

## NNDC 2026 Annual Conference Poster Abstract Submission and Poster Information

Visit the [NNDC 2026 Annual Conference website](#) regularly for important dates and conference information. [Subscribe](#) for NNDC updates and to receive the latest conference details delivered directly to your inbox!

Questions about posters or submissions can be directed to: [nndc@nndc.org](mailto:nndc@nndc.org)

### Conference Overview

The NNDC 18th Annual Conference will be held October 19–20, 2026, in Austin, Texas, co-hosted by the University of Texas at Austin Dell Medical School. All events will take place at the Texas Union.

Pre-conference activities – including the Task Group Open House, CME and non-CME presentations, and various meetings – will occur on Monday, October 19. The main NNDC academic research sessions will be held on Tuesday, October 20.

Please note that poster presenters must **register** for the conference to present a poster. The poster session is scheduled for Tuesday, October 20, 2026. An optional presentation session may also be offered on Monday, October 19; additional details will be shared soon.

You may register for one or both days on the [registration page](#). Visit the [NNDC 2026 Annual Conference website](#) for further information.

### Poster Abstract Background

The Conference Program Committee welcomes all conference attendees to submit a poster related to depression and bipolar illnesses. Posters can be submitted to one of two categories:

- 1. Basic Science:** All areas of research are welcome, especially projects exploring biological or psychosocial approaches to understanding mood disorders, new or repurposed treatments and technologies, monitoring strategies that may improve patient outcomes, or objective measures such as biometrics, neuroimaging, bloodwork, or genetics. Projects may also choose to highlight the translational potential of their findings—for example, how basic discoveries could inform future diagnostic tools, treatment development, or pathways toward clinical application.
- 2. Clinical Programs:** Unified efforts are essential for advancing technological innovation, disseminating new information, and enhancing clinical practice. Posters in this category may showcase multidisciplinary programs, demonstrate effective collaborations beyond academic boundaries, or address clinical assessments such as patient questionnaires, clinical diagnoses, or clinical interviews. Presenters may also describe how their clinical programs support translational research by applying emerging evidence to real-world care, evaluating feasibility of new tools or approaches, or helping bridge research findings into everyday practice.

### Poster Award Background

There will be a total of four (4) poster awards given. A “Best Overall” and a “Best Emerging Scholar” poster award will be designated for each category.

“Emerging Scholars” are defined as a Student/Trainee, Fellow/Postdoctoral Scholar, or Early-Career Faculty/Investigator within five years of completing their fellowship, postdoctoral training, or terminal degree.

To be eligible for an award, you must belong to submit your abstract by the due date and belong to an organization that is a member of the NNDC.

## NNDC 2026 Annual Conference Poster Abstract Submission and Poster Information Frequently Asked Questions

### Who can present a poster, and how many are allowed?

Only one abstract may be submitted per individual unless otherwise communicated. Any attendee who is an author or co-author may present one poster. Commercial, for-profit, or non-academic entities may submit one poster only—unless otherwise notified—and must be conference sponsors.

### Are there examples of previous posters and abstracts in the recommended abstract format?

View the 2025 Poster Lists and Abstracts, [2024 Poster Lists and Abstracts](#), the [2022 Posters List and Abstracts](#) or peruse the [2021 Virtual Conference Poster Directory](#) to see abstracts and posters from previous conferences.

### How do I submit an abstract?

Poster abstracts are collected using a simple online form available now through [Jotform here](#).

### What is the abstract submission deadline?

Submissions are accepted until Friday, August 21, 2026 (~two months in advance of the event).

### How will I know if my abstract has been accepted?

All abstracts are accepted unless there is an issue with the submission. A confirmation email will be sent after submission.

### When is the poster session?

The Poster session will be held on Tuesday, October 20<sup>th</sup> with a potential additional optional session on Monday, October 19<sup>th</sup>. Times and more information will be announced shortly.

### When can I set up my poster?

Posters may be displayed at any time before the session – tackboards will be available first thing in the morning of the session, so it is recommended that posters are set up during the morning, with more details to come soon.

### How long will the poster be displayed?

Tackboards will be removed in the evening around 6:00 p.m. Please note that any remaining posters will be discarded at that time.

