



**Global Consortium for Depression Prevention:
Using rigorous research to inform practice and policy
York, 10th and 11th December 2019**

Monday 9th December (Informal get-together)

7.00 pm onwards: Join us for a **Yorkshire Christmas buffet and real ale at the Eagle and Child** (<https://eagleandchildyork.co.uk>), a medieval pub next to the York Minster. Please let Kerry Cipriano know whether you will join us for catering purposes.

Tuesday 10th December (Day 1)

All sessions will take place at the Hospitium - a medieval setting in the centre of York
<https://www.yorkmuseumgardens.org.uk/about/the-hospitium/>

09.00- 09.30 Registration – refreshments and pastries

09.30- **Welcome address**

09.45 **Prof Simon Gilbody**, Director, Mental Health & Addiction Research Group, University of York, Hull York Medical School, York, UK.

09.45- **Presentations: Psychological interventions for depression prevention**

- 10.45
1. **Dr Claudia Buntrock (Netherlands)** “Effects and moderators of psychological interventions on quality of life in adults with subthreshold depression: An individual participant data meta-analysis of randomized controlled trials”
 2. **Dr Liz Littlewood (UK)** “Community Pharmacies Mood Intervention Study (CHEMIST)”
 3. **Prof. Lata McGinn (USA)** “Feasibility and Impact of an Exposure Augmented Cognitive Behavior therapy protocol to prevent symptoms of pharmacologically induced depression: Proof of Concept”

10.45- 11.15 Mid-morning refreshments and biscuits

11.15- **Presentations: Where physical and mental health converge for depression prevention**

- 12.35
1. **Prof. Ed Watkins (UK)** “Targeting prevention of depression through nutrition”
 2. **Prof Ulrich Hegerl (Germany)** “Antidepressant effect of sleep reduction: Can it be used for the treatment and prevention of depression?”
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3. [Dr Sonia Conejo-Cerón \(Spain\)](#) “Effectiveness of physical activity for the primary prevention of depression: A systematic review and meta-analysis of randomized controlled trials.”
4. [Drs David McDaid and A-La Park \(UK\)](#) “Counting the cost of physical co-morbidities of depressive disorders: is this represented in national mental health policy documentation?”

12.35 **Presentations: Depression prevention in children, young people and families**

- 13.15 1. [Dr. Patrick Pössel \(USA\)](#) “The effects of migration status and gender on prevention of adolescent depression”
2. [Dr Ana Fonseca \(Portugal\)](#) “Are women at risk but with no clinically relevant postpartum depressive (PDD) symptoms worth noticing? An exploratory study to examine health and well-being among women presenting with risk factors for PPD”

13.15-14.15 Lunch

14.15-15.00 **Keynote speech: “Developing an evidence base for prevention in depression: how can we deliver large pragmatic trials?”**
[Prof Simon Gilbody](#), Director, Mental Health & Addiction Research Group, University of York, Hull York Medical School, York, UK.

15.00- **Elevator pitches**

- 15.30 1. [Prof. Ed Watkins \(UK\)](#) “Prevention of depression through digital interventions for transdiagnostic mechanisms”
2. [Ms Silja Litvin \(UK\)](#) “Introducing eQuoo the Game”

15.30-16.00 Mid-afternoon refreshments and snacks

16.00-16.45 **Keynote speech: “Can we prevent depression? The story so far from 30 years of research”**
[Prof. Pim Cuijpers](#), Head of the Department of Clinical, Neuro and Developmental Psychology, Faculty of Behavioural and Movement Sciences, Vrije Universiteit Amsterdam

16.45- **Close of Day 1**

17.00 [Prof Simon Gilbody](#), Director, Mental Health & Addiction Research Group, University of York, Hull York Medical School, York, UK.

17.00-19.00 Recess

19.00-23.00 [Medieval Banquet at the Merchant Adventurers’ Hall](#), a unique ancient building in the heart of historic York on the banks of the River Foss
(<https://www.merchantshallyork.org>)

Wednesday 11th December (Day 2)

All sessions will take place at the Hospitium - a medieval setting in the centre of York

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| 09.00-09.30 | Registration – refreshments and pastries |
| 09.30-11.00 | Presentations: Implementation of depression prevention initiatives <ol style="list-style-type: none">1. Dr Lisa Segre (USA) “Partnering Researchers with Public Health Administrators to Disseminate Prevention Interventions”2. Dr Juan Bellón (Spain) “Why should we replace the indicated prevention of depression with predictive risk algorithms?”3. Dr Simon Baker (Australia) “Translation and implementation of effective preventive interventions for depression in workplace, school, and healthcare settings”4. Dr Daniel Jimenez (USA) “HOLA and HIV: A Secondary Prevention Approach to Make Efficient Use of Limited Resources”5. Dr Arnstein Mykletun (Norway): Employment is good for your mental health: The case for implementation of Individual Placement and Support |
| 11.00 -11:15 | Mid-morning refreshments and biscuits |
| 11.15 -12.15 | Presentations: Digital technologies for global depression prevention <ol style="list-style-type: none">1. Dr. Patricia Moreno Peral (Spain)” Toward a personalized intervention for prevention of depression in primary care. The e-predictD project”2. Dr Stefan Lüttke (Germany) “The potential of WhatsApp communication, smartphone usage and GPS to prevent recurrent depressive episodes in children and adolescents. First results from a pilot study”3. Drs Tracy Gladstone & Benjamin Van Voorhees (USA) “Preventing Youth Depression through an Internet-Based Primary Care Intervention: Long-term Outcomes” |
| 12.15-13.00 | Keynote speech: “The case for preventing 50% of new episodes of major depression: Implications of two major reports on prevention in 2019” Prof Ricardo F. Muñoz , Institute for International Internet Interventions for Health (i4Health), Palo Alto University and University of California, San Francisco, US |
| 13.00-13.45 | Lunch |
| 13.45-14.30 | Keynote speech: “Global Mental Health Priorities at the Wellcome Trust” Prof Miranda Wolpert , Head of Mental Health Priority Area, Wellcome Trust & Professor of Evidence Based Practice, University College London, UK |
| 14.30-15.15 | Keynote speech: “Preventing depression in the Third Age: Behavioural Activation and the CASPER study” Prof Dave Ekers , Clinical Director, Research & Development, Tees, Esk & Wear Valleys (TEWV) NHS Trust, UK. |
| 15.15 – 15.30 | Close of Meeting Prof Pim Cuijpers , Head of the Department of Clinical, Neuro and Developmental Psychology, Faculty of Behavioural and Movement Sciences, Vrije Universiteit Amsterdam |
| 15.30-16.30 | Refreshments and networking |