

Congress on the “ Progressive Evolution of the Icelandic Prevention of Depression Program”

University of Iceland. Venue: Veröld – hús Vigdísar

Program 20 - 22 May 2024

May 20th Arrival day

Welcome dinner with Eiríkur Örn Arnarson, W Ed Craighead, Swedish, Portuguese, and Greek participants.

May 21st

Morning A seminar with all participants and invited guests from Ministry of Education and Children, Ministry of Health, Directorate of Health, Primary Health Care, Education and Welfare. They will familiarize themselves with the prevention program and its implementation in various countries. The presentations lasting 20 min followed by a panel discussion at the end of all presentations.

Program 8:00 -12:00

8:00 Welcome: Eiríkur Örn Arnarson, University of Iceland, Iceland

8:20 Major Depressive Disorder: Update on prevalence, pathophysiology, consequences, and prevention—W. Edward Craighead, Emory University, Atlanta, Georgia, USA

Introduction to “Thoughts and Feelings”; Primary Prevention of Depression Program in various countries (Iceland, Sweden, Portugal, USA) for At-Risk Adolescents

Convener: Eiríkur Örn Arnarson and **Chair:** W Edward Craighead

9:00 Prevention of Depression Among Icelandic At-risk Adolescents; **Eiríkur Örn Arnarson**, University of Iceland, Iceland



9:20 Cost-effectiveness analysis of the implementation of the Mind and Health project into the Icelandic school and health care system; **Þórdís Huld Atladóttir and Tinna Laufey Ásgeirsdóttir**, University of Iceland, Iceland

09:45 Coffee

10:05 Prevention of Initial Depressive Disorders Among At-risk Portuguese Adolescents; **Ana Paula Soares de Matos**, University of Coimbra, Portugal

10:25 Prevention of Adolescent Depression in Greece: CBT vs DBT; **Christina Tsilingiri and Grigoris Simon**, University of Macedonia, Greece

10:45 From Concept to Practice: Lessons Learned from Implementing the "Thoughts & Health" Program in Sweden; **Carl Wikberg and Pia Augustsson**, University of Gothenburg, Sweden

11:10 Panel discussion Experiences and lessons learned.

11:40 Polygenic Risk: Predicting Depression Outcomes in Clinical and Epidemiological Cohorts of Youths; **Þórhildur Halldórsdóttir**, Reykjavík University, Iceland

12:00 Lunch Together which gives a possibility for further discussion.

Afternoon An afternoon meeting where the focus will be on how the program has been set up and the status in each country – continuing till 14:30 followed by sight-seeing in Reykjavik and surroundings.

Dinner: TBD

