

## **PUI Cost Action WP1 - Minutes from Teleconference and Actions: 5.1.2018**

Present: Sam Chamberlain (SC, WP1 lead), Naomi Fineberg (NF, Chair), Joseph Zohar (JZ, Vice Chair), Lior Carmi (LC, WP1 Co-lead).

Apologies: Anneke Goudriaan (WP1 co-lead).

Goals revisited and discussed – WP1 subproject publications, future grants; the role of the Cost Action in relation to WP1 is to support meetings and networking towards these aims.

There was discussion about relationship between substance and behavioural addictions. Possible shifts over time between substance and behavioral addictions and how this could be studied at the population level, and at the level of individuals.

There was discussion about how inviting external agencies (scientific groups, companies) to provide input into the COST may be beneficial.

Communications received by WP1 lead from COST members with suggestions for new subprojects and involvements in projects were reviewed and discussed.

News:

- Zsolt Demetrovics has a grant to study longitudinal Hungarian young people 5-year addictive behaviours including internet addiction behaviours. Course and co-morbidities. Investigate possibility of using similar approach in young people.
- All confirmed subproject leads contacted and provided with scope plus contact details for other co-leads.
- Subproject 7 (meta-analysis of cognitive findings in PUI) completed and submitted for publication.
- Subproject 1 (manifesto) has been drafted and will be distributed to key co-authors shortly.
- Subproject 4 (review of diagnostic criteria and scales for PUI) – split into two papers, a Delphi study on diagnostic criteria for gaming disorder (lead Joel Billieux with support from a post doc – to be confirmed); and a comprehensive review of screening instruments for gaming disorder and other online disorders (Daniel King to lead).

### **Outcomes and actions**

- The group would like to congratulate Zsolt Demetrovics on his grant success.
- Vice-Chair (**JZ**) will draft correspondence introducing COST action for external groups and industries (examples of potential external bodies that may be contacted were “Dopamine”, Facebook).
- New WP1 sub-project on “Problematic internet use and risky behaviours across the lifespan: societal and public health impact”. Lead Jacek Pyzalski, co-leads Frans Pau, Martin Mihajlov. Scope: review (with included meta-analysis if possible and if desired) on risk behaviours in problematic internet use including classic risks (e.g. substance use)

and online risks (e.g. cyber bullying). WP1 lead (**SC**) will inform interested parties of the outcome.

- Changes to Subproject 4 (review of diagnostic criteria and scales for PUI) into two separate papers was noted and agreed.
- It was decided that the following idea should be discussed further at in-person COST meeting(s): the possible future use/development of 'digital instruments' e.g. an 'app' for scientific purposes in future to help monitor online internet use in a more accurate way (to complement more traditional measures e.g. self-report). Feasibility of this idea to be explored in COST meeting in April.
- Lead (**SC**) to ask sub-project 4 leads to consider mentioning 'digital instruments' / 'app' in the review paper on clinical rating scales – whether these have been used yet in the literature; whether helpful in future.
- No other changes to other sub-project leads/co-leads at present.
- Chair (**NF**) is exploring possible reference populations in which internet is not widely used and this may be a useful group for future research.
- Following from the above, the idea of "digital instruments e.g. app" and "reference groups for understanding PUI" to be added to agenda for meeting in April (ICBA) (**NF**).
- The feasibility of running a small break-out brainstorming session in April (proximal to ICBA) for further COST WP1 ideas to be explored by the WP1 lead (**SC**).

ENDS