

# World Psychiatric Association WPA Online Educational Webinar Series

## Current Management Strategies for Panic Disorder

*Saturday 23rd July 2022, 2 PM (Central European Summer Time)  
Duration 90 minutes*

### Organised By



**Prof Afzal Javed**  
President  
World Psychiatric  
Association



**Dr Roger Ng**  
Secretary for Education  
World Psychiatric  
Association



**Prof Peter Morozov**  
Secretary General  
World Psychiatric  
Association

Panic Disorder is one type of anxiety disorder characterized by sudden onset of intense physical and cognitive symptoms of anxiety and can occur unexpectedly or as a trigger to stress. Screening questionnaire like MACSCREEN may be employed. Multiple hypotheses are advanced to understand the underpinnings of panic disorder.

Both nonpharmacological and pharmacological management have to be employed. Cognitive behaviour therapy including mindfulness therapy, breathing exercises, relaxation techniques and importantly psychoeducation are the nonpharmacological methods. Pharmacological management involves serotonin selective antidepressants and benzodiazepines (acute stage) with level 1 evidence where as other agents with level 3 evidence include antidepressants with different mechanism, atypical antipsychotics and probably anticonvulsants.

Technological advances including wearable devices collecting real-time data, 'big data' platforms, and application of machine learning techniques might assist in reliable outcome prediction.

### Our Faculties are:



**Prof. E Mohan Das**, Consultant Psychiatrist, Sun Medical & Research Centre, Trichur, Kerala. Director & Prof. International Institute of Organizational Psychological Medicine, Member, WPA Standing Committee on Ethics and Review .



**Prof. Farooq Naeem**, Professor, University of Toronto & Staff Psychiatrist, Centre for Addiction & Mental Health, Toronto, Canada.

### Moderator:



**Dr Rajashree Ray**, Associate Professor in Psychiatry, India. EC Member, WPA Section on Religion, Spirituality and Psychiatry.

## Programme:

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02:00 pm – 02:05 pm	Welcome address – <b>Prof Afzal Javed</b>
02:05 pm – 02:10 pm	Introduction of Speakers - <b>Dr Rajashree Ray</b>
02:10 pm – 02:40 pm	<b>Prof Farooq Naeem</b> CBT for anxiety disorders: A cultural context
02:40 pm – 03:10 pm	<b>Prof E Mohan Das</b> Pharmacological Management
03:10 pm – 03:30 pm	<b>Question and Answer</b>

For all Enquiries please email [wpawebinars@gmail.com](mailto:wpawebinars@gmail.com)

Free access to the webinar. For Registration, please click here:

**REGISTRATION**

Participants can receive a CPD Certificate on complimentary basis (on request) after attending the Webinar.

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