



9th Helmut Remschmidt
Research Seminar

Building research capacity to support child development, mental health challenges and the future of nations



IACAPAP

International Association for Child and
Adolescent Psychiatry and Allied Professions

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IACAPAP 2024

Rio de Janeiro, Brazil
May 20-24, 2024

Child development, mental health
challenges and the future of nations

May 20-24, 2024

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*The International Association for
Child and Adolescent Psychiatry and Allied Professions*

9th Helmut Remschmidt Research Seminar

Building research
capacity to support child
development, mental
health challenges and the
future of nations

CAMPOS DO JORDÃO - SÃO PAULO



IACAPAP

International Association for Child and
Adolescent Psychiatry and Allied Professions



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Welcome from Dr Luis Rohde, IACAPAP President

It is my pleasure to welcome our young colleagues for the Helmut Remschmidt Research Seminar (HRRS). We have the honor of hosting this meeting in South America for the first time since the 26th IACAPAP Congress will be in Rio de Janeiro next May 2024.

IACAPAP has a portfolio of innumerable initiatives, several of them with the goal of providing training in diverse aspects of child and adolescent mental health (CAMH). We are convinced that build the capacity for searching evidence-based answers for clinical questions that matter for our children and adolescents through research lens is vital for contributing to a more comprehensive training of a generation of CAMH professionals.



I would like to highlight one among several reasons why this integration is so important. Some years ago, Christian Kieling, a young psychiatrist from Brazil, led a paper in the Lancet showing what later was defined as the 90/10 paradox [1]. In other words, only ten percent of clinical trials on interventions in CAMH was produced in Low/Middle-Income Countries (LMIC) where 90% of the children and adolescent lived worldwide at that time. In other words, we deliver CAMH interventions for children in LMIC that are neither tested in the environment where they live nor culturally adapted. Moreover, some year later, he documented that only 1.19% and 0.33% of the papers published in CAMH had an author from Lower/Middle-Income and Low-Income countries [2]. Thus, we need a more solid research background as part of training of our CAMH professionals, especially those working in these underserved areas.

In June 2007 [still a final year medical student], Christian had a chance to participate in Porto Alegre, Brazil, during the Congress of the Brazilian Association of Child and Adolescent Neurology and Psychiatry, in a Latin American research seminar based on the principles designed in the IACAPAP Congress in Melbourne one year earlier (2006) for defining HHRS. This was the “trial balloon” for the kind of program that you are almost ready to experience. At that time, we had the privilege of a stellar group of mentors with an extensive track of CAMH research including Prof. Helmut Remschmidt. In Christian’s words: *“As professionals dedicated to working focused on the initial decades of life, it is both rational and imperative for us to recognize the developmental importance of training clinicians and researchers in the early stages of their careers”*.

In this context, expectations for this selected group of HHRS fellows with an overrepresentation of Latin America CAMH professionals could not be less than high! You were selected among a very huge group of 70 applicants through a very careful selection process. In this week, you will have a chance to immerse in a CAMH research atmosphere with a team of very talented investigators (Ana, Bruno, Lizzie and Maretha) led by our wonderful conductors (Petrus and Christina). We expect that this meeting might be inspiring for you as it was for several others in the past and that future leaders in CAMH research might emerge from this group helping us to change the game.

Sincerely,

Dr Luis Rohde

IACAPAP President

[1] Kieling *C et al.*, Child and adolescent mental health worldwide: evidence for action. *Lancet*. 2011; 378(9801): 1515-25.

[2] Kieling, C., & Rohde, L. A. Child and Adolescent Mental Health Research Across the Globe. *Journal of the American Academy of Child & Adolescent Psychiatry*, 2012; 51(9): 945 - 47.

Welcome from Prof Helmut Remschmidt

This is the third time that I am not able to attend a HRRS, namely the 9th in Campos do Jordao. I deeply regret this, but am absolutely convinced that Petrus de Vries, Christina Schwenck and the local team have prepared an excellent programme, selected interested fellows and invited experienced mentors who will guarantee its success.



When I started this initiative, first in 1983 in Germany (altogether 6 seminars in the following years), then since 1998 at the European level (also 6 consecutive seminars, mainly in Italy), and finally - with the support of IACAPAP since 2007 - internationally, (starting with one seminar in Porto Alegre, Brazil and another one in the same year in Istanbul), I would never have imagined how successful this venture would turn out to be. Interestingly enough, the basic structure of the seminars have remained the same from the very beginning up to now. So far, more than 220 fellows have attended the seminars and, when adding the previous German and European seminars, the number is closer to 500. The 9th HRRS in Brazil will be the 22st of all the Research Seminars since their inception in 1983. No formal follow-up study with regard to the careers of the former fellows has been conducted to date, but nevertheless, I know that a large number of them have become well-known researchers and quite a few are now professors at universities in different parts of the world.

I am also very pleased that the HRRS and the Donald J Cohen Fellowship Programme, which I was able to establish in 2004 at the 16th IACAPAP World Congress in Berlin, are strongly complementary and that the IACAPAP World Congresses offer the possibility to the fellows of both programmes to meet.

