

WP1 10.11.2017 – Meeting of WP1 Co-leads and Grant Chair

Present: Sam Chamberlain (drafting these minutes), Naomi Fineberg, Anne Goudriaan

Apologies: Lior Carmi.

Suggested subprojects:

- Consensus Statement (Review) of proposed diagnostic criteria in the literature and symptom severity scales for PIU; consensus statement either about the current 'optimal' choices; AND recommendations for now existing instruments should be further validated/improved.
- Review of neuroimaging findings in PIU. Narrative review of the structural / functional findings, highlighting limitations in existing literature and recommendations for future research: what techniques and pipelines may be appropriate, the need for multisite studies, etc. Consider meta-analysis if possible.
- Narrative review of cognitive findings in PIU; consensus statement on domains for future study.
- Meta-analysis of cognitive findings in PIU versus controls. Recommendations for future research (e.g. which cognitive domains might be key, what to control for...).
- Critical review of existing treatments for PIU (including psychotherapy, medication, and other e.g. TMS if known), identifying any limitations and recommendations for future treatment trials. To include consideration of whether psychotherapy control conditions were appropriate/stringent.
- Narrative paper on the societal and public health impact on PIU. NF: Seek input from health economist.
- Impact of technology (PIU and mobile phone use e.g. 'sexting') on development and mental well-being in adolescents. Negative (inc. cyber-bullying), and positive aspects. Editorial followed by review that is more detailed.
- Review paper on impact of age and gender on problematic internet use.

Potential future projects / grant applications:

- Development of a diagnostic and severity Questionnaires focusing on PIU or technology
- Scope out possibility of mega-analysis of structural MRI findings for PIU.
- Development of a pilot App designed to monitor time spent engaging in online activities (e.g. phone app; and/or PC app) and functional impairment over time. For example, it may record time spent engaging per day (or some proxy) and have a subjective rating screen each day for how much the person feels the Internet use has affected their ability to function.
- Structured psychotherapy treatment manual for PIU

- Comparator cohorts PIU to examine developmental aspects of PIU and cross-cultural aspects: Cuba vs Europe vs Asia. Longitudinally. Would focus on adolescents and young adults. 15-19y, possibly enrich. 5y F/U.

Action plan:

- List of proposed leads for each subproject to be determined by WP1 leads and Grant chair, based on individuals' expertise, experience, and likely interest.
- Draft list of proposed subproject leads to then be discussed with dissemination lead (Dr Demetrovicz)
- WP1 lead will then contact proposed WP1 subproject leads to invite and confirm acceptance.
- Once finalized, list of WP1 subproject leads to be circulated amongst the whole of WP1 via googlegroup; and via email to wider Cost Action membership.
- Following this, the WP1 membership will be invited to contact the relevant subproject leads if they wish to be involved in a given subproject. Selection will be based on provision of a short statement about relevant skills/experience and reasons for wishing to be involved. Selection of members of subprojects will be determined by subproject leads, in consultant with Chair and WP1 leads.