



The First Oman Psychiatric Society
International Conference 2026
17-18 July, 2026. Muscat, Sultanate of Oman



Oman Psychiatric Society
الرابطة العمانية للطب النفسي



The First Oman Psychiatric Society International Conference 2026 (OPS2026)



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Presidential Address by Dr. Mohammed Al-Alawi, President of the Oman Psychiatric Society (OPS)

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The Oman Psychiatric Society (OPS) is a non-profit professional organization registered with the Ministry of Social Development in the Sultanate of Oman. It operates under the umbrella of the Oman Medical Association (OMA) and is dedicated to promoting mental health awareness, advancing psychiatric education, and strengthening psychiatric practice and services across Oman.

Our mission is to enhance the quality, accessibility, and development of psychiatric care in Oman while fostering research, education, and advocacy initiatives that support mental wellbeing across all sectors of society.

On behalf of the Oman Psychiatric Society, I am pleased to invite you to the First Oman Psychiatric Society International Conference (OPS2026), which will take place on 17–18 July 2026 in Muscat, Oman. This landmark conference will convene mental health professionals, clinicians, academics, researchers, and policymakers to promote evidence-based practice and meaningful collaboration aimed at advancing the future of mental health care in our region. We are committed to ensuring that this event serves as a dynamic platform for scientific exchange, professional engagement, and scholarly dialogue.



Dr. Mohammed Al-Alawi

Assistant Professor
Consultant in Consultation–Liaison Psychiatry
Department of Behavioral Medicine
College of Medicine and Health Sciences,
Sultan Qaboos University
President, Oman Psychiatric Society

I would like to extend my sincere appreciation to the organizing committee, our distinguished international speakers, and our valued sponsors and partners for their support and contributions in making this conference possible. We look forward to welcoming you to Muscat and to your participation in this important gathering dedicated to advancing psychiatry and mental health in Oman.

”

Welcome Address by the Conference Chair, Dr. Tamadhir Al-Mahrouqi



The First Oman Psychiatric Society International Conference 2026 (OPS2026) reflects the dedicated efforts of our organizing committee, the guidance of the Oman Psychiatric Society, and the valued support of our sponsors and partners. It marks an important milestone in our shared mission to advance excellence in psychiatric practice.

At the heart of our conference identity is the brain, representing psychiatry, clinical judgment, and patient care, interwoven with the DNA strand, symbolizing scientific discovery and the biological foundations of modern psychiatric practice. Together, they reflect the integration of research and clinical practice in advancing excellence in psychiatry.

We are honored to host distinguished speakers from across the Arab world and the international community, who will share leading developments in psychiatric research and practice.

On 17 July, the preconference workshops will offer interactive sessions on women's mental health, metabolic psychiatry in treatment resistant mood disorders, evidence-based pharmacotherapy of bipolar disorder, and ADHD across adulthood and older age.

On 18 July, the main conference will feature five plenary lectures by



Dr. Tamadhir Al-Mahrouqi



Conference Chair, OPS2026
Psychiatrist, Sultan Qaboos University
Hospital, University Medical City
Chairperson, CME and Research Committee,
Oman Psychiatric Society

distinguished international experts. The scientific programme will address key contemporary developments in psychiatric practice, including neuroplasticity and brain metabolism in treatment-resistant mood disorders, bipolar spectrum disorders, psychedelics in clinical psychiatry, and diagnostic and management challenges related to mood and neurocognitive disorders across the lifespan.

It is our pleasure to welcome you to Muscat for the first international psychiatry conference hosted by the Oman Psychiatric Society. We look forward to a meaningful exchange of knowledge and collaboration that will strengthen psychiatric care in Oman and beyond.



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Invited Speaker Biographies



**Professor Elisa Brietzke, MD, PhD,
Professor of Psychiatry,
Professor at Queen's University,
Canada**

Professor Elisa Brietzke is Full Professor of Psychiatry at Queen's University, Kingston, Ontario, Canada. She is an internationally recognized academic psychiatrist with expertise in mood disorders, biological psychiatry, and metabolic psychiatry. At Queen's University, she provides clinical care at Kingston Health Sciences Centre and leads translational research initiatives focused on the biological mechanisms of mood disorders, including inflammation, neuroplasticity, brain energetics, and nutritional and metabolic approaches to treatment.

