2nd ZU - ALAZIMA ADDICTION CONFERENCE

Addiction Prevention and Mental Health Promotion: Strategies and Contemporary Challenges

صندوق مكافحة وعلاج الإدمان والتعاطي

Under the Kind Patronage of



President of Zagazig University
Prof. **KHALED ELDRANDALY**



Drirector of Fund for Combating and treating Addiction and Abuse
Dr. **AMR OSMAN**



Dean of Faculty of Medicine
Prof. **MAHMOUD TAHA**



1 - 6 Feb 2026

SCIENTIFIC CENTER
NEW SURGERY HOSPITAL
ZAGAZIG

Honorary President
Prof. **FATMA SHERIF**

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Prof. **MEDHAT BASSIONY**

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Head of the Organizing Committee
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Coordinators

Dr. **MARY MORAD**

Dr. **ALAA ZAYED**

Dr. **HAIDY KHALED**

Dr. **REHAB SOLIMAN**

PRECONFERENCE WORKSHOPS

SUNDAY - 1 FEBRUARY 2026

كيف يتمكن تجار المخدرات من خداع الناس: أسرار لم تنشر من قبل

CHAIRPERSONS:
PROF. MEDHAT BASSIONY
PROF. MOHAMED ABDELGHANAI

اللواء وليد السيسي — 09:00 - 10:00

Psychotherapy skills

CHAIRPERSONS:
PROF. EMAD MEKHEMER
PROF. EMAD ABDELRAZEK

Dr. Ahmed Dobaa — 11:00 - 14:00

MONDAY - 2 FEBRUARY 2026

Integrative psychotherapy for addiction:
from symptom control to rebuilding the human being

CHAIRPERSONS:
PROF. GHADA SALAH
PROF. ERNY SAMIR

Dr. Rehab Soliman - Mr. Tawfik Afia - Ms. Samia Morsi — 09:00 - 15:00

TUESDAY - 3 FEBRUARY 2026

CBT for personality disorders

CHAIRPERSONS:
PROF. HEBA ALI
PROF. HAYAM EL GOHARY

Dr. Abdelgawad Khalifa — 09:00 - 15:00

WEDNESDAY - 4 FEBRUARY 2026

CBT for depression

CHAIRPERSONS:
PROF. MEDHAT BASSIONY
PROF. REHAB SAEED

Prof. Hisham Rami — 09:00 - 15:00

THURSDAY - 5 FEBRUARY 2026

REGISTRATION 08:00 - 09:00

OPENING CEREMONY 09:00 - 09:30

ADDICTION RESEARCH AWARDS CEREMONY 9:30 - 10:00

SESSION 1

CHAIRPERSONS:
PROF. FATMA SHERIF
PROF. YASSER RAYA

ADDICTION PREVENTION - 10:00 - 12:15

تقييم أثر برامج التوعية من المخدرات بالمدارس
Dr. Amr Osman 10:00 - 10:30

Building prevention capacity in the Arab region: the European Prevention Curriculum (EUPC) and the road ahead for Egypt
Dr. Rasha Abi Hana 10:30 - 11:00

Addiction prevention program at Zagazig University
Prof. Medhat Bassiony 11:00 - 11:15

Role of families in initiation and prevention of addiction
Prof. Samir Abolmagd 11:15 - 11:30

Raising Resilient minds: preventing addiction across the lifespan
Prof. Ghada Salah 11:30 - 11:45

Universities as frontlines of prevention: Cairo University's experience in student anti-drug campaigns
Prof. Rania Mamdouh 11:45 - 12:00

دور التدين والقيم الروحية في الوقاية من الإدمان
فضيلة الشيخ/ أحمد تركي 12:00 - 12:15

Break 12:15 - 12:30

THURSDAY - 5 FEBRUARY 2026

SESSION 2

CHAIRPERSONS:
PROF. OSAMA YOUSIF
PROF. OSAMA GADO

ADDICTION & MENTAL HEALTH - 12:30 - 14:45

Addiction: new updates for 2026	Prof. Nahla Nagy	12:30 - 12:45
Transcranial Magnetic Stimulation (TMS) in addiction	Prof. Hosam Elsawi	12:45 - 13:00
The story of addiction and mental illness	Prof. Soheir Elghonemy	13:00 - 13:15
Hidden addictions: Emerging behavioral patterns in modern clinical practice	Prof. Mohamed El Hadidy	13:15 - 13:30
Addiction in the digital era: a contemporary mental health challenge	Prof. Hayam Algohari	13:30 - 13:45
Neurobiology translating research: the next generation of addiction interventions	Dr. Mohamed El Tohamy	13:45 - 14:00
Families in recovery: counseling for healing and hope	Dr. Raghda El Gamil	14:00 - 14:15
Cannabis and cannabinoids in psychiatry: balancing risks and potential benefits	Dr. Alaa Zayed	14:15 - 14:30
Anhedonia in patients with SUDs	Dr. Haidy Khaled	14:30 - 14:45

THURSDAY - 5 FEBRUARY 2026

SESSION 3

CHAIRPERSONS:
PROF. NAGDA ALMASRY
PROF. GHADA SALAH
PROF. HAYAM EL GOHARY

ADDICTION RESEARCH - 14:45 - 15:40

Religiosity in a sample of university students with substance use
Dr. Alaa Ashraf — 14:45 - 15:00

Assessment of the efficacy of an integrated rehabilitation program in relapse prevention among OUD patients
Dr. Abdelrahman Ali Elghorab — 15:00 - 15:10

Relapse risk, frustration tolerance, and motivational readiness for change in substance use disorders
Dr. Ahmed Zaher — 15:10 - 15:20

فاعلية برنامج علاجي قائم على أنماط التعلق لتحسين مهارات التنظيم الانفعالي وخفض حدة أبعاد الثالوث المظلم للشخصية لدي عينة من ذوي الاعتماد المتعدد على المواد ذات التأثير النفسي
د. ريهام ابراهيم خليل — 15:20 - 15:30

برنامج علاج معرفي سلوكي لتنمية اليقظة العقلية في خفض الاكتئاب وتحسين الشفقة بالذات لدي عينة من المدمنين
د. علياء بهيج عبد الحميد — 15:30 - 15:40

FRIDAY - 6 FEBRUARY 2026

TOLIP ELFORSAN ISMAILIA

CHAIRPERSONS:
PROF. MEDHAT BASSIONY
PROF. MOHAMED ABDELGHANAI

An introduction to the European Prevention Curriculum: Structure and Core Components
Dr. Racha Ba Hana — 09:00 - 12:00



مركز العزيمة للتأهيل وعلاج الأدمان بجامعة الزقازيق

PURE SPOT
EVENTS MANAGEMENT