdulla | | | |

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| 2.35 pm to 3 pm | Title: Management of Common Mental Health Conditions in Primary Health Care Speaker: Dr. Ahmed Othman AA Bawazir |
| 3 pm to 3.25 pm | Title: Psychotropic Medications in Primary Care Speaker: Badreldine Elsheik |
| 3.25 pm to 3.40 pm | Q&A |
| 3.40 pm to 4 pm | Coffee Break |
| Parallel Panels: attendees should select to attend either Panel A or B or C | |
| 4 pm to 5.30pm | Panel A (Oral presentations) Theme: Psychiatry of Old age Chair: Dr. Mohammad Albanna Room: Al Majlis hall |
| 4 pm to 4.25pm | Title 1: Islam and mental disorders of the elderly: Religious texts, beliefs system and caregiving practices Speaker: Dr. Suhad Daher-Nashif |
| 4.25pm to 4.50pm | Title 2: Profile of Long-Term Care Facility Residents with Mental Disorders and Alzheimer's Disease and Related Dementias Speaker: Vahe Kehyayan |
| 4.50pm to 5.15pm | Title 3: Assessment and Management of Dementia based on HMC clinical Guidelines Speaker: Dr. Sanabel Alakras |
| 5.15pm to 5.30pm | Q&A |
| 4 pm to 5.30pm | Panel B (Oral presentations) Theme: Training and Education Chair: Dr. May AlMeraiasi Room: Dukhan meeting room |
| 4 pm to 4.25pm | Title 1: Mental health training for Family Physicians and implication for successful integration of mental health into primary care Speaker: Dr. Ovais Wadoo |
| 4.25pm to 4.50pm | Title 2: The Multi-Level Impact of a Stress Management Intervention on Medical Residents Speaker: Dr. Abdelhamid Afana |
| 4.50pm to 5.15pm | Title 3: Audit on adherence to weekly individual supervision for psychiatry residents Speaker: Dr. Ibrahim Makki |
| 5.15pm to 5.30pm | Q&A |
| 4 pm to 5.30pm | Panel C (Oral presentations) Theme: Qatar Epidemiological Studies Chair: Prof. Peter Haddad Room: Al Rayyan hall |
| 4 pm to 4.25pm | Title 1 Screening for Major Risk Alleles for Schizophrenia in Qatari population Speaker: Dr. Hassen Alamin |
| 4.25pm to 4.50pm | Title 2: Immigration and Psychosis in the population residing in Qatar: A retrospective study Speaker: Ms Arij Yehya |
| 4.50pm to 5.15pm | Title 3: Readmissions rates and associated factors in mental health hospital Hamad Medical Corporation, Qatar, Doha Speaker: Dr. Nahid Fadul |
| 5.15pm to 5.30pm | Q&A |

Conference Day Three Saturday, 7 December 2019

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| 7:30 am to 8.30 am | Registration and coffee |
| 8 am to 8.20 am | Tai Chi session for delegates in the hotel garden |
| 8.30am to 9.35am | Plenary lectures Chair: Ms. Deborah Nelson Room: Al Majlis hall |
| 8.35am to 9.05am | Plenary lecture 1 Title: Gaming to Support Cognitive Function in Schizophrenia, Opportunities for the Future Speaker: Prof. Maritta Valimaki |
| 9.05am to 9:35am | Plenary lecture 2 Title: Social Determinants of Mental Health Among Women Speaker: Dr. Jane Fisher |
| 9.35am to 10am | Coffee Break |
| Parallel Panels: attendees should select to attend either Panel A or B or C | |
| 10am to 11.30am | Panel A Theme: Child and Adolescent Mental Health (Challenges and future direction) Chair: Dr. Yasser Khan Room: Al Rayyan hall |
| 10am to 10.25am | Title 1: Exploring the impact of food on the developing brain Speaker: Dr Saleem Alnuaimi |
| 10.25am to 10.50am | Title 2: Managing the interface between clinical health and mental health services at Sidra Medicine Speaker: Dr. Atif Magbool |
| 10.50am to 11.15am | Title 3: Psychological Approach to Psychosomatic Medicine Speaker: Ms. Bindu Saleem |
| 11.15am to 11.30am | Q & A |
| 10am to 11.30am | Panel B Theme: Contribution of Islamic Civilization to Medicine and Mental Health Chair: Dr. Mohammad A. Ibrahim Room: Al Majlis hall |
| 10am to 10.25am | Title: The Key to Medicine and a Guide for Students: Relevance of Ibn Hindu for the Teaching of Medicine Today Speaker: Dr. Hassen Al-Amin |
| 10.25am to 10.50am | Title: Islamic Medical Ethics A Thousand Years Ago Speaker: Dr. Khalid Elzamzamy |
| 10.50am to 11.15am | Title: A Psychiatric Manuscript From 9th-10th Century Speaker: Dr. Mamoun Mobayed |
| 11.15am to 11.30am | Q & A |
| 10am to 11.30am | Panel C: (15-minute long oral presentations) Theme: Innovations and future directions in mental health Chair: Dr. Ameer Al-Kharaz Room: Dukhan meeting room |

