## Industry session financially supported by Otsuka during the 38th ECNP Congress Industry Satellite Symposium (ISS05)

This Industry Satellite Symposium is organised and funded by Otsuka Pharmaceutical Europe Ltd. Information will be presented on Otsuka medical devices that are not yet available in the Netherlands. This information is for presentation purposes only. The medical devices cannot be placed on the market or put into service until their conformity assessment has been completed in accordance with Regulation (EU) 2017/745. This meeting is intended for healthcare professionals only.



Expanding Care in Major Depressive Disorder (MDD): Integrating Patient Perspectives and Digital Solutions

**Sunday 12th October 2025, 08:40–10:00 Room Elicium 1** 

## Dear Colleague,

It is with great pleasure we invite you to this forthcoming symposium at the 38th ECNP Congress, which is initiated and funded by Otsuka.

During this symposium, we will explore the unmet needs in MDD from a clinician's and a patient's perspective, outlining the challenges faced and highlighting the importance of including patients in the decision-making process when selecting appropriate treatment options. We will also discuss recent advances in the management of MDD, including digital therapeutics from Otsuka and their underlying mechanism of actions. In addition, we will provide an overview of the results from a pivotal clinical trial evaluating the use of a smartphone app in patients with MDD, highlighting the continuous benefits of the therapeutic over a follow-up period of 1 year. We hope that you will join us for what promises to be an enjoyable and informative event.

**Prof Anne Karow (Chair)** 

## **AGENDA**

08:40-08:45 Welcome and Introduction

Prof Anne Karow (Chair)
Department of Psychiatry and
Psychotherapy, University Medical
Centre Hamburg, Eppendorf and
MINDNET E-Health Solutions,
Hamburg, Germany

08:45-09:05 The Burden of MDD: Unmet Needs, Clinical Challenges,

and Patient Insights

Prof Anne Karow/ Patient

09:05-09:25

Evolving MDD Treatment: Leveraging Neuroplasticity and Digital Therapeutics for Personalised Care Prof Umberto Volpe

Full Professor of Psychiatry
Chair, Unit of Clinical Psychiatry
Director, School of Specialisation in Psychiatry
Department of Clinical Neurosciences/
DIMSC, School of Medicine, Università
Politecnica delle Marche, Italy

09:25-09:45

Evaluating the Efficacy and Safety of a Smartphone App in MDD: Continuous Benefits Over 1 Year of Follow-Up

Prof Anthony Cleare

The National Affective Disorders Service, The Maudsley Hospital, London, United Kingdom and Kings College, London, United Kingdom

09:45-09:55

Discussion/Q&A

All faculty

09:55-10:00

**Summary and Close** 

Prof Anne Karow (Chair)

MDD, major depressive disorder.
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