I wish all of you - fellows, mentors, and the organizing staff - exciting days, fruitful discussions and personal exchanges in a constructive and friendly atmosphere, which is also a prerequisite for original and high quality research.

I want to thank very cordially Petrus de Vries, Christina Schwenck and the local team for their hard work to make the seminar a success. My thanks go also to the local organization and to IACAPAP for their financial and ideational support.

Finally, I deeply regret that Prof. Per-Anders Rydelius my dear friend and colleague, who for many years was a co-organizer of the HRRS is no more among us. He was a wonderful mentor for young child psychiatrists all over the world.

Prof. Helmut Remschmidt

Welcome from Prof. Guilherme V. Polanczyk, HRRS 2023 Local Organizer and Chair of the 26th World Congress of IACAPAP

The current edition of the HRRS is being held in Campos do Jordão, São Paulo, in anticipation of the 26th World Congress of IACAPAP, which will happen in May 2024 in the city of Rio de Janeiro, Brazil. For the first time in the history of IACAPAP, South America will host these important events. This is very significant for the field of child and adolescent mental health in the region, which will greatly benefit from the presence of colleagues from across the globe. Likewise, we are certain that the experience of the HRRS fellows and delegates of the World Congress will be enriched by the culture, science, and personal warmth that characterizes Brazil and South America. The selected group of fellows will have the privilege to benefit from a dedicated program carefully planned and conducted by world-renowned mentors. We expect that these events will be the starting point of new collaborations, networks, relationships, leading to advances in the field in the region and globally.



Guilherme V. Polanczyk

Associate Professor, Department of Psychiatry

University of São Paulo

Brazil

About the Helmut Remschmidt Research Seminar (HRRS)

The HRRS started as “The European Research Seminar” in 1998 in Heidelberg, following a model that had already been used before in Germany by Martin Schmidt and Helmut Remschmidt. The aim of the seminars was to help young researchers in the field of child and adolescent mental health (CAMH) to pursue a scientific career. When professor Helmut Remschmidt was elected President of IACAPAP in 1998, he transferred the Research Seminars to an international level.

At the 17th IACAPAP Congress in Melbourne 2006, the IACAPAP executive committee agreed to arrange research seminars, named the IACAPAP Helmut Remschmidt Research Seminars (HRRS), in the geographical area where the next IACAPAP Congress will take place. The first of the HRRS took place in Turkey (Istanbul, 2008), followed by China (Beijing, 2010), France (Paris, 2012), South Africa (Stellenbosch, 2013), Canada (Kannanaskis, 2015), Czech Republic (Svata Katerina, 2017), Singapore (2019) and Dubai (2022). The seminars take place approximately 6-12 months before the Congress. Given that the next IACAPAP congress will be in Rio in May 2024, a decision was therefore made to have the HRRS2023 in São Paulo State, Brazil with a particular focus on the Latin-American Region. The specific theme selected for the 9th HRRS is “Children and adolescents in the Digital Age”.

The overarching vision and mission of IACAPAP as set out in the constitution is “to promote the study, treatment, care and prevention of mental and emotional disorders and disabilities of children, adolescents and their families”. The purpose of the HRRS is to inspire young colleagues from child & adolescent mental health disciplines to engage in research. The aims of the 5-day seminar are therefore to provide basic knowledge in key aspects of research design in child and adolescent mental health, skills in presenting research to colleagues, skills in commenting on the research of others, and to enable participants to carry out their own research projects under the specific circumstances of their departments, countries and contexts.

Each seminar participant is asked to bring a research plan or an ongoing project to present and work on in small groups supervised by 1 or 2 mentors. Mentors are experienced child & adolescent mental health clinician-scientists, supported by research colleagues from local organizing institutions. Mentors typically present papers in the morning and lead small group work in the afternoon. The desired outcome of the HRRS is for participants to have developed and shaped research projects that can be performed in the environment where the participant is based. In addition, participants will be encouraged to prepare abstracts for submission to the IACAPAP congress in 2024.

About the mentors

(in alphabetical order)

Dr Anna Ordóñez

MD, MAS

Anna Ordóñez is the Director of the Office of Clinical Research at the National Institute of Mental Health (NIMH) in the United States. She received her MD from the Pontificia Universidad Javeriana, in Bogotá, Colombia and her Adult Psychiatry and Child and Adolescent Psychiatry training at the University of California, San Francisco (UCSF). She has also completed postdoctoral research fellowships both at the NIMH and UCSF, and a Master's degree in Advanced Sciences in Clinical Research (MAS) at UCSF.



Prior to returning to NIMH, she held a faculty position at UCSF, where among other duties, she was the Medical Director of the Division of Infant, Child and Adolescent Psychiatry. She has also engaged in research studies of typical and atypical brain development and of evidence-based psychosocial interventions to enhance psychological resilience in the United States, Costa Rica and Colombia. She is an Associate Editor of IACAPAP's official journal, *Child and Adolescent Psychiatry and Mental Health* and currently serves as liaison between IACAPAP and the journal.

