



**33rd EMIRATES
MENTAL HEALTH
SOCIETY CONGRESS**
26 - 28 SEPTEMBER 2025
SOFITEL DOWNTOWN, DUBAI

POST CONGRESS REPORT 2025

CONFERENCE SECRETARIAT



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MENTAL HEALTH
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SOFITEL DOWNTOWN DUBAI

EMIRATES MENTAL HEALTH SOCIETY CONGRESS

THANK YOU MESSAGE 2025



Dr. Samia AlKhoori

Chair and Congress President
Consultant Psychiatrist
Head, Psychiatry Department, Rashid
Hospital, Dubai Academic Health
Corporation
President, Emirates Mental Health Society,
Emirates Medical Association Dubai, UAE

On behalf of the EMHS Organising and Scientific Committee, I would like to extend our heartfelt gratitude to everyone who was part of the 33rd Emirates Mental Health Congress, held from 26–28 September 2025 at Sofitel Downtown Dubai, under the theme “Mental Health and Wellbeing.”

This year’s congress was a remarkable success, bringing together leading experts, practitioners, and advocates from across the region and beyond. The diverse range of topics, insightful discussions, and innovative perspectives shared throughout the sessions provided an enriching experience for all participants.

Beyond the exchange of knowledge, the congress served as a meaningful platform for connection and collaboration—strengthening our collective commitment to advancing mental health care and promoting overall wellbeing in our communities.

We sincerely hope that the congress has offered valuable insights and inspiration to all who attended, and that the ideas exchanged will continue to make a positive impact in your professional practice and beyond.

We look forward to welcoming you again at our future editions of the Emirates Mental Health Congress, as we continue working together to elevate mental health awareness, education, and care across the region.



EMIRATES MENTAL HEALTH SOCIETY CONGRESS

ORGANIZING COMMITTEE



Dr. Samia AlKhoori



Dr. Fatima Saeed



Dr. Hind AlAli



Dr. Maitha AlKendi



EMIRATES MENTAL HEALTH SOCIETY CONGRESS

SCIENTIFIC COMMITTEE



Dr. Samia AlKhoori



Dr. Hawraa Sajwani



Dr. Nouf Alkindi



Dr. Madonna Yanni



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CHAIRPERSONS



Dr. Amna Alfalahi



Dr. Azhar AbuAli



Dr. Hawraa Sajwani



Dr. Hind AlAli



Dr. Hind AlRustamani



Dr. Iman Hassan



Dr. Leena Amiri



Dr. Maha AlAli



Dr. Maha El Amin



Dr. Maitha AlKendi



Dr. Meera Galadari



Dr. Mona ElQedrah



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Dr. Samia AlKhoori



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Dr. Zahra AlMejali



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Dr. Alya AlMidfa



Dr. Neama Ben Awadh



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SPEAKERS



Dr. Abdullah Habib



Dr. Afreen Fiza



Dr. Amal Abouelela



Dr. Amnah AlMesmari



Dr. Asma Bin Houidi



Dr. Azi Berzengi



Prof. Charlotte Kamel



Dr. Daliya Maallah



Dr. Daniel Langleben



Dr. Dominique Eugene



Dr. Fatema AlMansoori



Dr. Fawaz Gali



EMIRATES MENTAL HEALTH SOCIETY CONGRESS

SPEAKERS



Prof. George Tadros



Dr. Ghina AlRamahi



Dr. Hira Salman



Dr. Hussain Omar



Dr. Asma Bin Houidi



Dr. Jessie Joseph



Dr. Lubna Lutfi



Dr. Madonna Yanni



Dr. Mahanna AlModi



Mrs. Maria Aruldass



Dr. Michael Aoud



Dr. Mohamed Aboudeed



EMIRATES MENTAL HEALTH SOCIETY CONGRESS

SPEAKERS



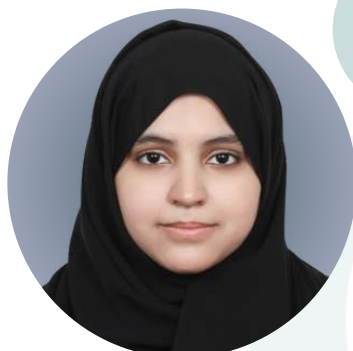
Dr. Mohamed Elkhair



Dr. Mohtasim Qamruddin



Dr. Nadir ElZain



Dr. Neama Ben Awadh



Dr. Rassil Ghazzaoui



Dr. Shaziya Rashid



Dr. Sumaeya Abdulla



Prof. Todd Broder



Dr. Walid Hassan



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CONGRESS AGENDA

Pre-congress Training Workshop Friday, 26th September 2025 (Rashid Hospital - Dubai Health)

