



## CONFERENCE PROGRAMM

# “Anxiety and Stressor-Related Disorders: from Diagnostic Challenge to Evidence-Based Treatment”

6 -7 May, 2016, Friday - Saturday  
Zigmo Januskeviciaus hall  
at Scientific Center of Lithuanian University of Health Sciences  
Eiveniu str. 4, Kaunas, Lithuania

### 6<sup>th</sup> of May, 2016 | First day

#### 08.00 – 09.00 Registration | Sponsors Exhibition

09.00 – 09.15 Opening ceremony, *The Representor of Lithuanian University of Health Sciences*

09.30 – 10.30 ECNP (European College of Neuropsychopharmacology) Supported talk: How Neuroscience based Nomenclature (NbN) can help in Rational Prescribing? | *Prof. Joseph Zohar, ECNP Past-President, Tel Aviv University, Israel*

10.30 – 11.30 Tell me why: the biopsychosocial model for addiction revised | *Prof. Cor de Jong, Nijmegen Institute for Scientist – Practitioners in Addiction, Netherlands*

#### 11.30 – 12.00 Coffee break | Sponsors Exhibition

12.00 – 12.45 Stressor-related Disorders as Risk Factors for Suicidal Behavior | *M. D. Ona Davidonienė, Mental Health Center of Lithuania, Lithuania*

12.45 – 13.30 Anxiety Disorders in General Practice | *Prof. Virginija Adomaitienė, Psychiatry Clinic at MA LUHS, Lithuania*

#### 13.30 – 14.30 Lunch | Sponsors Exhibition

14.30 – 15.30 WFSBP Guidelines for the Pharmacological Treatment of Anxiety Disorders, Obsessive – Compulsive Disorder and Stressor – related Disorders | *Dr. Vesta Steiblienė, Psychiatry Clinic at MA LUHS, Lithuania*

15.30 – 16.30 Mindfulness – Based Cognitive Therapy as Effective Interventions in Management of Anxiety Disorders | *Dr. Julius Neverauskas, Behavioral Medicine Institute of LUHS, Lithuania*

16.30 – 17.15 Substance use Disorders: Diagnostic Challenge and Solutions in General Practice | *M. D. Darius Jokūbonis, Psychiatry Clinic at MA LUHS, Lithuania*

#### 18.00 – 20.00 Dinner

7<sup>th</sup> of May, 2016 | Second day

## THE PRESENTATIONS OF JUNIOR SCIENTISTS

09.00 – 09.45 Suicide Attempt Survivors: Sociodemographic Characteristics and Relations with Mental Disorders |  
*Dr. Aida Kunigėlienė, Psychiatry Clinic at MA LUHS, Lithuania*

09.45 – 10.10 Anxiety symptoms severity among patients with type II diabetes: the relations with glycaemia control  
and quality of life | *M. D. Dovilė Bezykornovienė, Psychiatry Clinic at MA LUHS, Lithuania*

10.10 – 10.40 Cognitive functioning in coronary artery disease patients: associations with triiodothyronine and N -  
terminal pro – B – Type natriuretic peptide | *Doctor of Science Julius Burkauskas, Behavioral  
Medicine Institute at LUHS, Lithuania*

10.40 – 11.05 Associations among infertility, emotional state and quality of life | *M. D. Kristina Butkutė –  
Šliuožienė, Psychiatry Clinic at MA LUHS, Lithuania*

11.05 – 11.35 Emergency medicine providers' mental health, burnout, coping strategies and suicide intervention  
skills | *M. D. Aidana Lygnugarytė – Grikšienė, Psychiatry Clinic at MA LUHS, Lithuania*

11.35 – 12.00 The risk factors for anxiety disorders among primary care patients | *Doctor of Science Vilma  
Liaugaudaitė, Behavioral Medicine Institute of LUHS, Lithuania*

### 12.00 – 13.00 Lunch | Sponsors Exhibition

13.00 – 13.30 Associations of Type D personality and it's subtypes with subjective sleep quality in coronary artery  
disease male with and without sleep apnea: mediating effect of depression | *Psychologist Alicja  
Juškienė, Behavioral Medicine Institute of LUHS, Lithuania*

13.30 – 14.00 Peculiarities of anxiety disorders in childhood and adolescence | *M. D. Dalia Vėlavičienė, Psychiatry  
Clinic at MA LUHS, Lithuania*

14.00 – 14.30 Emotional state and health related quality of life among male patients with prostate cancer | *M. D.  
Sandra Nikulina, Psychiatry Clinic at MA LUHS, Lithuania*

14.30 – 14.45 Anxiety, depressive symptoms and burn-out syndrome manifestations among emergency health care  
providers: relations with sociodemographic factors and quality of life | *Gintarė Kudžmaitytė, MA at  
LUHS, Lithuania*

14.45 – 15.00 Associations of psychological violence, emotional expression and mood, behavioral and  
somatoformic disorders among adolescents | *M. D. Diana Vasčekienė, Psychiatry Clinic at MA LUHS,  
Lithuania*

15.00 – 15.15 Associations among anxiety and depression symptoms severity and subjectively evaluated quality of  
life among patients with asthma | *Marija Sabaliauskaitė, Students' Scientific Society of LUHS,  
Lithuania*

15.15 – 15.30 Relations of sleep quality and anxiety symptoms among the students of art and natural sciences |  
*Artūras Kalniūnas, Students' Scientific Society of LUHS, Lithuania*

### 15.30 – 16.00 Closing ceremony

For more details and registration please visit website: [www.eventas.lt/NSPS2016](http://www.eventas.lt/NSPS2016)