

# # RESILIENCE 2020

6TH INTERNATIONAL SYMPOSIUM ON  
RESILIENCE RESEARCH

23-25  
SEPTEMBER  
2020  
MAINZ  
GERMANY

ONLINE EVENT!  
LIVE WEBCAST:  
JOIN MORE THAN  
20 TALKS  
ONLINE!

WEDNESDAY  
SEPT 23

#### INTRESA BUSINESS MEETING (INTERNAL)

11:00 Intresa business meeting

#### SCIENTIFIC PROGRAM

13:00 Welcome

#### SESSION 1: RESILIENCE – A GUT FEELING?

13:05 Scott Russo, Mount Sinai Medical School,  
New York

Immune mechanisms of depression:  
At the interface between mind and body  
Thomas Larrieu, Center for Psychiatric  
Neurosciences, Lausanne University  
Hospital  
Do adult neural stem cells listen to the  
heart? A new Blood-Brain-Axis in vitro assay  
for exploring emotional brain health status

14:35 Break

14:50 Amparo Acker-Palmer, Goethe University,  
Frankfurt  
Signaling at the neurovascular interface

#### YOUNG INVESTIGATOR SHORT TALKS

15:35 Selected poster abstracts

#### SPOTLIGHT ON STRESS INOCULATION

16:00 David Lyons, Stanford University  
Stress inoculation in humans and animals  
(End: 17:00)

THURSDAY  
SEPT 24

#### SESSION 2: MECHANISMS OF INOCULATION

13:00 Richard Bryant, University of New  
South Wales, Sydney  
Impact of controllability and self-efficacy  
on stress reactions

13:45 Catherine Hartley, New York University  
Control and the calibration of motivated  
behavior

14:30 Break

14:45 Michèle Wessa, Leibniz Institute for  
Resilience Research, Mainz  
Behavioral control and resilience

#### SESSION 3: AN UPSIDE TO ADVERSITY?

15:30 Anthony Mancini, Pace University, NY  
How acute adversity improves psycho-  
logical health

#### YOUNG INVESTIGATOR SHORT TALKS

16:15 Selected poster abstracts  
(End: 17:00)

Registered attendees receive a Microsoft Teams link  
by mail. Poster abstracts and recorded presentations  
will be available for six months to registered attendees  
at the website.

FRIDAY  
SEPT 25

#### SESSION 3 CNTD.: AN UPSIDE TO ADVERSITY?

13:00 Willem Frankenhuis, University of Utrecht  
Hidden talents in harsh environments

13:45 David Fletcher, Loughborough University  
The importance of adversity in the devel-  
opment of superior human performance

14:30 Break

#### SESSION 4: RESILIENCE IN THE CORONA CRISIS

14:45 Klaus Lieb, Leibniz Institute for Resilience  
Research, Mainz  
Mental health consequences of the  
Corona crisis

15:00 Oliver Tüscher, University Medical Center,  
Mainz

The bright side of the lockdown  
Simon Forstmeier, University Siegen  
Corona-related stress, its consequences on  
psychopathology and personal growth, and  
resilience in university students

15:30 Christian Waugh, Wake Forest University,  
NC

Coping with COVID-19: The efficacy of dis-  
traction for coping with the chronic stress of  
a pandemic

15:45 Ran Barzilay, University of Pennsylvania  
A multidimensional evaluation of resilience  
and its contribution to understanding mental  
health during COVID-19 pandemic outbreak

16:00

Henrik Walter, Charité Berlin  
& Erno Hermans, Radboud University  
Nijmegen

Psycho-social factors associated with mental  
resilience in the Corona lockdown  
Discussion: What have we learned from  
this crisis?

16:15

#### YOUNG INVESTIGATOR POSTER AWARD CEREMONY

16:45 General conclusions and farewell  
(End: 17:00)

#### TIMETABLE INFO:

ALL TIMES ARE CENTRAL  
EUROPEAN TIME (CET).  
CET IS 8 HOURS BEHIND SYDNEY AND  
9 HOURS AHEAD OF SAN FRANCISCO.

SESSIONS START AT 1 PM CET  
(SY: 9 PM, SF: 4 AM)  
AND END AT 5 PM CET  
(SY: 1 AM, SF: 8 AM).

CONTACT AND REGISTRATION:  
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RESILIENCE

