EU-PUI CA 16207

Naomi Fineberg and Natalie Hall

4th MC Meeting (End of 2nd grant period)

Warsaw 10th April 2019

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Agenda; Management Committee Meeting
Warsaw, Poland. 10 April 2019. 2pm-5pm

1. Welcome to participants – N Fineberg 14:00 – 14:05
2. Verification of the presence of two-thirds of the Participating COST Countries or, if applicable, a quorum - N Hall 14:05 – 14:10
3. Adoption of agenda – N Fineberg 14:10 - :14:15
4. Approval of minutes and matters arising of last meeting 14:15 – 14:20
5. Update from the Action Chair – N Fineberg 14:20 – 14:30
   - a) Status of Action: start and end dates of Action, participating COST countries, participating NNC/
   - IPC institutions and Specific Organisations.
   - b) ITC Grants and Short Term Scientific Missions (STSM): review of completed reports and new applications - G Martinotti and Grant recipients14:30 – 14:45
6. Update from the Grant Holder: Action budget status – N Hall - 14:45 – 14:55
7. Monitoring of the Action N Fineberg 14:55-15:05
   - Implementation of COST policies on:
   - a) Promotion of gender balance and Early Career Investigators (ECI)
   - b) Inclusiveness and Excellence
8. Administrative update. N hall. 15:05-15:15
   - Coffee Break 15:15 – 15:45

Agenda MC Meeting 10-04-2019 contd.

9. Follow-up of MoU objectives: Progress Report of Working Groups 15:45 – 16:30
   - WG1 – K Ioannidis
   - WG2 – E Cinosi
   - WG3 - Z Demetrovics
   - WG4 – J Menchon
10. Scientific planning - N Fineberg 16:30 – 16:50
    - a) Scientific strategy (MoU objectives, GP Goals, WG tasks and deliverables)
    - b) Action Budget Planning
    - c) Long-term planning (including anticipated locations and dates of future activities)
    - d) Dissemination planning (Publications and outreach activities)
11. Requests to join the Action from: 16:50
    - a) COST countries (Finland)
12. AOB – 16:50 -16:55

a) Contingency plans for Brexit no deal.- NFineberg

13. Location and date of next MC meeting
14. Summary of MC decisions 16:55– 17:00
15. Close

- Welcome to participants – N Fineberg
- Verification of the presence of two-thirds of the Participating COST Countries or, if applicable, a quorum - N Hall
- Adoption of agenda – N Fineberg
- Approval of minutes and matters arising of last meeting - members

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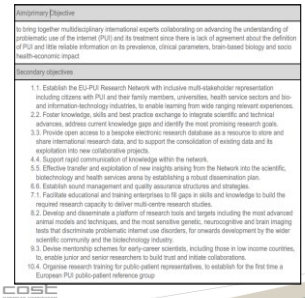
Status of the Action

- WPB approved: 13 June 2018
- GP start date: 1 May 2018
- GP end date: 30 April 2019
- Number of Parties: 31
- Grant Holder: THE UNIVERSITY OF HERTFORDSHIRE HIGHER EDUCATION CORPORATION
- Grant Holder Manager: Ms Natalie Hall
- The action will end on Friday, October 22, 2021



Aim/primary Objective

to bring together multidisciplinary international experts collaborating on advancing the understanding of problematic use of the internet (PUI) and its treatment since there is lack of agreement about the definition of PUI and little reliable information on its prevalence, clinical parameters, brain-based biology and socio health-economic impact

Secondary objectives

1.1. Establish the EU-PUI Research Network with inclusive multi-stakeholder representation including citizens with PUI and their family members, universities, health service sectors and bio- and information-technology industries, to enable learning from wide ranging relevant experiences.
2.2. Foster knowledge, skills and best practice exchange to integrate scientific and technical advances, address current knowledge gaps and identify the most promising research goals.
3.3. Provide open access to a bespoke electronic research database as a resource to store and share international research data, and to support the consolidation of existing data and its exploitation into new collaborative projects.
4.4. Support rapid communication of knowledge within the network.
5.5. Effective transfer and exploitation of new insights arising from the Network into the scientific, biotechnology and health services arena by establishing a robust dissemination plan.
6.6. Establish sound management and quality assurance structures and strategies.
7.1. Facilitate educational and training enterprises to fill gaps in skills and knowledge to build the required research capacity to deliver multi-centre research studies.
8.2. Develop and disseminate a platform of research tools and targets including the most advanced animal models and techniques, and the most sensitive genetic, neurocognitive and brain imaging tests that discriminate problematic internet use disorders, for onwards development by the wider scientific community and the biotechnology industry.
9.3. Devise mentorship schemes for early-career scientists, including those in low income countries, to, enable junior and senior researchers to build trust and initiate collaborations.
10.4. Organise research training for public-patient representatives, to establish for the first time a European PUI public-patient reference group

CA 16207:
MoU objectives and
Grant Agreement Period
Goals and Activities

COST Action FOR PROBLEMATIC USE OF THE INTERNET (EU-PUI)
www.cost.eu/COST_Actions/ca/CA16207

- Multidisciplinary expertise (animal and human neuroscience, genetics, clinicians, bio & information-technology industry, health economists, policy makers, service planners, patients & carers)
- Advance understanding of the psycho-biological basis of different forms of PUI and the societal cost and burden
- Spearhead development of treatment and prevention programmes

39 countries
146 member

EU-PUI. Participating COST Members (April 2019)

- COST Members (countries) having accepted the MoU: 31 (13 Full member countries; 18 ITC Countries)
- Number of Action members 124 (74 Full; 50 ITC)

COST Member and Acceptance Date

AL 09/11/2018	EL 12/09/2017	PL 13/09/2017
BA 19/09/2017	HU 07/08/2017	PT 19/09/2017
BE 08/11/2017	IE 13/09/2017	RO 12/02/2018
BG 22/09/2017	IL 18/07/2017	RS 05/10/2017
HR 15/07/2017	IT 19/09/2017	SI 09/11/2018
CY 23/03/2018	LT 13/10/2017	ES 23/08/2017
CZ 24/10/2017	LU 25/109/2017	SE 26/09/2017
DK 13/10/2017	MT 16/07/2017	CH 13/07/2017
EE 09/10/2017	ME 23/01/2018	UK 28/07/2017
FR 25/01/2018	NL 01/08/2017	MK 14/07/2017
DE 14/08/2017		

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EU-PUI. Participating COST Members (April 2019)

Action Observers

Approved:
Australia (Brakoulias, Yucel)
Brazil (Fontanelle),
Canada (van Ameringen),
China (Lie)
Japan (Matsunaga)
South Africa (Lochner, Stein)
USA (Rodriguez, Hollander, Potenza)
Georgia (Kirtava)
USA (Grant)
Australia (King)
Japan (Isobe)
USA (Geller)

Going through approval:
Cuba(Valdes-Sosa, Hernandez)
Mexico (Nicolini)

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Review of ITC Grants
G Martinotti
Feedback from recipients

Review of STSM's
G Martinotti
Feedback from recipients

Financial report for Grant period 2 (May 2018- April 2019)