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| 10:00 am to 10:15am | Title 1: Exergame to reduce depression in dialysis patients: A randomized controlled trial Speaker: Dr. Abdullah Hamad | | | |
| 10:15am to 10:30 am | Title 2: Improving the Quality of Services through Client Satisfaction Survey in Acute Care Mental Health Service Speaker: Mr. Ashok Bhagat | | | |
| 10:30am to 10:45 am | Title 3: Corneal confocal microscopy detects neurodegeneration in schizophrenia Speaker: Reem Ibrahim | | | |
| 10.45am to 11:00 am | Title 4: The formal institutional framing of mental health and mental illness in Qatar: the power of written discourses Speaker: Dr. Suhad Daher-Nashif | | | |
| 11:00am to 11:15 am | Title 5: Profile of Omani Adolescents Hospitalized at Sultan Qaboos University Hospital (SQUH) for Mood Disorders and The Lunar Phase at the Time of their Admission Speaker Dr. Azza Al Mashaikhi | | | |
| 11:15 am to 11:30 am | Q&A | | | |
| | Poster Presentation | Yoga session | Mindfulness session | Spirituality session |
| 11.30 am to 11.50 am | Al Majlis foyer | Ms. Leema Sony Room: Al-Nakhil | Ms. Donna Gala Room: Al-Basir | Mr Eltorky, Mr Younis, Dr Ibrahim, Dr Elzamzamy, Dr Wadoo, Dr Altohami, Prayer area |
| 11.50am to 12.55pm | Lunch and Prayer Break | | | |
| 12.55pm to 2pm | Plenary lectures Chair: Dr. Ahmed Sorour Room: Al Majlis hall | | | |
| 1pm to 1.30pm | Plenary lecture 3 Title: Everything You Need To Know About Unexplained Symptoms, But Were Afraid To Ask Speaker: Prof. Simon Wessely | | | |
| 1.30pm to 2pm | Plenary lecture 4 Title: Hallucinations and Strong Priors Speaker: Dr. Philip Corlett | | | |
| 5 minute transition break | | | | |
| Parallel Panels: attendees should select to attend either Panel A or B or C | | | | |
| 2.05 pm to 3.35 pm | Panel A (Oral presentations) Theme: Prescribing in Mental Health Chair: Dr. Wesam Smidi Room: Al Rayyan hall | | | |
| 2.05 pm to 2.30 pm | Title 1: Prescription Patterns of Antipsychotics in Qatar Speaker: Dr. Sami Ouanes | | | |

