**NHS Research Scotland Mental Health Annual Scientific Meeting**

 ***‘Healthy Connections: from Cells to Society’***

**Hybrid event**

**Strathclyde University, Technology & Innovation Centre**

**30th October 2023**

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| ***09:30*** | ***Registration and orientation*** |
| ***10.00*** | ***Dr Donald MacIntyre****Welcome* |
|  ***10.10*** | ***Maree Todd MSP****Opening address* | ***Session Chair:*** *Liz Hughes* |
| ***10:30*** | ***Professor Bryn Lloyd-Evans****Loneliness and mental health: current evidence and future directions* |
| ***11.00*** | ***Stephanie Allan, Leonie Richardson & Alie Phiri****The Wellcome Trust AVATAR2 Clinical Trial: developing our patient and public involvement and reflections on learning* |
| ***11:30*** | ***Comfort break and poster presentations*** |
| ***12.00*** | ***Digital Innovation*** * ***Chris Wright***

*Experiences from Large-scale Implementation of Digital Mental Health in Scotland** ***Dr Tara French***

*Enabling digital inclusion in mental health** ***Dr Sharon Smith***

*Can digital technology assist with the demand for Neurodiversity support?* | ***Session Chair:****Andrew Gumley*  |
| ***1.00*** | ***Lunch and poster presentations*** |
| ***2.00*** | ***Professor Jonathan Cavanagh****Understanding how mechanisms of neuroinflammation relate to mental health* | ***Session Chair:****Ashleigh Duthie* |
| ***2.30*** | ***Professor Daniel Smith****Light, lithium and circadian rhythms in bipolar disorder: introducing the HELIOS-BD and AMBIENT-BD studies* |
| ***3.00*** | ***Sarah Donaldson****Prolonged release opioid for recovery (PROP) study* |
| ***3.30*** | ***Comfort break and poster presentations*** |
| ***4.00*** | ***Professor Simon Hackett****Arts Psychotherapies: Increasing accessibility and involvement in psychological therapies development and research for under-served groups.* | ***Session Chair:****David Hayward* |
| ***4.30*** | ***Dr Donald MacIntyre****Poster prizes & closing remarks* |