Ongoing Financial Report for Grant period 2

A. COST Networking Tools EUR	Proposed	Actual spend	Forecast	Difference
(1) Meetings	90 024.75	55 485.68	30 249.30	4 289.77
(2) Training Schools	37 180.00	31 697.83	0.00	5 482.17
(3) Short Term Scientific Missions (STSM)	5 000.00	1 540.00	2 500.00	960.00
(4) ITC Conference Grant	4 080.00	1 174.91	395.91	120.09
(5) COST Action Dissemination	18 281.16	17 654.64	0.00	626.52
(6) Other Expenses Related to Scientific Activities (OERSA)	2 000.00	0.00	2 00.00	0.00
B. Total Science Expenditure (sum of (1) to (6))	156 565.91	107 553.06	37 534.30	11 478.55
C. Financial and Scientific Administration and Coordination (FSAC) (max. of 15% of B)	23 484.89	16 132.96	5 630.15	1 721.78
Total Grant (B+C)	180 050.80	123 686.02	43 164.45	13 200.33

CA 16207 Financed Activities, 1/5/2018-31/4/2019

100505	MEETING	2018-06-05	2018-06-05	Paid	Dissemination and communication Meeting
102023	MEETING	2018-10-05	2018-10-05	Paid	Dissemination Meeting
100407	MEETING	2018-10-09	2018-10-09	Paid	WG 2 Meeting
100500	MEETING	2018-10-10	2018-10-11	Paid	Barcelona 2018
102427	CONFERENCE GRAN	2018-11-08	2018-11-09	Paid	Annual Conference - Society for the Study of Addiction
104642	TRAINING SCHOOL	2019-01-14	2019-01-18	Paid	Problematic use of the internet: An update.
104639	MEETING	2019-01-14	2019-01-15	Paid	Work Group Meetings
101908	STSM	2019-02-03	2019-02-10	Paid	STSM – February 2018 (The need of more ecological studies in gambling/gaming disorder)
105572	CONFERENCE GRAN	2019-04-06	2019-04-09	Planned	27th European Congress of Psychiatry
100505	MEETING	2019-04-06	2019-04-09	Invitations sent	Symposium
100501	MEETING	2019-04-09	2019-04-10	Invitations sent	Warsaw 2019
107340	STSM	2019-04-14	2019-04-28	Planned	Targeting compulsivity in behavioral addictions

Action Deliverables

Deliverable	Month
1. Quarterly reports concerning risk and management actions for the action management committee, to be repeated annually	3
2. To set up action management committee meetings, twice per year, for the duration of the action	6
3. Report on each of the work groups membership and activities, to be repeated annually	12
4. Develop a Consensus Statement on the diagnosis of PUI, in the form of a Report	12
5. Prototype clinical rating scale, for onwards validation, in the form of a report	12
6. Develop an open-access database and launch it to all members and the public	12
7. Develop a dissemination plan, to be approved by the Action Management Committee	12
8. 1st Annual Scientific Meeting 'State of the Art and future of research in PUI'	12
9. Establish a regulations and reporting ledger and a risk management and contingency plan	12
10. to produce an annual governance report, to be approved by the Action management committee, repeated annually	12
11. to produce a podcast on PUI and the work of the Action, to be repeated annually	12

12. To produce a Consensus Statement on cost and burden of PUI in the form of a Report	24
13. To submit at least one networked grant application on PUI to a grant giving body	24
14. to deliver and complete certified PPI research training for PPI stakeholders in the action	24
15. Submit for peer review at least one scientific publication (poster, paper) from an early career scientist (repeat in year 3, 4)	24
16. to organise the 2nd Annual Scientific Meeting 'Cost and burden of PUI a Cross National approach"	24
17. At least 2 papers to be submitted for peer reviewed publication in an open access journal	24
18. Symposium proposal on PUI submitted to an international scientific meeting programme committee (to be repeated in year 3)	24

Monitoring and Assessment of Actions

- Achievement of MoU objectives and deliverables
- Contribution to the COST Mission and implementation of COST policies
- Dissemination and exploitation of COST Action results

SC Recommendations and Response

- The first Progress Review (PR1) enables the monitoring of the Action's implementation of the SC Recommendations from the proposal stage and the COST Excellence and Inclusiveness Policy: The proposed Action must develop and implement a plan to significantly improve ITC and female participation, also at leadership levels, and to maintain the ECI involvement.
- First progress report submitted by Action chair 26-10-2018

Action: Inclusiveness Target Countries (ITCs)				
	Participating countries % ITC	MC Members % ITC	Leadership roles % ITC	Relative representation of ITCs in leadership roles
Action CA16207	57	54	14	26
All Actions	49	47	23	49

We have substantially increased our ITC participation which exceeds in general the 'all actions' average. At the next MC meeting, we will actively encourage ITC co-leadership of the existing 4 workgroups and ask for approval to add another workgroup focussing on public involvement, to be led by an ITC member.

Action: Early Career Investigators (ECIs)			
	MC Members % ECI	Leadership roles % ECI	Relative representation of ECIs in leadership roles
Action CA16207	34	29	85
All Actions	27	20	74

Action: Gender Balance			
	MC Members % Female	Leadership roles % Female	Relative representation of females in leadership roles
Action CA16207	40	43	108
All Actions	39	41	105

We are well represented by females at all levels, including as ITC and STSM grant awardees, and will work to ensure females remain well represented in the Action and in leadership roles.

Action comment on its implementation (achievement and/or effort) of SC Recommendation(s) to date

We have made a considerable effort that has resulted in an increase in ITC participation, ECI participation and female representation, in line with the recommendations. We have established a governance process for administering and awarding ITC and STSM grants, focussing both types of award on ECI members. The application process for the grants is clearly described in a dedicated section on our website, to facilitate applications (http://www.internetandme.eu/entitled-grants/). We have allocated 4 ITC grants (one more is in process), and we have organised 2 STSMs for ECI members one of whom is an ITC member. Reports on the positive impact the grants have had on the beneficiaries' research and future collaborations are also listed on our website, to encourage further ECI applications over the full duration of the Action (http://www.internetandme.eu/entitled-grants/).

Action description of plans to implement SC Recommendations and COST policy in the future

As measures to keep up the focus on the COST Excellence and Inclusiveness Policy for the full duration of the Action, we plan- As an agenda item at the next MC meeting, to invite ITC and ECI members to take on WG co-leadership roles, As an agenda item at the next MC meeting, to establish a fifth working group with the remit of involving the public in the Action, ideally to be led by ITC and ESI members, To continue to focus on empowering young talents at the beginning of their careers to acquire the necessary recognition and leadership through offering ITC and STSM grants for the full duration of the Action, To continue to prioritise early career scientists from ITC countries for these grants. E.G. We have budgeted for another STSM and another 4 ITC grants during the forthcoming grant period. At the last MC meeting Action members were encouraged to apply, To ensure females continue to be well represented in these roles, To regularly hold COST activities in ITC countries to facilitate ITC participation e.g.our next MC meeting will be held alongside workgroup and dissemination activities in an ITC country; later in the Action we plan a training school in an ITC country, To ensure the status of the Action, including numbers and roles of ITC and ECI members and gender balance, are listed on the agenda at all MC meetings for the duration of the Action.

