



3<sup>rd</sup> Department of Psychiatry,  
School of Medicine AUTH



SOCIETY of NEUROSCIENCES  
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THE INTERNATIONAL COLLEGE OF  
NEUROPSYCHOPHARMACOLOGY



Institute  
of Psychiatry

Under the auspices



School of Medicine  
Aristotle University of Thessaloniki

# 11<sup>th</sup> Congress on Neurobiology, Psychopharmacology & Treatment Guidance 40 Years of the 3<sup>rd</sup> Dept. of Psychiatry, A.U.Th.

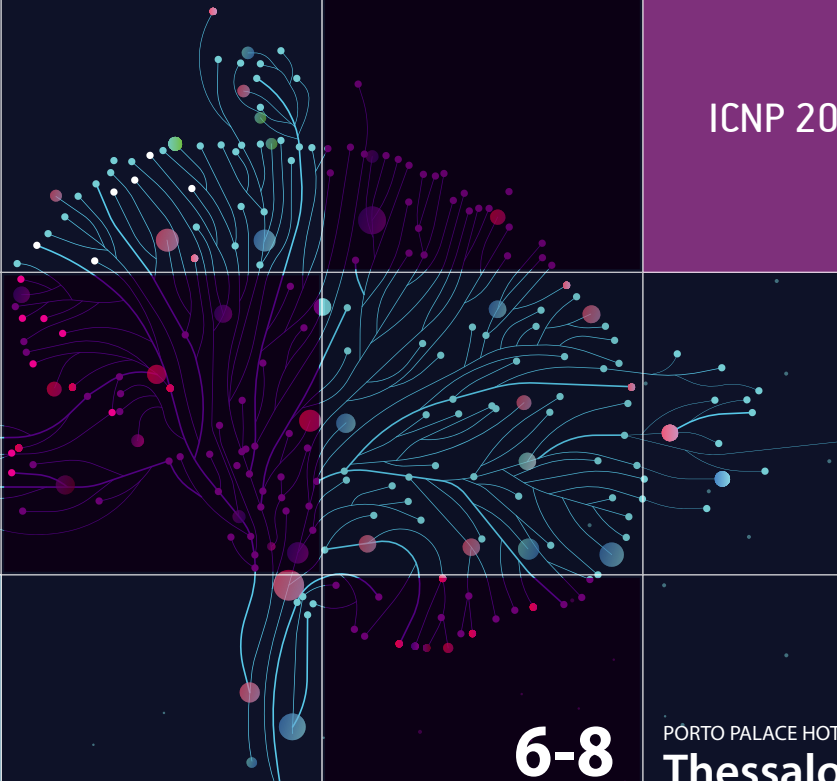
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2026



ICNP 2026



6-8  
MARCH 2026

PORTO PALACE HOTEL  
Thessaloniki  
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Final Program

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**Ίδιες Αξίες, Ίδια Φροντίδα, Νέο Όνομα.**



Dear colleagues,

It's a great pleasure to welcome you to the **11<sup>th</sup> Congress on Neurobiology, Psychopharmacology and Treatment Guidance** which will be held on **March 6<sup>th</sup>-8<sup>th</sup> 2026**, in Thessaloniki, Greece.

This 11<sup>th</sup> Congress again aims at being valuable for the clinicians who fight daily in the front line for the treatment of real-world patients. In this frame, our goal is to provide a global and comprehensive update of the newest developments in Psychiatry and the allied sciences in a manner, which will be both focused and enriched. The rule is always to avoid content-free eloquence and authority and to face hard questions on the base of research findings.

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

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

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

This 11th ICNP specifically focuses on the ultimate aim: that is to empower and eventually free patients and their families from the burden of mental disease and fighting for full remission and functional rehabilitation. It also includes the distinguished aim to spread high-level training to younger generations by including symposia organized by medical students and psychiatric residents from around the world. As hosts and organizers, we shall spare no effort in making your participation scientifically rewarding and meaningful.

A handwritten signature in black ink, appearing to be 'K. Fountoulakis', written in a cursive style.

