



The 19th Congress of the Asian College of  
Psychosomatic Medicine

# Psychosomatic medicine and multimorbidity in a pandemic

**IRKUTSK, RUSSIA**  
**23-24 August 2022**

**CONGRESS BOOK**

[www.acpm-russia.com](http://www.acpm-russia.com)

## WELCOME NOTE

Dear Colleagues.

It has been a long road to Irkutsk, but we are finally here. I can't compliment Prof. Sobennikov and the organizing committee enough on their patience and perseverance through the two years the congress had to be postponed because of the Covid crisis. I think you will all agree looking through the congress schedule that they have put together a wonderful program in a wide variety of areas, with broad representation from throughout Asia. It is especially gratifying to see the large number of representatives from the host country. This bodes well for the future of psychosomatic medicine in Asia. It is my hope that the presentations here will stimulate our researchers and help build networks that will benefit our members as we move forward together to build a better Asia.



**Chiharu Kubo,**  
*President of ACPM*

*Chiharu Kubo*

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## HISTORY OF THE ACPM MEETINGS

1984 Tokyo (Japan)

1986 New Delhi (India)

1988 Kuala Lumpur (Malaysia)

1990 Sendai (Japan)

1992 Taipei (Taiwan)

1994 Fukuoka (Japan)

1996 Dalian (China)

1998 Seoul (Korea)

2000 Tokyo (Japan)

2002 Taipei (Taiwan)

2004 Okinawa (Japan)

2006 Melbourne (Australia)

2008 Seoul (Korea)

2010 Beijing (China)

2012 Ulaanbaatar (Mongolia)

2014 Jakarta (Indonesia)

2016 Fukuoka (Japan)

2018 Seoul (Korea)

2022 Irkutsk (Russia)

## WELCOME NOTE

Dear colleagues, On behalf of the Baikal Psychosomatic Association, we are honored to invite you to join us at the 19th Congress of the Asian College of Psychosomatic Medicine in Irkutsk, Russia, August 23–24, 2022. Since the 1st Congress, held in Japan in 1984, Australia, China, India, Indonesia, Korea, Malaysia, Mongolia, Taiwan hosted the Congress. Now, in 2022, Russia has the honor to organize the 19th Congress.

The 19th Congress of the ACPM 2022 will bring together representatives of various profiles and interests, professionals in both health and medical areas. The Congress will include discussion sessions with invited lecturers on the most topical issues during the three days. We hope the Congress will become a great platform for new meetings, building the connections between professionals, dissemination of new ideas and knowledge in the area of psychosomatic medicine to promote the development in psychological care and leadership in the healthcare system. By attending this Congress you will have a unique opportunity to meet the deepest lake in the world – Lake Baikal, and enjoy the scenery around it.

**Vasilii Sobennikov,**  
*Congress President*





## BAIKAL PSYCHOSOMATIC ASSOCIATION [BPA]



**Vasili Sobennikov**

President



**Lyubov Rychkova**

Vice President



**Farid Belialov**

Vice President

## HISTORY OF THE BPA

**2005** First psychosomatic conference in Irkutsk

**2017** The Baikal Psychosomatic Association [BPA] is organized

**2017** The ACPM included the Baikal Psychosomatic Association

**2018** Clinical guidelines on psychosomatic medicine is issued

**2022** Psychosomatic Symposium at the Congress of the Russian Society of Cardiology



*Meeting of the Baikal Psychosomatic Association and the Asian College of Psychosomatic Medicine*

## Chairman

Vasilii Sobennikov, Russia

## Co-chairs

Lyubov Rychkova, Olga Petrunko, Farid Belialov, Russia

## Committee members

- Irina Cherevikova, Russia
- Nikolay Mandanov, Russia
- Anna Pogodina, Russia
- Vladimir Polyakov, Russia

## Organizations

- Baikal Psychosomatic Association
- Scientific Centre for Family Health and Human Reproduction Problems
- Irkutsk State Medical University
- Russian Medical Academy of Continuous Professional Education

## Talisman



## WEB LINKS

**09.00-12.30 Plenary session**

**13.00-17.15 Session 1: General Problems of Psychosomatic Medicine**

**13.00-17.00 Session 2: Psychosomatic Disorders in Childhood**

**13.00-15.15 Session 3: Psychosomatic Medicine and Cardiovascular Diseases**

**13.00-14.15 Simposium 1: Yoga Therapy**

**13.00-14.00 Simposium 2: Self-management techniques as non-pharmacological treatment for irritable bowel syndrome**

### **Web sites:**

<https://www.acpm-russia.com>

<https://therapy.irkutsk.ru/society2confen.htm> [English]

<https://therapy.irkutsk.ru/society2confu.htm> [Russian]

