

# 20<sup>th</sup> International Forum on Mood and Anxiety Disorders



## IFMAD

M.C. Escher "The Knot"

## BUDAPEST

04-06 JUNE 2025

RADISSON Blu Hotel



### Chairpersons

Katharina Domschke

Siegfried Kasper

Stuart A. Montgomery

Eduard Vieta

Allan H. Young

Preliminary Programme V1.8

10-02-2025



In association with

## AFISM

Association Internationale pour la Promotion de Formations  
Spécialisées en Médecine et en Sciences Biologiques

Organising Secretariat

  
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Chairpersons

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Organising Secretariat



# Welcome

## Dear Colleagues, Dear Friends,

It is with great pleasure that we invite you to the 20th International Forum on Mood and Anxiety Disorders (IFMAD), which will take place in the beautiful city of Budapest from Wednesday, 4 June, to Friday, 6 June 2025.

As we celebrate the milestone of the 20th edition, we reflect on the continued growth and importance of IFMAD as a forum for exchanging groundbreaking ideas and advancing the treatment of psychiatric disorders. Our tradition of gathering international experts in a collegial environment, fostering open dialogue between speakers, experts, and attendees, remains a core part of our meeting. The interactive atmosphere, both within the sessions and during the breaks, allows for rich discussions that extend well beyond the presentations themselves.

This year, we will delve into exciting new developments in treatment-resistant mood and anxiety disorders, explore novel therapeutic approaches, and examine the impact of the gut microbiota on mental health. Discussions will also include the latest in dementia treatment, the evolving role of genetics and psychotherapy in psychiatric care, and how emerging therapies like psilocybin are reshaping our understanding of treatment efficacy. We will further address the management of cognitive impairments in both schizophrenia and bipolar disorder, among other key topics.

We expect a vibrant exchange of knowledge on these subjects, building on the latest research and clinical experiences. With Budapest as our host city, we also look forward to providing a memorable backdrop for professional connections, international collaboration, and the warm reunion of our IFMAD community.

We eagerly anticipate seeing you in Budapest for this special 20<sup>th</sup> edition of IFMAD, where together, we will continue to push the boundaries of psychiatric research and treatment.

A warm welcome from the IFMAD chairpersons!



## Audience

The Conference Programme has been designed to fulfil the educational and development needs of professionals operating in the following areas:

- Psychiatrists
- Mental health professionals and advocates
- Students
- Researchers and educators of psychiatry
- Residents

## Venue



**Radisson Blu Beke Hotel**

**Address:** Budapest, Teréz krt. 43, 1067 Hungary

## Website

<https://ifmad.org/2025/>



## Organising and Scientific Committee



**Katharina Domschke (Germany)**



**Stuart A. Montgomery (UK)**



**Siegfried Kasper (Austria)**



**Allan H. Young (UK)**



**Eduard Vieta (Spain)**




## Topics

 **New Avenues in the Treatment of Depression and Anxiety**

 **Biomarkers of Anxiety and Mood Disorders**

 **Treatment of Depression: Aspects not to be forgotten**

 **Treatment of Anxiety, Stress-Related and Obsessive Compulsive Disorders:  
State of the Art and Options for Treatment Resistance**

