

Women's Mental Health Workshop

April 18th, 2024, Elite Hotel, Carolina Tower, Solna

Register here: <https://forms.gle/aSdeXgUQ6nXGTYAx5>

Preliminary agenda:

09.00 – 09.30 Opening session

- Opening remarks
- **Yihui Yang**, Karolinska Institutet, Sweden
"Sex difference in mental health."

09.30 – 10.00 Keynote speaker

Professor **Elizabeth Bertone – Johnson**, University of Massachusetts, Amherst, USA
"Menstruation Matters: A life-course perspective on premenstrual disorders."

10.00 – 10.30 Keynote speaker

Professor **Alkistis Skalkidou**, Uppsala University, Sweden
"From association to prediction: The changing landscape of perinatal depression research."

10.30 – 10.50 Coffee break

10.50 – 11.20 Keynote speaker

Professor **Peter Schmidt**, National Institute of Mental Health, USA
"Depression During the Perimenopause: Clinical, Endocrine and Cellular Characteristics."

11.20 – 12.00 Panel discussion

12.00 – 13.00 Lunch break

13.00 – 13.40 Environment, violence, suicide, and mental health

- **Jing Wu**, Karolinska Institutet, Sweden
"Women, Environmental Challenges and Mental Health."
- **Unnur Valdimarsdóttir**, University of Iceland, Iceland
"Violence against women."
- **MIND**, Johanna Wester
"Suicidal ideation and humanity – voices from women in Mind's helplines."

13.40 – 13.50 Short break

13.50 – 14.30 Perinatal mental health

- **Emma Bränn**, Karolinska Institutet, Sweden
"Health impact of perinatal depression."
- **Emma Fransson**, Region Stockholm, Sweden
"EPDS during pregnancy, benefits and hinders in clinical practice."
- **Mamma till mamma**, Michaela Wallin and Emma Glaas Zaar
"The importance of peer support in pregnancy- and postpartum-related mental illness."

14.30 – 14.40 Short break

14.40 – 15.10 Premenstrual disorders

- **Jurate Aleknavičiute**, Erasmus MC, MiSi NeuroPsy GGZ, Netherlands
"It's just that time of the month! Recognizing PMDD in the mental healthcare practice."
- **PMS förbundet**, Amanda Westerström
"Voices and stories from women suffering from PMS/PMDD."

15.10 – 15.30 Coffee break

15.30 – 16.30 Roundtable discussions

16.30 – 17.00 Closing session