



29th Malaysian Conference on Psychological Medicine 2025

Millennials in Psychiatry: Bridging the Past and the Future

The 29th Malaysian Conference on Psychological Medicine (MCPM 2025), organised by the Malaysian Psychiatric Association (MPA). The conference was successfully held from 24 to 26 October 2025 at Le Méridien Petaling Jaya.

The journey began with a little excitement—even before the conference started! Our original dates and venue coincided with the ASEAN Summit in Kuala Lumpur. This left the committee with a difficult choice: postpone the conference or find it a new home. Thankfully, Le Méridien Petaling Jaya came to the rescue, and MCPM 2025 was back on track. As always, a big thank you to Leia and Rocky of LE Events Sdn Bhd for helping us navigate the challenge and making it all happen!

It turned out to be a lovely change. The cosy setting in Petaling Jaya welcomed psychiatrists, trainees, psychologists, researchers, allied mental health professionals and medical students from across Malaysia.

What began as a logistical headache became a memorable conference. It reminded us that psychiatry—and life—sometimes requires flexibility, creativity and having a good Plan B!

Members came in encouraging numbers. There was just one small mix-up: a few were initially on their way to Le Méridien Kuala Lumpur! Thankfully, they soon found the right Le Méridien. Thank you again to Leia and Rocky of LE Events Sdn Bhd for preparing us for what might happen!

Everyone came ready to catch up with familiar faces, meet friends and, of course, learn and exchange ideas. We also made new connections, as there were many new faces! There was plenty of knowledge-sharing, lively conversation and warm fellowship.

This year's conference reflected the Malaysian Psychiatric Association's continued commitment to advancing psychiatric practice through evidence-based medicine, multidisciplinary collaboration and lifelong learning. The wide-ranging scientific programme showcased the diversity of modern psychiatry. It also addressed many of the contemporary challenges faced by clinicians in Malaysia, with generous sharing of knowledge and experience throughout.

Pre-Conference Workshops

The conference began with two well-attended pre-conference workshops focused on practical clinical skills. They were introduced in response to members' requests for more opportunities to gain their full CPD points.

The morning workshop, *Mental Capacity Assessment Across All Ages: From Childhood to Elderly Care—A Psychiatric Perspective*, was coordinated by **Dr Tan Khai Pin**. It featured **Dr Emmanuel Joseph Pereira, Dr Nurulwafa Hussain, Dr Sapini Yacob, Dr Surina Zaman Huri** and **Dr Muhammad Hanif Abd Latif**. The speakers explored the legal, ethical and clinical challenges of assessing mental capacity across different ages and healthcare settings.

The afternoon workshop, *Responding with Clarity: Suicide Inquiry, Intervention and Postvention for Clinicians and Mental Health Professionals*, brought together **Mr Pheh Kai Shuen, Dr Ng Boon Seng, Dr Nur Iwana Abdul Taib** and **Dr Yuen Wai Chong**. The speakers provided



practical guidance on clinical assessment, brief intervention, systemic perspectives and support following critical incidents.

Case discussions and lively question-and-answer sessions kept everyone engaged. Together, the two workshops offered a practical and rewarding start to the conference. It was especially encouraging to receive a clear thumbs-up from the delegates, who appreciated both the relevance of the topics and the choice of speakers.

Opening Ceremony

The Opening Ceremony was a meaningful occasion for the Association.

A particularly moving highlight was the tribute to Almarhum Professor Datuk Dr Hatta Shaharom. It recognised his immense contribution to Malaysian psychiatry and honoured his enduring legacy. He was also posthumously presented with the Professor M. Parameshvara Deva Excellence Award, in recognition of his excellence and lifelong commitment to the psychiatric profession.

Professor Nik Ruzyanei Nik Jaafar delivered an *in-memoriam* tribute on behalf of the Department of Psychiatry, PPUKM. It was a touching remembrance of Almarhum Professor Datuk Dr Hatta Shaharom and his remarkable life and legacy.

His son, Dr Muhammad Munawar bin Mohamed Hatta, received the award on his behalf. He was accompanied by his sister, Dr Nur Sakinah binti Mohamed Hatta, and her husband, Dr Abdool Alleem bin Shahren.

