

Invitation

Optimising outcomes in major depressive disorder and treatment resistant depression



Time and date: 08:40-10:00, Sunday 11 October 2026
Location: Room 13, International Congress Center Messe München, Munich, Germany.

Join us in person or via live-stream on the digital congress platform.

Faculty



Prof. Philip Gorwood
Sainte-Anne Hospital,
Paris, France



Prof. Roger McIntyre
The University of Toronto,
Canada



Dr. Christine Reif-Leonhard
Goethe University Frankfurt,
University Hospital, Germany



Dr. Brittany Albright
Sweetgrass Psychiatry,
South Carolina, US

Learning objectives

By the end of the symposium, participants will be able to:

- Summarise the role and values of real-world evidence (RWE) in informing treatment choices for MDD/TRD, relevant to clinical decision making.
- Apply guideline recommendations and comorbidity considerations to recognise patients with MDD/TRD who require earlier treatment escalation, and other practical considerations.
- Incorporate patient reported outcomes (PROs), attention to individual symptoms (e.g. anhedonia), quality of life (QoL) metrics and functional remission goals into an individualised care plan, and explain how those measures will guide monitoring and long-term management.

Agenda

Time (CEST)	Session title	Speaker(s)
08:40-08:45	Welcome and introduction	Prof. Philip Gorwood
08:45-09:05	The role of real-world evidence in TRD/MDD decision making	Dr. Christine Reif-Leonhard
09:05-09:25	Practical considerations for treatment choice in the clinic	Dr. Brittany Albright
09:25-09:45	Patient centricity in MDD and TRD: Understanding outcomes that matter	Prof. Roger McIntyre
09:45-09:55	Panel dicussion: Integrating evidence, practice, and patient-centred outcomes	Facilitated by Prof. Philip Gorwood, with the faculty
09:55-10:00	Close and reflections	Prof. Philip Gorwood

MDD, major depressive disorder; TRD, treatment-resistant depression

Industry session financially supported by Johnson & Johnson Innovative Medicine, during the 39th ECNP Congress. Intended for healthcare professionals only. Janssen Pharmaceutica NV, Turnhoutseweg 30 B-2340 Beerse, Belgium.



The European Accreditation Committee in CNS (EACIC) has granted 2 CME credits to this Industry Satellite Symposium. Both in-person and virtual participants can claim CME credits before 11 January 2027, via the congress platform: <https://platform2026.ecnp.eu>