

Mathison-Littmann Research Day 2026

*Mens sana in corpore sano:
Updates on mind-body connection*

Full Program



Keynote Speakers

Dr. Antonio L. Teixeira, MD, PhD



Dr. Teixeira graduated in medicine and did residencies in internal medicine, neurology, and psychiatry at the Universidade Federal de Minas Gerais (UFMG), Brazil.

In parallel, he pursued M.Sc. and Ph.D. in cellular biology and immunology. He started his research career investigating the role played by chemokines – chemoattractant cytokines – in the pathogenesis of brain diseases, using both rodent models and human samples.

Later, he developed translational research aiming to understand the involvement of inflammatory/immune mechanisms in the pathogenesis of neuropsychiatric disorders. In 2015, he was recruited to the University of Texas Health Science Center at Houston where he was Professor of Psychiatry and Neurology, and Director of the Neuropsychiatry Program.

Since 2023, Dr. Teixeira is the Orme Endowed Chair in Alzheimer's & Neurodegenerative Diseases and Professor of Neurology and Psychiatry at the University of Texas Health Science Center at San Antonio where he is the Director of the Geriatric Neuropsychiatry Section of the Glenn Biggs Institute.

Keynote Speakers

Dr. Adrianna Giuffre, PhD



Dr. Giuffre is an Assistant Professor in the Departments of Psychiatry and Clinical Neurosciences at the University of Calgary. Trained in neuromodulation, neuroimaging, neurophysiology, and neurobiology at the University of Calgary, Oxford University, and Harvard Medical School, she is passionate about how early brain injury and neurodevelopmental disorders shape mental health in youth.

Her research program uses neuromodulation and advanced neuroimaging techniques to map and modulate brain circuits, with the goal of optimizing non-invasive treatment options for mental health in youth and individuals with neurological disorders.

Dr. Tamara Pringsheim, MD, FRCPC



Dr. Pringsheim is a Professor with the Department of Clinical Neurosciences, Psychiatry, Pediatrics and Community Health Sciences at the University of Calgary. She specializes in movement disorders, neuropsychiatry, and neurodevelopmental conditions. Her clinical and research work focuses on Tourette syndrome and evidence-based treatments for neurological and mental health disorders.

She is also the program lead for the Tourette and Pediatric Movement Disorder program and is an evidence-based medicine methodologist for the American Academy of Neurology and the president of the Tourette OCD Alberta Network, a registered charity that supports people living with Tourette syndrome and OCD in Alberta.

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Note: While we aim to provide an accurate and up-to-date program, scheduling and session details may be subject to change.

8:00 - 8:35	Registration, poster set up, breakfast & coffee Azrieli Atrium	
8:35 - 8:40	Welcome Moderator: Dr. Cristian Zeni Opening Remarks: Dr. Valerie Taylor Theatre One	
8:40 - 9:30	Keynote Speaker 1 Dr. Antonio Teixeira, MD, PhD <i>Immunopsychiatry: Searching for the immune basis of neuropsychiatric disorders</i> Theatre One	
9:30 - 10:00	Keynote Speaker 2 Dr. Adrianna Giuffre, PhD <i>Rewiring Resilience: Neuromodulation for Mental Health in Youth & Neurological Disorders</i> Theatre One	
10:00 - 10:20	Coffee Break	
	Session 1 Mind-Body Interaction Theatre One	Session 2 Child Psychiatry & Services HSC G500
10:20 - 10:40	<i>Evaluating the Safety and Feasibility of Accelerated rTMS for Depression and Fatigue in Multiple Sclerosis: A Pilot Trial</i> Anna Bourgeois	<i>Assessing Age, Period and Cohort Effects on Canadian Mood Disorder Diagnoses from 2003 to 2023</i> Sara Zulyniak
10:40 - 11:00	<i>Transcranial Direct Current Stimulation for the Treatment of Depressive Symptoms in Adolescents with Temporal Lobe Epilepsy: A Safety and Feasibility Study</i> Rachelle Sass	<i>Grieving in Silence: Adolescent Male Loss and Peer Support in Schools</i> Jasmine Stevenson
11:00 - 11:20	<i>Mind Body Pathways in Collegiate Recovery</i> Sandip Khanal	<i>The Effects of Burnout Due to the Drug Poisoning Crisis on Different Healthcare Professionals</i> Eron Muel
11:20 - 11:40	<i>Electric Field Modelling of Transcranial Magnetic Stimulation in Multiple Sclerosis Patients</i> Hari Ramanathan	<i>The Impact of COVID-19 on the Mental and Physical Health of Nurses</i> Shanique Sidhu
11:40 - 12:00	<i>Preliminary Needs Assessment Findings on Mental Health Services after Mild Traumatic Brain Injuries (mTBIs)</i> Nur Newaz Khan	No scheduled session
12:00 - 1:00	Lunch and poster session Azrieli Atrium	

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1:00 - 1:30	<p>Keynote Speaker 3 Dr. Tamara Pringsheim, MD, PhD <i>The role of contextual factors and psychiatric comorbidity on symptom severity in Tourette syndrome</i> Theatre One</p>	
	<p>Session 3 Addiction Theatre One</p>	<p>Session 4 Genetics HSC 1405B</p>
1:30 - 1:50	<p><i>Effectiveness and Key Components of Recovery Communities: A Rapid Review</i> Dr. Dan Devoe, PhD</p>	<p><i>Human-Accelerated Regions of the Genome Identify Gene and Protein Associations in Brain Disorders</i> David Enoma</p>
1:50 - 2:10	<p><i>From “I Can’t Stop Drinking” to Trauma-Informed Recovery Pathways: Using AI-Assisted Semantic Search to Improve Help-Seeking in Addiction and Mental Health Care</i> Adam Yeo</p>	<p><i>DataBridge: Mapping Genetic Links from Neurodevelopmental Disorders to Neurodegenerative Diseases</i> Li Shu</p>
2:10 - 2:40	<p>Data Blitz</p>	<p><i>Gene by Environment Interactions in Adolescent Depression: The Role of the TPH1 Gene and Peer Victimization</i> Allison Yang</p>
<p>2:40 - 3:00 Closing remarks, reception and awards Azrieli Atrium</p>		