



33RD NORDIC CONGRESS OF PSYCHIATRY

June 17th – 18th, 2021



PROGRAMME



SUOMEN PSYKIATRIYHDISTYS
PSYKIATERFÖRENINGEN I FINLAND
FINNISH PSYCHIATRIC ASSOCIATION

NCP2021 is co-organised by Finnish Psychiatric Association, in co-operation with Nordic Psychiatric Associations.

PROGRAMME AT A GLANCE

DAY 1

Thursday June 17th, 2021

Time, EEST	ROOM A	ROOM B	ROOM C
10.00-10.30	Opening		
10.30-11.30	Plenary 1: Dan Chisholm Public mental health needs and responses in the context of COVID-19: a blueprint for the future?		
11.30-12.00	Coffee		
12.00-13.30	Symposium 1: Suicide prevention: Nordic perspectives	Symposium 2: E-health in psychiatry	Symposium 3: Highlights from The Nordic Journal of Psychiatry
13.30-14.30	Lunch		
14.30-15.30	Plenary 2: Mark Daly Genetic architecture of psychiatric traits and disorders - shared and specific biological mechanisms		
15.30-16.30	Plenary 3: Ian Goodyer Adolescent Mental Health: From Brain to Therapeutics		
16.30-17.00	Coffee		
17.00-17.30	Poster presentations		
17.30-19.30	Symposium 4: What works (and for whom) in psychotherapy	Symposium 5: Sleep in psychiatric disorders	Oral presentations 1

DAY 2

Friday June 18th, 2021

Time, EEST	ROOM A	ROOM B	ROOM C
10.00-12.00	Symposium 6: Interventions for preventing mental disorders related to social inequality	Symposium 7: Birth cohorts - intergenerational aspect to mental health	Symposium 8: Mental health and COVID-19 pandemics in the Baltic countries and Finland
12.00-12.30	Coffee		
12.30-13.30	Plenary 4: Pim Cuijpers The future of psychotherapy		
13.30-14.00	Poster presentations		
14.00-15.00	Lunch		
15.00-16.00	Plenary 5: Riitta Hari Brain basis of social interaction		
16.00-17.30	Symposium 9: Cannabis: A friend or a foe?	Symposium 10: Violence risk assessment in clinical psychiatry	Oral presentations 2
17.30-18.00	Coffee		
18.00-19.00	Plenary 6: Merete Nordentoft Improving treatment of people with psychotic illnesses: lessons from randomized clinical trials		
19.00-19.30	Poster prizes and closing		

Please note that all times mentioned in the programme are in **Finnish time, EEST (Eastern European Summer Time)**.

Gold sponsor Satellite Symposium
Friday 18th at 8.45-9.45 EEST

Gold sponsor Janssen presents: **“Advances in Depression Research”**
By invitation only

PLENARY SPEAKERS

THURSDAY JUNE 17TH, 10.30-11.30 EEST

Plenary 1: *Dan Chisholm*

CHAIR: *Jaana Suvisaari*; MD, Research professor;
Finnish Institute for Health and Welfare; Finland



Public mental health needs and responses in the context of COVID-19: a blueprint for the future?

Dr Dan Chisholm is Programme Manager for Mental Health at the WHO Regional Office for Europe (based in Copenhagen, Denmark). He works with WHO Member States and other partners to develop and implement national mental health policies and plans, as well as provide guidance, tools and advocacy for the promotion of mental health and the development of prevention, treatment and recovery services across the life-course.

He was formerly a Health Systems Adviser in the Department of Mental Health and Substance Abuse at WHO Headquarters Office in Geneva, Switzerland. His main areas of work there included development and monitoring of global mental health plans and activities, technical assistance on mental health system strengthening, and analysis of the cost-effectiveness of strategies for reducing the impact of mental disorders.



PLENARY SPEAKERS

THURSDAY JUNE 17TH, 14.30-15.30 EEST

Plenary 2: *Mark Daly*

CHAIR: *Tiina Paunio*; Professor;
University of Helsinki and Helsinki University Hospital; Finland

Genetic architecture of psychiatric traits and disorders - shared and specific biological mechanisms

Mark Daly, PhD, was appointed Director of the Institute for Molecular Medicine Finland (FIMM) in February 2018. He retains also his affiliations in Boston at the Harvard Medical School, Massachusetts General Hospital and as an institute member of the Broad Institute and co-director of the Program in Medical and Population Genetics.

Daly received his B.S. in physics from the Massachusetts Institute of Technology and his Ph.D. in human genetics from Leiden University, Netherlands. He received the Curt Stern Award from the American Society of Human Genetics in 2014 and was elected to the National Academy of Medicine in 2017. In 2019 he was awarded Aarhus University's Honorary Doctorate at the Faculty of Health.

His research primarily focuses on the development and application of statistical methods for the discovery and interpretation of genetic variation responsible for complex human disease.

In addition to foundational work in human genetics methodology, his lab has made major contributions to gene discovery in inflammatory bowel disease, autism and schizophrenia - primarily through catalyzing global collaborative research efforts which he continues to help lead. He is a co-architect of the FinnGen project, a landmark public-private effort to integrate decades of medical registry data with genomic data in 10% of the Finnish population.

Dr Daly coordinates the leadership team of the COVID-19 Host Genetics Initiative (HGI) (<https://www.covid19hg.org>). The purpose of the initiative is to bring together the human genetics research community to generate, share, and analyse data to define the genetic determinants of COVID-19 susceptibility, severity, and outcomes.

Mark Daly is an author of 478 peer-reviewed manuscripts (PubMed 8/2020) with a total of more than 290,000 citations, has an h-index of 201 (Google scholar 8/2020), and has been listed by Thompson ISI/Science Watch in 2008 and 2010 as one of the top ten authors ranked by number of high-impact papers.