**Konstantinos N. Fountoulakis**

Professor of Psychiatry, Aristotle University of Thessaloniki, Greece  
Chair of the Scientific Faculty

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

## Scientific Program

Friday, March 6<sup>th</sup> 2026

### 09.00-10.30 **SYMPOSIUM**

#### **ANTIPSYCHOTICS AND OBESITY. INSIGHTS IN PATHOPHYSIOLOGY AND MANAGEMENT**

Chair: **Ifigenia Kostoglou-Athanassiou**

Psychosis and cardiovascular risk

**Panagiotis Athanassiou**

Psychosis and metabolic syndrome

**Lambros Athanassiou**

Antipsychotics, obesity and management

**Ifigenia Kostoglou-Athanassiou**

### 10.30-12.00 **SYMPOSIUM**

#### **PSYCHOPHARMACOLOGY AND CLINICAL PRACTICE IN THE COMMUNITY TRANSITION**

Chair: **Ilias Grammatikopoulos**

Contemporary psychopharmacology in Irish clinical practice: evidence, guidelines, and real-world challenges

**Ilias Grammatikopoulos**

Deprescribing and polypharmacy reduction: optimising psychotropic therapy in Irish community mental health

**Paul Cooper**

Minding the gaps: understanding factors associated to differences in prescription patterns - an NCHD perspective

**Andres Aroyo Sanchez**

Interdisciplinary psychotropic medication management in community mental health teams

**Alice Iordance**

Friday, March 6<sup>th</sup> 2026

**12.00-13.30 SYMPOSIUM**

**MENTAL HEALTH AND CARDIOVASCULAR DISEASE, FACTS & TREATMENT  
GUIDANCE**

Chair: **Eva-Maria Tsapakis**

Pharmacological management of mental health issues in people with  
cardiovascular disease

**Sophia Dimitriou**

Severe mental illness and cardiovascular disease: which psychotropic is best?

**Apostolos Karapatis**

Psychotropic medication-induced cardiac events - Part I: hypertension, postural  
hypotension, peripheral oedema, myocarditis

**Michail Antoniadis**

Psychotropic medication-induced cardiac events - Part II: the arrhythmias

**Sofia Fylaki**

**13.30-15.00 SYMPOSIUM**

**INFLAMMATION AND DEPRESSION: MULTILEVEL SEQUELAE, BIOMARKERS  
AND TREATMENT STRATEGIES**

Chair: **Angelos Halaris**

The cost of protection: inflammation and neurodegeneration in depression

**Ebrahim Haroon**

Modulation of the inflammatory response leads to better treatment outcomes

**Angelos Halaris**

Transcranial Magnetic Stimulation (TMS): a novel approach to modulating  
neuroinflammation in psychiatry

**Theodoros Koutsomitros**

Bipolar disorder: inflammatory markers and clinical implications

**Andy Zamar**



Friday, March 6<sup>th</sup> 2026

**15.00-16.00 LECTURES**

Chairs: **Eva-Maria Tsapakis, Loukas Athanasiadis**

Clinical reality of treatment-resistant depression (TRD)

**Siegfried Kasper**

The effect of antipsychotic treatment on psychotic arousal and its relation with the attenuation of delusions in the course of the acute state of schizophrenia

**Maria Margariti**

**16.00-19.00 LECTURES**

Chairs: **Konstantinos Fountoulakis, Nikolaos Gkouvas**

Neurocognitive and anatomical correlates of neurological soft signs

**Calyпсо Mitkani**

Treatment guidelines for the treatment of aggressive behavior

**Athanasios Douzenis**

Certainty, OCD and addicere - How latin language influenced modern treatment?

**Joseph Zohar**

**19.00-20.00 LECTURE**

Chair: **Konstantinos Fountoulakis, Panagiotis Panagiotidis**

Deprescribing mood stabilizers

**Mauricio Tohen**

**20.00-20.30 SATELLITE LECTURE**

Chair: **Loukas Athanasiadis**

The use of tadalafil in the psychiatric patient

**Grigoris Karakatsoulis**

Saturday, March 7<sup>th</sup> 2026

**09.45-11.15 SYMPOSIUM**

**NEUROPSYCHIATRIC PERSPECTIVES ON PSYCHOSIS: VASCULAR, IMMUNE,  
TOXIC, AND GENETIC FACTORS**

Chair: **Panagiotis Panagiotidis**

Cerebral vascular burden and its impact on psychiatric disorders

**Athanasios Saitis**

Psychiatric manifestations of autoimmune encephalitis: diagnostic and clinical challenges