Prof Bruno Falissard

MD, PhD

After some initial training in mathematics and fundamental physics (Ecole Polytechnique, Paris), Bruno Falissard engaged in medical studies and specialized in Child and Adolescent Psychiatry in 1991. His PhD was in biostatistics and his post-doc in psychometrics and exploratory multidimensional methods.

He was assistant professor in child and adolescent psychiatry in 1996-1997, associate professor in Public Health in 1997-2002 and full professor in Public Health from 2002. He is at the head of the Master in Public Health of South-Paris University and at the head of the "Center of Epidemiology and Population Health" (400 members).

He is co-author of about 400 papers and author of 4 books. He has clinical activity in child and adolescent psychiatry. His personal areas of research are about methodology and epistemology of mental health research. In 2015-2018 he was the President of IACAPAP and was Past-President from 2018-2022. He is also a member of the French Academy of Medicine.



Prof Christina Schwenck

PhD

Christina Schwenck is professor for Clinical Child and Adolescent Psychology at the University of Giessen, Germany. She studied psychology at the Universities of Würzburg and Madrid and completed her PhD in Developmental Psychology at the University of Würzburg. She worked at the Departments of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy of the University Hospitals of Würzburg, Munich and Frankfurt.



She is a trained child and adolescent psychotherapist (specification behaviour therapy) and a trained supervisor. Her research interests include selective mutism, conduct disorder and children of parents with mental illness. In her free time, she follows her passion for photography around the globe.

Prof Schwenck was Secretary-General of IACAPAP between 2018-2022 and is currently on the IACAPAP Executive as co-coordinator of the HRRS programme. Her vision is to strengthen training and promotion of child and adolescent mental health professionals, particularly in low- and middle-income countries, including long-term mentorships for early career scientists and clinicians in this important field.

Furthermore, she aims to attract more allied professionals into IACAPAP to enhance active collaboration between professions in order to provide optimal care for children and adolescents with mental health problems.

Dr Lizzie Shephard

PhD

Elizabeth (Lizzie) Shephard is a Young Investigator in Developmental Cognitive Neuroscience, Department of Psychiatry, University of São Paulo, Brazil. She is also the Vice-Coordinator of the Laboratório de Investigação Médica (LIM-23) of the Faculty of Medicine, University of São Paulo. Lizzie is Scottish and completed her undergraduate degree in Psychology and Masters in Social Cognitive Neuroscience at the University of Aberdeen, Scotland.

She completed her PhD in Psychiatry at the University of Nottingham before moving to London and working as a postdoctoral researcher at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN), King's College London. Her research focuses on understanding neurodevelopmental trajectories from birth to mid-childhood in neurotypical and neurodivergent children, with a particular focus on the early development of autism and ADHD.

She also undertakes implementation work in which she seeks to evaluate the feasibility, appropriateness and efficacy of parent-mediated interventions developed in high-income contexts for neurodivergent children in Brazil.



Prof Maretha de Jonge

PhD

Maretha de Jonge is a professor at the Institute of Education and Child Studies of the University Leiden, the Netherlands. She studied child and adolescent psychology and completed her PhD thesis on endophenotypic markers and the broader phenotype of autism spectrum disorders. She completed her clinical training in child and adolescent psychology and psychotherapy at the University Medical Center Utrecht and was trained as a cognitive behavioral therapist specialized in youth. Her clinical expertise and research focuses on two different disorders affecting social-communicative functioning: autism spectrum disorders and selective mutism.



She established a specialized clinical team for children and adolescents with selective mutism at the Department of Psychiatry of the University Medical Center Utrecht and developed an innovative blended care cognitive behavioral treatment programme for children with selective mutism aged 4-8 years.

Since 2017 she continued her teaching and research at the University Leiden and recently continued her clinical work at the University Centrum for Diagnosis and Treatment. She has published 55 articles in international peer-reviewed journals, 11 articles in national peer-reviewed journals, several book chapters and is the editor of a book on autism spectrum disorders.

She is the course leader and a senior Lecturer in the professional clinical practice postgraduate program for child and adolescent psychologists and for family and educational psychologists. She supports the importance of global collaboration in mental health. As the chair of foundation "Nour" she supports local parents to improving care and education for children with autism in a low resource area in Morocco. As such she considers collaborative research with Moroccan and other international partners enjoyable, instructive and very important.

Prof Petrus J de Vries

MBChB, FRCPsych, PhD

Petrus de Vries is the Struengmann Professor of Child & Adolescent Psychiatry and Founding Director of the Centre for Autism Research in Africa (CARA) at the University of Cape Town. He trained in Medicine at Stellenbosch University in South Africa before moving to the UK where he completed his clinical training in Psychiatry and Child & Adolescent Psychiatry, and a PhD in Developmental Neuropsychiatry at the University of Cambridge. He returned to South Africa in 2012 with the main purpose of building research and research capacity in Child & Adolescent Mental Health in Africa and other low-resource environments.




