



ERN-EUROBLOODNET & RADEEP PATIENTS' SESSIONS AT ASCAT 2026

"Mental Health and Quality of Life in Sickle Cell Disease"

7-10
OCTOBER 2026

Key topics of the sessions:

- The impact of mental health on daily life and disease management.
- Practical strategies and support tools to improve well-being.
- Patient-reported outcomes (PROMs), quality of life, and access to mental health care.
- Patient-led discussions and development of key messages to be presented during the ASCAT plenary session.



ASCAT Conference 2026
7-10 October, Central Hall Westminster, London
Room: John Tudor



RADeep



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ERN-EuroBloodNet & RADeep Patients' sessions:

"Mental Health and Quality of Life in Sickle Cell Disease"

PROGRAM	
DAY 1: WEDNESDAY 7TH Understanding the mental health burden of SCD	Mental health Impact on daily life and functioning 14:00 - 15:30 • Interaction between physical symptoms (p.e. pain, fatigue) and psychological distress • Impact on education, work, and social participation • Recognizing mental health needs in routine care • Patient perspective: living with SCD, disease unpredictability, coping strategies and resilience. Practical Strategies to Improve Well-being 15:30 - 17:00 • Strategies to be aware and self-assess mental health burden in patients and caregivers. • Psychological interventions, support strategies and self-management tools for patients • Physical therapy and other non-pharmacological interventions. • Improving communication with healthcare professionals
DAY 2: THURSDAY 8TH Assessing Mental Health in Sickle Cell Disease: Patient-Reported Outcomes (PROMs) and Access to Care	Patient-Reported Outcomes and Quality of Life 14:00 - 15:30 • How PROMs capture patients' needs in SCD • Measuring mental health, overall well-being and QoL • How to use of PROMs in clinical practice and research Access to Mental Health Care for the SCD community 15:30 - 17:00 • Availability of mental health services in SCD care • Barriers to access (structural, cultural, stigma-related) • Lived experience of navigating healthcare systems and it's impact on mental health. • Advocacy for integrated mental health care and co-creation of care with patients
DAY 3: FRIDAY 9TH Patient Perspectives in Practice	Workshop 14:00h - 17:00h • Preparation of the ppt and presentation for the plenary (Saturday morning). • Recording of the presentation video.
SATURDAY 10TH	Presentation of the outcomes at the Plenary Session 10:00 – 10:45