 **Depression: is serotonin still relevant?**

 **Treatment Resistant Depression, where are we now?**

 **Neuroplasticity for new understanding of depression**

 **Virtual Reality and Digital Interventions**



## Speakers list

**David Baldwin** (UK)

**Borwin Bandelow** (Germany)

**István Bitter** (Hungary)

**Ted Dinan** (UK)

**Katharina Domschke** (Germany)

**Ulrich Ebner-Priemer** (Germany)

**Elias Erikson** (Sweden)

**Chiara Fabbri** (Italy)

**Andrea Fagiolini** (Italy)

**Maria Teresa Ferretti** (Austria)

**Naomi Fineberg** (UK)

**Xenia Gonda** (Hungary)

**Catherine Harmer** (UK)

**Siegfried Kasper** (Austria)

**Gitte Moos Knudsen** (Denmark)

**Christoph Kraus** (Austria)

**Rupert Lanzenberger** (Austria)

**Kamilla Miskoviak** (Denmark)

**Stuart Montgomery** (UK)

**Claus Normann** (Germany)

**Andreas Reif** (Germany)

**Alessandro Serretti** (Italy)

**Eduard Vieta** (Spain)

**Allan H. Young** (UK)

**Peter Zwanzger** (Germany)



## Scientific programme

Wednesday, 4 June 2025

**14:00-14:30**

### Welcome Address and opening lecture

The future treatment on mood disorders - *Allan H. Young (UK)*

**14:30-16:00**

### SO 1. New Avenues in the Treatment of Depression and Anxiety

14:30

Update on Ketamine and Glutamate-Related Basic Science Findings

*Claus Normann (Germany)*

14:55

Discussion

15:00

Update on the treatment of sex steroid-related mood disorders

*Elias Erikson (Sweden)*

15:25

Discussion

15:30

Influence of orexin receptor modulators on sleep and anxiety

*David Baldwin (UK)*

15:55

Discussion

**16:00-16:30**

### Coffee Break

**16:30-18:00**

### SO 2. Biomarkers of Anxiety and Mood Disorders

16:30

Neuroinflammation and related biomarkers in mood and anxiety disorders

*Xenia Gonda (Hungary)*

16:55

Discussion

17:00

Is genetics useful for Routine Clinical Treatment? – *Alessandro Serretti (Italy)*

17:25

Discussion

17:30

Transdiagnostic Biomarkers of Treatment Response and Resistance

*Chiara Fabbri (Italy)*

17:55

Discussion

**18:00-19:00**

### Welcome Cocktail



## Scientific programme

Thursday, 5 June 2025

**09:00-10:30**

### **SO 3. Treatment of Depression: Aspects not to be forgotten**

09:00

Gut microbiota – *Ted Dinan (UK)*

09:25

Discussion

09:30

Comorbidities and mortality in depression – *István Bitter (Hungary)*

09:55

Discussion

10:00

Treatment resistance bipolar depression - *Eduard Vieta (Spain)*

10:25

Discussion

**10:30-11:00**

### **Coffee Break**

**11:00-12:30**

### **SO 4. Treatment Resistant Depression, where are we now?**

11:00

The Unipolar-Bipolar Distinction: A Help or a Hindrance in the  
Pharmacological Treatment of Depression? – *Andrea Fagiolini (Italy)*

11:25

Discussion

11:30

Are side effects necessary for antidepressive response?  
*Siegfried Kasper (Austria)*

11:55

Discussion

12:00

Critical Review of NMDA receptor antagonists – *Andreas Reif (Germany)*

12:25

Discussion

**12:30-13:00**

### **Sponsored Lecture**

**13:00-14:30**

### **Lunch**





## Scientific programme

**14:30-16:00**

### **SO 05. Depression: is serotonin still relevant?**

14:30

PET findings – *Gitte Moos Knudsen (Denmark)*

14:55

Discussion

15:00

Emotional processing – *Catherine Harmer (UK)*

15:25

Discussion

15:30

PET findings on serotonergic system - *Rupert Lanzenberger (Austria)*

15:55

Discussion

**16:00-16:30**

### **Coffee Break**

**16:30-18:00**

### **SO 06. Treatment of Anxiety Disorders: State of the Art and Options for Treatment Resistance**

16:30

Guideline for Anxiety Disorders, OCD and PTSD - *Borwin Bandelow (Germany)*

16:55

Discussion

17:00

Treatment Resistance: Definition and Treatment Options  
*Katharina Domschke (Germany)*

17:25

Discussion

17:30

Novel Avenues in OCD treatment – *Naomi Fineberg (UK)*

17:55

Discussion

**Thursday, 5 June 2025**

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## Scientific programme

Friday, 6 June 2025

**09:00-10:00**

**Poster Sessions**

**10:00-11:30**

**SO 07. Neuroplasticity for new understanding of depression**

10:00

Neurobiology of Neuroplasticity - *Christoph Kraus (Austria)*

10:25

Discussion

10:30

Fast acting antidepressant treatments - *Siegfried Kasper (Austria)*

10:55

Discussion

11:00

Light impulses treatment - *Maria Teresa Ferretti (Austria)*

11:25

Discussion

**11:30-13:00**

**SO 08. Virtual Reality and Digital Interventions**

11:30

VR: potential for diagnostic evaluations, cognition assessment and training and psychotherapy in mood disorders? - *Kamilla Miskoviak (Denmark)*

11:55

Discussion

12:00

VR: Application and potential in anxiety disorders - *Peter Zwanzger (Germany)*

12:25

Discussion

12:30

Digital monitoring and telepsychiatry - *Ulrich Ebner-Priemer (Germany)*

12:55

Discussion

**13:00-13:30**

**Farewell coffee**

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