



EU-PUI Newsletter Number 3



A lot of hard work went into making our third COST Action meeting go off so smoothly. I would like to thank all who made it happen. Our host, Prof. Jose Magrina Menchon, and his team did an excellent job organizing and managing both our meeting and “Hooked on WiFi” event.

A big thank you to all of the “Hooked on WiFi” speakers and attendees! There are too many of you to name individually, but if it were not for you such an informative event would not have been possible. Special thanks to Montenegro’s National Representative Dr. Marko Gosovic, whose videos from majority of the scientific sessions will soon be available in Action’s website!

The first grant period of our project has been highly successful having generated several important events, meetings, grant proposals, scientific and media articles. I am also pleased to report that due to Ms. Natalie Hall’s sterling work, ably supported by our COST Scientific Officer Ms. Luule Mizera and the admin team, we have successfully navigated all the new administrative procedures without difficulty.

Under the guidance of our energetic Communications Officer, Dr. Julius Burkauskas, we have also improved our communication strategy, which remains a key priority for the following year. We have already achieved many of our communication goals e.g. by creating a Media Corner in our website, we are improving the visibility of our Action. In this period, we have also circulated two Newsletters and a Dissemination Plan to ensure the widest representation of the project, and have promoted our Action through social media (Facebook, Twitter and LinkedIn).

Under the leadership of our four WP leaders, Drs Sam Chamberlain, Ornella Corazza, Zsolt Demetrovics and Edna Grunblatt, supported by the enthusiastic contributions of the COST Action membership as a whole, we have successfully proposed five symposiums to international congresses, two of which have already taken place (CINP June 2018✓, RCPsych June 2018✓, UK SSA Nov 2018, EPA Warsaw April 2019, ICBA Japan 2019). We have also contributed our experience to numerous national and international conferences across Europe (e.g. “Hooked on WiFi” [Spain]; 3rd National Public Health Conference Poster presentation [Lithuania], special session held at the Psykiatriske Museum in Nykøbing Sj., [Denmark]).



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We have published several peer-reviewed papers - most recently our **Manifesto for a European Research Network into Problematic Usage of the Internet** (European Neuropsychopharmacology; 9 Oct 2018). We successfully promoted the Manifesto at a UK-based press conference, generating considerable media interest in our Action and its objectives, and resulting in over 250 articles online and in the news media, radio and TV across several countries and continents (a shortened transcript of the press conference could be found in the Media Corner of Net&Me webpage). As a result, we have been invited by COST to provide guidance for other Actions on how to get their message to the media at the earliest opportunity.

Working to promote professional development, under the stewardship of Dr. Giovanni Martinotti and the External Advisory Board led by Prof. Christine Lochner, we also organized one highly successful Short Scientific Mission during the past grant period. Another two are already planned for the coming year. We have also supported three Inclusiveness Target Countries grants, with another planned for November 2019.

Looking ahead:

I would like to remind you that we still have a budget allowance for one **Short Scientific Mission** and another four **Inclusiveness Target Countries grants** during the upcoming period. Therefore, please consider applications for both. Our webpage has a detailed description on how to apply.

For those countries that have not yet done so, please appoint one of your MC members to act as the **National Representative**. The job of the National Representative will be to co-opt and lead a **National Task Force** of scientists and other stakeholders who are active in the field of Problematic Internet Use, to take forward the COST Action Dissemination Plan at a national level and act as a reference point for local activity. We expect that each country's National Task Force (under the leadership of the National Representative) will create their own three year **National Dissemination Plan** to fully ensure that COST Action CA16207 gets well known at the local level.

I was most impressed by the National Dissemination Plan prepared by Dr. Biljana Gjoneska of FYR Macedonia. Other National Representatives are welcome to use her plan as a template for their own National Dissemination Plan as it will soon be available on our website Internetandme.eu.

Our next meeting of members is planned for Warsaw in April 2019 - the exact dates, times and venue will be released shortly.

Your generous support is very much appreciated and I wish to thank you all for your tireless efforts helping our COST Action CA16207 achieve its full potential.

BEST WISHES TO ALL!
NAOMI FINEBERG
OCTOBER 20 2018