**Calypso Mitkani**

Toxic substances and psychosis: from exposure to clinical expression

**Michaela Koummati**

Genetic causes of psychosis in adults: when and why to suspect them

**Georgios Papadopoulos**

The role of session monitors in ensuring safety and protocol fidelity in  
psychedelic clinical trials

**Aikaterini Stravoravdi**

**11.15-12.00 LECTURES**

Chairs: **Calypso Mitkani**

Updates and clinical implications of predominant polarity in bipolar disorder

**Dina Popovic**

**12.00-12.30 SATELLITE LECTURE**

Chair: **Nikitas Arnaoutoglou**

Cariprazine in dual diagnosis

**Georgios A. Tzeferakos**

Sponsored by  **RECORDATI**

**12.30-13.00 SATELLITE LECTURE**

Chair: **Petros Fotiadis**

From research to clinical practice: what can brexpiprazole offer to the treatment  
of schizophrenia

**Dimosthenis Dimellis**

Sponsored by  **Swixx BioPharma**

**13.00-13.30 BREAK**

Saturday, March 7<sup>th</sup> 2026**13.30-15.00 LECTURES**Chairs: **Xenia Gonda, Maria Skokou**

One health & mental health: connections, challenges and policies for integrated care

**Fotini Koulouri**

Circadian, personality, and war exposure variables predict the severity of PTSD symptoms in war exposed soldiers

**Haim Einat****15.00-16.00 BREAK****16.00-17.30 LECTURES**Chairs: **Nikitas Arnaoutoglou, Anastasia Konsta**

Toward precision psychiatry: personalized medicine in antipsychotic treatment

**Janko Samardzic**

Beyond the trip: are psychedelic-assisted psychotherapies hype or hope

**Xenia Gonda****17.30-19.00 LECTURES**Chairs: **Konstantinos Fountoulakis, Eleni Parlapani**

Comorbid bipolar disorder and substance use

**Heinz Grunze**

Cognitive remediation for bipolar disorder: current evidence and next steps

**Dimosthenis Tsapekos****19.00-20.30 LECTURES**Chairs: **Ioannis Nimatoudis, Vassileios-Panteleimon Bozikas**

Climate and climate change as environmental neurobiological predictors for mental health

**Konstantinos Fountoulakis**

Immunopsychiatry: the new frontier in the practice of personalized psychiatry

**Angelos Halaris**

Sunday, March 8<sup>th</sup> 2026

**09.00-10.30 SYMPOSIUM**

**ALCOHOL AND PRIMARY HEALTH CARE: FROM EARLY IDENTIFICATION TO EFFECTIVE INTERVENTION**

Chair: **Panagiotis Panagiotidis**

Defining alcohol-related risk in primary care: concepts, patterns and clinical significance

**Athanasios Saitis**

Clinical assessment of alcohol use in primary care

**Georgios Papadopoulos**

Clinical intervention and management of alcohol-related problems in primary health care

**Symeon-Rafail Karalis**

Therapeutic change in individuals with alcohol use disorder: the role of psychotherapy and psychopharmacology

**Margarita Chanopoulou**

**10.30-12.00 SYMPOSIUM**

**OBSESSIVE-COMPULSIVE DISORDER: NEUROBIOLOGICAL MECHANISMS, PHARMACOLOGICAL, PSYCHOTHERAPEUTIC AND OTHER THERAPEUTIC INTERVENTIONS**

Chair: **Nikitas Arnaoutoglou**

Obsessive-Compulsive disorder: clinical presentation, etiopathogenesis, neurobiological mechanisms and pharmacotherapy

**Nicoletta Petalidou**

Exposure and Response Prevention (ERP) and contemporary psychotherapeutic interventions in obsessive-compulsive disorder

**Sofia Athanasiou**

Psychotherapeutic and biological adjunctive interventions in obsessive-compulsive disorder

**Efi Karakosta**

Practical applications for the effective management of obsessive-compulsive disorder symptoms