Session 1	Special training Workshop Chairperson: Dr. Sahar Marashi (UAE)	
	SPEAKER	TOPIC
08:30 - 09:30	Dr. Jamilla Goncalves (UAE) Dr. Mohamed Sadiq (UAE)	Exploring the Genetic and Environmental Factors Contributing to the Development of Bipolar Disorder
Session 2	Special Training Workshop Chairperson: Dr. Thamir Basheir (UAE)	
09:30 - 10:30	Dr. Lubna Lutfi (UAE) Dr. Mahanna AlModi (UAE)	How Cultural Factors Influence the Perception and Treatment of Schizophrenia
Session 3	Special Training Workshop Chairperson: Dr. Iman Hassan (UAE)	
10:30 - 11:30	Dr. Neama Ben Awadh (UAE) Dr. Daliya Maallah (UAE)	The Stigma Surrounding Obsessive Compulsive Disorder and its Effects on Individuals Seeking Help
Session 4	Special Training Workshop Chairperson: Dr. Maha El Amin (UAE)	
11:30 - 12:30	Dr. Ghina AlRamahi (UAE) Dr. Jessie Joseph (UAE)	The Challenges of Medication Adherence in Long-Term Major Depressive Disorder

Satellite Symposium Hosted by Lundbeck

(Sofitel Downtown - Dubai)

Session 5	Satellite Symposium Hosted by Lundbeck Chairperson: Dr. Samia AlKhoori (UAE)	
	SPEAKER	TOPIC
20:00 - 21:45	Prof. Todd Broder (USA)	How Can Longer Acting Injectable Antipsychotics Improve Patient Outcome in Schizophrenia?
21:45 - 22:00	Discussion	



Saturday, 27th September 2025 (Sofitel Downtown - Dubai)

OPENING CEREMONY		
08:50 - 09:05	Dr. Alya AlMidfa (UAE) Dr. Neama Ben Awadh (UAE)	Moderators
09:05 - 09:15	Dr. Samia AlKhoori (UAE) Congress President President, Emirates Society of Mental Health (ESMH) – UAE President, Arab Federation of Psychiatrists (AFP)	Welcome, Objectives & Introduction
09:15 - 09:25	Chief Guest (UAE)	Opening Speech
09:25 - 09:30	Dr. Samia AlKhoori (UAE)	EMHS Excellence Star Award
09:30 - 09:35	Dr. Samia AlKhoori (UAE)	Appreciation & Awarding
Session 6	Plenary Session Chairperson: Dr. Mona ElQedrah (UAE)	
	SPEAKER	TOPIC
09:35 - 10:05	Prof. Charlotte Kamel (Bahrain)	Relationship Between Wellbeing and Mental Health
10:05 - 10:35	Dr. Abdullah Habib (Kuwait)	Transcranial Magnetic Stimulation (TMS) From Recovery to Wellness
10:35 - 10:45	Discussion	
10:35 - 11:00	Coffee Break	