He organized and led the 2013 Helmut Remschmidt Research Seminar in Stellenbosch, South Africa and was vice-chairman of the Scientific Committee for the 2014 IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professions) congress, held in Durban, South Africa. In 2015, he was elected on the IACAPAP Executive Committee to co-lead future Helmut Remschmidt Research Seminars with Prof Per-Anders Rydelius from the Karolinska Institute in Sweden. Together, they led HRRS seminars in South Africa (2013), Canada (2015), Czech Republic (2017) and Singapore (2019). Prof de Vries led the Dubai HRRS (2022) on his own after the death of Prof Rydelius. He was joined by Prof Christina Schwenck as HRRS co-coordinator in 2023.

He was Treasurer of IACAPAP (2018-2022), co-edited three issues of the IACAPAP Monograph, was President of SA-ACAPAP (South African Association for Child & Adolescent Psychiatry and Allied Professions) from 2017-2022, Secretary of INSAR (International Society for Autism Research) from 2019-2021 and is the current President of INSAR (International Society for Autism Research). He has a particular research interest in autism and related disorders in low-resource contexts, and in Tuberous Sclerosis Complex-Associated Neuropsychiatric Disorders (TAND).


About the HRRS participants

(in alphabetical order by first name)


Andrés

1	Your first name	Andrés	
2	Your surname	Román Jarrín	
3	What would you like us to call you?	Andrés Román Jarrín	
4	Your qualifications	MD, MS	
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Psychiatrist	
6	At what institute/clinic/hospital/university are you currently working?	University of Pittsburgh, Pennsylvania	
7	In which country are you currently working?	United States of America but I will be moving to Ecuador in September 2023	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	Inflammation contributes to numerous neuropsychiatric disorders, especially those that first appear early in life. The proposed study will be conducted as part of the SIGNATURE project, a cohort longitudinal study of pregnant women and their newborns. This cohort of women has already been monitored during their pregnancy, delivery, childbirth and postpartum, and the biological information of the umbilical cord (fetus blood) and peripheral blood from the mother has been obtained after childbirth. This project aims to study the relationship between inflammation, brain development and an increased risk of suffering from neuropsychiatric disorders.	
9	What particular things are you hoping to come and learn at the HRRS?	What I expect to gain from the IACAPAP HRRS 2023 research seminar is 1) the chance to meet more Latin-American colleagues that are also in the early stages of their research careers to foster further collaborations, 2) the opportunity to meet an outstanding faculty and to learn from their expertise in successful funded research in child and adolescent psychiatry, and 3) take advantage of the knowledge and skills to be taught at the program to bolster my odds to develop a successful careers as researcher in child and adolescent mental health in Latin America	
10	Do you have any requests for the mentors?	I would like to 1) understand what are the mental health needs of children and adolescents in underserved areas in Latin America, 2) propose a realistic agenda for the implementation of a clinical training program in Child and Adolescent Psychiatry in Ecuador and 3) to know how to start the foundation of health care services in child and adolescent mental health in Ecuador.	
11	Any dietary requirements?	No	
12	Any other comments?	Thank you for this opportunity	


Anna

1	Your first name	Anna Carolina	
2	Your surname	Viduani	
3	What would you like us to call you?	Anna Viduani	
4	Your qualifications	BA, MSc	
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Psychologist	
6	At what institute/clinic/hospital/university are you currently working?	Hospital de Clínicas de Porto Alegre, Rio Grande do Sul	
7	In which country are you currently working?	Brazil	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	Using mixed methods approaches (including conversation and qualitative analysis, and natural language processing) to identify adolescent depression through language use in speech.	
9	What particular things are you hoping to come and learn at the HRRS?	Different/novel coding and analyses approaches, mixed methods analyses, scientific communication and networking skills.	
10	Do you have any requests for the mentors?	Nothing in particular	
11	Any dietary requirements?	I am ovo-lacto-vegetarian	
12	Any other comments?	No	


Arul

1	Your first name	Arul	
2	Your surname	Velusamy	
3	What would you like us to call you?	Arul	
4	Your qualifications	MBBS (Chennai), MD in Psychiatry (Chennai), MRCPsych (London)	
5	Your professional group [e.g. psychiatrist, psychologist, etc.]	Psychiatrist	
6	At what institute/clinic/hospital/university are you currently working?	Oxford Health NHS Foundation Trust	
7	In which country are you currently working?	United Kingdom	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	Self-harm in children and adolescents with autism spectrum disorders. The specific question to address will be the psychosocial factors in understanding the self-harm in young persons with ASD. We are in the process of doing a systematic review with comprehensive literature search followed by a hospital-based study to understand the psychosocial factors in presentation of self-harm in adolescents with ASD in emergency setting and community mental health clinics. I am keen to discuss about the process of systematic review and developing the protocol for the planned research project.	
9	What particular things are you hoping to come and learn at the HRRS?	I am keen to get valuable insights in incorporating research into routine clinical practice and service delivery. From a research perspective I am keen to know about evidence synthesis particularly on systematic review and meta-analysis and qualitative research methodology. Also, to learn more about the art of writing manuscripts and publishing in peer reviewed journals. Developing research projects, funding approvals and administrative aspects of carrying research across different settings. Session on recent trends with AI/ machine learning and research, if possible, will be helpful. I am particularly keen to collaborate on medical education, training, and research in a global platform.	
10	Do you have any requests for the mentors?	Mentoring on leadership skills will be valuable. My special interests are in neurodevelopmental disorders particularly ASD, developmental psychopathology, and cultural aspects of child mental health.	
11	Any dietary requirements?	Prefer Vegetarian diet, but comfortable with non-veg diet as well.	
12	Any other comments?	Keen to be part of the HRRS 2023 initiative.	


