



KENYA
PSYCHIATRIC
ASSOCIATION

18TH KPA ANNUAL SCIENTIFIC CONFERENCE 2026

Theme: Building a Mentally Healthy Nation:
Reimagining Mental Health through Prevention and Wellness



PROGRAMME



Pridelnn Paradise Beach Resort & Spa,
Mombasa (Shanzu)



September 2–4, 2026



PREVENTION



WELLNESS



RECOVERY



HOPE



TOGETHER

Better Minds. Better Lives. A Better Nation.



18th KPA ANNUAL SCIENTIFIC CONFERENCE 2026 PROGRAMME



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September 2–4, 2026



Morning Session: Dr. Rajab Saddam

⌚ TIME	📅 WEDNESDAY 2 nd SEPTEMBER, 2026	👤 FACILITATOR
⌚ 8:00 – 9:00 a.m.	Arrival and registration of KPA Conference delegates	👤 KPA Secretariat
⌚ 8:00 – 11:00 a.m.	Johnson and Johnson Sponsored Pre-Conference Event : Development of a pocket handbook for management of psychosis	👤 Dr. Priscilla Makau/ Larry Sisei
⌚ 9:00 – 9:15 a.m.	Welcoming of Guests and Delegates	👤 Dr. Mercy Karanja, KPA President
⌚ 9:15 – 9:30 a.m.	Key Note Address: Digital Health and Innovation for Preventative and Accessible Mental health care	👤 Dr. Samuel Kamoche
⌚ 9:30 – 9:45 a.m.	MINDCARE: An Intelligent Digital Platform for Accessible Mental Health and Addiction Recovery Support	👤 Mwendwa Antony
⌚ 9:45 – 10:00 a.m.	Beyond Metabolic Control: The Emerging Role of GLP-1 Receptor Agonists in Psychiatric Wellness, Cognitive Enhancement, and Neuroprotection	👤 Dr. Catherine Mutisya
⌚ 10:00 – 10:15 a.m.	Bridging Mental Health Gaps in Rural Tanzania: Outcomes of a Pilot Training Intervention for Community Representatives and Primary Healthcare Workers From Six Villages	👤 Kim Madundo
⌚ 10:15 – 10:45 a.m.	Abstract Presenters Panel Discussion/Q&A	👤 Session Moderator
⌚ 10:45 – 11:15 a.m.	☕ TEA BREAK	



Mid-Morning Session: Dr. Mary Njuguna

⌚ 11:15 – 11:30 a.m.	Key Note Address: Workplace Mental Health and Organizational Well-being	👤 Stella Gitia
⌚ 11:30 – 11:45 a.m.	The Invisible Wound: A Comprehensive Literature Review of the Psychosocial Status of Healthcare Workers in Kenyan Hospitals – Evidence for Trauma-Informed Organizational Interventions	👤 Mr. Benjamin Mutuku
⌚ 11:45 – 12:00 p.m.	Strengthening Workplace Mental Health and Organizational Well-being through Employee Wellness Programs: Implementation Experience from Oasis Healthcare Group Limited, Kenya	👤 Ms. Harriet Wambui
⌚ 12:00 – 12:15 p.m.	Differences in Individual and Work-Related Psychosocial Factors Associated with Perceived Stress, Burnout, and Depression Among Maternity Care Providers in Kenya and Ghana	👤 Dr. Linnet Ongeru
⌚ 12:15 – 12:30 p.m.	Burnout, Psychological Wellbeing, and Organisational Performance Among Healthcare Workers at Kakamega County Teaching and Referral Hospital, Kenya	👤 Roseline Tuyia
⌚ 12:30 – 1:00 p.m.	Abstract Presenters Panel Discussion/Q&A	👤 Session Moderator
🍴 1:00 – 2:00 p.m.	LUNCH	
⌚ 2:00 – 3:00 p.m.	Johnson and Johnson Panel Session	👤 Larry Sisei
☕ 3:00 – 5:00 p.m.	President's High Tea	Dr. Mercy Karanja, KPA President

END OF DAY 01





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MORNING SESSION: DR. NICKSON MUSAU