**Event Times are in Tokyo Time Zone: UTC +9 (GMT +9)**

### **Technical congress organizer:**

Scientific Centre for Family Health and Human Reproduction Problems, Irkutsk,  
Russia 16 Timiryazev Street, 664003, Irkutsk, Russia

Tel.: +7 3952 20-76-36

[iphr@sbamsr.irk.ru](mailto:iphr@sbamsr.irk.ru)

<https://health-family.ru/en/>

### **Webinar video conferencing:**

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## SCIENTIFIC PROGRAMME

TUESDAY, 23 August 2022

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### 9.00-12.30 Plenary session

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9.00-9.30

#### Psychosomatic Medicine in Russia and Eastern Siberia

Vasilii Sobennikov, Russia

9.30-10.00

#### The State of Psychosomatic Medicine in Japan

Chiharu Kubo, Japan

10.00-10.30

#### History, Present and Future of the Asian College of the Psychosomatic Medicine [ACPM]

Hiroshi Ishizu, Japan

10.30-11.00

#### Brain-Gut Interactions as Psychosomatic Realities in Irritable Bowel Syndrome

Shin Fukudo, Japan

11.00-11.30

#### Psychosomatic medicine in China

Yonggui Yuan, China

11.30-11.45

#### Psychosomatics: interdisciplinary scientific researches of family health

Lyubov Rychkova, Russia

11.45-12.00

#### Basic Research in Psychosomatic Medicine

Amarendra N. Singh, Canada

12.00-12.15

#### Main Points of Psychosomatic Medicine

Farid Belialov, Russia

12.15-12.30

#### Psychosocial Factors Related to Chronic, Prolonged and Complex Fibromyalgia

Masato Murakami, Japan

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## **13.00-17.15 Session 1: General Problems of Psychosomatic Medicine**

*Moderators: Vasilii Sobennikov, Grigory Usov, Olga Petrunko*

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13.00-13.15

### **Effectiveness Zinc Preparation for Anxiety and Depression: An Evidence-based Clinical Report**

Edward Faisal, Rudi Putranto, Hamzah Shatri, Indonesia

13.15-13.30

### **The Effect of Virtual Music Therapy on Burnout Syndrome among Healthcare workers in COVID-19 Pandemic Era**

Yanuar Ardani, Rudi Putranto, Hamzah Shatri, Indonesia

13.30-13.45

### **The Effect of Music Therapy for Improving Quality of Life in Patients with Cancer Pain: an Evidence Based Case Report**

Ibrahim Achmad, Yanuar Ardani, Edward Faisal, Rudi Putranto, Hamzah Shatri, Indonesia

13.45-14.00

### **The Role of Psychotherapy in Management of Post Covid-19 Syndrome**

Dika Sinulingga, Rudi Putranto, Hamzah Shatri, Indonesia

14.00-14.15

### **Association between depression, anxiety and stress symptom and glycemic control in type 2 diabetes mellitus patients at outpatient clinic Zainoel Abidin general hospital Banda Aceh**

Abdullah V, Andini F, Sucipto KW, Indonesia

14.15-14.30

### **Pain Palliation by Celiac Plexus Neurolysis in Hepatocellular Carcinoma-Related Abdominal Pain**

Hamzah Shatri, Putra Nur Hidayat, Edward Faisal, Rudi Putranto, Indonesia

14.30-14.45

### **Leveraging digital technologies to optimize care patients with non-psychotic affective spectrum disorders**

Evgeniy Vinokurov, Russia

14.45-15.00

### **Influence combination therapy on the dynamics of psychopathological and somatic disorders, concentration catecholamines at organic associated with COVID-19**

Svetlana Kiryukhina, Denis Baranov, Dmitry Labunsky, Natalya Kolmykova, Russia

15.00-15.15

### **Reliability and Validity of the Korean, Indonesian, and Vietnamese Versions of Public Health Research Foundation Stress Check List Short Form**

Masato Murakami, Yoko Hayashi, Yoshie Imasu, Japan

15.15-15.30

**Depressive disorder with somatization symptoms**

Olga Petrunko, Russia

15.30-15.45

**An investigation into the association between multilocus genetic profile scores, individual variability patterns of brain functional connectivity, and clinical feature in major depressive disorder**

Zhuoliang Hou, China

15.45-16.00

**Stress, resilience, emergency competencies and Response to public emergency among nurses in south China**

Wanmin Huang, Guang Shi, Yanying Feng, China

16.00-16.15

**Advances in the study of Compulsive Sexual Behaviour Disorder**

Bing Liu, Weiyu Zhu, Yongliang Pan, Li Gao, Hang Feng, China

16.15-16.30

**Exploring risk factors associated with subacute herpetic neuralgia**

Kaina Cao, Yidan Zhang, Sisi YU, Baorong Fan, Tiantian Zhou, Fang Liu, Wei Zhu, Haiping Zhang, China

