



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)