### What are the poster specifications?

Poster size should be no larger than 36 inches high X 48 inches wide (3' h x 4' w). Posters will be displayed on tackboards which are 48 inches high x 96 inches wide (4' h x 8' w)

### Where can I get my poster printed?

Presenters are responsible for printing and bringing or collecting their own posters to the conference venue. View the [List of Austin Printing Locations](#) for options to have posters printed locally in Austin.

### If I ship my poster, when and where should I send it?

For presenters outside Austin, please ship your poster by Friday, October 2 to ensure it arrives on time. Ship to the following address or arrange to ship to the hotel that you are registered to stay in:

#### Dell Medical School

c/o YOUR NAME  
NNDC 2026 Annual Conference – Poster  
1601 Trinity, Bldg B  
Austin, TX 78712

#### When will the poster awards be announced?

Awards for each category will be announced during the evening Dinner & Awards Ceremony.

## NNDC Annual Conference Poster Abstract Formatting Guidelines

Abstracts must be submitted as Word documents of one-half to one full page in length and should include background, methods, results, and conclusion(s); do not include tables or figures. Download and use one of the pre-formatted templates below. Copy and paste plain text into the template with no additional formatting. Save the new separate .doc file and send it through this [Jotform](#).

### I.Spacing:

- before paragraphs and between sections: 10pt
- paragraph text: single spacing

### II.Alignment:

- text: left justify

### III.Abstract Title: Arial, Bold, 10pt

### IV.Authors: Arial, 10pt

- by authorship level
- full name = first, middle initial (if desired), last
- no degrees included
- comma ( , ) after each author
- underline submitting presenter (no asterisk unless co-presenter)
- superscript asterisk for co-presenters, including underlined submitting presenter (after author name and after institution superscript number)

### V.Headings:

- **All headings: Arial, Bold, 10pt**
- **Institutions** (superscript)
  - Text below heading: Arial, 10pt, superscript
  - Add superscript numbers after author name
  - Include superscript number before institutions in citation
- **Presenters** (superscript)
  - Text below heading: Arial, 10pt, superscript
  - underlined submitting presenter
  - Asterisk ( \* ) for co-presenters, including underlined submitted presenter
- **Background**
  - All text after heading: Arial, 10pt
- **Methods**
  - All text after heading: Arial, 10pt
- **Results**
  - All text after heading: Arial, 10pt
- **Conclusions**
  - All text after heading: Arial, 10pt
- **References** (superscript) – if applicable
  - APA style
  - All text after heading: Arial, 10pt, superscript
    - Include reference superscript numbers after sentence
  - Include superscript number before text in citation
- All text after headings: Arial, 10pt
- Abstract Templates (samples on the next pages)
  - [NNDC Abstract Template #1](#)
  - [NNDC Abstract Template #2](#)

## NNDC Annual Conference Poster Abstract Formatting Guidelines

### A metric of pharmacotherapy guideline concordance and its association with major depressive disorder symptom severity and patient functioning

Mason T. Breitzig<sup>1</sup>, Fan He<sup>1</sup>; Lan Kong<sup>1</sup>, GuodongLiu<sup>1,2</sup>, Daniel A. Waschbusch<sup>2</sup>, Jeff D. Yanosky<sup>1</sup>, Erika F. H. Saunders<sup>2</sup>, DuanpingLiao<sup>1</sup>

**Institutions:**

1. Department of Public Health Sciences, Penn State College of Medicine, Hershey, PA
2. Department of Psychiatry and Behavioral Health, Penn State College of Medicine and Penn State Milton S. Hershey Medical Center, Hershey, PA

**Presenters:**

underlined submitting presenter

**Background:** Previous studies estimate that fewer than 70% of patients with major depressive disorder (MDD) receive guideline-concordant care. However, these estimates rely upon disparate and often over-simplified definitions of concordance that are also rarely examined with respect to patient outcomes. To address this issue, we developed a multifaceted scoring framework for MDD pharmacotherapy guideline concordance and assessed its association with MDD symptom severity (PHQ-9) and functioning (WHODAS 2.0).