Another milestone was the launch of the *Clinical Practice Guidelines on the Management of Bipolar Disorder (Second Edition)*. Representatives of the Ministry of Health and the guideline development committee led the launch. It reaffirmed the Association's commitment to evidence-based clinical practice. It also recognised its members' valuable work and participation in reviewing and developing the guidelines.

Distinguished Plenary Sessions

The conference featured a distinguished series of plenary lectures delivered by respected local experts.

Topics included:

- Leadership in psychiatry by Dr Mohd Fadzli Mohamad Isa
- Contemporary management of bipolar depression by Associate Professor Dr Pornjira Pariwatcharakul
- Difficult-to-treat depression by Dr Farah Nabila Abd Majid
- Local consensus on insomnia by Professor Dr Ng Chong Guan
- The evolving role of mirtazapine across the lifespan by Dr Surina Zaman Huri
- Long-term evidence in psychiatric practice by Dr Azizul Awaluddin
- Management of suicidal depression by Professor Dr Ng Chong Guan
- The relationship between depression and anxiety by Associate Professor Dr Sivakumar Thurai Rajasingam

These plenary sessions provided participants with practical updates directly applicable to contemporary psychiatric practice.



Twelve Scientific Symposia

One strength of MCPM 2025 was its twelve multidisciplinary symposia, reflecting the breadth of psychiatric practice in Malaysia.

Symposium 1 – Stolen Childhood: Hidden Harms and Enduring Scars, chaired by **Dr Aili Hashim**, explored the lifelong impact of childhood adversity. **Dr Norharlina Bahar** discussed digital media and child development, **Dr Rahima Dahlan** examined childhood trauma, while **Associate Professor Dr Rozanizam Zakaria** highlighted the impact of parental mental illness on children.

Symposium 2 – Pathways to Possibility: Education as a Pillar of Psychiatric Rehabilitation, chaired by **Dr Muhammad Hanif Abd Latif**, showcased supported education and recovery through presentations by **Dr Hasniah Husin**, **Dr Nurul Azreen Hashim**, **Dr Nurul Syeema Zulkafli**, and **Professor Nora Mat Zin**.

Symposium 3 – The Future of Geriatric Psychiatry: A Growing Field with Endless Opportunities, chaired by **Dr Ganggashini Muthusamy**, featured **Dr Teh Ewe Eow**, **Dr Suhaila Mohamad Zahir**, **Professor Dr Esther Gunaseli Ebenezer**, and **Dr Norazam Harun**, highlighting innovations in dementia care and integrated geriatric mental healthcare.

Symposium 4 – Multifaceted Challenges in Mental Health, chaired by **Dr Nur Iwana Abdul Taib**, addressed the psychological aspects of menopause through presentations by **Dr Premitha Damodaran**, **Dr Bharathi Vengadasalam**, and **Professor Dr Xavier Vincent Pereira**.

Symposium 5 – Psychodynamic Psychotherapy Education: A Never-Ending Developmental Process, chaired by **Dr Ng Boon Seng**, brought together **Dr Chester Chong**, **Dr Michael Ang**, **Professor Dr Nik Ruzyanei Nik Jaafar**, and **Dr Aili Hanim Hashim** to discuss psychodynamic training, clinical reasoning, trainer-trainee relationships, and ethical challenges in psychotherapy.

Symposium 6 – Seeing the Unseen: The Three Facets of Frontotemporal Lobar Degeneration, chaired by **Dr Siti Nor Fadhlina Mison**, featured **Dr Chee Jiunn Heng**, **Dr Sivenanthini Visvanathan**, and **Dr Mohammad Nabhan Khalil Azizan**, highlighting advances in neurodegenerative disorders.

The second day continued with **Symposium 7 – Beyond the Spectrum: Unmasking Adult Autism, Identity and Misdiagnosis**, chaired by **Dr Ng Boon Seng**, where **Dr Zahilah Filzah Mohd Zulkifli**, **Dr Tesini Paramannantha Veloo**, and **Ch'ng B'ao Zhong** explored autistic-led research, neuroaffirming care, sexuality, loneliness, and adult autistic well-being.

Symposium 8 – Integrating Culture and Spirituality in Psychiatric Practice, chaired by **Dr Firdaus Abdul Ghani**, featured **Associate Professor Dr Asrenee Ab Razak**, **Dr Sharifah Zubaidiah Syed Jaapar**, and **Dr A'isyah Che Rahimi**, highlighting the integration of spirituality into mental healthcare.