⌚ TIME	📅 THURSDAY 3 RD SEPTEMBER, 2026	👤 FACILITATOR
⌚ 8:00 – 9:00 a.m.	Registration / Icebreaker	👤 KPA Secretariat
⌚ 9:00 – 9:15 a.m.	Key Note Address: Child and Adolescent Mental Health : Laying the Foundations for Resilience	👤 Dr. Josephine Omondi
⌚ 9:15 – 9:30 a.m.	Experience and Perceived Triggers of Suicidal Behaviour Among Youth and Caregiver Perspectives in a Tertiary Facility	👤 Dr. Charlene Gumbo
⌚ 9:30 – 9:45 a.m.	Adverse Childhood Experiences (ACEs) and Symptoms of Depression and Anxiety Among the Sauti ya Vijana (SYV) Cohort of Youth Living with HIV in Tanzania	👤 Dr. Nasrath Fadhili
⌚ 9:45 – 10:00 a.m.	Exploring Repeated Student Unrest in Kenyan Senior Schools and Any Associated Underlying Mental Health Issues: A Proposal	👤 Njoroge Maina
⌚ 10:00 – 10:15 a.m.	Abstract Presenters Panel Discussion/Q&A	👤 Session Moderator
☕ 10:15 – 11:00 a.m.	TEA BREAK – POSTER EXHIBITION	
(Poster Exhibition)	Sexual Behaviors, Sexual Violence and Their Relationship with HIV Stigma Among Adolescents and Youth Living with HIV in Kenya	👤 Nicholas Kipkurui
	Status of Mathari National Teaching and Referral Hospital (MNTRH) Workplace Mental Wellness: A Baseline Employee Needs Assessment Survey	👤 Ms. Keziah Moyine & Daniel Mutonga
	Pharmacist-Led Digital Real-Time Surveillance for Prescription Error Detection and Analysis at a Specialized Level 6 Hospital in Nairobi City County, Kenya	👤 Emish Ondiek
	Digital Mental Health in Kenya: Evaluating User Engagement, Acceptability, and Usability of an AI-Enabled Health and Wellness Platform Among University Students	👤 Prof. Anne Mathai & Dr. Fidelis Waitimu



MID MORNING SESSION: DR. RAJAB SADDAM AND DR. MERCY KARANJA

⌚ 11:00 – 11:30 a.m.	Keynote Address: The emerging epidemic of mental disorders: Insights from 45 years in psychiatry	👤 Prof. Frank Njenga, Chairman, Chiromo Hospital Group
⌚ 11:30 – 12:45 p.m.	Opening ceremony–Chief Guest	👤 Dr. Ruth Dama Masha
⌚ 12:45 – 1:00 p.m.	Launch of the KPA Strategic Plan	👤 KPA NEC
⌚ 1:00 – 1:10 p.m.	Photo Session with Chief Guest	👤 Dr. Linda Nyamute
🍴 1:10 – 2:00 p.m.	LUNCH	

AFTERNOON SESSION: LINDA NYAMUTE

⌚ 2:00 – 2:30 p.m.	Legal Aid Presentation	👤 Mr. Kevin Othero
⌚ 2:30 – 4:30 p.m.	KPA AGM	👤 Dr. Linda Nyamute
☕ 4:30 – 5:00 p.m.	TEA BREAK	

END OF DAY 02

DAY 02



THEME: Building a Mentally Healthy Nation:
Reimagining Mental Health through Prevention and Wellness



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Morning Session: Dr. Irene Machua

TIME	FRIDAY 4 TH SEPTEMBER, 2026	FACILITATOR
8:30 – 9:00 a.m.	Registration / Icebreaker	KPA Secretariat
9:00 – 9:15 a.m.	ECSAPsych updates	Dr Simon Njuguna
9:15 – 9:35 a.m.	Prevalence and Factors Associated with Post-Traumatic Stress Disorder Symptoms Among Young People Living with HIV/AIDS in Arusha City, Tanzania	Dr. Nasrath Fadhili
9:35 – 9:55 a.m.	Acceptability and Feasibility of the Ushirikiano Treatment Model for Kenyan Adolescents: A Pilot Randomised Controlled Trial	Dr. Nabila Amin Ali
9:55 – 10:10 a.m.	The Association Between Digital Screen Time and Pseudo-autistic Behaviours in Children Aged 4–6 Years in Nairobi County	Dr. Anne Miriti
10:10 – 10:40 a.m.	Abstract Presenters Panel Discussion/Q&A	Session Moderator
10:40 – 10:50 a.m.	Sponsor's Remarks	Sun Pharma
10:50 – 11:35 a.m.	TEA BREAK-POSTER VIEWING	