Session 7	Satellite Symposium Hosted by Lundbeck Chairperson: Dr. Samia AlKhoori (UAE)	
	SPEAKER	TOPIC
11:00 - 11:30	Prof. Todd Broder (USA)	Addressing Challenges in the Clinical Management of Major Depressive Disorder (MDD) – Advantages of Multimodal Antidepressant
11:30 - 11:40	Discussion	
Session 8	Special Symposium: Wellness and Mental Health: Happiness and Life Satisfaction Chairperson: Dr. Azhar AbuAli (UAE)	
	SPEAKER	TOPIC
11:40 - 12:05	Dr. Mohtasim Qamruddin (UAE)	Happiness and Wellbeing - Are We Walking the Talk?
12:05 - 12:30	Dr. Amal Abouelela (UAE)	Mate Choice, Why We Choose Who We Choose?
12:30 - 12:40	Discussion	
12:40 - 13:30	Lunch Break - Poster Presentation	
Session 9	Special Symposium: Emotional Regulation and Wellbeing Chairperson: Dr. Hawraa Sajwani (UAE)	
	SPEAKER	TOPIC
13:30 - 13:55	Dr. Hussain Omar (UAE)	Beyond Distraction, ADHD As a Disorder of Emotional Regulation
13:55 - 14:20	Dr. Walid Hassan (UAE)	Motivational Interviewing in Health Promotion
14:20 - 14:30	Discussion	



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Session 10	Debate Session: Maternal Mental Health and Wellbeing Chairperson: Dr. Zahra AlMejali (Qater)	
	SPEAKER	TOPIC
14:30 - 14:55	Dr. Dominique Eugene (UAE)	Maternal Mental Health: Depression, Stigma, Shame, Guilt
14:55 - 15:20	Dr. Madona Yanni (UAE)	Maternal Mental Health: Happiness, Hope, Dignity, Pride
15:20 - 15:30	Discussion	
15:30 - 16:00	Coffee Break	
Session 11	Keynote Presentation Session: The Importance of Women's Wellness Chairperson: Dr. Maha AlAli (UAE)	
	SPEAKER	TOPIC
16:00 - 16:25	Dr. Fatema AlMansoori (UAE)	You Are Not Alone Campaign
16:25 - 16:50	Dr. Asma Bin Houidi (UAE)	Women's Mental Health Across the Lifespan
16:50 - 17:00	Discussion	
Session 12	Meet the Expert: The Philosophy of Wellbeing Chairperson: Dr. Meera Galadari (UAE)	
	SPEAKER	TOPIC
17:00 - 17:25	Dr. Azi Berzengi (UAE)	Philosophy of Wellness: Understanding Struggle and Growth
17:25 - 17:50	Dr. Shazya Rashid (UAE)	Importance of Self-Reflection: How It Can Break the Barrier to Self-Growth
17:50 - 18:00	Discussion	

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Session 13	Special Meeting (By Invitation)	
	SPEAKER	TOPIC
19:00 - 20:00	Emirates Mental Health Society (EMHS) - Executive Board Meeting	
18:00	End of Day 2	





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Sunday, 28th September 2025

(Sofitel Downtown - Dubai)

Session 14	Special Symposium: Wellbeing – Addiction - Integrating Chairperson: Dr. Amna AlFalahi (UAE)	
	SPEAKER	TOPIC
09:00 - 09:25	Dr. Michael Aoud (UAE)	Internet Addiction
09:25 - 09:50	Rassil Ghazzaoui (UAE)	Optimizing the Interface Between Psychiatry and Psychology: Benefits, Barriers and Integrating Approaches for Effective Mental Health Care
09:50 - 10:00	Discussion	
Session 15	Informative Session: The Road to Wellness: Bariatrics Surgeries' Impact Chairperson: Dr. Hind AlAli (UAE)	
	SPEAKER	TOPIC
10:00 - 10:25	Dr. Mohamed Aboudeed (UAE)	Safety and Efficacy of Bariatrics Surgeries in Patient with Psychiatric Disorder
10:25 - 10:35	Discussion	
10:35 - 11:00	Coffee Break	
Session 16	Satellite Symposium Hosted by Johnson & Johnson Chairperson: Dr. Samia AlKhoori (UAE)	
	SPEAKER	TOPIC
11:00 - 11:30	Prof. George Tadros (UAE)	Paliperidone Transforming the Future of Schizophrenia Care
11:30 - 11:40	Discussion	