Beatriz

1	Your first name	Ana Beatriz	
2	Your surname	Ravagnani Salto	
3	What would you like us to call you?	Beatriz	
4	Your qualifications	M.D.	
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Child and adolescent psychiatrist	
6	At what institute/clinic/hospital/university are you currently working?	University of São Paulo	
7	In which country are you currently working?	Brazil	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	My research project aims to investigate the potential of utilizing structural MRI (sMRI) data in the Brazilian High-Risk Cohort for Mental Conditions (BHRCS) to predict anxiety disorders using Machine Learning (ML). The study incorporates neuroimaging and diagnostic information obtained in a longitudinal study spanning from childhood to young adulthood, between 2010 and 2019. The model will accommodate multiple time-points from each participant. The main outcome will be the model accuracy to predict any anxiety diagnosis over the follow-up period compared to participants with no psychiatric diagnosis.	
9	What particular things are you hoping to come and learn at the HRRS?	I aim to learn from renowned professors, meet inspiring colleagues, improve my research planning and conducting skills, enhance my presentation and writing abilities, receive guidance on career goals, and explore future prospects in child and adolescent psychiatry. I aim to expand my knowledge about emerging trends and interventions to contribute to the improvement of youth mental health globally.	
10	Do you have any requests for the mentors?	I would like to request the following from the mentors: Feedback and support to enhance my academic writing and presentation skills Mentorship in career development Mentorship in the practical application of research findings, such as translating research into policy recommendations and implementing interventions in real-world settings	
11	Any dietary requirements?	No	
12	Any other comments?	No	

Danyella

1	Your first name	Danyella	
2	Your surname	Richter da Natividade	
3	What would you like us to call you?	Danyella	
4	Your qualifications	Bachelor's degree in Psychology Currently, I am doing a Master of Science in Psychiatry	
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Psychologist	
6	At what institute/clinic/hospital/university are you currently working?	Federal University of Rio Grande do Sul (UFRGS) / Hospital de Clínicas de Porto Alegre (HCPA)	
7	In which country are you currently working?	Brazil	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	My research project focuses on studying depressive symptomatology and psychosocial functioning impairment in adolescents. It aims to investigate predictive variables associated with these outcomes, using data from the Identifying Depression Early in Adolescence Cohort—a longitudinal study that followed up 150 adolescents over a three-year period. The sample includes individuals at high and low risk of depression, as well as those with depression at the baseline assessment. The database includes psychological and clinical assessments, sociodemographic variables, family interactions, experiences of trauma, bullying and stressful events, family history, sleep problems, anxiety symptoms, and biomarkers (blood samples and neuroimaging data).	
9	What particular things are you hoping to come and learn at the HRRS?	I am excited about all the knowledge that I may learn from the mentors and from my colleagues. I am hoping to learn better ways to do research, and to develop new skills to better conduct my research project. I would also appreciate learning more about predictive statistical models and risk factor analysis. I am also excited to get to know all the other participants and be able to make connections with everyone.	
10	Do you have any requests for the mentors?	I would like to hear about early intervention and prevention regarding mental health and subsyndromal depression and how to overcome the challenges of its implementation, especially in low and middle-income countries.	
11	Any dietary requirements?	None	
12	Any other comments?	No other comments	

EJ


1	Your first name	Everhardus	
2	Your surname	Smith	
3	What would you like us to call you?	EJ	
4	Your qualifications	MBChB (Stellenbosch), DMH (SA), PGDip Psychotherapy (UCT), MMed (Psync) (UCT), FCPsych (SA)	
5	Your professional group [e.g. psychiatrist, psychologist, etc.]	Psychiatrist	
6	At what institute/clinic/hospital/university are you currently working?	Tygerberg Hospital, Cape Town Stellenbosch University	
7	In which country are you currently working?	South Africa	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	My study looks at the prevalence of problematic internet use (PIU) in adolescents attending a tertiary out-patient child and adolescent psychiatric service at Tygerberg Hospital (TBH), Cape Town, South Africa. It will attempt to determine if there is a relationship between PIU risk, mental health symptoms and sleep quality in these adolescents. This research project forms part of my MPhil (C&A Psychiatry) degree that I am doing to subspecialize as a Child and Adolescent Psychiatrist.	
9	What particular things are you hoping to come and learn at the HRRS?	My aim is to get a better understanding of research in child and adolescent psychiatry and how to adapt this research so that it is locally relevant, through mentorship from experts in the field. I would also like to improve my skills in presenting research and also critically evaluating my own and colleagues' research.	
10	Do you have any requests for the mentors?	I would like the opportunity to shadow or be attached to a mentor who can guide me to publications or thinking around clinically relevant research models or ideas. I would also like to be involved in a project outside of my usual exposure locally.	
11	Any dietary requirements?	None	
12	Any other comments?	Looking forward to the research seminar!	