**Eleonora Balaska**



**Sunday, March 8<sup>th</sup> 2026**

**12.00-13.30 PHARMACOTHERAPEUTIC APPROACHES TO PERSONALITY DISORDERS (PDs)  
ACCORDING TO DSM-5**

Chair: **Anastasia Konsta, Ioannis Tsiptsias**

Pharmacotherapeutic approach to cluster B personality disorders according to DSM-5

**Ioannis Tsiptsias**

Pharmacotherapeutic approach to cluster A personality disorders according to DSM-5

**Agoroula Georgiadi**

Pharmacotherapeutic approach to cluster C personality disorders according to DSM-5

**Eleni-Sotiria Chanioti**

## Index of Speakers & Chairs

### A

---

#### **Athanasiadis Loukas**

Professor of Psychiatry, Aristotle University of Thessaloniki, 1st Psychiatric Clinic, Aristotle University of Thessaloniki, Papageorgiou General Hospital, Greece

#### **Athanassiou Lambros**

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#### **Athanassiou Panagiotis**

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#### **Arnaoutoglou Nikitas**

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#### **Athanasiou Sofia**

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#### **Balaska Eleonora**

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#### **Bozikas Vassileios-Panteleimon**

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#### **Cooper Paul**

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#### **Dimellis Dimosthenis**

Psychiatrist, Greece

#### **Dimitriou Sophia**

Medical Student, Aristotle University of Thessaloniki, Greece

#### **Douzenis Athanasios**

Professor of Psychiatry, National and Kapodistrian University of Athens, Greece

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Professor and Dean, School of Behavioral Sciences, Tel-Aviv-Yaffo Academic College Tel-Aviv, Israel, Visiting Professor, Aristoteles University of Thessaloniki, Thessaloniki, Greece, Affiliate Professor, University of Minnesota, Duluth MN, USA

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**Gkouvas Nikolaos**

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### **Margariti Maria**

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### **Mitkani Calypso**

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### **Nimatoudis Ioannis**

Emeritus Professor of Psychiatry, Aristotle University of Thessaloniki, Greece

## P

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**Stravoravdi Aikaterini**

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## T

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**Tsapekos Dimosthenis**

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**Tsioptsias Ioannis**

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**Tzeferakos Georgios**

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## Z

**Zamar Andy**

Medical Director & Consultant Psychiatrist, Founder of The London Psychiatry Centre, London, UK

**Zohar Joseph**

Director, National Post-Trauma Center, Research Foundation by the Sheba Medical Center, Emeritus Professor of Psychiatry, Sackler Faculty of Medicine, Tel Aviv University, Israel

## E-Posters

**P01**

### POST EJACULATION ILLNESS SYNDROME

**Bazna Ö.**

*Gülhane Training and Research Hospital*

**P02**

### COGNITIVE REACTIVITY: FROM SELF- REPORT TO NEURAL MECHANISMS AND COGNITIVE BEHAVIORAL THERAPY (CBT)

**Miloseva D.**

*Faculty of Medical Sciences, Goce Delcev University, <sup>2</sup>Faculty of Medicine, Ss. Cyril and Methodius University, University Clinic of Psychiatry, <sup>3</sup>Croatian Association of Behavioral and Cognitive Therapies (CABCT)*

**P03**

### POSTOPERATIVE COGNITIVE DYSFUNCTION FOLLOWING HEAD AND NECK SURGERY FOR CANCER

**Miloseva D.**, Miloseva L., Milosev V.

*Faculty of Medical Sciences, Goce Delcev University, <sup>2</sup>Faculty of Medicine, Ss.Cyril and Methodius University, University Clinic of Psychiatry, <sup>3</sup>Croatian Association of Behavioral and Cognitive Therapies (CABCT)*

**P04**

### OBSTACLES TO ACCESSING MENTAL HEALTH SERVICES AMONG INDIVIDUALS DIAGNOSED WITH MENTAL DISORDERS: A COMPREHENSIVE LITERATURE REVIEW

**Velentza O.**, Kalogerakis Z., Topi M., Kollias K.

*1st Department of Psychiatry, National and Kapodistrian University of Athens, Eginition Hospital, Athens, Greece*

