



## Second CORE Seminar on Mental Health Etiology, Intervention and Prevention of Suicide

4th November 2015

Josep Marull Auditorium, Hospital del Mar

Mortality due to suicide is a major public health problem, which has been increasing worldwide in recent years. It has been calculated that every year around one million people commit suicide and the WHO estimates that in 2020 suicide will account for 2,4% of the total burden of disease in developed countries. Of special concern is the fact that it is one of the first causes of death among young people. Unfortunately, mortality only represents the tip of the iceberg, as statistics do not take into account autolytic attempts even though it is estimated that for every death, 20 attempts take place.

Studies have demonstrated that prevention policies in suicide are effective and have a positive impact on the reduction of mortality. It is also known that mental pathologies are a risk factor in the Western world and are thus a focus of attention for prevention.

This second CORE Seminar will offer a space in which to discuss the most recent research findings related to this public health concern, informing viable innovative solutions and hopefully shedding some light on the problem.

The seminar will be held in one morning session, with a series of short talks on innovative research projects, and will end with more strategic interventions discussing challenges for the future. An extended coffee-break is expected to give room to productive interactions between all participants, and will also serve as a moment to walk around the Poster Session, which is expected to attract a wide range of entries from both undergraduate students and postdoctoral fellows.

After the seminar is over, Dr. Víctor Pérez will offer a workshop for health professionals – mainly family doctors – who have to face the interaction and treatment of high-suicide-risk patients in their daily work. The workshop is free, but registration is required and there will be a limited number of places.

### The CORE Seminars: objectives and scope

The incidence of mental pathology is continually growing today and accounts for a large economic and social burden – even greater than that of other chronic illnesses such as cardiovascular diseases or cancer. Mental Health is and will continue to be in the future, a crucial challenge for the European population and as such needs to be tackled from various fronts with research efforts at the forefront.

With this in mind, the Strategic Research Community (CORE) in Mental Health has been established to effectively articulate the human resources and capacities within the Universitat Autònoma Campus and its Partner Hospitals and Research Centres, with the aim of generating and promoting networking, sharing resources and information and coordinating actions required to effectively boost projects that may advance knowledge in the field and promote transfer of results into society and industry.

The CORE-Seminar Series aims to be an open forum for scientific discussions on specific issues in mental health research.

The strategic goals envisaged for these seminars are the following:

1. To favour synergies between the researchers in the UABCeI Mental Health Research Network (CORE) and other Catalan research groups working in Mental Health from various disciplines



and perspectives, aiming at creating new multidisciplinary collaborations, strengthening existing networks and, especially, increasing the visibility of local mental health research groups.

2. To foster transference of know-how and dialogue between key scientists in the field and students (researchers in training)
3. To enhance the translational potential of research (from bench to bed and from bed to bench) in mental health, by connecting those groups doing innovative basic research with groups doing innovative clinical research.

### Agenda

- 9.00 – 9.20 Welcome and opening speeches  
Dr. Felipe Bory - Medical Director, Hospital del Mar  
Dr. Lluís Tort - ViceRector - UAB
- 9.20 – 9.40 *“Suicide: where are we and where are we heading to?”*  
Dr. Victor Pérez (Head of Psychiatry, Hospital del Mar)
- 9.40 – 10.05 *“Life After Suicide”*  
Sra. Cecilia Borrás
- Short presentations on research findings** (25 minutes each)  
Chair: Dr. Adolf Tobeña (Psychiatry department, UAB)
- 10.05 – 10.30 *“Programme for suicide prevention: five years of follow-up”*  
Dr. Annabel Cebrià (Parc Taulí)
- 10.30 – 10.55 *“Suicide and personality”*  
Dr. Joaquim Solé (Hospital de Sant Pau)
- 10.55 – 11.20 *“Neuroimage of impulsivity and suicide”*  
Dr. Joan Deus (UAB – Hospital del Mar)
- 11.20 – 11.50 Coffee break and **Posters**
- 11.50 – 12.15 *“Neuropsychological aspects of suicidal conduct”*  
Dr. Nuria Pujol (Hospital del Mar / IMIM)
- 12.15 – 12.40 *“Suicide in illicit drug users recruited in drug treatment facilities”*  
Dr. Antonia Domingo-Salvany (IMIM – Hospital del Mar)
- 12.40 – 13.40 **Closing session - Challenges for the future**  
Chair - Dr. Antoni Bulbena (Director, Psychiatry Department - UAB)
- “Future challenges in suicide research”*  
Dr. Diego Palao (Head of Psychiatry - Parc Taulí)
- “Future challenges for Public Health”*  
Sra. Cristina Molina (Director, Plan Director de Salut Mental i Addiccions)
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**14.00 – 15.30**    **Evaluation and prevention of suicidal conduct in primary care**  
Workshop for family doctors  
Led by Dr. Víctor Pérez