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PLENARY SPEAKERS

THURSDAY JUNE 17TH, 15.30-16.30 EEST

Plenary 3: *Ian Michael Goodyer*

CHAIR: Mauri Marttunen; Professor;
University of Helsinki and Helsinki University Hospital; Finland

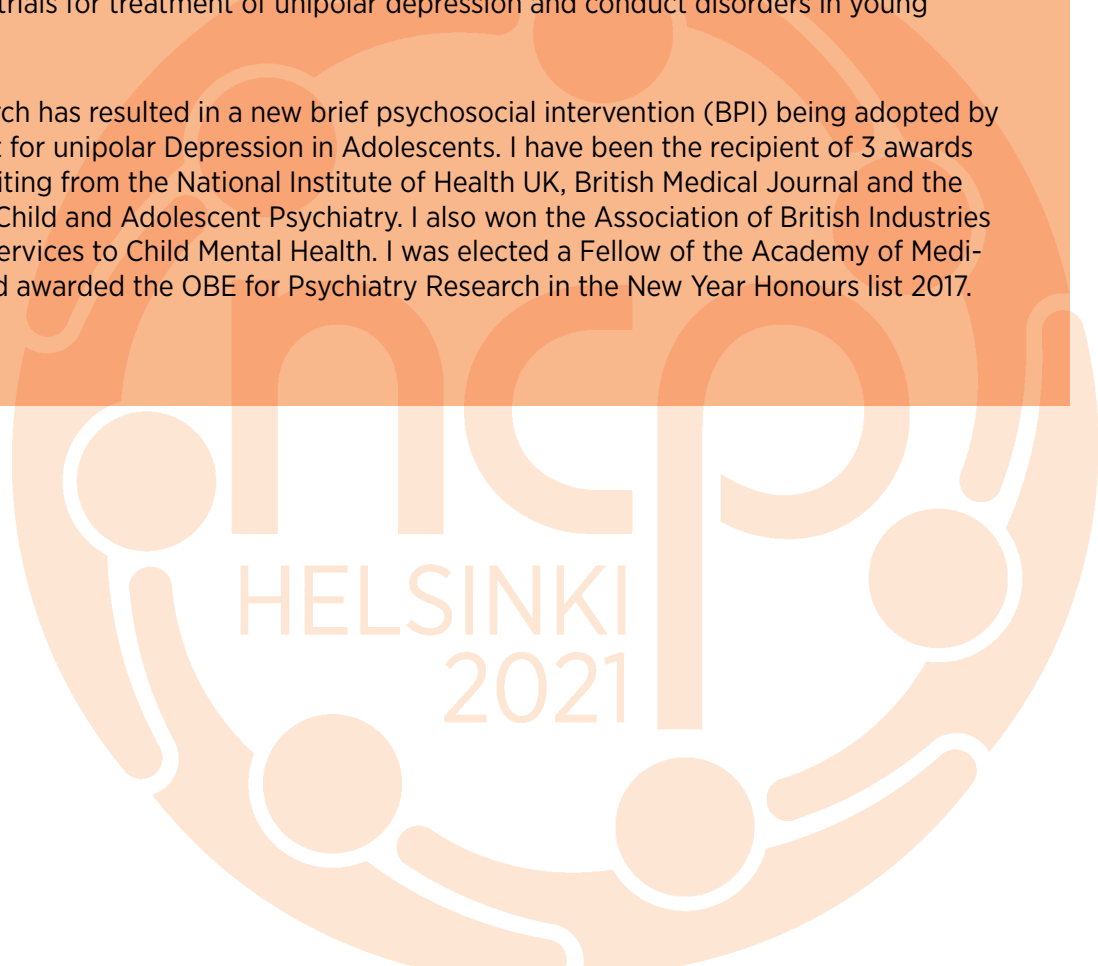
Adolescent Mental Health: From Brain to Therapeutics

Professor Emeritus Cambridge Clinical School University of Cambridge

Emeritus Fellow, Wolfson College, Cambridge Chairperson, Peter Cundill Research Centre for Youth Depression, Center for Addictions and Mental Health, University of Toronto

I am a Child and Adolescent Psychiatrist based at Cambridge University pursuing research into the connections between human development and psychopathology and the therapeutics of adolescent mental disorders. Our research programme uses experimental, computational and neuroimaging approaches embedded in longitudinal designs to measure the effects of the social environment on cognition, brain structures and mental disorders. We described the first biomarker for unipolar depression, elevated morning cortisol, in young adolescents at risk for unipolar depression. We have undertaken randomised controlled trials for treatment of unipolar depression and conduct disorders in young people.

Our therapeutics research has resulted in a new brief psychosocial intervention (BPI) being adopted by NICE UK as a treatment for unipolar Depression in Adolescents. I have been the recipient of 3 awards for my research and writing from the National Institute of Health UK, British Medical Journal and the American Academy of Child and Adolescent Psychiatry. I also won the Association of British Industries community medal for services to Child Mental Health. I was elected a Fellow of the Academy of Medical Sciences in 1999 and awarded the OBE for Psychiatry Research in the New Year Honours list 2017.



PLENARY SPEAKERS

FRIDAY JUNE 18TH, 12.30-13.30 EEST

Plenary 4: *Pim Cuijpers*

CHAIR: *Erkki Heinonen*; Associate Professor of Psychology; University of Oslo, Norway; Finnish Institute for Health and Welfare; Finland



The future of psychotherapy

Pim Cuijpers is Professor of Clinical Psychology at the Vrije Universiteit Amsterdam. He is specialised in conducting randomised controlled trials and meta-analyses on prevention and psychological treatments of common mental disorders across the life span.

Much of his work is aimed at prevention of mental disorders, psychological treatments of depression and anxiety disorders, and Internet-delivered treatments.

Pim Cuijpers has published more than 900 peer-reviewed papers, chapters, reports and professional publications, including more than 700 papers in international peer-reviewed scientific journals. He is on the Thomson-Reuter Web of Science lists of the 'highly cited researchers' since the first edition of this list in 2014 (<http://highlycited.com/>).



