

Leveraging Neuroplasticity with Digital Therapeutics for the Treatment of Depressive Disorder

Sunday 11th October 2026, 11:20–11:50
Room 4

Dear Colleague,

It is with great pleasure we invite you to this forthcoming Industry Product Theatre, which is initiated and funded by Otsuka.

During this session, we will provide an introduction to digital therapeutics for depressive disorder and how they are currently being utilised in treatment. We will outline neuroplasticity as an underlying mechanism in depressive disorder, and explain how digital therapeutics can leverage neuroplasticity to alter underlying neurocircuitry dysfunction in depression. We will also discuss recent advances in the management of depressive disorder, including a digital therapeutic (DTx) from Otsuka and its proposed underlying mechanism of action. 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 depressive disorder, including data from a follow-up period of 1 year. Lastly, we will discuss a proposed trial design to evaluate the efficacy and safety of a DTx for depressive disorder in Germany. We hope that you will join us for what promises to be an enjoyable and informative event.

Prof Anne Karow

AGENDA

11:20–11:25 **Welcome and Introduction**

Prof Anne Karow
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Psychotherapy, University Medical Centre
Hamburg, Eppendorf and MiNDNET
E-Health Solutions, Hamburg, Germany*

11:25–11:50 **Leveraging Neuroplasticity
with Digital Therapeutics for the
Treatment of Depressive
Disorder**

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