Proposal to create WG5; Public-patient involvement (PPI) WG

Lead C Sales (PT)
Co-leads – to be proposed

Vote

Risk management

- Identified risk to underspending of the budget
  - Underspend on previous meetings.
  - Small number of STSM and ITC Grants in relation to the proposed spend.
- What can we do to avoid another underspend
  - Reduce the number of proposed STSM's and ITC Grants, with the flexibility to increase the number depending on available budget.
  - Approved Activities and spend approved by MC, which are held in reserve, should we have an underspend in the budget.

Risk management contd; Proposed 'reserve' activities to be enacted in next financial period if funding is available

- 1. Filming and editing of the next training school (planned for either the end of this financial year or beginning of next; venue Budapest). Tentative costing approx. 12,000 euros.
- 2. Companion guide to PUI to be published as a popular e-book on our website, to be written and lead by Bernardo Dell-Osso in collaboration with WG5. Tentative costing approx. 2,000 euros.

Will represent a very useful informative tool for patients and families in which we cover aspects of our manifesto with a more patient oriented approach and language along with many figures. Particularly the phenotypes issue more in detail (gaming, web surfing, gambling, shopping, cyberpornography, cyberbullying, cyberchondria etc) and essential information on epidemiology, diagnostic instruments, comorbid conditions and potential therapeutics. The costing of 2000 Euros would be for the graphic and for the illustrator (1000 each). The writing would be done by COST members at no expense. The book would definitely stand as a deliverable of the overall project.

- 3. Documentary about living with PUI. With WG5. Costing to be provided by Ornella.

VOTE

Administrative Update

Reimbursement Rules - COST Action CA16207

Natalie Hall

Meetings

- Accept or Decline the invitation
- Sign attendance list
- Submit you claim online with relevant supporting documents
- Claim Submission Deadline: 30 days

Accommodation and Meals

Flat rates only ! No receipts

- €120 per night
  - Maximum: Attended days + 1
- € 20 per meal
  - According to travel

Travel expenses

Flight :
- Economy
- Max € 1200

Train, Bus, Ferry :
- Cross-border
- First or second class

Car :
- Max 2000 km
  € 0.20 per km

Local transport

- Train, tram, metro, bus… (within one country)
  - 25 EUR or less no receipts
  - More than 25 EUR - ALL receipts

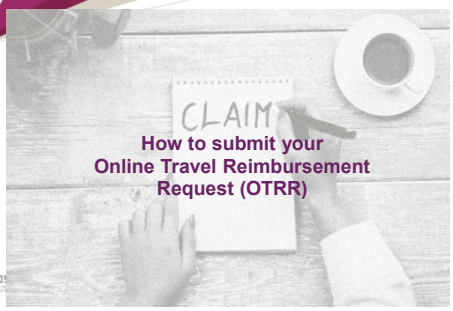
- Taxi
  - Max 80 EUR
  - No other means
  - 10PM – 7AM

Other travel eligible expenses

- Luggage fees
- Parking fees
- Entry visa fee

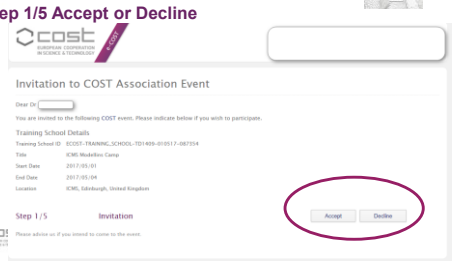
Non-eligible expenses

- Registration, lecture fees and honoraria
- Insurance (life, medical, health, luggage, etc.)
- Fuel, road tolls and car rental
- Charges for a rebooked travel ticket
- Expenses associated with obtaining visas

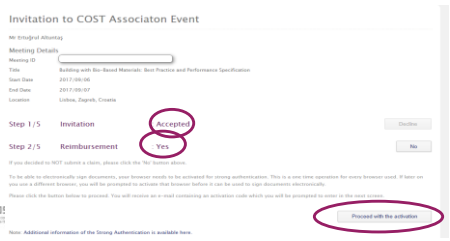


How to submit your Online Travel Reimbursement Request (OTRR)

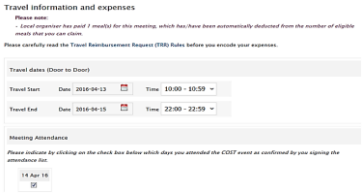
Step 1/5 Accept or Decline



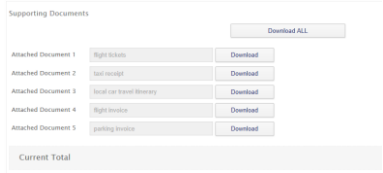
Step 2/5 Reimbursement?



Step 3/5 Fill in your travel expenses

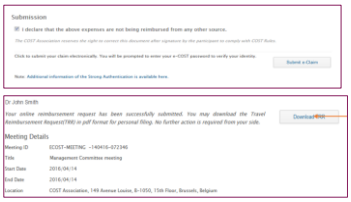


Upload receipts



Step 4/5 Select Bank account

Step 5/5 Submission



BREAK

Work Group Updates

Progress report

WG4- Management, Governance and Quality Assurance

Edna Grünblatt (Switzerland)

Governance structure (CA16207)

- Updated governance

WG4 – MC In Place

- 53 MC Member and 33 MC Substitutes from 31 Countries.
- 22 Add Hoc members from the same 31 countries
- 15 International Observers from 8 Countries.
- Each country has been asked to put forward a member/members to be a National Representative. The National Representatives will organize and disseminate all activities at a local level. !!! PLEASE nominate one person from your country !!!

WG4 – Management, Governance & Quality Assurance

- Since the beginning of the COST action we had five WG4 meetings (23.10.2017; 11.12.2017; 12.02.2018; 22.4.2018; 6.6.2018, 11.10.2018). Sixth is the current Warsaw. 2019
- EU-PUI in place- increased public profile + press release of the Manifesto (5th Oct 2018).
- Interviews with Action members:
  (1) Henrietta Bowden-Jones (Sky Interview 5th Oct 2018)
  (2) Naomi Fineberg (BBC Interview 5th Oct 2018)
  (3) Naomi Fineberg (BBC Interview 9th Oct 2018)
  (4) Henrietta Bowden-Jones also gave a speech in the UK parliament on Online Gaming Disorder (26th March 2019)
  (5) Naomi Fineberg and Zsolt Demetrovics presented CA 16207 to the European Commission Health Research Directorate (25th March 2019)

WG4 – Governance report and MC meetings

- The governance report has been submitted
- We have had 1 MC meeting already this grant period, with the next planned for the 10th of April 2019 in Warsaw.