16.30-16.45

**Treatment challenges in depression comorbid with somatic diseases**

Grigory Usov, Russia

16.45-17.00

**The utility of the Self Grow-up Egogram [SGE] for stress management in patients with respiratory diseases**

Etsuo Fujita, Shyuhei Senda, Tatsuya Aoki, Ryosuke Horitani, Tadayuki Hashimoto, Yoji Hirayama, Hironobu Hoshiya, Hideko Nishimura, Kazuya Yoshikawa, Hisako Matsumoto, Yuji Tohda, Kousuke Shimada, Tadatoshi Suruda, Japan

17.00-17.15

**Students' mental health issues**

Enkzaya Batkhuyag, Munkhzul Endonjamts, Enkhnarant Tumurbaatar, Gantsetseg Tumur-Ochir, Xihua Zeng, China, Mongolia

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## **13.00-17.00 Session 2: Psychosomatic Disorders in Childhood**

*Moderators: Lyubov Rychkova, Vladimir Polyakov, Irina Cherevikova*

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13.00-13.15

**Neuropsychological aspects of psychosomatic disorders in children and adolescents**

Vladimir Polyakov, Russia

13.15-13.30

**Stress and obesity**

Lyubov Rychkova, Anna Pogodina, Russia

13.30-13.45

**Neuropsychological analysis of higher mental functions in children with congenital heart disease**

Tatyana Akhutina, A. Priboychenko, Russia

13.45-14.00

**The role of environmental factors in the formation of higher mental functions in childhood**

Tatyana Fotekova, Russia

14.00-14.15

**Origins of intrapersonal conflicts and their manifestations in depression and psychosomatic diseases**

Svetlana Radtchenko-Draillard, France; Diana Bekoeva, Russia

14.15-14.30

**Comorbid Associations of Smartphone Addiction in Adolescents and Students in Different Regions of Siberia**

Lydia Evert, Yulia Kostyuchenko, Russia

14.30-14.45

**Hyperactive children: causes and ways to overcome hyperactivity**

Elena Tkachuk, Russia

14.45-15.00

**Cognitive and emotional impairment in pregnant women with COVID-19**

Ariana Kosovtseva, Russia

15.00-15.15

**Comparative assessment of adherence to antiretroviral therapy in children with perinatal HIV infection**

Alexandra Sambyalova, Tatyana Bairova, Tatiana Manaenkova, Zuhra Yarosh, Russia

15.15-15.30

**Obstructive sleep apnea and psychosomatic disorders in pediatrics**

Olga Berdina, Russia

15.30-15.45

**Dysfunctional Attitudes and Identity among adolescent girls with gynecological disorders**

Mikhail Kuzmin, Russia

15.45-16.00

**Psychological correction of obesity in adolescents**

Zhanna Prokhorova, Anastasia Votineva, Russia

16.00-16.15

**Emotional Impairments in adolescents who have undergone COVID-19**

Irina Cherevikova, Russia

16.15-16.30

**Occurrence of Psychosomatic disorders of children in India and Russia**

Ajitha Sureshkumar Aaromal, India; Evgenia Novikova, Russia

16.30-16.45

**Alexithymia and psychosomatic diseases in adolescents**

Elena Gorobets, Russia

16.45-17.00

**Psychosomatic dysfunctions associated with non-psychotic affective disorders in adolescent girls**

Vasilii Sobennikov, Nikolai Mandanov, Russia

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## **13.00-15.15 Session 3: Psychosomatic Medicine and Cardiovascular Diseases**

*Moderators: Farid Belialov, Aleksei Sumin*

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13.00-13.15

**Maladaptive coping strategies in type D personality: impact on prognosis in cardiovascular diseases and a possible target for intervention**

Aleksei Sumin, Russia

13.15-13.30

**Cortisol level in patients with depression post-myocardial infarction**

Grasella Angelika Putri, Rudi Putranto, Hamzah Shatri, Edward Faisal, Irman Firmansyah, Dika Sinulingga, Yanuar Ardani, Vinandia Irvianita, Indonesia

13.30-13.45

**Optimization of psychological distress treatment using the FORCOM classification**

Farid Belialov, Russia

13.45-14.00

**Platelet Serotonin as A Mechanism that Link Depression and Cardiovascular Disease**

Rezky Ananda Rianto, Edward Faisal, Rudi Putranto, Hamzah Shatri, Indonesia

14.00-14.15

**Association Between Intravenous Tissue Plasminogen Activator (rt-PA) and Post Stroke Depression in Young Adults**

Muxiali Li, China

14.15-14.30

**Pattern and management strategy of Psycho-cardiology in the cardiovascular department of Traditional Chinese Medicine**

