



## Invited panels

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### ESTSS 30th Anniversary Panel: Bridging past and future of European psychotraumatology

Joanne Mouthaan<sup>1</sup> and Evaldas Kazlauskas<sup>2</sup>

<sup>1</sup>Leiden University, Leiden, Netherlands; <sup>2</sup>Vilnius University, Vilnius, Lithuania

The panel will bring together past and current leaders of the ESTSS to discuss how ESTSS shaped psychotraumatology in Europe and will outline future directions in the field. This inspiring and lively panel will show the importance of professional networking and collaboration, and the high professional standards promoted by ESTSS. Over the last several decades, ESTSS established itself among leading societies in global psychotraumatology, providing inspiration for creative ideas and projects. Built on the expertise of three decades of dedicated work, the ESTSS provides an outstanding platform for further development in fostering research and clinical practice, to meet the needs of survivors of adversities through our diversity.

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### Understanding and addressing mental health reactions to a global pandemic

Sonya Norman<sup>1,2,3,4</sup>, Jinhee Hyun, Heeguk Kim, J. Huang, M. Mehl, Nicole R. Nugent, K. Aragon, T. Dewar, L. Djokovic, A. Fedders, Erika D. Felix, A. Mullen, J.S. Sharkey, Christy Capone<sup>5</sup>, Brittany C. Davis<sup>6</sup>, Tara E. Galovski<sup>1</sup>, Moira Haller<sup>2,4</sup>, Matthew Luciano<sup>2,4</sup>, Kaitlyn E. Panza<sup>2,4</sup>, Michelle Pitts<sup>2,4</sup>, Paula P. Schnurr<sup>1</sup>, M. Tracie Shea<sup>5</sup> and Jennifer S. Wachen<sup>1</sup>

<sup>1</sup>National Center for PTSD, USA; <sup>2</sup>University of California, San Diego, USA; <sup>3</sup>Center for Excellence in Stress and Mental Health, USA; <sup>4</sup>VA San Diego Healthcare System, USA; <sup>5</sup>Brown University, USA; <sup>6</sup>James Haley Veterans Hospital, USA

COVID-19 initiated a global mental health crisis. Understanding the scope and breadth of pandemic mental health impacts is critical to inform interventions and to prevent similar impacts in future global crises. We will present studies aimed to understand and mitigate these impacts. Professor Jinhee Hyun will present population-level data measured quarterly throughout 2022 in prevalence of positive screenings for PTSD, depression and suicidal thoughts in South Korea. Professor Nicole Nugent will report on prevalence of PTSD and ways of seeking support before and during the pandemic among adolescents recruited from an emergency department following a potentially traumatic event. Professor Erika Felix will describe findings from a needs assessment of teachers' experiences during the pandemic and a training to help administrators respond to teachers' needs. Professor Sonya Norman will present results of a randomized controlled trial of treating guilt and related distress stemming from traumatic or potentially morally injurious pandemic experiences.