Professor Brietzke has authored over 300 peer-reviewed publications, with an h-index above 80 and more than 24,000 citations. She is widely recognized for advancing innovative treatment strategies in psychiatry and for bridging neuroscience, metabolism, and clinical practice



Professor Claudio Soares
MD, PhD, FRCPC, MBA
Professor at Queens University,
Canada

Prof. Soares is a Full Professor and former Chair in the Department of Psychiatry at Queen's University School of Medicine in Kingston, Ontario. He currently serves as the inaugural Director of the Centre for Psychedelics Health and Research at Providence Care Hospital & Queen's University, Executive Lead for the Canadian Biomarker Integration Network in Depression (CAN-BIND), and Regional Lead for Mental Health and Addictions at Ontario Health East.

He was recently appointed Executive Director of the Canadian Menopause Society, after serving as a Board Member and President of the Menopause Society.

Prof. Soares trained as a psychiatrist, completed his Ph.D. on the effects of estrogen for the management of depression in midlife women, and pursued a postdoctoral fellowship in perinatal and reproductive psychiatry at Massachusetts General Hospital, Harvard Medical School. His research has focused primarily on novel hormonal and non-hormonal options for midlife women experiencing mood and anxiety disorders, vasomotor symptoms, and sleep problems. He is also interested in the use of wearables and digital health technologies to monitor depression and sleep disturbances, as well as the use of psychedelics for psychiatric disorders and existential distress in late-stage cancer.

Prof. Soares is a sought-after educator, with more than 240 presentations at national and international meetings and over 200 peer reviewed publications in mood disorders and women's mental health, including in JAMA, Nature, and the American Journal of Psychiatry.



**Professor Gustavo H. Vázquez,
MD, PhD, FRCPC Professor of
Psychiatry, Queen's University,
Canada**

Prof. Gustavo H. Vázquez is a psychiatrist and clinician–scientist specializing in treatment-resistant mood disorders and interventional psychiatry. His research focuses on the integration of clinical phenotyping, treatment resistance frameworks, neurobiological mechanisms, and the implementation of advanced somatic therapies, including intravenous ketamine, intranasal esketamine, electroconvulsive therapy (ECT), and repetitive transcranial magnetic stimulation (rTMS).

Over the past decade, he has led and co-led large-scale data base-driven studies in tertiary mood disorder populations, examining treatment-resistant depression, bipolar disorder, medication burden, and staging models of illness progression. He has served as Principal Investigator on multiple competitive research grants investigating the efficacy, durability, safety, and cognitive outcomes of ketamine-based treatments, and as Co-Investigator on CIHRfunded biomarker studies within the Canadian Biomarker Integration Network in Depression (CAN-BIND).

His research integrates clinical methodology with translational neuroscience, incorporating symptom trajectories, cognitive markers, and neuroimaging approaches such as resting-state fMRI and diffusion tensor imaging (DTI) to better understand predictors of treatment response. Prof. Vázquez is Professor of Psychiatry at Queen's University and currently serves as Chair of the Department of Psychiatry Reappointments and Promotions Committee, contributing to academic mentorship, research development, and knowledge translation in psychiatric practice.



**Professor Tarek Qassem Consultant Psychiatrist
Clinical Academic Group Lead – Mental Health of Older Adults
Maudsley Health, Al Amal Psychiatric Hospital, UAE**

Prof. Tarek Qassem is a UK-trained consultant psychiatrist specializing in older adult psychiatry. During his work in the United Kingdom, he served as a Consultant in Old Age Psychiatry, where he led a neurocognitive clinic responsible for the assessment and management of patients presenting with cognitive symptoms and neurocognitive disorders.

He previously served as Chair of the Research and Innovation Committee in a National Health Service (NHS) Trust in the West Midlands, serving a population of approximately 1.1 million people, and held academic appointments as an Honorary Fellow and Senior Lecturer at the University of Warwick.

Prof. Qassem currently serves as Clinical Academic Group Lead for Mental Health of Older Adults at Maudsley Health, Al Amal Psychiatric Hospital in Dubai, and holds an appointment as an Adjunct Clinical Professor at Mohammed Bin Rashid University of Medicine and Dubai Medical College. He has also served as Chair of the Research and Innovation Committee at Al Amal Hospital and Academic Lead for Maudsley Health services.