Ruiting Wang, Xian Wang, Lijing Zhang, He Liu, Ruoyi Liu, Li Xu, Yue Wang, Peng Zhao, China

14.30-14.45

**Possibilities for reducing cardiovascular risk in a comorbid patient with acute coronary syndrome associated with anxiety and depressive disorders. Psychological intervention in COVID-19 patients**

Tatiana Poponina, Kseniya Gunderina, Yuliya Poponina, Russia

14.45-15.00

**Anxiety is a cause and effect of the syndrome of mutual aggravation of tension-type headache and arterial hypertension**

Marina Petrova, Polina Alyabyeva, Natalya Shnayder, Russia

15.00-15.15

**Prognostic factors for coronary artery disease in patients with anxiety and depressive disorders: comorbidity and search for solutions**

Natalia Garganeeva, Margarita Belokrylova, Irina Kartashova, Russia

**13.00-14.15 Symposium 1: Yoga Therapy**

*Moderators: Chiharu Kuba, Keishin Kimura*

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13.00-13.15

**What is Yoga Therapy?**

Keishin Kimura, Japan

13.15-13.30

**The Effectiveness of Yoga Therapy Practice in a Self-help Group for Drug Addiction**

Yukiko Kezuka, Japan

13.30-13.15

**A single session of the integrated yoga program as a stress management education for nursing students using an online tool: effects of self-practice on the daily vs non-daily practitioners**

Michiyo Nosaka, Japan

13.45-14.00

**The investigation of changing effects of Yoga therapy on psychological and gene expression states of healthy subjects**

Sayaka Higuchi, Yukiko Kezuka, Shohei Mitani, Japan

14.00-14.15

**A Study on the Effectiveness of Yoga Therapy on Employees' Stress Management**

Shin Murakami, Japan

**13.00-14.00 Symposium 2: Self-management techniques as non-pharmacological treatment for irritable bowel syndrome**

*Moderators: Toyohiro Hamaguchi, Jun Tayama*

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13.00-13.15

**The effects of physical activity on gastrointestinal symptoms of IBS among younger people**

Toyohiro Hamaguchi, Japan

13.15-13.30

**Effects of self-management method on brain function and psychological symptoms in patients with irritable bowel syndrome**

Jun Tayama, Japan

13.30-13.45

**Attention bias in stroke patients is affected by psychological state and cognitive function**

Hirokazu Takizawa, Japan

13.45-14.00

**Support vector machine-based classifier to determine the presence or absence of IBS symptoms by Frequency Analysis of Electroencephalogram Data**

Kohei Koizumi, Japan

## SCIENTIFIC PROGRAMME

WEDNESDAY, 24 August 2022

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**14.00-17.00 The poster session**

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In online format in our website: [acpm-russia.com](http://acpm-russia.com)

## BAIKAL

Lake Baikal is considered the largest natural reservoir of fresh water and the deepest lake on Earth with a maximum depth of 1642 m.

Baikal is located in the center of Asia, on the border of the Irkutsk region and the Republic of Buryatia. The lake is elongated from north to southwest for 636 km in the form of a giant crescent, and the width of the lake ranges from 25 to 80 km.

The lake of tectonic origin was formed about 30 million years ago and is located in a depression surrounded by mountain ranges and hills. The western coast is rocky and steep, while the relief of the eastern coast is more gentle. There are 27 islands on Baikal, the largest of which is Olkhon with an area of 700 km<sup>2</sup>.

336 rivers and streams flow into Baikal, and only one Angara river flows out. The temperature of the surface layer of water in the summer in the lake is about +8 degrees Celsius, and in some bays it reaches +15 degrees Celsius. The water in the lake is very transparent and individual stones are visible even at a depth of up to 40 m. Baikal ode contains few mineral salts and can be used instead of distilled water.

There are 2630 species of plants and animals in Baikal, two thirds of which live only in this reservoir (endemics). Such an abundance of living organisms is explained by the high oxygen content in the entire thickness of the Baikal water. Freshwater sponges grow here at great depths. Epishura cancer makes up about 80% of the zooplankton biomass of the lake and purifies the water, passing it through itself.





## ABOUT IRKUTSK

The city of Irkutsk is located at 70 km from Lake Baikal along the banks of the Angara and was named after the Irkut River, which flows into the Angara.

The city starts from the first Irkutsk burg, laid down by the Cossacks under the leadership of Yakov Pokhabov on July 6, 1661.

### Top Facts:

- Population 617 315 (2021)
- Language Russian
- Area 305 square kilometres
- Main religion Orthodoxy
- Main ethnic group Russians  
[almost 85% of the population]