**Methods:** This analysis involved 1,452 adults (68% female; mean age of 43 years) with MDD from the Penn State Psychiatry Clinical Assessment and Rating Evaluation System (PCARES) psychiatric outpatient registry. Patients with psychotic features or a diagnosis of bipolar disorder were excluded. At baseline, patients started with a perfect concordance score (9 points; 1 point per criterion). Point deductions were made for each criterion failed within a 1-year window. Since fewer criteria apply to those with recurrent depression, point deductions were weighted by baseline diagnosis (non-recurrent: -1.00; recurrent: -1.285). Out of the nine criteria, four focus on treatment sequence, two on treatment dose and duration, two on interactions and regulations, and one assesses visit frequency. Linear associations between concordance scores and 1-year PHQ-9/WHODAS scores were evaluated using naïve Spearman's rank correlation coefficients ( $\rho$ ) and multivariable-adjusted general linear models.

**Results:** Twenty-seven percent of patients received a perfect concordance score of 9, 18% scored 8-8.9, 32% scored 7-7.9, and 23% scored below a 7. The concordance score and raw (all repeated measures within a 1-year window) PHQ-9 and WHODAS visit scores demonstrated significant inverse rank correlations (PHQ-9:  $\rho = -0.18$ ,  $p < 0.0001$ ; WHODAS:  $\rho = -0.11$ ,  $p < 0.0001$ ). After adjustment for sociodemographic variables and co-morbidities, higher guideline-concordance was associated with better mean (average of all visit scores in a 1-year window) symptom scores (PHQ-9:  $\beta = -0.29$ ,  $p = 0.0002$ ) and functioning (WHODAS:  $\beta = -0.54$ ,  $p = 0.0127$ ). The most frequently failed criterion was reaching the maximum recommended dose before switching to a different medication, which 55% of patients failed at least once.

**Conclusions:** This study demonstrates a significant association between the degree of pharmacotherapy guideline-concordance and measures of MDD response. Future longitudinal work with this pharmacotherapy guideline concordance metric will help identify gaps in guideline application and provides strategies to improve pharmacotherapy effectiveness.

## NNDC Annual Conference Poster Abstract Formatting Guidelines

### Ohio State University Comprehensive Psychotherapy Pathway for Depression: Implementation of a stepped-care model guided by patient-reported outcomes in an academic medical center

Sophie A Lazarus<sup>\*</sup>, KristenM. Carpenter, Jay C. Fournier<sup>\*</sup>

**Institution:**

Department of Psychiatry and Behavioral Health, The Ohio State University Wexner Medical Center, Columbus, OH 43210

**Presenters:**

underlined submitting presenter

\* co-presenters

**Background:** Major depressive disorder is a serious illness characterized by significant impairment for individuals and costs to society<sup>1</sup>. Analyses of data from the National Survey on Drug use and Health revealed that substantial unmet treatment needs remain in the MDD population. While the number of individuals with MDD has increased, the proportion receiving treatment has not<sup>1</sup>. Further, depression is highly recurrent and depressive relapse is related to disproportionate healthcare burden<sup>2</sup>. Both stepped-care models of treatment<sup>3</sup> and an emphasis on evidence-based approaches to relapse prevention<sup>4</sup> have the potential to address these problems. Despite this, there are few real-world investigations on how to implement these models.

**Methods:** In July of 2021 we secured funding via an internal medical center mechanism to implement a stepped care and relapse prevention pathway for the treatment of depression. The aim of the project is to build upon our existing resources for outpatient individual psychotherapy for depression to 1) initiate an entry-level behavioral activation group for mild to moderate depression, 2) increase capacity to provide MBCT groups for relapse prevention once patients complete standard acute treatments, 3) and enhance utilization of patient-reported outcomes (PROs) to inform treatment assignment and progression.

**Results:** In year 1 of the project, we have successfully 1) initiated a group behavioral activation therapy offering (23 patients enrolled to date), 2) increased capacity to provide MBCT groups for relapse prevention (44 patients to date), and 3) enhanced provider education and outreach to increase utilization of group resources and PROs. Obstacles identified include the creation of a new referral workflow for the BA group offering, provider education and uptake of PROs and the stepped-care model, and patient compliance with PROs. Preliminary data on depressive outcomes and psychosocial outcomes will be presented.