WG4 – Management, Governance & Quality Assurance

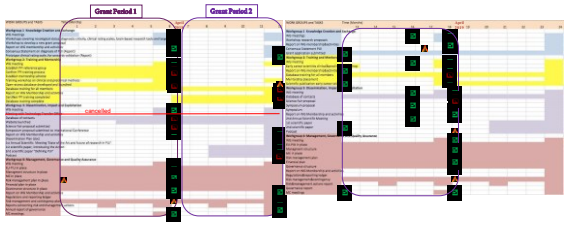
- COST Have now created a new position of ITC Conference grant Coordinator. This position should be discussed in Warsaw 2019 with an aim to recruit an ICT MC member for the position

Propose

VOTE.

Summary of Achievements of all WGs

Summary of WGs achievements



Risk management

Risk management is conducted at a continuous manner depending on actions. Detected risks and measures:

- WGI- Slight delay in delivering a prototype clinical rating scale for onwards validation → Increase the number of members working on this task?
- WG2- number of STSM assigned were low due to time line and no clear information to eligible institutes → time line and instructions were put online + list of eligible institutes.
- WG2-Database training is incomplete → Increase the number of members working on this task?
- WG2- PPI reference group and training incomplete → establishment of a dedicated PPI group required a new separate WG- needs a voting and a plan at the Warsaw meeting
- WG3- Website is not updated in all sectors → The webmaster should see that all data is updated, as well as separate between "open" data and data ONLY accessible for MC (e.g. WG reports etc.)
- WG3- Science fare proposal incomplete → Contact national contacts and universities for possibilities?
- WG3- Podcast is incomplete → Initiating the podcast with the help of WG1?
- WG4- risk management plan → A draft points has been initiated, while an open position for young COST-PUI member to prepare risk plan has been opened.
- WG4- Regulation and report ledger is incomplete → A draft has been worked and planned to be finalized soon.
- Grant holder/Management- uncertainties regarding COST regulations and processes → Invite COST office to all WG4 and management meetings (Dr. Ralph Stübner & Nathalie Warenghien). → In case of no respond from COST office they will receive the report indicating their absence.
- Grant holder/Management- planned budget capacity and efficiency was low → MC meeting was moved to an earlier time point (Barcelona) to leave time for any further meetings or ITCs.

WG4 –Regulations and reporting ledger

first draft has be created- should be voted by the COST action MC

The regulations are as follow:

- Quarterly reports from WG1-WG4 should be provided to Chair and steering committee. Following, reports will be circulated/put online into the MC members online website.
- Quarterly risk managements from each WG will be submitted to the action administrator Natalie Hall to be assessed, following by a final report by Mrs Hall.
- Reports and risk management will be placed online for all MC members access.
- Membership applications will need to be approved by MC.
- STSM and ITC applications needs to adhere the deadlines and application requirements to be assessed by the external advisory board according to already defined quality criteria.
- STSM and ITC grantees must provide reports to be placed online in order to be reimbursed.
- Participants in workshops, conferences, and training will receive reimbursement and/or attendance certificate only after filling feedback questionnaire for quality assurance.
- Any new peer-reviewed publications that have arisen with COST support or in collaboration with COST-PUI members should be reported to WG1 in order to update the list of publications. Criteria: acknowledges COST funding explicitly AND/OR at least 3 COST members as co-authors, from different countries, manuscript published or accepted for publication in a peer-reviewed journal.

External Advisory board evaluation

Evaluation letter

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Monday 18 March 2019

- To whom it may concern
- RE: Evaluation of the Progress Review (PR1) of COST Action 16207
- This communication is aimed at summarizing the External Advisory Board's impressions of the progress of the above-mentioned CA 16207 project in the past year. The PR1 covers work done in the previous year (2018) until April 2019.
- In summary, there are 4 workgroups (WGs), each with their own unique plans, all in line with the aims and objectives of the overarching project. In the relevant period, the PR1 notes that WG1 (that is focused on knowledge creation and exchange) has achieved all planned tasks and is currently preparing a consensus statement on PUI. 18 publications in peer-reviewed scientific journals have arisen with COST support in 2018.
- It is also noted that WG2 (focused on training and mentorship) has also made significant progress, and has run several successful workshops, meetings and early career activities in the last 12 months. Feedback from attendees of these training/workshop events was generally very positive, reinforcing the value of the Action. For example, the majority of the 200 attendees (168 joined online) of the recent International Training School and Conference titled "Problematic Usage of the Internet" held 14-16th January 2019, rated the quality and the organisation of the webinar as either very good or excellent. The feedback metrics also suggested that content of the webinar was mostly rated interesting and useful for attendees' career and that they would use what they have learned in their professional practice.
- According to the report, WG3 (focused on dissemination, impact and exploitation) was successful in establishing, launching, and maintaining the CA 16207 website and various dissemination channels. The dissemination plan was achieved and approved.
- And finally, WG4 (focused on management, governance and quality assurance) was successful in setting the EU-PUI in place, organising the management structure and Management Committee (MC), and providing the governance structure. In order to do so, this WG conducted regular WG/MC meetings, and drafted the relevant and necessary reports. Risk management is continuously assessed and reported by this group, and the regulations and reporting ledger is still ongoing. It may be concluded that the majority of plans for the review period were successfully executed.

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- A few of the plans would have to be attended to in the 2nd year of the project however. These appear relatively minimal in comparison to what has been achieved overall. For example, WG2 planned to establish a PPI group, and to do training and certification, but this would only be possible in the next evaluation period. This workgroup has proposed that a new separate (5th) WG be established that would be dedicated to the establishment of a PPI group. In addition, open-access database development, launching and training are underway and licenses are being awaited. In addition, WG3 was also not yet able to do a proposal for a science fair to promote science and awareness of the work being done on PUI. This would remain on their agenda for the upcoming year.
- The CA 16207 project has throughout the past 12 months emphasized support for early career investigators (ECIs) and accommodating participation by so-called inclusiveness target countries (ITCs). Considerable effort has been made, successfully so, to increase in ITC participation, ECI participation and female representation, in line with the recommendations. A higher than average ECI involvement have been maintained to the extent that almost a third of the leadership roles are now taken by ECI members. Going forwards, ITC co-leadership of the existing 4 WGs and addition of another WG focussing on public involvement and led by an ITC member, are planned. Females were well-represented on all levels, including as ITC and STSM grant awardees, and seems to be well-represented in the Action and in leadership roles. In terms of ITC and STSM grants, it is notable that 4 ITC grants were allocated, and 2 STSMs were organized (both for ECI members one of whom is an ITC member). There is a strict established governance process in place for administering and awarding ITC and STSM grants, to ensure that both types of awards are focused on ECI members.
- PR1 has highlighted many achievements and milestones in the period under review, and these attest to the worthy focus of investigation. We would like to wish them all the best of the next period.