He has authored multiple peer-reviewed publications in high-impact journals, including The British Journal of Psychiatry and The BMJ, and has contributed book chapters in several areas of psychiatry.



**Assistant Professor Zerak Al-Salihy
MBChB, PGDip (Research
Methodology), MRCPsych,
FRCPsych, CCT (Old Age Psychiatry,
UK)**

Senior Consultant Old Age Psychiatrist, Hamad Medical Corporation, Doha, Qatar Clinical Lead, Older Adults Mental Health Services, Qatar Assistant Professor of Clinical Psychiatry, Weill Cornell Medicine-Qatar.

Dr. Zerak Al-Salihy is a Senior Consultant Old Age Psychiatrist at Hamad Medical Corporation (HMC), Qatar. He completed his specialist training in the United Kingdom and was awarded a Certificate of Completion of Training (CCT) in Old Age Psychiatry in August 2014. He subsequently joined Hamad Medical Corporation in September 2015, where he currently works at Al-Wakra Hospital as part of a newly established Liaison Psychiatry team.

Dr. Al-Salihy also serves as Fellowship Program Director in Old Age Psychiatry and leads a multidisciplinary clinical team consisting of a clinical fellow, specialist psychiatrist, and senior psychiatric nurses. In addition to his clinical and educational roles, he holds an academic appointment as Assistant Professor of Clinical Psychiatry at Weill Cornell Medicine-Qatar.

He represents the Psychiatry Department at the Ministry of Public Health in the Global Dementia Observatory (GDO) and has contributed to the development of dementia clinical guidelines for Hamad Medical Corporation, which are published on the corporation's official platform.

17

July 2026

Pre-Conference Workshops

08:30 Am
09:00 Am

Registration

Session 1: Morning Workshops

09:00 Am
11:00 Am

Women's Mental Health: Tailoring Strategies for Mood, Anxiety and Sleep Problems Across the Life Cycle

Prof. Claudio Soares, Queen's University, Canada

Workshop A

Implementing Metabolic Psychiatry in Clinical Practice: A Practical Guide for Treatment-Resistant Mood Disorders

Prof. Elisa Brietzke, Queen's University, Canada

Workshop B

11:00 Am
11:30 Am

Coffee Break

Session 2: Afternoon Workshops

11:30 Am
13:30 Pm

Modern Pharmacotherapy of Bipolar Disorder: Evidence-Based Updates

Prof. Gustavo Vázquez, Queen's University, Canada



Workshop C

Attention-Deficit/Hyperactivity Disorder Across Adulthood: General and Older Adults

Prof. Tarek Qassem, Mausalely Health, Al-Amal Hospital, UAE

Workshop D

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Main Conference Scientific Programme

18
July 2026

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|---------------------|---------------|--|
| 01 | 08:30- 09:00 | Registration |
| 02 | 09:00 - 09:05 | Host welcome speech and Holy Qur'an Recitation |
| 03 | 09:05 - 09:10 | Opening Presidential Address Dr. Mohammed Al-Alawi , President of the Oman Psychiatric Society |
| 04 | 09:10 - 09:15 | Guest Address by the President of the Partner Society Dr. Hamed Al-Sinawi , President, Oman Alzheimer's Society |
| 05 | 09:15 - 09:20 | Conference Chair's Welcome Address Dr. Tamadhir Al-Mahrouqi , Conference Chair |
| 06 | 09:20 - 09:35 | Acknowledgment of Sponsors and Invited Speakers |
| 07 | 09:35 - 10:25 | Plenary Lecture: Mood Symptoms or Neurocognitive Disorder? Diagnostic Pitfalls Relevant to Both Adult and Older-Age Psychiatry. Prof. Tarek Qassem, Mauseley Health Team, Al-Amal Hospital, UAE |
| 08 | 10:25 - 11:15 | Plenary Lecture: When Depression Is Not Just Depression: Recognizing Bipolar Spectrum Disorders Prof. Gustavo Vázquez, Queen's University, Canada |
| Coffee Break | | |
| 09 | 11:45 - 12:35 | Plenary Lecture: Psychedelics in Clinical Psychiatry: Past, Present, and Future Prof. Claudio Soares, Queen's University, Canada |
| 10 | 12:35 - 12:55 | Plenary Lecture: A New Era in Depression Treatment: Redefining What is Possible. Johnson & Johnson |
| 11 | 12:55 - 13:10 | Panel Q&A: Discussion with morning speakers |
| Lunch Break | | |
| 12 | 13:55 - 14:45 | Plenary Lecture: Targeting Neuroplasticity and Brain Metabolism in Treatment-Resistant Depression and Bipolar Disorder Prof. Elisa Brietzke, Queen's University, Canada |
| 13 | 14:45 - 15:35 | Plenary Lecture: Complex Depression Across the Lifespan: Lessons from Late-Life Psychiatry for Assessment, Differential Diagnosis, and Stepped Care Planning. Asst. Prof. Zerak Al-Salihy, Weill Cornell Medicine - Qatar |
| 14 | 15:35 - 15:50 | Panel Q&A: Discussion with afternoon speakers |
| 15 | 15:50 - 15:55 | Closing Remarks Oman Psychiatric Society |