PLENARY SPEAKERS

FRIDAY JUNE 18TH, 15.00-16.00 EEST

Plenary 5: *Riitta Hari*

CHAIR: *Jarmo Hietala*; MD, Professor of Psychiatry;
University of Turku; Finland

Brain basis of social interaction

Riitta Hari, MD, PhD, is Professor Emerita at Aalto University, Finland.

She has a long experience in systems-level neuroscience and human brain imaging, especially in developing magnetoencephalography (MEG) for tracking millisecond-scale activation sequences in the human brain. Hari and her colleagues have provided fundamental insights into human sensory, motor, cognitive, and social functions in both healthy and diseased individuals.

For her multidisciplinary efforts, Hari has received honoris causa doctorates in science (2003), medicine (2005), and technology (2016). Hari is Academician of Science in Finland since 2010 and member of the National Academy of Sciences USA since 2004. She currently attempts to bridge art and neuroscience without privileging either.



PLENARY SPEAKERS

FRIDAY JUNE 18TH, 18.00-19.00 EEST

Plenary 6: *Merete Nordentoft*

CHAIR: *Olli Kampman*; Professor;
Tampere University and Tampere University Hospital Department
of Psychiatry; Finland



Improving treatment of people with psychotic illnesses: lessons from randomized clinical trials

Merete Nordentoft is an expert in epidemiology, suicidal behavior, psychopathology and a pioneer in early intervention in psychosis. She was PI for many large randomized clinical trials, evaluating the effect of psychosocial intervention, of which the Danish OPUS trial (specialized assertive intervention in first episode psychosis) is the most well known.

She has worked with suicide prevention at a national level since 1997.

Together with a group of epidemiologist from Nordic countries, she has proved that life expectancy in schizophrenia is 15 to 20 years shorter than in the general population.

She is involved as one of the PI's in iPSYCH, the Lundbeck Foundation Initiative for Integrative Psychiatric Research, which aims at investigating genetic and environmental causes of mental disorders. The initiation of the large Danish High Risk and Resilience Study VIA 7, and the first follow-up wave VIA 11 are important parts of iPSYCH.

She was given the prestigious award "Global Excellence in Health" in 2012 and in 2016. She received the Richard Wyatt Award in 2016, The Marie and August Krogh Award in 2017, and The Danish Medical Association's Honorific Award in 2018.

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SYMPOSIA

SYMPOSIUM 1
THURSDAY JUNE 17TH, 12.00-13.30 EEST

Suicide prevention: Nordic Perspectives

CHAIR: *Erkki Isometsä*; Professor of Psychiatry; University of Helsinki; Finland

Talks

- 1. Adaptation of evidence-based suicide prevention strategies during and after the COVID-19 pandemic**
Danuta Wasserman; Professor of Psychiatry and Suicidology; Head and Founder of National Centre for Suicide Research and Prevention of Mental Ill-Health (NASP) Karolinska Institutet, Stockholm, Sweden Director for WHO Collaborating Centre for Research, Methods Development and Training in Suicide Prevention President-Elect for the World Psychiatric Association (WPA)
- 2. New approaches to suicide prevention – the Norwegian national strategy for suicide prevention**
Lars Mehlum; Professor of Psychiatry and Suicidology, Director; National Centre for Suicide Research and Prevention, Institute of Clinical Medicine, University of Oslo; Norway
- 3. Identifying the most important areas for suicide prevention through register-based research- Danish experiences**
Merete Nordentoft; Professor of Psychiatry; DRISP - Danish Research Institute for Suicide Prevention, CORE - Copenhagen Research Centre for Mental Health, Department of Clinical Medicine, Copenhagen University Hospital; Denmark
- 4. Suicide trends, prevention and recent research on depression-related risk factors in Finland**
Erkki Isometsä; Professor of Psychiatry; University of Helsinki and Helsinki University Hospital; Finland

SYMPOSIUM 2
THURSDAY JUNE 17TH, 12.00-13.30 EEST

E-health in psychiatry

CHAIR: *Tuula Kieseppä*; Adjunct Professor, Chief Medical Officer; the Ministry of Social Affairs and Health; Finland

Talks

- 1. The vision of the development of digital mental health**
Eduard Maron; Professor; Faculty of Medicine, University of Tartu; Estonia
- 2. Internet-based cognitive behavioral therapy (iCBT)**
Eero-Matti Gummerus; Development Manager; M.A.; HUS Helsinki University Hospital; Finland
- 3. E-bed at psychiatric hospital**
Asko Wegelius; M.D. PhD, Chief Medical Officer; HUS Helsinki University Hospital Psychiatry; Finland

SYMPOSIUM 3
THURSDAY JUNE 17TH, 12.00-13.30 EEST

Highlights from The Nordic Journal of Psychiatry

CHAIR: *Martin Balslev Jørgensen*; Professor – Editor; Nordic Journal of Psychiatry and Psychiatric Centre Copenhagen and University of Copenhagen; Denmark

Talks

- 1. Introduction of the Symposium and The Nordic Journal of Psychiatry**
Martin Balslev Jørgensen; Professor – Editor; Nordic Journal of Psychiatry and Psychiatric Centre Copenhagen and University of Copenhagen; Denmark
- 2. Neurodevelopmental disorders: prevalence and comorbidity in children referred to mental health services.** By: Hansen, Berit Hjelde; Oerbeck, Beate; Skirbekk, Benedicte; et al. Nordic Journal of Psychiatry 2018 72:4:285-29
Berit Hjelde Hansen; Senior Consultant/Medical Advisor; NevSom – National Center of Expertise on neurodevelopmental disorders and hypersomnias; Oslo University Hospital; Norway
- 3. Use of mechanical and pharmacological restraint over an eight-year period and its relation to clinical factors.** By: Reitan, Solveig Klaebo; Helvik, Anne-Sofie; Iversen, Valentina. Nordic Journal of Psychiatry 2018 72:1:24-30
Solveig Klaebo Reitan; Professor; Department of Mental Health, Faculty of Medicine and Health Sciences; Norwegian University of Science and Technology; Norway
- 4. Cardiometabolic risk factors, physical activity and psychiatric status in patients in long-term psychiatric inpatient departments.** By: Ringen, Petter Andreas; Faerden, Ann; Antonsen, Bjornar; et al. Nordic Journal of Psychiatry 2018 72:4:296-302
Petter Andreas Ringen; Department Head, Professor; Dept of Research and Innovation, Division of Mental Health and Addiction; Oslo University Hospital, University of Oslo; Norway