- Prof Christine Lochner
- On behalf of the external advisory board

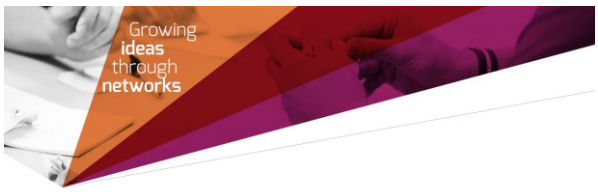
57

Financial Plan

Budget Plan Summary for May 1 2019-April 31 2020

Networking Tools	Quantity	Budget
Meetings	5	EUR 73 170.00
Training Schools	1	EUR 49 350.00
Short Term Scientific Missions (STSM)	2	EUR 3 000.00
ITC Conference Grant	4	EUR 8 000.00
COST Action Dissemination	1	EUR 1 200.00
Other Expenses Related to Scientific Activities (OERSA)	1	EUR 1 190.00
Total Science Expenditure		**EUR 133 920.00**
Financial and Scientific Administration and Coordination (FSAC) - MAX. 15%	15 %	EUR 20 088.00
Total Grant Request		**EUR 154 008.00**

59



Scientific Planning

Naomi Fineberg and Natalie Hall

Barcelona, 11th Oct 2018

Content

- Year 1 and 2 Goals
- Objective still to be met
  - WG 1
  - WG 2
  - WG 3
  - WG 4
  - WG5
- Planned Meetings

12. To produce a Consensus Statement on cost and burden of PUI in the form of a Report	24
13. To submit at least one networked grant application on PUI to a grant giving body	24
14. to deliver and complete certified PPI research training for PPI stakeholders in the action	24
15. Submit for peer review at least one scientific publication (poster, paper) from an early career scientist (repeat in year 3, 4)	24
16. to organise the 2nd Annual Scientific Meeting 'Cost and Burden of PUI a Cross National approach"	24
17. At least 2 papers to be submitted for peer reviewed publication in an open access journal	24
18. Symposium proposal on PUI submitted to an international scientific meeting programme committee (to be repeated in year 3?)	24
19. To develop and validate a new rating scale for PUI in the form of a Report.	36
20. To submit at least one networked grant application to a grant giving body	36
21. 3rd Annual Scientific Meeting to be organised to involve relevant action members	36
22. At least 2 papers on PUI to be submitted for peer reviewed publication in an open access journal	36

Work Group 1

- Outstanding from Year 1
  - Prototype Clinical Ratings Scale
- Ongoing Goals
  - Grant submissions

Work Group 2

- Outstanding from Year 1
  - PPI Ref group + Training
  - Open access Database
  - Clinical and Pre-clinical Workshop
- Ongoing goals
  - Mentorship placement.

Work Group 3

- Outstanding from Year 1
  - Science Fair proposal
  - Podcasts (National Reps)
  - 2nd Annual Scientific meeting on cost and burden an internmational approach
  - 2nd consensus publication
- Ongoing goals
  - Symposium proposals
  - Scientific Publications

Work Group 4

- Outstanding from Year 1
  - Report arrangements in place
  - Risk Management arrangements in place
- Ongoing goals
  - Quality and assurances review and reporting.

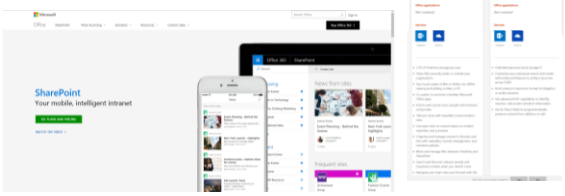
Communications Group

- 2-3 Members competent in Wordpress or HTMI editing
- Update Website and generate interest in the site
- Increase followers to Facebook and twitter.

Open Source Database

- What do we need?
  - Easier Identification of Members
  - Easier Collaboration
  - Somewhere to keep information for the whole Action
  - Confidentiality

Microsoft SharePoint



Workgroup 5.

PPI Reference Group

- 2-3 Members to oversee
  - Identify Existing PPI groups
  - Create Lay Summary materials
  - Arrange Meetings, Training Activities and Focus groups.

Work and Budget Plan Summary for May 1 2019-April 31 2020

Networking Tools	Quantity	Budget
Meetings	5	EUR 73 170.00
Training Schools	1	EUR 49 360.00
Short Term Scientific Missions (STSM)	2	EUR 3 000.00
ITC Conference Grant	4	EUR 6 000.00
COST Action Dissemination	1	EUR 1 200.00
Other Expenses Related to Scientific Activities (OERSA)	1	EUR 1 190.00
Total Science Expenditure		**EUR 133 920.00**
Financial and Scientific Administration and Coordination (FSAC) - MAX. 15%	15 %	EUR 20 088.00
Total Grant Request		**EUR 154 008.00**

WG Meetings planned in next GAP

- **WG 1; Lisbon 20th August 2019.** To develop consensus on the inclusion of internet shopping habits as a focus for a new sub-group scientific project, as well as reviewing the status of current projects that are underway. To reach consensus on a set of rating scales; to review Delphi study on diagnostic criteria for GD; to plan a Horizon Europe grant application.
- **WG 2,3; Lisbon 22/10/2019.** To review the progress of the STSM and ITC conference grant applications, as we have not had many STSM or ITC applications submitted to the action so far. To plan the structure and focus of the proposed new Training School in Hungary in 2020.
- **Training School and WG meetings,** Budapest, Hungary. March 2019.

Workshops/Conferences:

- TRENDS IN NEUROSCIENCES: EMERGING BEHAVIORAL ADDICTIONS. Palanga. Lithuania. 03/05/2019 - 03/05/2019
- PUI Information day Location : TBC (North Macedonia)
- 6th International Conference on Behavioral Addictions, PACIFICO Yokohama. date:17-19 Jun, 2019
- 9th World Congress of Psychiatry, Lisbon. 21-24th Aug, 2019.
- CINP World Congress June 25-28 2020 Taipei

Next MC Meeting

- Copenhagen Thurs 12th Sept 2019. Venue TBC

THANK YOU !!!

Please follow us on twitter and Facebook

@NetandMe

Net.and.Me

COST Action 16207: PUI

Artemisa R Dores

Warsow, April 10th 2019

Who? Where? What?

My personal experience since the last meeting in Cambridge, as an early career investigator.

Who?

Artemisa Rocha Dores

Academic qualifications

PostDoc: Psychology (Cognitive Neurosciences), University of Porto (ICBAS) **2018**

PhD: Biomedical Sciences (Cognitive Neurosciences), University of Porto (ICBAS) **2012**

Master: Masters in Psychology, Cognitive Sciences, University of Minho, Braga **2008**

Degree: Psychology (Clinical and Health Psychology), University of Minho Porto **1999**

3

Where?

Artemisa Rocha Dores

Professional data

School of Health, Polytechnic of Porto, Portugal

Laboratory of Neuropsychophysiology, Faculty of Psychology and Educational Sciences, University of Porto, Portugal

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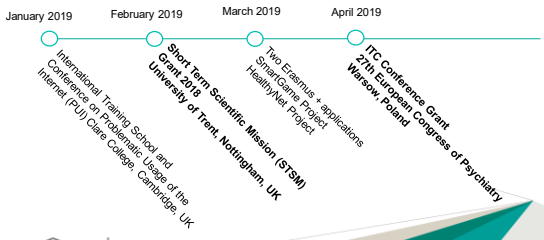
What? The work done, since the last meeting



5

What?