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Session 17	Clinical Experience Session: Old Age - Motivation - Wellbeing Chairperson: Dr. Leena Amiri (UAE)	
	SPEAKER	TOPIC
11:40 - 12:05	Dr. Nouf Alkindi (UAE)	Promoting Wellbeing in Old Age
12:05 - 12:30	Dr. Daniel Langleben (UAE)	Brain Basis of Caregiving Motivation
12:30 - 12:40	Discussion	
12:40 - 13:30	Prayer & Lunch Break - Poster Presentation	
Session 18	Learning Session: Mental Health and Mental Wealth Chairperson: Dr. Sara Alkaabi (UAE)	
	SPEAKER	TOPIC
13:30 - 13:55	Dr. Amnah AlMesmari (UAE)	Mental Wealth Versus Mental Health
13:55 - 14:05	Discussion	
Session 19	Hot Topic: Wellbeing Among Forensic Cases Chairperson: Dr. Hind AlRustamani (UAE)	
	SPEAKER	TOPIC
14:05 - 14:30	Dr. Nadir ElZain (UAE)	The Relevance of the McNaughton Rule to 21 st Century Forensic Psychiatry
14:30 - 14:55	Dr. Fawaz Gali (UAE)	Identifying Malingering
14:55 - 15:05	Discussion	
15:05 - 15:30	Coffee Break	



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Session 20	Discussion Session: Personalized Digital Experience and Wellbeing Chairperson: Ms. Maitha AlKendi (UAE)	
	SPEAKER	TOPIC
15:30 - 15:55	Dr. Afreen Fiza (UAE)	Virtual Reality and Mental Health
15:55 - 16:20	Mrs. Maria Aruldass (UAE)	AI and Mental Health: Understanding the Impact on Youth Wellbeing
16:20 - 16:40	Discussion	
Session 21	Special Symposium: Well-Being Program at Mohamed Bin Rashid University for Graduate Medical Education Chairperson: Dr. Zainab AlHemeiri (UAE)	
	SPEAKER	TOPIC
16:40 - 17:05	Dr. Sumaeya Abdulla (UAE)	Cultivating Resilience: Wellbeing in Journey of Graduate Medical Education
17:05 - 17:30	Dr. Hira Salman (UAE)	Balancing Knowledge and Nurture: Prioritizing Wellbeing in Training Doctors
17:30 - 17:40	Discussion	
Session 22		
17:40 - 18:00	Closing Remarks	
Session 23	Special Meeting (By Invitation)	
19:00 - 20:00	Emirates Society of Mental Health (ESMH) - Executive Board Meeting	
18:00	End of Day 3	



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CONGRESS PICTURES





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ATTENDANCE REPORT



Participants by country

The 33rd Emirates Mental Health Congress welcomed over 350 participants from across the world, reflecting the growing influence and relevance of this annual gathering. Attendees joined us from the UAE (Abu Dhabi, Dubai, and other Emirates), as well as from Bahrain, Qatar, Saudi Arabia, Kuwait, Egypt, India, Pakistan, the United Kingdom, and several other countries across Europe and Asia.

This diverse participation highlights the power of the EMHS Congress to unite mental health professionals from across the region and beyond, fostering meaningful dialogue, the exchange of expertise, and the creation of new collaborations. The international representation reinforced the congress's reputation as a trusted platform for advancing mental health knowledge and strengthening cross-border connections in the field of psychiatry and psychology.



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WEBSITE TRAFFIC REPORT

The online engagement surrounding the 33rd Emirates Mental Health Congress 2025 demonstrated remarkable growth compared to previous years. With over 350 participants attending onsite, the event's website attracted more than 4,800 unique visitors and generated over 42,000 page views in the months leading up to and during the congress.



~ 300 views



> 1,200 views



This increase reflects the rising interest and visibility of the event within the mental health community—both regionally and internationally—and underlines the congress's growing reputation as a trusted platform for professional development, knowledge exchange, and networking.



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THANK YOU!

We thank you for your continued support and commitment to advancing mental health. Your participation is what made the 33rd Emirates Mental Health Society Congress a platform for meaningful dialogue, learning, and collaboration.



**29TH EMIRATES
SOCIETY MENTAL
HEALTH CONFERENCE**
26 - 28 SEPTEMBER 2025
SOFITEL DOWNTOWN, DUBAI

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