Érica


1	Your first name	Érica
2	Your surname	Bonganhi de Bem
3	What would you like us to call you?	Érica
4	Your qualifications	Child and Adolescent psychiatrist Training in ADOS-2 (Autism Diagnostic Observational Schedule)
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Psychiatrist
6	At what institute/clinic/hospital/university are you currently working?	Hospital de Clínicas de Porto Alegre
7	In which country are you currently working?	Brazil
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	My doctoral project is to evaluate autistic traits in transgender children and adolescents through direct assessment with the ADOS-2 scale.
9	What particular things are you hoping to come and learn at the HRRS?	I hope to acquire valuable insights and knowledge, specially towards methodology, that I can apply to my research.
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	I'm vegetarian
12	Any other comments?	




Jelena

1	Your first name	Jelena	
2	Your surname	Vasic	
3	What would you like us to call you?	Jelena	
4	Your qualifications	Resident of child and adolescent psychiatry PhD student Psychotherapist under supervision	
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Child and adolescent psychiatry resident	
6	At what institute/clinic/hospital/university are you currently working?	Institute of Mental Health in Belgrade	
7	In which country are you currently working?	Serbia	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	Currently I am involved in the research work that is focused on assessment of linguistic features in first episode psychosis and clinical high-risk states for psychosis. This kind of research requires careful data collection and analysis that involves computational methods.	
9	What particular things are you hoping to come and learn at the HRRS?	I would like to learn more about the specificities of the research work in psychiatry that involves youths and especially vulnerable groups such as children and adolescents with psychotic disorder. I would also like to learn about methodological issues, things that we should be careful about when we plan the research and potentially about using computational methods in psychiatry.	
10	Do you have any requests for the mentors?	No	
11	Any dietary requirements?	No	
12	Any other comments?	I would like to express my gratitude for being part of HRRS.	

Jairo

1	Your first name	Jairo Vinicius	
2	Your surname	Merege de Mello Cruz Pinto	
3	What would you like us to call you?	Jairo	
4	Your qualifications	MD, PhD	
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Child and Adolescent Psychiatrist.	
6	At what institute/clinic/hospital/university are you currently working?	University Hospital, Universidade Federal de Santa Catarina.	
7	In which country are you currently working?	Brazil.	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	My project focuses on the clinical characteristics of children and adolescents at suicide risk (regardless of diagnosis) and the predictors of future suicidal behaviours in this population.	
9	What particular things are you hoping to come and learn at the HRRS?	<ul style="list-style-type: none"> - To develop my skills as a clinician investigator in child and adolescent psychiatry. - Guidance to plan an efficient and clinically relevant research project. 	
10	Do you have any requests for the mentors?	None.	
11	Any dietary requirements?	Vegetarian or seafood.	
12	Any other comments?	None.	

Kamile

1	Your first name	Kamilė	
2	Your surname	Pociūtė	
3	What would you like us to call you?	Kamile	
4	Your qualifications	Resident in Child and Adolescent Psychiatry (final month) Trainee in Cognitive Behavioral Therapy (final year)	
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Child and Adolescent Psychiatrist Psychotherapist	
6	At what institute/clinic/hospital/university are you currently working?	Resident and Lecturer at Clinic of Psychiatry, Institute of Clinical Medicine, Faculty of Medicine, Vilnius University Supervised Psychotherapist in Private Practice	
7	In which country are you currently working?	Lithuania	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	Anthropometric Data, Body Weight Evaluation, Regulation, and their Relationship with Well-being	
9	What particular things are you hoping to come and learn at the HRRS?	Features of high-quality research work. Methodology. Statistics. Lack of resources. International cooperation.	
10	Do you have any requests for the mentors?	To share some messages of wisdom for young colleagues from mentors' own life experiences about the career path and life in general.	
11	Any dietary requirements?	Do not eat fish, seafood.	
12	Any other comments?		