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| 2.30 pm to 2.55 pm | Title 2: Auditing the trends of Psychotropic medications prescribing for patients with Intellectual Disabilities (ID) in Mental Health Services (MHS) in Qatar Speaker: Dr. Hesham Rustom |
| 2.55 pm to 3.20 pm | Title 3: The impact of Implementing Antimicrobial Stewardship Program AMSP in Mental Health Service in Hamad Medical Corporation, Qatar Speaker: Dr. Noriya Alkhuzaei |
| 3.20 pm to 3.35 pm | Q & A |
| 2.05 pm to 3.35 pm | Panel B (Oral presentations) Theme: Insomnia Masterclass Chair: Dr. Mahmoud Fakhra Room: Al Majlis hall |
| 2.05 pm to 2.30 pm | Title 1: Prevalence and Potential Determinants of Insomnia Disorder in the General Population of Qatar Speaker: Dr. Salma Khaled |
| 2.30 pm to 2.55 pm | Title 2: The association between depression and insomnia disorder in general population of Qatar: the role of inflammatory disease Speaker: Dr. Salma Khaled |
| 2.55 pm to 3.20 pm | Title 3: Distressed, depressed, and did not seek mental health care: a Canadian representative survey. Speaker: Ms. Doaa Farid |
| 3.20 pm to 3.35 pm | Q&A |
| 2.05 pm to 3.35 pm | Panel C (Oral presentations) Theme: Mental Health, diet and metabolism Chair: Dr. Ahmad Alamin Mustafa Room: Dukhan meeting room |
| 2.05 pm to 2.30 pm | Title 1: Quality of Diabetes Care in Patients with Schizophrenia: A Case-Control Study. Speaker: Dr. Mustafa Abdulkarim |
| 2.30 pm to 2.55 pm | Title 2: Depression among Traumatic Brain Injury patients and its relation to dietary anti-oxidants adequacy Speaker: Dr. Ghazi Daradkeh |
| 2.55 pm to 3.20 pm | Title 3: Evaluation of cardiovascular risk in individuals with serious mental illness Speaker: Dr. Monica Zolezzi |
| 3.20 pm to 3.35 pm | Q&A |
| 3.35pm to 4pm | Coffee Break |
| Parallel Panels: attendees should select to attend either Panel A or B or C | |
| 4 pm to 5.05pm | Panel A Theme: Understanding Psychosis Chair: Dr. James Currie Room: Al Rayyan hall |
| 4 pm to 4.25pm | Title: Brain Networks and Mental Illness Speaker: Prof. Edward Bullmore |

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| 4.25 pm to 4.50pm | Title: From Prediction Error to Delusions Speaker: Prof. Philip Corlett |
| 4.50 pm to 5.05 pm | Q&A |
| 4 pm to 5.05pm | Panel B Theme: The Ethics and Law of Mental Health in a Multicultural Society Chairs: Prof Barry Sulaiman and Dr. Ali Eltohami Room: Al Majlis hall |
| 4 pm to 4.25pm | Title: Analysing Legal Challenges of Mental Health Practice in Qatar Speaker: Prof. Barry Sulaiman |
| 4.25 pm to 4.50pm | Title: Between Islamic Values and Professional Ethics: Exploring Ethical Dilemmas in Mental Health Practice Speaker: Dr. Khalid Elzamzamy |
| 4.50 pm to 5.05 pm | Q&A |
| 4 pm to 5.05pm | Panel C Theme: Pharmacotherapy Chair: Mr. Yassin El-Torki Room: Dukhan meeting room |
| 4 pm to 4.25pm | Title: Treatment Resistant Depression: Second Generation Antidepressants and Esketamine Speaker: Dr. Jacintha Cauffield |
| 4.25 pm to 4.50pm | Title: Doping in sports Speaker: Dr. Naser Al-Ansari |
| 4.50 pm to 5.05 pm | Q&A |
| 5.05 pm to 5.20pm | Best Poster Presenter Awards Ceremony Followed by Closing Remarks Room: Al Majlis hall |



Continuing Professional Education

This activity has approval from the Qatar Council for Healthcare Practitioners* (QCHP) - Accreditation Department as an Accredited Group Learning Activity Category 1 as defined by the QCHP. The maximum of 19.25 CPD hours can be earned.

Credit hours are based on attendance per session for each day; delegates need to attend at least 80% of a session in order to qualify for the CPD hours.

Each delegate name badge has a chip that will monitor attendance per session, as per corporate policy.

CPD hours - breakdown per day:

First Day (5 December 2019): each workshop = 3 CPD (1 morning + 1 afternoon = 6 CPD)

Opening Ceremony keynotes = 1 CPD Hour



Up to 7 CPD hours are available for the pre-conference day.

