

From Ideas to Impact: Highlights of the Swiss Public Health Conference 2025

The Swiss Public Health Conference 2025, held on September 10–11 in Lugano, brought together over **400 public health professionals** to explore the theme: **Mental Health and Wellbeing: Investing in Mental Wealth**. The event was a vibrant platform for exchanging ideas across research, policy, and practice. The conference featured thought-provoking keynote sessions that addressed both global and personal dimensions of mental health. Plenaries explored:

- the challenges of promoting mental health and mental wealth (keynote session I),
- the role of relational goods and biomarkers in understanding mental wealth (keynote session II),
- strategies for tackling social determinants of mental health (keynote session III),
- pathways from mental disorder to overall well-being (keynote session IV),
- determinants of mental health and policy responses, featuring voices from federal and cantonal levels (panel discussion)

Together, these discussions highlighted the complexity of mental health and the importance of integrating scientific, social, and personal perspectives. The conference also offered engaging poster sessions, a multilingual theatre performance, and a social evening, all of which contributed to a dynamic and engaging atmosphere.



Opening Session by SSPH+ Academic Director, Prof. Luca Crivelli



Poster Session

One of the main highlights of SPHC 2025 was the presentation of the **SSPH+ Best PhD Abstract and Poster Awards**, which are granted annually by SSPH+ to recognize exceptional research contributions from SSPH+ PhD students and members.

Best Abstract Awards



From left to right: Prof. Luca Crivelli, Frerik Smit, Irina Wipf, Viviane Remy

This year, 14 submissions for the best PhD abstract were carefully reviewed by two independent reviewers. The 2025 awards were presented to:

- **Frerik Smit** (University of Fribourg, Supervisor: Arnaud Chiolero) – “Cancer screening outside of evidence-based age recommendations among older adults in Switzerland: a population-based study”,
- **Irina Wipf** (Swiss TPH, University of Basel, Supervisor: Martin Röögli) – “Problematic smartphone use and electronic device use before bed: relationship with cognitive performance in Swiss adolescents”,
- **Viviane Remy** (Unisanté, Center for Primary Care & University of Lausanne, Supervisor: Irina Guseva Canu) – “Transport Personnel Health Cohort study (TRAPHEAC): an infrastructure for monitoring bus drivers’ work conditions and mental health”.

Best Poster Awards

Out of nearly 60 posters presented at SPHC 2025, two were distinguished with the Best Poster Awards:

- **Sylvie Lurot** (Association Hypnose Humanitaire) – Hypno-Neuro-Imaginative Techniques (HNI): A Neuroscience-Based Mental Health Tool for Vulnerable and High-Stress Populations
- **Matthias Wicki** (University of Teacher Education Bern) – Stress and well-being among teachers and special education staff: The role of objective demands and resources



Sylvie Lurot (left) and Prof. Emiliano Albanese (right)

The Swiss Public Health Conference is organized each year by the Swiss Society for Public Health and the SSPH+. We sincerely thank the host institutions, USI and SUPSI, for co-organizing this inspiring conference with us. Special gratitude also goes to the speakers, participants, and volunteers whose contributions made the event a success.

Save the date: The next Swiss Public Health Conference will take place on 2-3 September 2026 hosted by the University of Lucerne under the theme: Public Health and the Beauty of Complexity!