Laure

1	Your first name	Laure
2	Your surname	Saad
3	What would you like us to call you?	Laure
4	Your qualifications	Masters in Clinical Psychology with a specialty in Child and Adolescent Psychology after 2 years of training
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Psychotherapist
6	At what institute/clinic/hospital/university are you currently working?	Currently nowhere. Graduated recently and applying to new positions. However, I am still volunteering as a research assistant at the American University of Beirut Medical Center - AUBMC
7	In which country are you currently working?	Lebanon
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	Extensive research has demonstrated the effectiveness of third-wave therapies, specifically Dialectical Behavioral Therapy (DBT) in treating individuals with emotional dysregulation through the acquisition of essential skills. Given my clinical experience and observations, I have developed a strong interest in understanding and contributing to the development of appropriate treatments for children, including those in early childhood that can effectively assist them in regulating their emotions. I am also interested in exploring ways to educate and equip parents with the necessary tools to support their children in managing their emotional regulation.
9	What particular things are you hoping to come and learn at the HRRS?	It is the first time I will be part of a research seminar which really leaves me curious and excited to benefit from a variety of things as much as possible. I am interested in gaining deeper insight into the latest research in the field and learning about various research methodologies in order to enhance my knowledge and skills in conducting meaningful research. Most importantly, I am looking forward to engaging in discussions with experts and fellow researchers to exchange ideas and collaborate on potential research project and receive valuable mentorship and guidance.
10	Do you have any requests for the mentors?	Nothing for now. Thank you for the preparations and work !!
11	Any dietary requirements?	None
12	Any other comments?	N/A



Lenice

1	Your first name	Lenice de Fatima
2	Your surname	da Silva Munhoz
3	What would you like us to call you?	Lenice
4	Your qualifications	Bachelor of Speech-Language Pathologist, Master of Sciences, Doctoral student at the Federal University of São Paulo
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Speech-Language Pathologist - Teaching, Assistance, and Research in Writing and Reading Nucleus
6	At what institute/clinic/hospital/university are you currently working?	Federal University of São Paulo
7	In which country are you currently working?	Brazil
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	My current research project is focused on developing an "Integrated Therapeutic Intervention Speech Therapy Program for orthographic processing development - a pilot study." This project aims to evaluate the effectiveness of an integrated therapeutic intervention in speech-language therapy program for improving orthographic processing and statistical learning of the Brazilian Portuguese in children with developmental dyslexia.
9	What particular things are you hoping to come and learn at the HRRS?	I hope participating in the HRRS 2023 will benefit my research project and contribute to my long-term goals as a researcher. I am confident that my involvement in this seminar will allow me to make valuable contributions to other fellow researchers' projects and foster collaborations for future research endeavors in the Child and Adolescent Mental Health field.
10	Do you have any requests for the mentors?	No
11	Any dietary requirements?	Yes, I am allergic to milk and nuts.
12	Any other comments?	No




Megan



1	Your first name	Megan
2	Your surname	Williams
3	What would you like us to call you?	Megan
4	Your qualifications	M.A. in Educational Sciences B.A. in Social Work
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Educational Scientist Postgraduate Trainee in children and adolescent psychotherapy
6	At what institute/clinic/hospital/university are you currently working?	Justus Liebig University Gießen Department Clinical Child and Adolescent Psychology
7	In which country are you currently working?	Germany
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	The InSel project investigates teachers' ability to recognise internalising symptoms in their students as these are often not perceived as disturbing and are therefore often overlooked. The project includes: cross-sectional research into the influence of child-related, teacher-related and school (class)-related factors on the quality of this teacher judgement the development and piloting of a psychoeducational intervention for teachers to inform them about internalising behaviour problems in students and how to manage them.
9	What particular things are you hoping to come and learn at the HRRS?	Cultural exchange in the context of diversity in schools Advice on data management and structure Guidance and advice for statistical analysis
10	Do you have any requests for the mentors?	-
11	Any dietary requirements?	Vegetarian
12	Any other comments?	

Melisa

1	Your first name	Melisa	
2	Your surname	Pertica	
3	What would you like us to call you?	Melisa	
4	Your qualifications	Child and adolescent psychologist Specialist in Neuropsychology PhD student	
5	Your professional group [e.g. psychiatrist, psychologist, etc.]	Psychology	
6	At what institute/clinic/hospital/university are you currently working?	Carlos G. Durand General Hospital, Buenos Aires Cognitive Therapy Center (CTC)	
7	In which country are you currently working?	Argentina	
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	I am studying the feasibility and impact of a parent-mediated intervention on social communication skills in minimally verbal children with autistic behaviours from underserved communities. I am interested in the implementation of programmes that may help reduce the gap in access and expand mental health services in an economically attainable way.	
9	What particular things are you hoping to come and learn at the HRRS?	I would like to strengthen my research design and outcome communication skills, as well as get training in grant writing. I also look forward to building networks with other researchers to plan future collaborative projects.	
10	Do you have any requests for the mentors?	-	
11	Any dietary requirements?	Vegetarian	
12	Any other comments?	-	