SYMPOSIUM 4
THURSDAY JUNE 17TH, 17.30-19.30 EEST

What works and for whom? Patient, therapist, technique, and relationship determinants of success and failure in psychotherapy

CHAIR: *Erkki Heinonen*; Associate Professor; University of Oslo, Norway, Finnish Institute for Health and Welfare; Finland
Helene Nissen-Lie; Professor, University of Oslo, Norway

Talks

- 1. What patient characteristics predict treatment success or failure in short- and long-term psychotherapies?**
Olavi Lindfors; Adjunct Professor; Finnish Institute for Health and Welfare; Finland
- 2. Is the quality of the patient-therapist relationship a causal factor for therapy outcome?**
Fredrik Falkenström; Professor; Linnaeus University; Sweden
- 3. Technique factors as predictors of psychotherapy outcome**
Kristen Hagen; Professor; Norwegian University of Science and Technology; Norway
- 4. What are the therapist characteristics that are associated with positive client outcomes?**
Helene Nissen-Lie; Professor; University of Oslo; Norway

SYMPOSIUM 5
THURSDAY JUNE 17TH, 17.30-19.30 EEST

Sleep in psychiatric disorders

CHAIR: *Tiina Paunio*; Professor; University of Helsinki; Finland
Christoph Nissen; Professor; University Hospital of Psychiatry and Psychotherapy;
University of Bern; Germany

Talks

1. **Genetic overlaps between sleep and circadian rhythms with mental disorders**
Tiina Paunio; Professor; University of Helsinki; Finland
2. **Sleep disruption as a treatable causal factor for psychosis**
Bryony Sheaves; PhD, Clinical psychologist; University of Oxford; United Kingdom
3. **Synaptic mechanisms of therapeutic sleep deprivation in major depressive disorder**
Christoph Nissen; Professor; University Hospital of Psychiatry and Psychotherapy;
University of Bern; Germany
4. **Become your own SLEEPexpert: a behavioral treatment program for insomnia in inpatient psychiatric care**
Elisabeth Hertenstein; PhD, Clinical psychologist; University Hospital of Psychiatry and
Psychotherapy; University of Bern; Germany

SYMPOSIUM 6
FRIDAY JUNE 18TH, 10.00-12.00 EEST

Interventions for preventing mental disorders related to social inequality

CHAIR: *Andre Sourander*; Professor of Child Psychiatry; University of Turku; Finland
Jarmo Hietala; Professor of Psychiatry; University of Turku; Finland

Talks

1. **Digitally delivered parenting programs in randomized controlled study designs**
Andre Sourander; Professor of Child Psychiatry; University of Turku; Finland
2. **Digital mental health technologies for children and adolescents – experiences from clinical trials and implementation in Sweden**
Eva Serlachius; Associate professor in child and adolescent psychiatry; Department of
Clinical Neuroscience, Karolinska Institutet; Sweden
3. **Implementing digital mental health interventions: before, during and after Covid-19**
Heleen Riper; Professor of eMental-Health; Vrije Universiteit Amsterdam; The Netherlands
4. **KiVa antibullying program: promoting mental health by reducing bullying**
Christina Salmivalli; Professor of psychology; University of Turku; Finland
5. **Promoting mental health and reducing inequality of opportunity**
Jani Erola; Professor of Sociology; University of Turku; Finland

SYMPOSIUM 7
FRIDAY JUNE 18TH, 10.00-12.00 EEST

Birth cohorts - intergenerational aspect to mental health

CHAIR: *Juha Veijola*; Professor; University of Oulu; Finland

Talks

1. **Intergenerational aspects to mental health in birth cohort and population samples**
Tomas Paus; Professor; University of Toronto; Canada
2. **Intergenerational transmission of risk. Recent child developmental studies in the Generation R cohort**
Henning Tiemeier; Professor; Erasmus and Harvard Universities; USA
3. **Somatic health in the offspring of parents with severe mental illness - the Northern Finland Birth Cohort 1966**
Juha Veijola; Professor; University of Oulu; Finland
4. **Prenatal exposures associated with offspring mental disorders in a large longitudinal population-based pregnancy cohort**
Ragnhild Eek Brandlistuen; Senior Researcher; Norwegian Institute of Public Health, University of Oslo, Norway

SYMPOSIUM 8
FRIDAY JUNE 18TH, 10.00-12.00 EEST

Mental health and COVID-19 pandemics in the Baltic countries and Finland

CHAIR: *Elmars Rancans*; Professor; Department of Psychiatry and Narcology, Riga Stradins University; Latvia

Talks

1. **Mental health of the general population and vulnerable groups in Latvia during COVID-19 pandemics**
Elmars Rancans; Professor; Department of Psychiatry and Narcology, Riga Stradins University; Latvia
2. **Mental health and wellbeing in Estonia during COVID-19 pandemics**
Kristjan Kask; Dr; Tallinn University; Estonia
3. **Problematic Internet use during COVID-19 pandemic in Lithuania**
Vesta Steibliene; Professor; Lithuanian University of Health Sciences; Lithuania
4. **COVID-19, psychiatric services and mental health in Finland**
Jaana Suvisaari; Professor; Mental Health Team, Finnish Institute for Health and Welfare; Finland

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SYMPOSIUM 9
FRIDAY JUNE 18TH, 16.00-17.30 EEST

Cannabis: A friend or a foe?