Symposium 9 – Addiction: Hidden Trends, Emerging Threats, chaired by **Dr Mohd Fadzli Mohamad Isa**, examined contemporary issues in addiction psychiatry through presentations by **Dr Norsuhana Sainal**, **Dr Zafrie Izzat Zakaria**, and **Dr Navin Kumar Jeevan**.

Symposium 10 – The Anatomy of Murder, chaired by **Dr Yuen Wai Chong**, brought together **Dr Yeoh Chia Minn**, **Dr Chua Sze Hung**, and **Dr Johari Khamis**, offering fascinating insights into homicide, forensic psychiatric assessment, and expert witness work.



Symposium 11 – Millennial Lifestyles and the Mind-Body Impact, chaired by **Professor Normala Ibrahim**, featured **Dr Nathisha Thrichelvam**, **Dr Moey Chee Hong**, and **Dr Umi Adzlin Silim**, who discussed burnout, lifestyle-related illness, and perinatal mental health among millennials.

The conference concluded with **Symposium 12 – Crossing Borders: Experiences of International Collaboration Among Malaysian Early Career Psychiatrists**, chaired by **Dr Chow Soon Ken**, where **Dr Abdul Hakem Zahari**, **Dr Tee Lee Chin**, and **Dr Mohd Fadzli Mohamad Isa** shared valuable experiences from international fellowships and collaborative training programmes.

Research and E-Poster Presentations

This year, we received 17 electronic poster submissions. They reflected the growing strength and diversity of psychiatric research in Malaysia and the region. The e-poster session provided a valuable platform for clinicians, trainees, researchers and students to present their work. The submissions included original research, clinical audits, systematic reviews and illustrative case reports. The session also encouraged academic discussion and collaboration.

The presentations covered a wide spectrum of psychiatric practice. Maternal mental health featured prominently, with studies on antenatal depression and its associations with adverse childhood experiences and intimate partner violence. Other presentations explored religious coping and quality of life among patients with lung cancer, as well as music with spiritual messages as an adjunctive treatment for depression. The psychological impact of medical conditions such as psoriasis, stroke, epilepsy and Parkinson's disease was also examined.

Several posters highlighted developments in clinical practice and service delivery. These included an audit of the Consultation-Liaison Psychiatry Registry at Hospital Kuala Lumpur, innovative pharmacological approaches in Bipolar I Disorder and diagnostic challenges in geriatric psychiatry.

Emerging areas of research were also well represented. Topics included acoustic biomarkers of depression, cyber-intimate partner violence, ADHD and borderline personality disorder symptoms in adolescents, and resilience among migrant women during the COVID-19 pandemic. Other presentations explored the complex relationships between biology, attachment and psychiatric outcomes.

Oral E-Poster Presentations

Seven entries were shortlisted for oral presentation during the conference, giving the presenters an opportunity to share their research with a wider audience.

1. **Prevalence of Antenatal Depression and Its Association with Adverse Childhood Experiences: A Cross-Sectional Study at Hospital Canselor Tuanku Muhriz (HCTM), Kuala Lumpur**
Fairuz Nazri Abd Rahman, Lalijah Nagenthiran, Raynuha A/P Mahadevan, Ani Amelia Dato' Zainuddin and Rosnah Sutan
2. **Prevalence of Antenatal Depression and Its Association with Intimate Partner Violence: A Cross-Sectional Study at Hospital Melaka, Malaysia**
Fairuz Nazri Abd Rahman, Sethuckarasi Narayan, Rosnah Sutan, Gayathri K. Kumanasuriar and Andrew Koh Seong Leong