Tally

1	Your first name	Tally
2	Your surname	Lichtensztejn Tafla
3	What would you like us to call you?	Tally
4	Your qualifications	Masters, PhD student
5	Your professional group (e.g. psychiatrist, psychologist, etc.)	Psychologist
6	At what institute/clinic/hospital/university are you currently working?	Mackenzie Presbyterian University, São Paulo
7	In which country are you currently working?	Brazil
8	Briefly describe the project/academic piece/scholarship you want to work on at the HRRS2023	My PhD is entitled: "Tradução, adaptação e estudos psicométricos da 3ª edição do Adaptive Behavior Assessment System (ABAS-3)". The project aims to translate, adapt and to verify psychometric properties of the 3rd edition of the Adaptive Behavior Assessment System (ABAS-3) into Brazilian Portuguese, for children, adolescents, adults and the elderly, from 0 to 89 years of age. Additionally, we will verify discriminant validity of the Brazilian version of ABAS-3 in children with neurodevelopmental disorders, such as autism spectrum disorder, intellectual disability, learning disabilities and attention deficit hyperactivity disorder.
9	What particular things are you hoping to come and learn at the HRRS?	I seek to develop my research career in the field of mental health into the theme of neurodiversity, especially children and adolescents with typical development and with neurodevelopmental disorders. and how to dialogue these concepts internationally. I look forward to developing my science writing skills with the seminar's mentors, as well as establishing international connections with other researchers. I would also like to develop my reviewer and presentation skills in an environment with other international colleagues. I hope that the program will enable me to develop skills as an emerging researcher in my country and be able to continue my academic career and establish international research networks after completing my doctorate.
10	Do you have any requests for the mentors?	I would like to know about their international experiences, the difficulties they encountered throughout their career and what they recommend for young researchers.
11	Any dietary requirements?	No
12	Any other comments?	No



PROGRAMME

9th Helmut Remschmidt Research Seminar (HRRS 2023)

Campos do Jordao | 17-22 September 2023

Sunday, 17 September 2023	
Morning / Afternoon	Arrival in São Paulo
13:00	Transfer from Guarulhos Airport to Campos do Jordão (HRRS Venue)
16:00 - 16:30	Afternoon Tea
16:30 - 18:30	Welcome Session Introduction and background to IACAPAP and the HRRS Introduction of HRRS 2023 fellows and mentors
19:30	Welcome Dinner at the Hotel

Monday, 18 September 2023	
7:30 - 9:00	Breakfast
9:00 - 10:30	Lecture 1 The academic journey I - Anna Ordóñez
10:30 - 11:00	Morning Coffee/Tea
11:00 - 12:30	Lecture 2 Towards implementation science in Latin-American countries - Lizzie Shephard
12:30 - 13:30	Lunch at the Hotel
13:30 - 15:30	Small group work (discussion groups of participants' research plans with mentors)
15:30 - 16:00	Afternoon Tea
16:00 - 17:30	Feedback to other groups and discussion
17:30 - 19:00	Group Activity
19:30	Dinner at the Hotel

Tuesday, 19 September 2023	
7:30 - 9:00	Breakfast
9:00 - 10:30	Lecture 3 The fundamentals of research methodology - Part I - Bruno Falissard
10:30 - 11:00	Morning Coffee/Tea
11:00 - 12:30	Lecture 4 The fundamentals of research methodology - Part II - Bruno Falissard
12:30 - 13:30	Lunch at the Hotel
13:30 - 16:00	Small group work
16:00 - 16:30	Afternoon Tea
16:30 - 17:30	Feedback to other groups and discussion
17:30 - 19:00	Group Activity
19:30	Dinner at the Hotel

Wednesday, 20 September 2023	
7:30 - 9:00	Breakfast
9:00 - 10:30	Lecture 5 The academic journey II - Maretha de Jonge
10:30 - 11:00	Morning Coffee/Tea
11:00 - 12:30	Lecture 6 How to write a good grant - Christina Schwenck
12:30 - 13:30	Lunch at the Hotel
14:00 - 18:30	Excursion
19:30	Dinner at the Hotel

Thursday, 21 September 2023	
7:30 - 9:00	Breakfast
9:00 - 10:30	Lecture 7 Scientific Writing - Petrus de Vries and mentors
10:30 - 11:00	Morning Coffee/Tea
11:00 - 12:30	Lecture 8 Scientific Writing - Petrus de Vries and mentors
12:30 - 13:30	Lunch at the Hotel
14:00 - 15:30	1:1 mentoring (and abstract writing)
15:30 - 16:00	Afternoon tea
16:00 - 17:00	Wrap-up about scientific writing
17:00 - 18:00	Final small group sessions
19:00 - 21:00	Gala Dinner

Friday, 22 September 2023	
7:30 - 8:30	Breakfast
8:30 - 10:00	Lecture 9 Ask us anything - Panel Discussion between HRRS Fellows and Mentors
10:00 - 10:30	Morning Coffee
10:30 - 12:00	General discussion, evaluation and conclusion
12:00 - 13:00	Lunch at the Hotel
13:00 - 13:30	Depart to Guarulhos Airport

Programme Coordinators: Prof Petrus J de Vries (South Africa) & Prof Christina Schwenck (Germany)

Local Coordinators: Dr Guilherme Polanczyk and Dr Lizzie Shephard



IACAPAP

International Association for Child and
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