CHAIR: *Solja Niemelä*; MD, PhD, Associate professor; Department of Psychiatry, University of Turku; Finland

Carsten Hjorthøj; MSc, PhD, Associate professor; Copenhagen Research Center for Mental Health (CORE) and University of Copenhagen; Denmark

Talks

- 1. Prognosis of adolescent cannabis use in the 1986 Northern Finland Birth Cohort Study**
Solja Niemelä; MD, PhD, Associate professor; Department of Psychiatry, University of Turku; Finland
- 2. Cannabis-induced psychosis and cannabis use disorder among psychosis patients in Danish Registers**
Carsten Hjorthøj; MSc, PhD, Associate professor; Copenhagen Research Center for Mental Health (CORE) and University of Copenhagen; Denmark
- 3. Are cannabis using and non-using groups with psychosis different groups: a neurobiological perspective**
Musa Sami; MD, PhD, Associate professor; University of Nottingham; United Kingdom
- 4. Cannabidiol as a future treatment - preclinical evidence from animal models of binge eating and psychosis/mania-like hyperactivity**
Teemu Aitta-Aho; PhD, group leader; Department of Pharmacology, University of Helsinki; Finland

SYMPOSIUM 10
FRIDAY JUNE 18TH, 16.00-17.30 EEST

Violence risk assessment in clinical psychiatry

CHAIR: *Nina Lindberg*; Professor; Helsinki University and Helsinki University Hospital; Finland
John Olav Roaldset; PhD; Oslo University Hospital; Norway

Talks

- 1. Violence risk assessments in clinical every day practise**
Markku Eronen; Docent; Turku University; Finland
- 2. Mental disorders and violent behavior**
Riittakerttu Kaltiala; Professor; Tampere University and Tampere University Hospital; Finland
- 3. V-Risk-10 and V-Risk-Y, practical tools for assessing violence risk?**
John Olav Roaldset; PhD; Oslo University Hospital; Norway
- 4. Considerations, shortcomings and future directions for risk assessment**
Markku Lähteenvuo; MD, PhD; University of Eastern Finland; Finland

ORAL PRESENTATIONS 1

THURSDAY JUNE 17TH, 17.30-19.30 EEST

CHAIR: *Vesta Steibliene*; Associate Professor; Lithuanian University of Health Sciences; Lithuania
Ida Ringbom; MD; Helsinki University Hospital, University of Turku, Finnish Institute for Health and Welfare; Finland

ORAL PRESENTATION 1

Should impaired renal function be considered a contra-indication for starting lithium?

SPEAKER: MD **Mihaela Golic**¹

MD, PhD Harald Aiff¹, MD, PhD Per-Ola Attman², MD, PhD Bernd Ramsauer³, MD Staffan Schön⁴, Psychiatrist and Docent Steinn Steingrímsson¹, MD, Professor Emeritus Jan Svedlund¹

¹Department of Psychiatry and Neurochemistry, Institute of Neuroscience and Physiology, Sahlgrenska Academy, University of Gothenburg, Gothenburg, Sweden, ²Department of Nephrology, Institute of Medicine, Sahlgrenska Academy, University of Gothenburg, Gothenburg, Sweden, ³Department of Nephrology, Skaraborg Hospital, Skövde, Sweden, ⁴Swedish Renal Registry, Jönköping County Hospital, Jönköping, Sweden

ORAL PRESENTATION 2

Life course associations between smoking and depressive symptoms. A 30-year Finnish follow-up study

SPEAKER: **Olli Kiviruusu**^{1,2}

Noora Berg^{1,3,4}, Maarit Piirtola⁴, Satu Viertiö¹, Jaana Suvisaari¹, Tellervo Korhonen⁴, Mauri Marttunen^{1,2}

¹Department of Public Health and Welfare, Finnish Institute for Health and Welfare, Finland, ²Psychiatry, University of Helsinki and Helsinki University Hospital, Finland, ³Department of Public Health and Caring Sciences, Uppsala University, Sweden, ⁴Institute for Molecular Medicine Finland (FIMM), HiLIFE, University of Helsinki, Finland

ORAL PRESENTATION 3

The sociodemographic profile and characteristics of self-reported suicidal attempters in Latvia: A population-based study

SPEAKER: Mrs **Krista Mieze**¹

Assoc. prof. Anda Kivite-Urtane², Mrs Daiga Grinberga³, Mrs Biruta Velika³, Mrs Iveta Pudule³, Prof. Elmars Rancans⁴

¹Rīga Stradiņš University, Department of Doctoral Studies, Rīga, Latvia, ²Rīga Stradiņš University, Department of Public Health and Epidemiology, Rīga, Latvia, ³Centre for Disease Prevention and Control of Latvia, Latvia Research and Health Statistics Department, Rīga, Latvia, ⁴Rīga Stradiņš University, Department of Psychiatry and Narcology, Rīga, Latvia

ORAL PRESENTATION 4

Does sleep deprivation provide a rapid relief of depression?