Registration Information and Conference Fees

Participants are invited to register for the First Oman Psychiatric Society International Conference 2026 (OPS2026) through the official conference website:

Pre-Conference
Workshops (17 July)

Main Conference
(18 July)

Psychiatrists / Specialists

Senior Specialists and
Senior Consultants

15 OMR
per workshop

30 OMR

Residents/ Trainees/ Other Healthcare Professionals

Medical Interns and Foundation
Doctors, nurses, psychologists, social
workers, pharmacists, and allied health
professionals

12 OMR
per workshop

25 OMR

Students

students of medicine, psychology,
social work, nursing, and related
health disciplines

12 OMR
per workshop



10 OMR

Enjoy discounted pre-conference workshops at 20 OMR for both sessions, along with exclusive OPS member savings of 5 OMR off conference registration and workshops.

To Register Visit

Website: <https://omanpsychiatricsociety.com/>

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Organizing Committee

Conference Executive Board



Dr. Mohammed Al Alawi

President of Oman Psychiatric
Society
Consultant Psychiatrist, Sultan
Qaboos University, Oman



Dr. Yahya Al Kalbani

Vice President of Oman
Psychiatric Society
Consultant Psychiatrist,
Ministry of Health, Oman



Dr. Tamadhir Al-Mahrouqi

Conference and Scientific Chair
Chairperson, Continuous
Medical Education and
Research Committee,
Oman Psychiatric Society
Psychiatrist, University
Medical City.

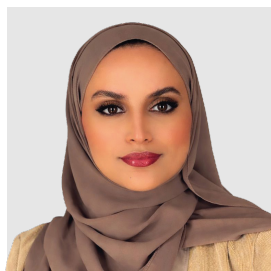
Organizing Committee Heads



Finance Chair:
Dr. Hussein Al Khabori
Oman Medical Specialty
Board, Oman



Registration Chair:
Dr. Omar Al Shoaibi
Oman Medical Specialty
Board, Oman



Media and Branding Chair:
Dr. Afra Al Khusaibi
Oman Medical Specialty
Board, Oman



IT and Technology Chair:
Dr. Ali Al Barhoumi
Oman Medical Specialty
Board, Oman

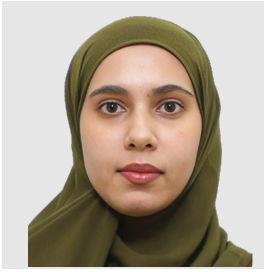


Logistics and Venue Chair:
Abdullah Al Abdulsalam
Sultan Qaboos University,
Oman

Organizing Committee Members



Dr. Asala Al Rawahi
Ministry of Health, Oman



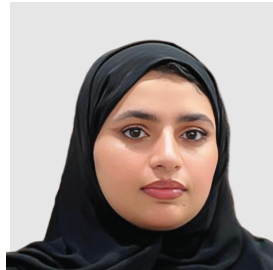
Dr. Hajar Al Farsi
Sultan Qaboos
University, Oman



