

Living with Generalized Anxiety Disorder (GAD) and Major Depressive Disorder (MDD): What Real-World Data Reveal

Industry session financially supported by Viatris during the 39th ECNP Congress

 Sunday, 11 October 2026

 08:40 - 09:25 CEST

 Room 14b - International Congress Center Messe München (ICM),
Messegelände, 81823 Munich, Germany

Dear Doctor,

We are delighted to invite you to the Industry Mini Session (IMS05), on real-world data in **Generalized Anxiety Disorder (GAD) and Major Depressive Disorder (MDD)**.

If you are attending in person, please join us on **Sunday, 11 October 2026** from **08:40 to 09:25 CEST in Room 14b** at the congress venue. You can also join us **virtually on the congress website**.

A panel of **globally renowned experts** will present real-world data, including MDD **treatment effectiveness** and **persistence**, and functioning in GAD.

Lectures will be focused on:

- The relationship between treatment effectiveness and persistence in MDD, and how real-world insights can support more personalized treatment strategies.
- The everyday impact of GAD on patients’ functioning, illustrated through real-world experiences and clinical perspectives.

FACULTY

CHAIR:



Prof. Susana Almeida

Head of the Psychiatry Service and Senior Consultant Psychiatrist at the Instituto Português de Oncologia – Porto (IPOP) and Coordinator of the Neuropsychiatry Unit at Hospital CUF Porto in Porto, Portugal.

SPEAKERS:



Prof. Andrea Fagiolini

Professor of Psychiatry and Chairman, Chief of Medical Services, and Residency Training, Director of the Department of Mental Health and Sensory Organs of the University of Siena School of Medicine, Italy.



Prof. Borwin Bandelow

Professor of Psychiatry and Psychotherapy at the University of Göttingen, Germany, where he served as Senior Scientist in the Department of Psychiatry and Psychotherapy.

PROGRAMME

08:40 - 08:45	●	Welcome & Introductory Remarks Prof. Susana Almeida, Portugal
08:45 - 09:00	●	Linking Treatment Effectiveness and Persistence in MDD: Strategic Insights for Personalized Treatment Prof. Andrea Fagiolini, Italy
09:00 - 09:15	●	When Worry Takes Over: Real-World Stories of Functioning with GAD Prof. Borwin Bandelow, Germany
09:15 - 09:25	●	Q&A – Panel Discussion All Speakers

ECNP: European College of Neuropsychopharmacology; GAD: Generalized anxiety disorder; MDD: Major depressive disorder.