Short Term Scientific Mission (STSM) Grant 2018 - University of Trent, Nottingham

ECOST-STSM-Request-CA16207-42020

2019-02-03 - 2019-02-10

6

DESCRIPTION OF THE MAIN RESULTS

One paper submitted:

Electrophysiological Correlates of the Near-Miss Effect in Pathological and Problematic Gambling

Artemisa Rocha Dores1,2, Ana Rocha2, Tiago Paiva1, Irene P. Carvalho3, Andreia Geraldo1,2, Mark D. Griffiths4 and Fernando Barbosa1

1Laboratory of Neuropsychophysiology, Faculty of Psychology and Educational Sciences of University of Porto, Portugal
2School of Health, Polytechnic Institute of Porto, Portugal
3Department of Clinical Neurosciences and Mental Health, School of Medicine, University of Porto (FMUP), Portugal Porto, Portugal
4International Gaming Research Unit, Psychology Division, Nottingham Trent University, U.K.

One Abstract submitted to Lisbon Addictions 2019:

Psychobiological Approach to Pathological and Problematic Gambling and Gaming: Systematic Literature Review

Artemisa Rocha Dores1,2, Fernando Barbosa1 and Mark Griffiths3

1Laboratory of Neuropsychophysiology, Faculty of Psychology and Educational Sciences of University of Porto, Rua Alfredo Allen, 4200-135 Porto, Portugal
2School of Health, Polytechnic Institute of Porto, Portugal
3International Gaming Research Unit, Psychology Division, Nottingham Trent University, U.K.

One paper under development:

Near-miss effect on gambling and gaming: a systematic literature review

Artemisa Rocha Dores1,2, Fernando Barbosa1 and Mark Griffiths3

1Laboratory of Neuropsychophysiology, Faculty of Psychology and Educational Sciences of University of Porto, Rua Alfredo Allen, 4200-135 Porto, Portugal
2School of Health, Polytechnic Institute of Porto, Portugal
3International Gaming Research Unit, Psychology Division, Nottingham Trent University, U.K.

DESCRIPTION OF THE MAIN RESULTS

PLANNED COLLABORATIONS

With Dr Mark Griffiths

To conclude and submit the systematic review paper;

To continue the study of the near-miss effect on pathological and problematic gamblers.

With Dr Filipa Calado

To conduct a joint research project about gambling (DSM-IV-MR-J; Fisher, Portuguese version of Calado et al., 2016) and psychopathy in a Portuguese sample.

To adapt and implement the gambling prevention programme of Dra Filipa Calado in Portuguese schools.

With Dr Hailey Pontes

To conduct a cross-cultural adaptation of the Internet Gaming Disorder Test (IGD-20 Test; Pontes et al., 2014) to Portuguese;

To study the cross-validity of this instrument with another one of psychopathy.

What?

ITC Conference Grant
ECOSTCONFERENCE_GRANT-Request-CA16207-928
27th European Congress of Psychiatry
Warsow, Pologne
06 to 09.04.2019

DESCRIPTION OF THE MAIN RESULTS

Two presentations:

- Dores, A. R., Geraldo, A., & Barbosa, F. (2019). Gaming behavior in portuguese university students. E-poster presentation 27th European Congress of Psychiatry, Warsaw, Poland on 6-9 April 2019
- Geraldo, A., Azeredo, A., Passion, R., Dores, A. R. & Barbosa, F., (2019). Bridging neurophysiology and clinical neuropsychology through the RDOC. E-poster viewing 27th European Congress of Psychiatry, Warsaw, Poland on 6-9 April 20191

Two abstracts published:

- Dores, A. R., Geraldo, A., & Barbosa, F. (2019). Gaming behavior in portuguese university students. Online supplement of the *European Psychiatric Journal*, Elsevier
- Geraldo, A., Azeredo, A., Passion, R., Dores, A. R. & Barbosa, F., (2019). Bridging neurophysiology and clinical neuropsychology through the RDOC. Online supplement of the *European Psychiatric Journal*, Elsevier

Other collaborations

Submission of one strutured session/workshop to Lisbon Addictions
Third European Conference on Addictive Behaviours and Dependencies

"Problematic Usage of Internet: From assessment to intervention"
Chair: Professor Ornella Corazza
University of Hertfordshire, Hatfield, Hertfordshire, United Kingdom

- *Our communication: Psychobiological Approach to Pathological and Problematic Gambling*

Other collaborations

Two applications to ERASMUS +

SMARTGAME:

preventing excessive gaming and gambling through education

Coordinated by Portugal

Partnership among

- Portugal (one university and one school)
  - Polytechnic of Porto
- Spain (one university and one school)
  - University of Salamanca
- Macedonia (one university and one school)
  - Ss Cyril and Methodius University in Skopje
- Sweden (one university and one school)
  - Orebro University

HEALTHYNET:

for an European healthy use of internet

Coordinated by Barcelona, Spain (Dr Menchon)
Organized by Dr Ornella Corazza.

- University of Hertfordshire (United Kingdom)
- Sapienza University (Italy)
- University of Porto (Portugal)
- University College Dublin (Ireland)
- Eötvös Lórand University (Hungary)
- University of Barcelona (Spain)

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artemisadores@gmail.com

Acknowledgement

COST Action: CA16207

European Network for Problematic Usage of the Internet.

CG reference number: COST-ITCCG-CA16207-347

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Updates from WP1

Dr Konstantinos Ioannidis MD, MSc, MRCPsych
Cambridge and Peterborough NHS Foundation Trust UK, S3 Eating Disorders and
University of Cambridge, Department of Psychiatry, Cambridge, United Kingdom.

Dr Magdalena Marczak	Media Portrayal of PUI
Dr Marc Roelands	Sexting: a literature review
Prof Louis-Francois PAU	ONTOLOGIES FOR INTERNET ADDICTION TERMINOLOGY and PUI CHARACTERIZATION
Prof Jacek PYŻALSKI	PUI and other risk behaviours in young people
Prof Martin Mihajlov	Living offline: What happens when users quit the Internet for 7 days?
Prof Hans-Jurgen	A core battery of instruments for future collaborative studies

List of peer-reviewed papers supported by COST

Criteria: **acknowledges COST funding explicitly** AND/OR **at least 3 COST members as co-authors, from different countries**; manuscript published or accepted for publication in a peer-reviewed journal.

Alphabetical order

Banyai, F., Griffiths, M. D., Kiraly, O., & Demetrovics, Z. (2018). The Psychology of Esports: A Systematic Literature Review. doi: 10.1007/s10899-018-9763-1

Bányai, F., Zsila, Á., Demetrovics, Z., & Király, O. (2017). A problémás videojáték-használat újabb elméleti és gyakorlati megközelítései. INFORMÁCIÓS TÁRSADALOM: TÁRSADALOMTUDOMÁNYI FOLYÓIRAT, 18(1), 93-106.

Tomczyk, Ł., & Selmanagic-Lizde, E. (2018). Fear of Missing Out (FOMO) among youth in Bosnia and Herzegovina—Scale and selected mechanisms. Children and Youth Services Review, 88, 541-549.