SPEAKER: Michael Ioannou^{1,2}

Zoltán Szabó¹, Steinn Steingrimsson^{1,2}

¹Psykiatri Affektiva, Department of Psychiatry, Sahlgrenska University Hospital, Göteborg, Sweden, ²University of Gothenburg, Sahlgrenska Academy, Institute of Neuroscience and Physiology, Gothenburg, Sweden

ORAL PRESENTATION 5

A randomized clinical trial of the ASSIP vs. crisis counselling in preventing suicide attempt repetition: a two-year follow-up study

SPEAKER: M.D. Ph.D. Petri Arvilommi¹

D.Soc.Sc. Jukka Valkonen², M.A. Outi Ruishalme², Registered Nurse Marena Kukkonen², Crisis Worker Harri Sihvola², M.D. Lars Lindholm³, M.D., Ph.D. Kirsi Suominen⁴, M.A. Selma Gaily-Luoma¹, M.D., Ph.D. Erkki Isometsä¹

¹Dept. of Psychiatry, University of Helsinki and Helsinki University Hospital, Helsinki, Finland, ²MIELI Mental Health Finland, Helsinki, Finland, ³Dept. of Psychiatry, South Ostrobothnia Hospital District, Seinäjoki, Finland, ⁴Helsinki City Department of Social Services and Healthcare, Psychiatric and Substance Abuse Services, Helsinki, Finland

ORAL PRESENTATION 6

Age Differences in Children with Obsessive-Compulsive Disorder: Symptoms, Comorbidity, Severity and Impairment

SPEAKER: Mr. Orri Smáráson¹

Dr. Bernhard Weidle², Dr. David R.M.A. Höjgaard³, Dr. Nor Christian Torp⁴, Dr. Tord Ivarsson², Dr. Judith Becker Nissen³, Dr. Per Hove Thomsen³, Dr. Gudmundur Skarphedinsson¹

¹Faculty of Psychology, University of Iceland, Reykjavík, Iceland, ²Regional Center for Child Mental Health and Child Welfare, Norwegian University of Science and Technology, Trondheim, Norway, ³Department of Child and Adolescent Psychiatry, Aarhus University Hospital, Psychiatry, Aarhus, Denmark, ⁴Division of Mental Health and Addiction, Vestre Viken Hospital, Drammen, Norway

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ORAL PRESENTATIONS 2

FRIDAY JUNE 18TH, 16.00-17.30 EEST

CHAIR: *Kaisla Lahdensuo*; MD, Associate professor, Chief medical officer Mehiläinen, Finland
Jonas Eberhard; Associate Professor, Lund University, Sweden

ORAL PRESENTATION 7

Effectiveness of antipsychotics in schizophrenia with comorbid substance use disorder

SPEAKER: MD, PhD **Markku Lähteenvuo**¹

MD, PhD Jurjen Luykx², PhD Heidi Taipale^{1,3}, PhD Ellenor Mittendorfer-Rutz³,
PhD Antti Tanskanen^{1,3}, PhD Albert Batalla Cases², Professor, MD, PhD Jari Tiihonen^{1,3}

¹*Department of Forensic Psychiatry, University of Eastern Finland, Kuopio, Finland,*

²*Department of Psychiatry, Utrecht University, Utrecht, The Netherlands,* ³*Department of Clinical Neuroscience, Karolinska Institute, Stockholm, Sweden*

ORAL PRESENTATION 8

Sleep in psychotic disorders: Results from nationwide SUPER Finland study

SPEAKER: M.D. **Erik Cederlöf**^{1,2,3}

Dr. Minna Holm¹, Dr. Markku Lähteenvuo^{4,5}, M.D. Willehard Haaki⁶, Prof. Jarmo Hietala⁶,
M.A. Katja Häkkinen⁴, Prof. Erkki Isometsä², Dr. Tuomas Jukuri⁷, Dr. Risto Kajanne⁴,
Prof. Olli Kampman^{8,9}, Doc. Tuula Kieseppä², Doc. Kaisla Lahdensuo², Dr. Jouko Lönnqvist¹,
Dr. Teemu Männynsalo¹⁰, Dr. Jussi Niemi-Pynttari¹⁰, M.D. Kimmo Suokas^{8,10},
Dr. Jaana Suvisaari¹, Prof. Jari Tiihonen^{5,11}, Dr. Hannu Turunen¹, Dr. Askö Wegelius²,
Dr. Juha Veijola^{7,13,14}, Dr. Aarno Palotie⁴, Prof. Tiina Paunio^{1,2,3}

¹*Finnish Institute for Health and Welfare, Helsinki, Finland,* ²*Department of Psychiatry, University of Helsinki and Helsinki University Hospital, Helsinki, Finland,* ³*SleepWell Research Program, Faculty of Medicine, University of Helsinki and Helsinki University Hospital, Helsinki, Finland,* ⁴*Institute for Molecular Medicine Finland (FIMM), Helsinki, Finland,* ⁵*Niuvanniemi Hospital, University of Eastern Finland, Kuopio, Finland,* ⁶*University of Turku, Turku, Finland,* ⁷*Department of Psychiatry, Oulu University Hospital, Oulu, Finland,* ⁸*University of Tampere, Tampere, Finland,* ⁹*Seinäjäki Hospital District, Seinäjoki, Finland,* ¹⁰*City of Helsinki, Social Services and Health Care Sector, Helsinki, Finland,* ¹¹*Karolinska Institutet, Stockholm, Sweden,* ¹²*The Social Insurance Institution of Finland, Helsinki, Finland,* ¹³*Department of Psychiatry, Research Unit of Clinical Neuroscience, University of Oulu, Oulu, Finland,* ¹⁴*Medical Research Center, University of Oulu and Oulu University Hospital, Oulu, Finland*

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ORAL PRESENTATION 9

Kraepelin and Bleuler were right: Disorganised Thinking and Poverty of Emotions, not Delusions or Hallucinations, are primary in psychoses

SPEAKER: Professor **Raimo K. R. Salokangas**¹

Senior Researcher Tiina From¹, Senior Lecture Tuula Ilonen¹, Assistant Professor Sinikka Luutonen¹, Assistant Professor Markus Heinimaa¹, MD Reetta-Liina Armio¹, MD Heikki Laurikainen¹, MD Maija Walta¹, MD, PhD Lauri Tuominen¹, Professor Jarmo Hietala¹
¹University of Turku, Turku, Finland

ORAL PRESENTATION 10

Enhancing the implementation of evidence-based treatment interventions. A comprehensive evaluation of a real-world implementation programme

SPEAKER: MD, PhD student **Lars Lindholm**^{1,2}

MD, PhD student Kaisa Luoto^{1,2,3}, PhD Nursing Sci Minna Laitila⁴, MD, PhD Antti Koivukangas¹, MD, PhD Antero Lassila¹, MD, PhD Jorma Komulainen⁵, MD, PhD Olli Kampman^{2,3}

¹Department of Psychiatry, South Ostrobothnia Hospital District, Seinäjoki, Finland, ²Faculty of Medicine and Health Technology, Tampere University, Tampere, Finland, ³Department of Psychiatry, Pirkanmaa Hospital District, Tampere, Finland, ⁴Seinäjoki University of Applied Sciences, Seinäjoki, Finland, ⁵The Finnish Medical Society Duodecim, Helsinki, Finland



POSTER PRESENTATIONS

Posters are located in the Posters-room and available throughout the Congress. Dedicated Poster sessions are on Thursday June 17th at 17.00-17.30 and on Friday June 18th at 13.30-14.00. We encourage viewing posters especially during those times.

