

Erika Kuzminskaite - Mental Health Junior Travel Award 2022

Thanks to the APH Mental Health Junior Travel Award, I visited the 35th European College of Neuropsychopharmacology (ECNP) Congress in Vienna, Austria, from 15th to 18th October 2022. ECNP Congress focuses on translational science and is one of Europe's prestigious scientific meetings, attracting thousands of international researchers, psychiatrists, and neuroscientists annually.

The Congress offered a variety of insightful sessions, from scientific to industry ones. My favorites were the *plenary lectures*, especially on the role of stress in mental health, interactive *career-development sessions* on academic mental health and funding for early career researchers, as well as *inspiring industry satellite symposiums* on optimizing treatment outcomes in depression. I particularly enjoyed sharing our clinically-relevant meta-analytic findings on the role of childhood trauma in depression treatment outcomes through a poster and a pitch presentation. Discussing our research with other scientists and clinicians was incredible to understand how valuable our research is and develop new research ideas.



Visiting ECNP Congress allowed me to follow advancements in our research field, showcase Amsterdam UMC's latest mental health research, as well as strengthen and build new research networks. I was pleased to visit this Congress and represent Amsterdam UMC and APH!

