

MEDIA RELEASE

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GLOBAL EXPERTS DISCUSS ADVANCES IN TREATMENT FOR MOOD AND ANXIETY DISORDERS AT BICOMH 2026

1. The 2nd [Biennial International Congress on Mental Health \(BICOMH\)](#), jointly organised by NHG Health's Institute of Mental Health (IMH), the College of Psychiatrists, Lee Kong Chian School of Medicine, Nanyang Technological University, and the Singapore Psychiatric Association, opened on 15 July 2026 and will run until 17 July 2026. Themed "Scientific Frontiers in Mood & Anxiety Disorders: Multimorbidity, Digital Innovation, and Therapeutic Transformation", BICOMH 2026 brings together leading clinicians, researchers, policymakers, and advocates from across the region and beyond to discuss advancements in treatments for mood and anxiety disorders.
2. The three-day conference has attracted over 400 delegates from across the healthcare, education, community, government, and research sectors. While healthcare workers — namely doctors, nurses, and allied health professionals — form the majority of attendees, the diverse turnout speaks to the wide-ranging relevance of BICOMH, where insights and best practices spanning clinical care, policy, and community mental health are being shared.
3. With seven plenary sessions, 40 track presentations, 4 lunch symposiums, 3 fireside chats, and a networking session, this year's Congress brings together 54 international and local speakers who cover emerging trends and insights in specialised areas such as transdiagnostic psychiatry, multimorbidity, neuromodulation, AI and digital innovation, preventive approaches, novel interventions and creative care.
4. "Mood and anxiety disorders remain among the most prevalent and complex challenges in mental health today, and yet they are also where some of the most exciting scientific advances are taking place," said A/Prof Swapna Verma, Chairman Medical Board, Institute of Mental Health and a member of the BICOMH 2026 Advisory Committee. "BICOMH 2026 brings together a remarkable breadth of expertise – from cutting-edge research in neuromodulation and AI to lived experience and creative care – reflecting our belief that progress in this field requires both scientific rigour and human-centred thinking. We hope that every delegate leaves not only with new knowledge, but with renewed energy and stronger connections to drive better outcomes for patients across the region."

5. Key highlights of BICOMH 2026:

- **The Next Generation of Digital Mental Health: AI, Predictive Analytics, and Emerging Technologies (Day 1; Live Virtual)** – Keynote plenary speaker, Dr John Torous, Director of the Digital Psychiatry Division at Beth Israel Deaconess Medical Center (BIDMC) and Associate Professor at Harvard Medical School, USA brings extensive expertise in mobile mental health and AI technologies for psychiatry to this session. He examines the evolving evidence base for large language models (LLMs) in mental health care, the regulatory risks surrounding their use, and offers clinicians practical strategies — including digital literacy, benchmarking, and governance frameworks — to navigate AI's growing role in psychiatry responsibly.
- **Bergen 4-Day Treatment for OCD: Evidence, Case Studies, and Global Implementation (Day 2)** – Dr Jackki Yim, Principal Clinical Psychologist & Deputy Head of Anxiety Service, Department of Mood & Anxiety, IMH, and President of OCD Network Singapore, introduces the Bergen 4-Day Treatment (B4DT), an intensive Exposure and Response Prevention (ERP) model with strong evidence for effectiveness even in severe and treatment-resistant OCD cases. Drawing on case studies and international implementation efforts, she shares how Singapore is integrating B4DT into local healthcare settings, highlighting IMH's work in expanding access to quality OCD care through B4DT locally.
- **Creative Engagement: Lived Experience & Recovery Voices (Day 3)** – Offering an immersive departure from conventional conference programming, this track amplifies the voices and creative expressions of individuals on their mental health recovery journeys. Attendees can expect a live verbatim theatre performance on the weight of everyday language, a dance movement workshop exploring embodied healing, and a Human Library featuring intimate conversations with persons in recovery. The track also features a personal reflection from Dr Gregg F. Martin, a retired US Major General and mental health advocate living with Bipolar Disorder. It closes with a hands-on textile workshop inspired by India's Rafooghar Project, where stitching and patchwork become tools for emotional repair and storytelling. Together, these sessions invite attendees to engage with mental health experientially, bridging clinical knowledge with lived experience.
- **"stART from within" Art Showcase (Days 1 – 3):** In an inaugural collaboration between the Institute of Mental Health (IMH) and National Gallery Singapore, 15 youth clients from IMH participated in an eight-session, museum-based art programme. This programme was co-facilitated by a Senior Art Therapist from IMH and the Gallery's Strength Through Art (stART) team. Through guided art engagement, participants reflected on their personal experiences and transformed them into creative expression. Some of

their artworks are exhibited during BICOMH 2026. The public can learn more about the stories behind the works by exploring the digital catalogue online at <https://live.dot.vu/p/national-gallery-singapore/startfrmwithin26/>.

6. For more information on BICOMH 2026, visit <https://www.bicomh.com/>.

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About the Institute of Mental Health (IMH)

The Institute of Mental Health (IMH), a member of NHG Health, is the only tertiary psychiatric care institution in Singapore. Located on the sprawling 23-hectare campus of Buangkok Green Medical Park in the north-eastern part of Singapore, IMH offers a multidisciplinary and comprehensive range of psychiatric, rehabilitative and therapy services in hospital-based and community-based settings. The 2,000-bedded hospital aims to meet the needs of three groups of patients – children and adolescents (aged below 19 years), adults and the elderly. Besides providing clinical services, IMH dedicates resources to carry out mental health promotion and raise mental health literacy. IMH also leads in mental health research and training the next generation of mental health professionals in Singapore. For more information, please visit www.imh.com.sg.

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Annex A

English-Mandarin Glossary

Biennial International Congress on Mental Health (BICOMH)	双年国际心理健康大会
Institute of Mental Health	心理卫生学院
NHG Health	国立健保集团
Associate Prof Swapna Verma Chairman Medical Board, Institute of Mental Health (IMH) Member, BICOMH 2026 Advisory Committee	思娃娜维玛副教授 心理卫生学院医疗委员会主席 2026 双年国际心理健康大会咨询委员会成员