POSTER PRESENTATION 1

Maternal alexithymic traits are related to lower maternal sensitivity and higher hostility in mother-infant interaction

PRESENTER: MA, MD, MHSc **Hanna Ahrnberg**^{1,3}

Adj. Prof Noora Scheinin^{1,3}, Adj. Prof Riikka Korja^{1,2}, PhD Saara Nolvi¹, Adj. Prof Linnea Karlsson^{1,4}, Prof Hasse Karlsson^{1,3}, MD, PhD Jani Kajanoja¹, Adj. Prof Max Karukivi^{1,3}

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POSTER PRESENTATION 2

The impact of COVID-19 pandemic and lockdown on health science students well-being in Lithuania: is there a difference according to gender

PRESENTER: Medical Doctor **Milda Basevičiūtė**¹

Medical Doctor Jonas Montvidas¹, Medical Student Kamilė Burokaitė², Professor of Psychiatry Sigita Lesinskienė², Professor of Psychiatry Virginija Adomaitienė¹

¹Lithuanian University of Health Sciences, Kaunas, Lithuania, ²Vilnius University, Vilnius, Lithuania

POSTER PRESENTATION 3

Criminal behavior after the diagnosis of a neurocognitive disorder: a nationwide finnish register study

PRESENTER: M.D. **Milena Ginters**¹

M.D. Anniina Palm¹, M.D. Tiina Talaslahti¹, M. Sc Hannu Kautiainen³, M.D., Ph.D., professor Nina Lindberg^{1,2}, M.D., Ph.D. Hannu Koponen^{1,2},

¹Helsinki University Hospital, psychiatry, Helsinki, Finland, ²University of Helsinki, Helsinki, Finland, ³Medcare, Espoo, Finland

POSTER PRESENTATION 4

Benefits and risks of off label use of antipsychotics in insomnia and anxiety - APSY Oulu project

PRESENTER: MD, PhD **Erika Jääskeläinen**^{1,2,3}

PhD Marianne Haapea^{1,2,3}, MA Teija Juola¹, PhD Irina Rannikko^{1,2}, PhD Nina Rautio^{1,2}, BMed Sini Lehto¹, BMed Julia Ylitalo¹, Professor Hannu Koponen⁴, Professor (emeritus) Matti Isohanni¹, MRCPsych Graham Murray^{5,6}, Professor Peter Jones^{5,6}, MD, PhD Matti Penttilä^{1,2}, Professor Solja Niemelä^{7,8}, MD, PhD Jussi Seppälä^{1,9}, Professor Jouko Miettunen^{1,2}, and APSY Oulu Group

¹Center for Life Course Health Research, University of Oulu, Finland, ²MRC Oulu, Oulu Univ. Hospital and Univ. of Oulu, Finland, ³Department of Psychiatry, Oulu University Hospital, Finland, ⁴University of Helsinki and Helsinki University Hospital, Psychiatry, Finland, ⁵Department of Psychiatry, University of Cambridge, UK, ⁶Cambridgeshire and Peterborough NHS Foundation Trust, UK, ⁷Department of Psychiatry, University of Turku, Finland, ⁸Addict. Psychiat. Unit, Dept. of Psychiatry, Hospital District of South-West Finland, Finland, ⁹Dept. of Mental and Substance Use Services, Eksote, Lappeenranta, Finland

POSTER PRESENTATION 5

Severe mental disorders and COVID-19: a one-year systematic review

PRESENTER: Prof. **Olli Kampman**^{1,2}

¹Tampere University, Faculty of Medicine and Health Technology, Tampere, Finland, ²Pirkanmaa Hospital District, Department of Psychiatry, Tampere, Finland

POSTER PRESENTATION 6

Intervention effect of participation in the Northern Finland Birth Cohort 1986 study – Special reference to mental disorders and suicidal behavior

PRESENTER: **Martta Kerkelä**¹

Mika Gissler^{2,3,4,5}, Juha Veijola^{1,6,7}

¹Research Unit of Clinical Neuroscience, University of Oulu, Finland, ²Finnish Institute for Health and Welfare, Finland, ³Research Centre for Child Psychiatry, University of Turku, Finland, ⁴Academic Primary Health Care Centre, Sweden, ⁵Department of Molecular Medicine and Surgery, Karolinska Institute, Sweden, ⁶Department of Psychiatry, University Hospital of Oulu, Finland, ⁷Medical Research Center, University Hospital and University of Oulu, Finland

POSTER PRESENTATION 7

Testosterone levels in patients with psychosis vs healthy subjects

PRESENTER: M.D. **Karolina Laurinaitienė**¹

Professor **Vesta Steiblienė**¹

¹Lithuanian University of Health Sciences, Psychiatry clinic, Kaunas, Lithuania

POSTER PRESENTATION 8

Substance use disorders and psychiatric comorbidities and their sex differences in adolescents treated at an addiction psychiatric outpatient clinic

PRESENTER: M.D. **Joni Liskola**¹

M.D., Ph.D Nina Lindberg¹, M.D., Ph.D Henna Haravuori²

¹Helsinki University Hospital, Helsinki, Finland, ²Finnish Institute for Health and Welfare, Helsinki, Finland