**Conclusions:** With the availability of effective treatments for depression, increasing access to high-quality care informed by PROs is critical. The initial phase of this project is complete, and we continue to increase the frequency of group offerings and refine the use of PROs throughout the pathway. Longer term goals for the program are to augment PROs with objective measures to support treatment assignment, to assess progress, and to better integrate medication management and interventional psychiatry services into treatment decision-making algorithms.

**References:**

1. Greenberg, P. E., Fournier, A. A., Sisitsky, T., Simes, M., Berman, R., Koenigsberg, S. H., & Kessler, R. C. (2021). The economic burden of adults with major depressive disorder in the United States (2010 and 2018). *Pharmacoeconomics*, 39(6), 653-665.
2. Touya, M., Lawrence, D. F., Kangethe, A., Chrones, L., Evangelatos, T., & Polson, M. (2022). Incremental burden of relapse in patients with major depressive disorder: a real-world, retrospective cohort study using claims data. *BMC psychiatry*, 22(1), 1-9.
3. Firth, N., Barkham, M., & Kelleth, S. (2015). The clinical effectiveness of stepped care systems for depression in working-age adults: a systematic review. *Journal of affective disorders*, 170, 119-130.
4. Kuyken, W., Warren, F. C., Taylor, R. S., Whalley, B., Crane, C., Bondolfi, G., ... & Dalgleish, T. (2016). Efficacy of mindfulness-based cognitive therapy in prevention of depressive relapse: an individual patient data meta-analysis from randomized trials. *JAMA psychiatry*, 73(6), 565-574.

## Austin, Texas Printing Locations

### Creation Station

3800 N Lamar Blvd #200, Austin, TX 78756

512.430.1223

<http://www.creationstationprinting.com>

### Minuteman Press

1221 W 6th St Suite B, Austin, TX 78703

512.391.1844

<https://minutemanpressaustin.com>

### Quik Print

410 Congress Ave., Austin, TX 78701

512.477.2014

<http://www.qpaustin.com>

### I Print For Less

6601 Airport Blvd, Austin, TX 78752

512.243.8468

<https://iprintforless.com>

### Burks Digital Imaging - Westlake

603 West Ave, Austin, TX 78701

512.732.0350

<http://www.burksdigital.com>

### McCarthy Print Inc (Eco-friendly)

1804 Chicon St, Austin, TX 78702

512.479.8938

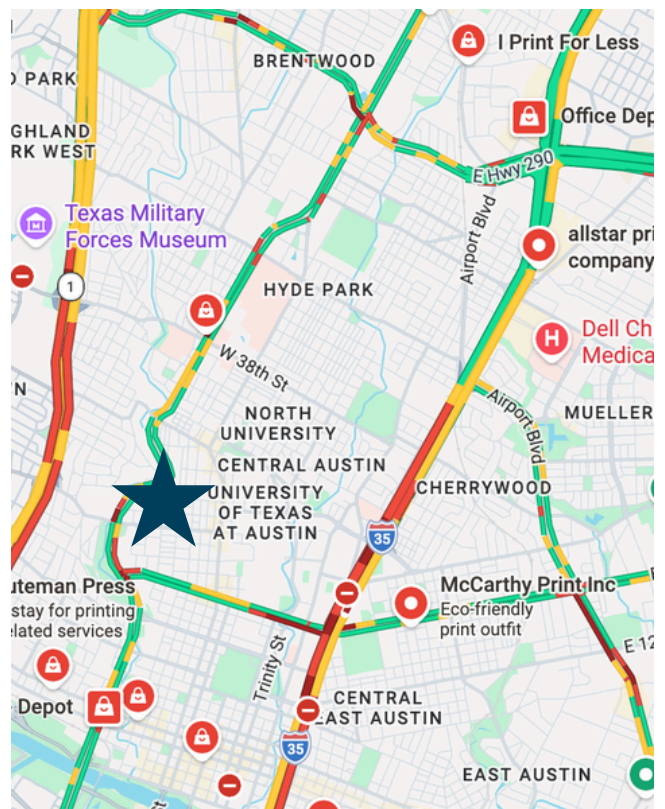
<http://mccarthyprint.com>

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<http://www.allstaraustin.com>



All locations listed here are near  
The Texas Union and located within  
this screenshot.

For reference, I Print For Less is the  
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