Dr. Manal Al Sawafi
Oman Medical Specialty
Board, Oman



Dr. Amna Al-Saadi
Oman Medical Specialty
Board, Oman



Dr. Nasra Al Alawi
Sultan Qaboos
University, Oman

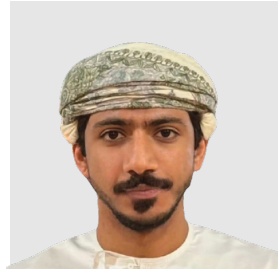
Organizing Committee Members



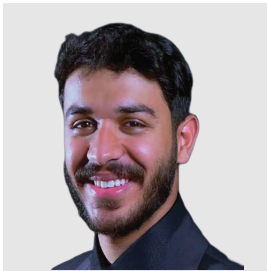
Dr. Hind Al Zeidi
Oman Medical Specialty
Board, Oman



Dr. Mallak Al Ghafri
Ministry of Health,
Oman



Dr. Ibrahim Al Maamari
Oman Medical Specialty
Board, Oman



Dr. Mohammed Al Azri
Oman Medical Specialty
Board, Oman



Dr. Ammar Al Shabibi
Oman Medical Specialty
Board, Oman

Travel and Accommodation Information

Conference Venue

The conference will take place at Sheraton Oman Hotel, a 5-star hotel located in Muscat, Sultanate of Oman. The hotel is centrally situated in the heart of the city, offering convenient access to key business districts, cultural landmarks, and major transportation routes.

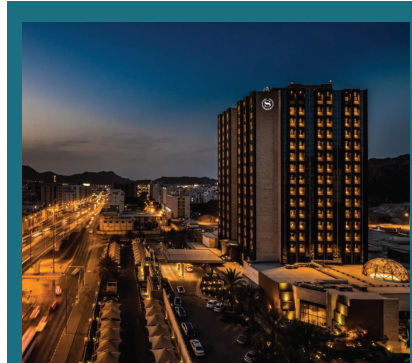
Travel to Muscat

Muscat is served by Muscat International Airport (MCT), which offers direct flights to major cities across the Middle East, Europe, Asia, and North America. The airport is modern, well connected, and located close to the conference venue and major hotels.

Transportation from the airport is available via taxi services, ride-hailing applications, and hotel transportation services.

Visa Information

Many nationalities are eligible for visa-free entry or visa-on-arrival to the Sultanate of Oman. Participants are advised to check the latest visa requirements through the Royal Oman Police eVisa portal or their nearest Omani embassy prior to travel.



Sheraton Oman Hotel

Participants requiring an official invitation letter for visa purposes may contact the conference organizers.

Accommodation



Participants may choose to stay at the Sheraton Oman Hotel, the official conference venue, or at nearby hotels located within a short distance of the venue.

Contact for Travel Assistance

For travel or accommodation inquiries, please contact: Oman Psychiatric Society (OPS)

 conference@omanpsychiatricsociety.com

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Explore Muscat and Nearby Nature Trips

Explore Muscat

Sultan Qaboos Grand Mosque

One of the most iconic landmarks in Oman, renowned for its magnificent Islamic architecture and serene atmosphere.



Mutrah Corniche

A scenic waterfront promenade offering beautiful views of the harbor, ideal for relaxing evening walks.

Mutrah Souq

A historic traditional market where visitors can explore Omani crafts, frankincense, silver, textiles, and souvenirs.



Royal Opera House Muscat



A premier cultural venue hosting world-class musical, theatrical, and artistic performances.

Al Alam Palace

The ceremonial palace of His Majesty the Sultan, surrounded by the historic Al Jalali and Al Mirani forts.



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Explore Muscat and Nearby Nature Trips

Nearby Nature Trips

Wadi Shab

A stunning canyon famous for its hiking trails, turquoise pools, and hidden waterfalls.



Jebel Akhdar

A spectacular mountain destination known for its terraced farms, rose gardens, and breath-taking panoramic views.

Bimmah Sinkhole

A natural limestone crater filled with crystal-clear blue water, popular for swimming and sight seeing.



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The Oman Psychiatric Society extends its sincere appreciation to our sponsors and partners for their valuable support in making the First Oman Psychiatric Society International Conference 2026 possible.

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