**P05**

### DISTINCT REGIONAL BRAIN METABOLIC ASSOCIATIONS OF DEPRESSION AND VOICE HANDICAP IN HEAD AND NECK CANCER. A CROSS-SECTIONAL STUDY

**Tsionis A.**<sup>1</sup>, Kirodimos E.<sup>3</sup>, Chatziioannou S.<sup>4,5</sup>, Papageorgiou C.<sup>1,2</sup>

*<sup>1</sup>1st Psychiatric Clinic, Eginition Hospital, NKUA, <sup>2</sup>University Mental Health Research Institute (UMHR/EPIPSI), 1st Department of Psychiatry, National and Kapodistrian University of Athens, <sup>3</sup>Department of Otolaryngology-Head and Neck Surgery, Hippokraton General Hospital, National and Kapodistrian University of Athens, <sup>4</sup>2nd Department of Radiology, Medical School, National and Kapodistrian University of Athens, General University Hospital "Attikon", <sup>5</sup>Department of Nuclear Medicine, Biomedical Research Foundation of the Academy of Athens*

**P06****BARRIERS TO BENZODIAZEPINE AND SEDATIVE-HYPNOTIC DEPRESCRIBING IN OLDER ADULTS: PERSPECTIVES OF PHYSICIANS AND PATIENTS**Shapoval V.<sup>1</sup>, **Kollia P.**<sup>2</sup>, Tsoutsis V.<sup>2</sup>, Boura P.<sup>2</sup>, Adda T.<sup>1</sup>, Wyller T.<sup>3,4</sup>, Callegari E.<sup>4,5</sup>, Wichniak A.<sup>6,7</sup>, Gustavsson K.<sup>6</sup>, Aubert C.<sup>8,9</sup>, Bolt L.<sup>8,9</sup>, Salvà A.<sup>10</sup>, Miralles R.<sup>11</sup>, Dikeos D.<sup>2</sup>, Spinewine A.<sup>1,12</sup><sup>1</sup>Clinical Pharmacy and Pharmacoepidemiology Research Group, Louvain Drug Research Institute, Université catholique de Louvain (UCLouvain), <sup>2</sup>Sleep Research Unit, First Department of Psychiatry, Eginition Hospital, Medical School, National & Kapodistrian University of Athens, <sup>3</sup>Department of Geriatric Medicine, Oslo University Hospital, <sup>4</sup>Institute of Clinical Medicine, University of Oslo, <sup>5</sup>Department of Old Age Psychiatry, Østfold Hospital Trust, <sup>6</sup>Department of Clinical Neurophysiology, Sleep Medicine Center, Institute of Psychiatry and Neurology, <sup>7</sup>Third Department of Psychiatry, Institute of Psychiatry and Neurology, <sup>8</sup>Department of General Internal Medicine, Inselspital, Bern University Hospital, University of Bern, <sup>9</sup>Institute of Primary Health Care (BIHAM), University of Bern, <sup>10</sup>Fundació Salut i Envelliment UAB Universitat Autònoma de Barcelona, <sup>11</sup>Hospital Universitari Germans Trias i Pujol, Badalona, <sup>12</sup>Pharmacy Department, CHU UCLouvain**P07****MOOD DISORDERS AFTER SEVERE SKULL, BRAIN AND CERVICAL SPINE INJURIES IN ELDERLY MALE PATIENTS****Syrmos N.***Aristotle University of Thessaloniki***P08****MOOD DISORDERS AFTER MODERATE BRAIN INJURIES IN MIDDLE AGE MALE PATIENTS****Syrmos N.***Aristotle University of Thessaloniki***P09****INVESTIGATION INTO THE DEPRESSIVE DISORDERS AFTER SEVERE CRANIOCEREBRAL INJURIES IN GERIATRIC PATIENTS****Syrmos N.***Aristotle University of Thessaloniki***P10****NAVIGATING THE PSYCHOPHARMACOLOGY 'OCEAN': A TRIDIMENSIONAL HEURISTIC FOR INTEGRATIVE CLINICAL REASONING****Ivanoski J.**<sup>1</sup>, Bogdanovska Toskic A.<sup>1,2</sup><sup>1</sup>University Clinic of Psychiatry, Skopje, North Macedonia, <sup>2</sup>Faculty of Medicine, Ss. Cyril and Methodius, University in Skopje, Skopje North Macedonia**P11****NEURODIVERSITY AND NEURODEVELOPMENTAL DISORDERS: RETHINKING DIFFERENCE BEYOND PATHOLOGY IN THE CLINICAL CONTINUUM****Bonti E.**, Zerva I., Konsta A., Athanasiadis L.*Aristotle University of Thessaloniki*

