

ITC CONFERENCE GRANT SCIENTIFIC REPORT

This report is submitted for approval by the grant to the MC Chair.

Action number: CA16207

Conference title: Society for the Study of Addiction Annual Conference 2018

Conference start and end date: 08/11/2018 to 09/11/2018

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Grantee name: Julius Burkauskas

ACTIVITIES DURING YOUR ATTENDANCE AT THIS CONFERENCE:

(max.500 words)

The SSA Annual Conference 2018 brought together researchers and clinicians from across the Europe, Australia and America, from a diverse range of addiction areas, all whom were passionate about the dissemination and discussion of novel research and clinical work methods in the addictions. The conference was held over two days and consisted of presentations covering a broad variety of topics as well as debate whether current human models of addiction make preclinical research obsolete. I have attended the keynote lecture, parallel sessions, symposia, and a workshop.

I have presented my collaborative work:

"Time to Prescribe Logging Off? Advancing Understanding of Problematic Use of the Internet" / November 2018 / Conference: Society for the Study of Addiction Annual Conference 2018 / Project: COST Action 16207 European network for Problematic Internet Usage / Julius Burkauskas, Davis Mpavaenda, Ayotunde Shodunke, Eduardo Cinosi, Naomi A. Fineberg. DOI: 10.13140/RG.2.2.19515.05929

"Psychometric properties of the Lithuanian version of the Alcohol Use Disorders Identification Test (AUDIT) in Patients with Anxiety and Mood Disorders Background Results" / November 2018 / Conference: Society for the Study of Addiction Annual Conference 2018 / Julius Burkauskas, Adomas Bunevicius, Vesta Steibliene, Aurelija Podlipskyte, Naomi A. Fineberg, Alicja Juskiene, Vilma Liaugaudaite, Narseta Mickuviene / DOI: 10.13140/RG.2.2.16159.61601

I have established new contacts with experts in the field of behavioural addictions and invited other researchers to follow COST Action CA16207 - European Network for Problematic Usage of the Internet.

I have also shared my presentation on the Action's and COST programme social media platforms Facebook, ResearchGate and Twitter.

IMPACT ON YOUR RESEARCH AND FUTURE COLLABORATIONS (if applicable)

(max.500 words)

In his inspirational Society Lecture Dr. Antoni Gual explored how the use of new technologies could impact the treatment. The presenter pointed out that current mobile devices can passively and actively collect huge amounts of data that can provide meaningful clinical information: our digital phenotype. Momentary assessment techniques provide precise data on our behaviour, and set the ground for the implementation interventions, provided in real time through our mobile phones. His lecture was a huge encouragement in planning a collaborative research project in Lithuania based on the digital phenotyping of problematic Internet use.

Dr. Tim Meynen reflected on the implications and recent clinical work using Memory-Focused Cognitive Therapy for addiction treatment. His lecture elucidated new therapy approaches emphasizing the role of imagery and memory in maintaining addictive behaviour.

Intense program of the conference and special educational sessions (e.g. "How to report research studies in the field of addiction" by Dr. Robert West) enabled me to improve my skills in scientific research. A new Paper Authoring Tool developed by Society for the Study of Addiction was introduced in the session. This tool is designed to improve consistency, accuracy and comprehensiveness in the reporting of study findings in the field of addiction with the aim to facilitate the synthesis of evidence across studies, and so drive a deeper understanding of the mechanisms underpinning addiction and recovery. I will definitely use this platform for my scientific writing and presentation of findings.

Apart from that, I had the possibility to discuss our Action's scientific work and exchange opinions about its further research priorities.

The conferences gave a quick overview on recent knowledge and discussions on certain topics, not always directly connected to area of my expertise. It was a good and efficient way to get to know other researchers through their work and also personally to improve future collaboration.