Second & Third Day (6 - 7 December 2019): full conference attendance = 12.25 CPD Hours

Please also note that students, trainees, interns and medical residents are eligible to receive an attendance certificate. CPD hours will not be awarded to students.

* QCHP is a non-profit government body that regulates the healthcare practice and medical education in State of Qatar.

Download the dedicated event mobile app to get the latest news and event information. Search for "MasterBadge Conference" within the:

 Google Play or  App Store.

Certificates

Certificates of attendance will be issued approximately one week after the conference and will be accessible online for all delegates with their registration ID.

Delegates will be sent an email with the online access link as soon as the CPD hour calculations have been completed. Delegates will need to complete a general conference feedback survey first before they can download their certificate.

Approved Posters in the poster exhibition

| SN | Poster # | Name of Poster | Author | Co-Authors |
|----|----------|--|-------------------|---|
| 1 | 153 | Health-care practitioners' views of their role in addressing the medical comorbidities of people with mental illness. | Nour Isleem | Farah Zahra Sara Abdulrahim Monica Zolezzi |
| 2 | 150 | A retrospective study on smoking and cessation patterns among people attending an outpatient psychiatric clinic in Qatar | Monica Zolezzi | Safa Al Rawi Yassin Eltorki |
| 3 | 143 | Diversional Activity Program: Improving Patient Engagement in Female Psychiatry Unit | Abier Khamis | Monyeen Vinluan Anna Leah Yap |
| 4 | 142 | Movement based approach to improve physical and mental well-being among CAMHS population (ADHD/Autism) | Banumathy Mohanam | Prerana Saini Ashok Bhagat May Jassim |
| 5 | 137 | Effective Triage of Referrals within Child and Adolescent Mental Health Service, HMC: Promoting needs-based prioritisation and Risk Management | Mahnoud Shamlaawi | Asieh Dehwari Yasser Khan Lazarus Phiri |
| 6 | 132 | Exploration of sleep patterns, sleep hygiene and the use of sleep aids among university students in Qatar | Raja Ali | Monica Zolezzi Ahmed Awaisu |
| 7 | 126 | Cultural adaptation and raters experience while administering the Arabic versions of scales to assess schizophrenia patients in Qatar: A qualitative study | Iman Amro | |
| 8 | 125 | Measuring Patient Experience & Satisfaction within Child and Adolescent mental health services: Promoting Patient-centred Care and Enhancing Clinical Outcomes | Lazarus Phiri | May Jassim Muraisi Yasser Saeed Khan Sheena Shaheer |

| SN | Poster # | Name of Poster | Author | Co-Authors | | |
|----|----------|--|--------------------------|------------------------------|----------------|---------------------------------|
| 9 | 117 | The Effect of Yoga on Stress, Anxiety, and Depression in Men with Mental illness | Sreejitha Nair | Leema Sony Chellan Santham | Ashok Bhagat | Hussain Ali H J Bu Hazaa |
| 10 | 116 | Occupational Therapy for Hoarding Disorder- Case Study a New Perspective | Ram Naresh Pandey | Zerak Masood Saeed Al-Salihy | Ashok Bhagat | Sreejitha Geetha Srikandan Nair |
| 11 | 110 | Psychiatric presentation and management in two Qatari sisters with TUSC3 gene mutation | Yahia Albobali | Saleem Al Nuaimi | | |
| 12 | 109 | Eating disorder service: Patient satisfaction | Schahla Al-Shibli | Alanoud Al-Ansari | Madeeha Kamal | Marian Adan |
| 13 | 105 | Towards optimum psychological health in the work place. DASS 42 for Screening of psychological dimensions in occupational settings | Dr Walid Hassanen | Dr Osama Ibrahim | | |
| 14 | 104 | The Association of the Serotonin Transporter Gene Polymorphism (5-HTTLPR) and Major Depression in Qatar | Zainab Mohammed | Rola Salem | | |
| 15 | 103 | Quick insight into the unique experience of clients "engaging in basketball" game as therapeutic leisure. | Kavitha Stephen Selvaraj | Ram Naresh Pandey | Ashok Bhagat | Ranjita Jayanand Shetty |
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