**P12**

**BEYOND MECHANISTIC MODELS OF AFFECT, APPRAISAL AND REGULATION: A SYSTEMATIC REVIEW OF DYNAMIC INTEROCEPTIVE INFERENCE AS A UNIFYING THEORY OF EMOTION**

**Canellopoulou M.**, Petropoulos Petalas D.

*School of Science & Technology, Deree-The American College of Greece*

**P13**

**OPERATIONALIZING THE INTEGRATION OF EXPERTS BY EXPERIENCE IN MENTAL HEALTH EDUCATION FOR HEALTHCARE AND ALLIED HEALTH PROFESSIONS STUDENTS**

**Karanikola M.**, Dimitriadou M., Pashia E., Gregora P., Sokratous S., Mpouzika M.

*Cyprus University of Technology*

**P14**

**PSYCHEDELIC MODULATION OF EXCITATION/INHIBITION BALANCE: A DUAL PHASE NEURODEVELOPMENTAL MODEL**

**Kandilakis C.**, Papatheodoropoulos C.

*Laboratory of Neurophysiology, Department of Medicine, University of Patras, Greece*

**P15**

**NEUROANATOMICAL CORRELATES OF SEXUAL OFFENDING: A REVIEW OF STRUCTURAL AND FUNCTIONAL FINDINGS**

**Tsivikis C.**<sup>1</sup>, Gamvroula A.<sup>2</sup>, Tsivikis K.<sup>3</sup>, Porfyri G.<sup>2</sup>

<sup>1</sup>*Department of Biochemistry and Biotechnology, University of Thessaly (UTH)*, <sup>2</sup>*Psychiatry Department, General Hospital of Argolida*, <sup>3</sup>*School of Medicine, Democritus University of Thrace*

**P16**

**THE NEUROBIOLOGY OF MALE ANOREXIA NERVOSA: A NARRATIVE REVIEW**

**Tsivikis K.**<sup>1</sup>, Gamvroula A.<sup>2</sup>, Tsivikis C.<sup>3</sup>, Porfyri G.<sup>2</sup>

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**P17**

**THE ADAPTATION OF THE CONTINUUM BELIEFS OF MENTAL ILLNESS SCALE (CB-MIS) TO THE HUNGARIAN LANGUAGE AND ITS PSYCHOMETRIC CHARACTERISTICS**

Evelin Molnár<sup>1</sup>, Brigitta Szabó<sup>1,2</sup>

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**P18**

**PRELIMINARY EXPERIENCES WITH THE IDENTIFICATION OF ADOLESCENTS WITH DISHARMONIOUS PERSONALITY DEVELOPMENT**

Anna H.<sup>1,5</sup>, Tornyosi N.<sup>1,5</sup>, Szabó B.<sup>1,3</sup>, Gergely Hosszú M.<sup>2</sup>, Szánthó H.<sup>5</sup>, Baji I.<sup>4</sup>

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**P19**

**FUNCTIONAL EEG ANALYSIS AS A BIOMARKER-GUIDED APPROACH FOR PSYCHOPHARMACOLOGICAL DECISION-MAKING**

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## General Information

### Dates and venue

March 6<sup>th</sup>-8<sup>th</sup> 2026

Porto Palace Hotel, Thessaloniki, Greece

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### Official language

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

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### Certificate of attendance

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

### Presentations

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

### Exhibition

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

### Registration fees

Category	Cost
Specialists	140€
Residents	120€
Other Mental Health Professionals	Free
Undergraduate Students	Free

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#### Βιβλιογραφία

1. ΠΧΠ Elgera
2. Sheldon Perkson et al, human psychopharmacol clin Exp 2013; 28: 495-505

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