Mid-Morning Session: Dr. Lawrence Nderi

11:35 – 12:05 p.m.	Do sick homes make sick colleges? Evidence from the WMH International College Student Surveys	Prof. Atwoli Lukoye, Dean School of Medicine, Aga Khan University
12:05 – 12:20 p.m.	Edith Kwobah Memorial Lecture: Correlation of Depression and Adverse Events Among College Students: Analysis from Three Universities in Kenya	Dr. Robina Momanyi
12:20 – 12:35 p.m.	Correlates of Perceived Social Support Among Adolescents and Young Adults Living with HIV and Elevated Depressive Symptoms in Kenya	Jeffrey Osano
12:35 – 12:50 p.m.	Prevalence and Correlates of Peripartum Depression Among Adolescent Girls and Young Women Living with HIV in Kenya	Ms. Eunice King'ori
12:50 – 1:10 p.m.	Abstract Presenters Panel Discussion/Q&A	Session Moderator
1:10 – 2:00 p.m.	LUNCH	
2:00 – 5:00 p.m.	TEAM BUILDING	Dr. Priscilla Makau
7:00 p.m. Onwards	GALA DINNER	Dr. Lina Akello

END OF DAY 03



THEME: Building a Mentally Healthy Nation:
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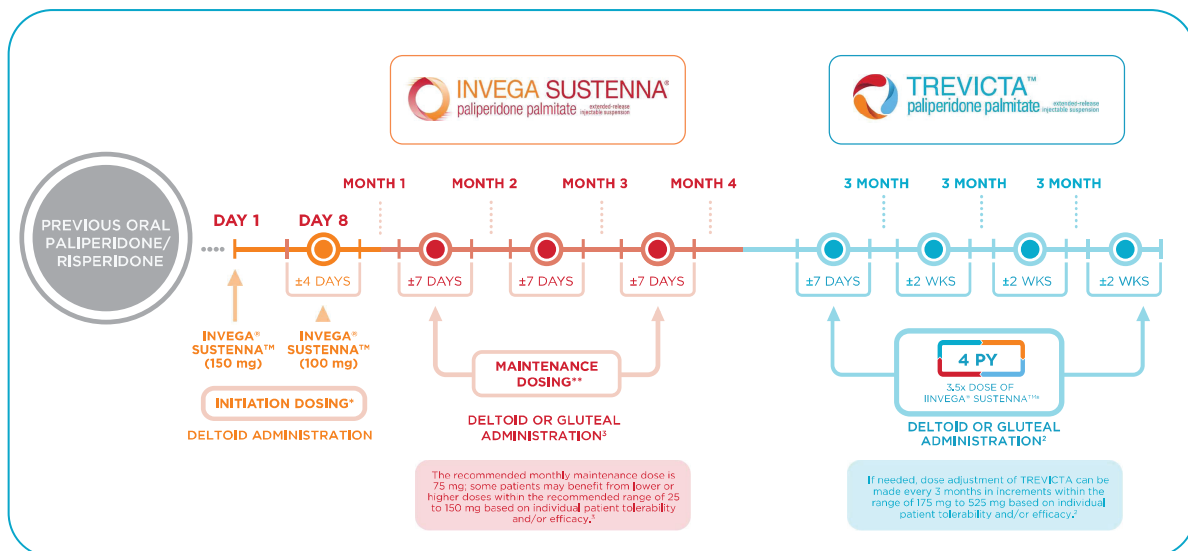


IT'S TIME TO GIVE YOUR PATIENT HOPE, MEANING AND PERSONAL IDENTITY¹

TREVICTA® is indicated for the **maintenance treatment of schizophrenia** in adult patients who are clinically stable with **INVEGA® SUSTENNA™**²

HOW TO TRANSITION PATIENTS FROM INVEGA® SUSTENNA™ TO TREVICTA®?

TREVICTA® should be initiated in place of the next scheduled dose of **INVEGA® SUSTENNA™** (± 7 days), into either a deltoid or gluteal muscle²



¹INVEGA® SUSTENNA™ is indicated for maintenance treatment of schizophrenia in adult patients stabilised with paliperidone or risperidone.³

²In selected adult patients with schizophrenia and previous responsiveness to oral paliperidone or risperidone.³

INVEGA® SUSTENNA™ may be used without prior stabilisation with oral treatment if psychotic symptoms are mild to moderate and a long-acting injectable treatment is needed.³

³TREVICTA®, a 3-monthly injection, is indicated for the maintenance treatment of schizophrenia in adult patients who are clinically stable on 1-monthly paliperidone palmitate injectable product.²

PY: Per Year.

1. Lamber M, et al. Neuropsych Dis and Treat 202;16 3197-3208;

2. Smcpc Trevicta © 2023

3. Smcpc Invega sustenna © 2023

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OUR PARTNERS

Johnson & Johnson



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KENYA PSYCHIATRIC ASSOCIATION

Advancing psychiatric practice,
professional development and
mental health advocacy
for a healthier Kenya.

THEME:

Building a Mentally Healthy Nation:
*Reimagining Mental Health through
Prevention and Wellness*

*Mental Health
Stronger Together*