Brakoulias V, Starcevic V, Albert U, Arumugham SS, Bailey BE, Belloch A, Borda T, Dell'Osso L, Elias JA, Falkenstein MJ, Ferrao YA, Fontenelle LF, Jelinek L, Kalogeraki L, Kay B, Laurito LD, Lochner C, Maina G, Marazziti D, Martin A, Matsunaga H, Miguel EC, Morgado P, Mourikis I, Pasquini M, Perez Rivera R, Potluri S, Reddy JYC, Riemann BC, do Rosario MC, Shavitt RG, Stein DJ, Viswasam K, Wang Z, Fineberg NA. Treatments used for obsessive-compulsive disorder-An international perspective. Hum Psychopharmacol. 2019 Jan;34(1):e2686. doi: 10.1002/hup.2686. Epub 2019 Jan 10.

Chamberlain SR et al J The impact of comorbid impulsive/compulsive disorders in problematic Internet use. Behav Addict. 2018 Jun 1;7(2):269-275.

Fineberg NA, Dell'Osso B, Albert A,, Maina G, Geller D, Carmi L, Sireau N, Walitza S, Grassi G, Pallanti S, Hollander E, Brakoulias V, Menchon JM, Marazziti D, IoannidisK, Apergis-Schoute A, Stein DJ, Cath DC, Veltman DJ, Van Ameringen M, Fontenelle LF, Shavitt RG, Costa D, Diniz JB and Zohar J. Early Intervention for Obsessive Compulsive Disorder: An Expert Consensus Statement. Eur. Neuropsychopharmacology (accepted for publication Feb 2nd 2019)

Fineberg NA, Demetrovics Z, Stein DJ, Ioannidis K, Potenza MN), Grünblatt E, Brand M, Billieux J, Carmi L, King DL, Grant JE , Yücel M, Dell'Osso B, Rumpf HJ, Hall N, Hollander E, Goudriaan AE, Menchon J, Zohar J, Burkauskas J, Martinotti G , Van Ameringen M , Corazza O, Pallanti S, COST Action Network and Chamberlain SR. Manifesto for a European Research Network into Problematic Usage of the Internet. Eur Neuropsychopharmacol. Volume 28, Issue 11, November 2018, Pages 1232-1246

Fineberg NA, Apergis-Schoute AM, Vaghi MM, Banca P, Gillan CM, Voon V, Chamberlain SR, Cinosi E, Reid J, Shahper S, Bullmore ET, Sahakian BJ, Robbins TW. Mapping Compulsivity in the DSM-5 Obsessive Compulsive and Related Disorders: Cognitive Domains, Neural Circuitry, and Treatment. Int J Neuropsychopharmacol. 2018 Jan 1;21(1):42-58. doi: 10.1093/ijnp/pyx088.

Ioannidis K, et al. Problematic internet use as an age-related multifaceted problem: Evidence from a two-site survey. Addict Behav. 2018 Jun;81:157-166.

Ioannidis K, Hook R, Goudriaan AE, Vlies S, Fineberg NA, Grant JE, Chamberlain SR. Cognitive deficits in problematic internet use: meta-analysis of 40 studies. Br J Psychiatry. 2019 Feb 20:1-8.

King, D. L. & Gaming Industry Response Consortium. (2018). Comment on the global gaming industry's statement on ICD-11 gaming disorder: A corporate strategy to disregard harm and deflect social responsibility? Addiction. DOI: 10.1111/add.14388.

Rumpf HJ, Achab S, Billieux J, Bowden-Jones H, Carragher N, Demetrovics Z, Higuchi S, King DL, Mann K, Potenza M, Saunders JB, Abbott M, Ambekar A, Aricak OT, Assanangkornchai S, Bahar N, Borges G, Brand M, Chan EM, Chung T, Derevensky J, Kashef AE, Farrell M, Fineberg NA, Gandin C, Gentile DA, Griffiths MD, Goudriaan AE, Grall-Bronnec M, Hao W, Hodgins DC, Ip P, Király O, Lee HK, Kuss D, Lemmens JS, Long J, Lopez-Fernandez O, Mihara S, Petry NM, Pontes HM, Rahimi-Movaghar A, Rehbein F, Rehm J, Scafato E, Sharma M, Spritzer D, Stein DJ, Tam P, Weinstein A, Wittchen HU, Wölfling K, Zullino D, Poznyak V. Including gaming disorder in the ICD-11: The need to do so from a clinical and public health perspective. J Behav Addict. 2018 Jul 16:1-6. doi: 10.1556/2006.7.2018.59. [Epub ahead of print]

Stein DJ, Billieux J, Bowden-Jones H, Grant JE, Fineberg N, Higuchi S, Hao W, Mann K, Matsunaga H, Potenza MN, Rumpf HM, Veale D, Ray R, Saunders JB, Reed GM, Poznyak V. Balancing validity, utility and public health considerations in disorders due to addictive behaviours. World Psychiatry. 2018 Oct;17(3):363-364. doi: 10.1002/wps.20570.

Tomczyk, Ł., & Selmanagic-Lizde, E. (2018). Fear of Missing Out (FOMO) among youth in Bosnia and Herzegovina—Scale and selected mechanisms. Children and Youth Services Review, 88, 541-549.

WP2- Training and mentorship

Progress Report of COST Action CA16207
European Network for Problematic Usage of the Internet

Dr Eduardo Cinosi
Managment Commitee Substitute
United Kingdom

On the behalf of Group Leaders
Dr Ornella Corazza & Prof Giovanni Martinotti
(reported on 01.03.2019)

April 2019
Warsaw
Poland

COST is supported by the EU Framework Programme Horizon 2020

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key objectives/ activities undertaken
1) MEETINGS

Two successful meetings organised during the reporting period:

- ✓11th Oct 2018- Hospital del Mar - Barcelona
- ✓14th Jan 2019 - Cambridge University

key objectives/ activities undertaken
1) MEETINGS
Results

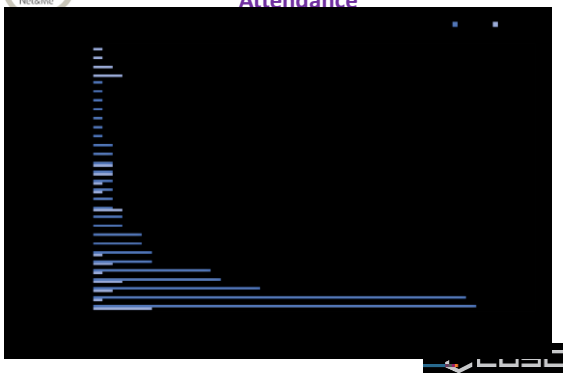
Wide range of topics discussed, from mentorships to education in PUI

