

13 June, 2024

10.00-01.30

HALL (D)

**1st Women Mental Health Middle East and
North Africa Regional Conference of the
International Association for Women's Mental Health (IAWMH)
ADVANCES IN WOMEN MENTAL HEALTH CLINICAL CARE**
*Hosted and Organized by Okasha Institute of Psychiatry
Neuropsychiatry Department - Ain Shams University, Egypt*

**Congress President****Prof. Prabha Chandra**

Dean of Faculty, Behavioral Sciences
Prof. Department of Psychiatry- National
Institute of Mental Health and Neurosciences,
Bangalore, INDIA.
President, International Association for Women's
Mental Health-IAWMH

Congress Vice-President**Prof. Gihan ELNAHAS**

Prof. of Psychiatry,
Head of Women's Mental Health Program,
Neuropsychiatry Dept.
Ain Shams Univ. Egypt
General Secretary International Association for
Women's Mental Health-IAWMH

National Faculty**Congress Advisor****Prof. Afaf Hamed Khalil**

Prof. of Psychiatry, Ain Shams Univ. Egypt

Congress Secretary**Prof. Amira Nassieb**

Prof. of Psychiatry, Ain Shams Univ. Egypt

Chairpersons

Prof. Gihan ELNAHAS

(Ain Shams University)

Speakers:

**Developing perinatal mental health services in LAMIC Establishing Mother-Baby Units and
specialized preconception service for women with SMI.**

Prof. Prabha Chandra- IAWMH Faculty- India

Updates on the new types of sexual violence.

Prof. Florence Thibaut- IAWMH Faculty- France

Women Mental Health from a regional perspective: Progress and setbacks.

Prof. Gihan ELNAHAS - IAWMH Faculty- Egypt

**Influence of childhood trauma in symptomatology, social functioning, and suicide ideation in
women with a first episode psychosis.**

Prof. Judith Usall- IAWMH Faculty- Spain

Advances in the treatment of depression in women.

Prof. Afaf Hamed Khalil - Ain Shams Univ. Egypt

Domestic violence a national mental health problem.

Prof. Amira Nassieb - Ain Shams Univ. Egypt

Moderators

Dr. Noha Ahmed Saad

(Ain Shams University)

Dr. Hadir Allam

(Ain Shams University)

Discussion and Conclusion**Organizer**

Dr. Doaa Haribi (Ain Shams University)

**19th International Congress on Psychiatry
7th International Congress on Child & Adolescent Psychiatry
4th International Congress on Addiction Psychiatry and Dual Diagnosis
1st Regional Women Mental Health Middle East & North Africa Congress
Resistant Psychiatric Disorders Predictors and Challenges
Intercontinental Citystars Hotel, CONGRESS: 12-13 June, 2024**

Pre-congress 11th June, 2024

Okasha Institute of Psychiatry
Faculty of Medicine, Ain Shams University, Cairo Egypt

Congress 12th – 13th June, 2024

Intercontinental Citystars Hotel, Cairo, Egypt

Organized by**Okasha Institute of Psychiatry**

WPA Collaborating Center for Research and Training in Psychiatry
Ain Shams University, Cairo, Egypt



**This Congress is Accredited by the
American Association
of Continuing Medical Education**



**Egyptian
Psychiatric
Association**



**Arab
Federation of
Psychiatrists**



**Ministry of
Health and
Population**



**Egyptian
Society for
Psychiatric
Services**



**Egyptian Child & Adolescent
Psychiatry Association**



**Saudi
Psychiatric
Association**

**(WHO)****WPA**

**Egyptian
Alzheimer
Society**



June 13th, 2024, marks the inauguration of the First Women Mental Health Regional Conference of the Middle East and North Africa for the IAWMH which took place in Cairo Egypt.

The Conference under the title: Advances in Women Mental Health Clinical Care, is first of its kind to be held by the International Association for Women's Mental Health in the MENA Region- hosted by the Neuropsychiatry Department-Ain Shams University as part of the activities of its 19th International Annual Congress on Psychiatry.

The idea of holding regional conferences was first initiated by Prabha Chandra, which was very inspiring to both the IAWMH EC and Cairo national faculty. Spearheaded by G. Secretary Gihan ELNahas and her colleagues the collaboration between both entities was well orchestrated.

This regional conference was a one day hybrid event, started by welcoming words from Gihan ELNahas-G. Secretary of IAWMH and Congress Vice-President, followed by the inauguration speech from Prabha Chandra-President of the IAWMH and of the congress. In her speech, Prabha emphasized the lead role of the association in advancing WMH awareness, and its candid believe in the need to embrace and include regional work and progress in WMH from different parts of the world. By launching regional conferences, the IAWMH pursues its mission to disseminate information, share experiences, join hands to address the challenging issues and plant seeds for future women psychiatrists and psychologist interested in specialising in WMH.

This one-day hybrid event successfully tackles priority issues in women mental health, discussing perinatal health issues, violence against women and girls, common mental illnesses and their impact across a woman's lifespan, regional progress and setbacks, childhood stressful event (CSE) and more.

Our eminent speakers Prabha Chandra (President of IAWMH), Florence Thibaut (Immediate Past President IAWMH, and Judith Usall (President Elect-IAWMH) in addition to our renowned national faculty from the region, shared our vast experience in the field. (program attached).

This International conference is accredited **61 CME** credit hours by the *AACME*.



Opening Ceremony of the 19th International Congress on Psychiatry



Inauguration speech by Prabha Chandra


19th International Congress on Psychiatry

Women with mental illness seeking conception counselling at specialist perinatal psychiatry service in India
 (Nanjundaswamy et al., 2022)

Retrospective review of clinical records of 766 women attending the PNC from 2014-17

23.3% women sought conception counselling

- 58.1% of them sought Preconception Counselling (PCC)
- 41.9% had an unplanned pregnancy with exposure (UPE) to psychotropics

Characteristics of women seeking PCC vs UPE

- Higher education,
- Longer duration of illness
- Severe mental illness (SMI),
- Higher rates of medical comorbidities
- Receiving infertility treatment

Women who had earlier undergone PCC been more likely to seek PCC for further pregnancies.



*Developing perinatal mental health services in LAMIC
 Establishing Mother-Baby Units and specialized preconception service for women with SM*

19th International Congress on Psychiatry





Clinical examination

- Women's physical examination includes examining the breasts, careful inspection of the body including the genitals
- Get quickly and appropriately biological samples for toxicological analysis in blood, urine and/or hair and send them to a specialised laboratory in case of sexual assault

Updates on new types of Sexual Violence



Women Mental Health from a regional perspective: Progress and setbacks

19th International Congress on Psychiatry




Judith Usual-Rodríguez



BACKGROUND • AIMS • **METHOD** • RESULTS • DISCUSSION

INSTRUMENTS

Socio-demographic variables:

- Age Marital status
- Years of education
- Medication
- THC consumption
- DUP

Spanish childhood trauma questionnaire-short form (CTQ)

Cut points (Bernstein and Fink, 1998; Uçok and Bikmaz, 2007):

- Emotional abuse ≥ 13 ,
- Physical abuse ≥ 10 ,
- Sexual abuse ≥ 8 ,
- Emotional neglect ≥ 15
- Physical neglect ≥ 10



PHYSICAL ABUSE



EMOTIONAL ABUSE



SEXUAL ABUSE



PHYSICAL NEGLECT



EMOTIONAL NEGLECT

Influence of childhood trauma in symptomatology, social functioning, and suicide ideation in women with a first episode psychosis



National Faculty, early career WMH psychiatrists and conference organizers