3. **Unlocking Cognitive Recovery: The Role of Gene Expression and Cognitive Reserve in Post-Ischaemic Stroke**
Nurul Nadiyah Muhamad, Kattijahbe Mohd Ali, Azian Abdul Murad, Wan Asyraf Wan Zaidi and Suriati Mohamed Saini
4. **Efficacy of Deep Brain Stimulation in Young-Onset Parkinson's Disease: A Meta-Analysis**
Shane Varman A/L Pannir Selvam, Sameera A Isaak, Joel Ban Chun Xiong, Adlina Sofea Binti Muammad Faizal, Pavethira Rani A/P Ramesh and The Jin Huei
5. **Resilience in Crisis: Coping Strategies of Migrant Women in Malaysia During the COVID-19 Pandemic**
Dr Sharuna Verghis, Dr Koh Sin Yee and Dr Chan Xiou Wen
6. **The Dual Challenge: ADHD and BPD Symptoms in Adolescents**
Tan Yee Xin and Chow Soon Ken
7. **Beyond Words: Acoustic Biomarkers of Depression Across Languages**
Wan Aslynn Wan Ahmad, Nur Hanisah Tukiran and Nora Mat Zin

E-Poster Award Winners

The e-poster award recipients were:

Winner

Unlocking Cognitive Recovery: The Role of Gene Expression and Cognitive Reserve in Post-Ischaemic Stroke

Nurul Nadiyah Muhamad, Kattijahbe Mohd Ali, Azian Abdul Murad, Wan Asyraf Wan Zaidi and Suriati Mohamed Saini

First Runner-Up

The Dual Challenge: ADHD and BPD Symptoms in Adolescents

Tan Yee Xin and Chow Soon Ken

Second Runner-Up

Prevalence of Antenatal Depression and Its Association with Intimate Partner Violence: A Cross-Sectional Study at Hospital Melaka, Malaysia

Fairuz Nazri Abd Rahman, Sethuckarasi Narayan, Rosnah Sutan, Gayathri K. Kumanasuriar and Andrew Koh Seong Leong

Congratulations to all the winners and presenters for their excellent contributions!

All abstracts accepted for presentation at the 29th MCPM were published in a supplementary issue of *Medicine & Health*, Universiti Kebangsaan Malaysia.

Supplementary Issue: Book of Abstracts for the 29th Malaysian Conference of Psychological Medicine

For further information, please visit [29th Malaysian Conference of Psychological Medicine](#).

Delegate Feedback

Feedback from delegates demonstrated the continued success of MCPM.

Among the **109 respondents** who completed the post-conference survey, the conference received excellent ratings across all domains. Delegates particularly praised the organisation of the conference (4.57/5), the quality of the speakers (4.60/5), and the relevance of the scientific



programme to clinical practice. More than 90% agreed that the conference objectives had been achieved, reflecting the organising committee's commitment to delivering a high-quality educational programme.

Participants also appreciated the wide range of symposium topics and the clinical relevance of the presentations. Suggestions for future conferences included expanding interactive discussions, increasing hands-on workshops, providing more opportunities for audience participation, and incorporating emerging areas such as artificial intelligence, digital psychiatry, psychotherapy, forensic psychiatry, personality disorders, and neurodevelopmental disorders.

Acknowledgements

The Malaysian Psychiatric Association extends its sincere appreciation to everyone who made MCPM 2025 a success. We thank the Organising and Scientific Committees, chapter chairpersons, speakers, moderators and reviewers. We are also grateful to our sponsors, exhibitors, volunteers and delegates for their enthusiastic participation.

The Organising and Scientific Committees extend a special thank you to the MPA President, President-Elect and the Committee. We appreciate their confidence in us and for entrusting us once again with the conference!

Our appreciation also goes to the Ministry of Health Malaysia, universities, hospitals and industry partners. We thank all collaborating organisations for their continued support of psychiatric education and mental healthcare in Malaysia.

Looking Ahead

Building on the success of MCPM 2025, the Malaysian Psychiatric Association looks forward to welcoming everyone to the 30th Malaysian Conference on Psychological Medicine—MCPM 2026!

Psychiatry continues to evolve alongside changing societal needs, scientific discoveries and technological advances. The Association remains committed to excellence in clinical care, education, research and mental health advocacy.

Together, we will strengthen our profession and inspire future generations of psychiatrists. We will continue working to improve the lives of the individuals, families and communities we serve.

The present and the future may bring new challenges. However, we will face them together. United we stand!

*The evening sun slowly slips away,
Its golden light rests upon the land;
Together, strong and united, we stand,
Building psychiatry's future hand in hand.*

Thank you all for your support, and see you again at MCPM 2026!

Dr Aili Hashim
Honorary Secretary