POSTER PRESENTATION 9

A Finnish Nationwide Cohort Study on Courses and Risk Factors for Treatment Resistant Depression

PRESENTER: MD, PhD **Markku Lähteenvuo**¹

PhD Heidi Taipale^{1,2}, PhD Antti Tanskanen¹, PhD Saara Rannanpää³,
Professor, MD, PhD Jari Tiihonen^{1,2}

¹Niuvanniemi hospital, Kuopio, Finland, ²Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden, ³Janssen-Cilag, Finland

POSTER PRESENTATION 10

Health-related quality of life prediction using the self-evaluation of negative symptoms scale (SNS) in patients with schizophrenia

PRESENTER: Mr **Jonas Montvidas**¹

Professor Virginija Adomaitienė¹, Professor Darius Leskauskas¹, Professor Sonia Dollfus²

¹Lithuanian University of Health Sciences, Kaunas, Lithuania, ²University of Cean, Normandy, France

POSTER PRESENTATION 11

The quality of mental health care-clinic Veldre pilot study results

PRESENTER: Mrs **Dina Ozerska**¹

Mr Maris Taube^{1,2}

¹Clinic Veldre, Riga Centre Of Psychiatry And Addiction Medicine, Riga, Latvia, ²Department of Psychiatry and Narcology, Riga Stradiņš University, Riga, Latvia

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POSTER PRESENTATION 12

Exploring the comorbidity of personality disorder and musculoskeletal diseases among adults: a scoping review

PRESENTER: Dr **Shae Quirk**^{1,2,3}

Prof Heli Koivumaa-Honkanen^{2,3,4}, Dr Bianca E. Kavanagh¹, Prof Risto Honkanen^{2,3},
Dr Jeremi Heikkinen³, Assoc/Prof Lana J. Williams^{1,5}

¹Deakin University, Institute for Mental and Physical Health and Clinical Translation, School of Medicine, Geelong, Australia,

²Institute of Clinical Medicine/Psychiatry, University of Eastern Finland, Kuopio, Finland,

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POSTER PRESENTATION 13

Impact of emotional blunting on functioning in Patients with MDD: Do the perspectives of patients and HCPs differ?

PRESENTER: Dr. **Hongye Ren**¹

Dr. Michael Cronquist Christensen¹, Prof. Andrea Fagiolini²

¹Medical Affairs, H. Lundbeck A/S, Copenhagen, Denmark, ²Division of Psychiatry, University of Siena School of Medicine, Siena, Italy

POSTER PRESENTATION 14

Characterisation of a conspiracy believer and their mental health during the COVID-19 emergency state in Latvia

PRESENTER: Dr **Baiba Rezgale**^{1,2}

Dr Jelena Vrublevska^{1,3}, Dr Anna Sibalova², Dr Ilana Alesker², Prof Elmars Rancans^{1,3}

¹Riga Psychiatry and Addiction Disorders Centre, Riga, Latvia, ²Riga Stradins University, Faculty of Residency, Riga, Latvia, ³Riga Stradins University, Department of Psychiatry and Narcology, Riga, Latvia

POSTER PRESENTATION 15

Emotional neglect in childhood is common and associates with adult mental ill health

PRESENTER: Professor **Raimo K. R. Salokangas**¹

¹University of Turku, Turku, Finland

POSTER PRESENTATION 16

Prevalence of Anxiety and Depression Symptoms in Adolescents with Type 1 Diabetes (T1D) and Their Parents

PRESENTER: Mrs **Evija Silina**^{1,2,3}

¹*Rīga Stradiņš University (RSU), Riga, Latvia*, ²*National LLC "Maritime Hospital", Liepaja, Latvia*,
³*Latvian Psychiatric Association, Riga, Latvia*

POSTER PRESENTATION 17

The Finnish Individual Placement and Support (IPS) Evaluation Study Protocol (2020–2023)

PRESENTER: M.Soc.Sci. **Noora Sipilä**¹

PhD, adjunct professor Kaija Appelqvist-Schmidlechner¹
¹*Finnish Institute for Health and Welfare, Helsinki, Finland*

POSTER PRESENTATION 18

Mental disorders in the offspring of antenatally fatigued mothers - The Northern Finland 1986 Birth Cohort -study

PRESENTER: MD **Katja Raimovaara**¹

Professor Juha Veijola^{2,3,4}, MSc Martta Kerkelä², MD, PhD Tiina Taka-Eilola^{2,5,6}
¹*Department of Adolescent Psychiatry, University of Helsinki, Helsinki, Finland*, ²*Department of Psychiatry, Research Unit of Clinical Neuroscience, University of Oulu, Oulu, Finland*,
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POSTER PRESENTATION 19

Outcomes of psychiatric rehabilitation - a retrospective study of young adults with severe mental disorders after psychiatric rehabilitation

PRESENTER: Master of Occupational therapy **Jonna Tolonen**^{1,2}

Phd Erika Jääskeläinen¹, Phd Virpi Leppänen³, Phd Marianne Haapea¹, Phd Jouko Miettunen¹,
Phd Kristiina Moilanen^{2,4}
¹*Centre for Life Course Health Research, Oulu University, Oulu, Finland*, ²*Humana Sähkö Ltd., Ylivieska, Finland*, ³*Department of Psychiatry, Oulu City Mental Health Services, Oulu, Finland*,
⁴*Department of Psychiatry, Oulu University Hospital, Oulu, Finland*

POSTER PRESENTATION 20

Prevalence of anxiety symptoms among the general population of Latvia in 2019-2020

PRESENTER: Dr. **Vineta Viktorija Vinogradova**¹

Anda Kivite-Urtane¹, Dr. Jelena Vrublevska¹, Prof. Elmars Rancans¹

¹*Riga Stradins University, Riga, Latvia*