- work collaboratively on an Erasmus+ grant application: development of online training opportunities for health professionals and their accreditation as post-graduate certificates/diploma- possibly a Master Degree across different countries (UK, Italy, Spain, Portugal, Hungary and Ireland)-this is the first attempt of this kind
- invitation to contribute in case studies collection: three books to be published by Cambridge University Press (Editors Dr Bowden-Jones; Dr Corazza; Prof Fineberg)
- developed and submitted joint workshop proposal on PUI: to be delivered in Lisbon in October 2019 (just after Lisbon Addiction with over 1,500 participants worldwide)
- considering the large amount of activities within WG2, it was decided establishment of a dedicated PPI group requiring a new WG- currently under development

key objectives/ activities undertaken
2) TRAINING SCHOOL

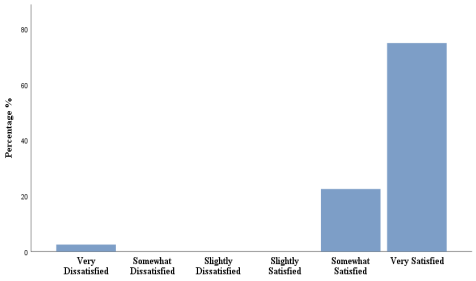
- Held 14-16 January 2019, Cambridge University
- presentations by world leading experts in the field, also streamed online
- attended by 32 members of Actions, 168 people joined the streaming from 15 Countries
- the Training school was found of value and positively evaluated by participants
- Recordings of the talks edited on the project website in an online archive, planning to further develop throughout the duration of the project

2) TRAINING SCHOOL
Attendance



		N	Percentage (%)
Gender	Male	9	22
	Female	32	78
Age	18 - 24	1	2.4
	25 - 34	14	34.1
	35 - 44	16	39
	45 - 54	5	12.2
	55 - 64	4	9.8
	65 - 74	1	2.4
Profession	Educational	2	4.9
	Law	1	2.4
	Neuroscience	5	12.2
	Medical	10	24.4
	Psychology	16	39
	Technology	1	2.4
	Other	6	14.6
COST Membership status of Attendee's country	Full Member	16	39
	ITC Member	21	51.2
	Other	4	9.8
Attendees membership status	MC Member	9	22
	MC Substitute	3	7.3
	Work Group Member	6	14.6
	Other	22	53.7

2) TRAINING SCHOOL
Feedback



2) TRAINING SCHOOL
What did you particularly like?

"The discussion and networking opportunity"

"High quality of the speakers"

"convenient time, concentrated content, opportunity to ask questions"

"Convenience of being online and content quality"

"The ambient, beautiful working atmosphere, cooperation between COST action members, the choice of issues, the balance between lectures and interactive workshops, the organisation of the event etc."

"The whole approach to the subject due to the little knowledge"

2) TRAINING SCHOOL
What did you find helpful?

"that the slides were available to download"

"Lectures, Cambridge University surroundings and Organisation"

"opportunity to network with colleagues from different countries"

"Easy to use Webinar instructions"

"increasing the knowledge"

"questionnaires shared among other countries"

"Remote Learning, Transparency Information (Shared Content)"

2) TRAINING SCHOOL
Comments/suggestions

"Everything was Perfect. For me this is valuable visit in every sense."

"This event that should be used as a model of all cute COST events. It was great!"

"Please continue to make this widely accessible"

"to expand the interdisciplinary of the topic (PUI) over the medical science, integrating interventions from other disciplines"

"To be repeated"

"opportunity to share information that comes from our practice."

3) Short Term Scientific Mission (STSM)

➢ Dr. Artemisa Dores (2019-02-03 - 2019-02-10) - Nottingham Trent University (supervised by Dr. Filipa Calado)

- Project "The need of more ecological studies in gambling/gaming disorder"; planning to submit a manuscript and different conference abstracts

➢ Dr. Mauro Pettorruso (ongoing)- Department of Psychiatry and Behavioral Neuroscience, University of Chicago (supervised by Professor Jon Grant)

- Longitudinal study of young adults: examine internet addiction and cognitive variables, gender issues and COMT genotyping
- A new survey of young adults for internet addiction, narcissism, pathological lying and cognitive variables

WP2- Training and mentorship
Looking ahead…

- Erasmus+ grant application: **PUI** online training opportunities accredited as **post-graduate certificates/diploma**- possibly a **Master Degree** across different countries (UK, Italy, Spain, Portugal, Hungary and Ireland)
- **case studies collection**: three books to be published by Cambridge University Press (Editors Dr Bowden-Jones; Dr Corazza; Prof Fineberg)
- **workshop** on PUI Lisbon, October 2019
- collaborative work to develop the **new WG 5- PPI group**
- **2 STSM**

WP2- Training and mentorship

Looking ahead…

(depending on the budget available)

- **filming and editing of the next training school** - to be planned for either the end of this financial year or the beginning of the next (venue TBC, likely Budapest)
- **companion guide** to PUI: to be published as a popular e-book on our website; to be written and lead by Prof Bernardo Dell'Osso
- **film documentary about living with PUI**- to be lead by Dr Ornella Corazza and PPI

Workgroup 3 Update & National Representatives

WG3- Management, Governance and Quality Assurance

Z Demetrovics & J Burkauskas

WG3 – Dissemination and Exploitation (10/2018-02/2019)

- First submissions of National Dissemination plans – Partial completion
- Website maintained and updated
- Social media maintained
- 3 new symposiums proposed and submitted to national and international conferences:
  - Serbian Psychological Society 67th Congress of Psychologists of Serbia "Psychology in new age: Challenges of (re)humanization". The Congress will take place at Zlatibor in Serbia, from May 22nd to May 25th, 2019.
  - Lithuanian University of Health Sciences, Neuroscience Institute XVIII Annual Conference "Trends in Neurosciences: Assessment and Cognitive-Behavioral Interventions" symposium on PUI on May 3rd, 2019. Palanga, Lithuania
  - Lithuanian Psychology Congress. Special symposium dedicated to PUI. May 24th to May 25th. Vilnius, Lithuania
- Identification of content-relevant national movies. Contact with the directors/actors for authorship rights for use or screening purposes within the framework of the Action. COMPLETED. Permission granted - Short Movie: "Child" Director: Radovan Petrovic
- Podcasts by National dissemination representatives (available on the website) – Planned
- Proposal for a science fair – Not Completed
- Database of members and activities - Not Completed

WG3 – Dissemination and Exploitation (Update)

- 05/27/2018 Gjoneska B., Markovikj M., Kiteva-Trencevska G., Pop-Jordanova N., Ignjatova L. 2018. Advanced Understanding on the Problematic Usage of Internet through Multidisciplinary Analysis of Existing Scientific Evidence. Proceedings from the 4th Macedonian Psychiatric Congress and International Meeting. 1:38.

- 10/19/2018 Conference call with Craig Woodhouse (former special adviser at the Department for Digital, Culture, Media and Sport and began the Government's work on what has become the Internet Safety Strategy. Senior director at Edelman's Public Affairs team, helping businesses and organizations interact with government, campaign effectively, and develop successful media strategies.)
- 10/19/2018 minutes from the MC Meeting in Barcelona prepared by Mrs. Natalie Hall and uploaded to the website.
- 10/19/2018 Printed Newspaper "Nova Makedonija" Title: "A Manifesto for the Problematic Usage of Internet in Everyday Life" Author: Nada Pop-Jordanova (Academician, MASA) National dissemination

WG3 – Dissemination and Exploitation

- 11/08/2018 3rd Newsletter prepared.
- 11/08/2018 Society for the Study of Addiction conference in Newcastle. Poster presentation "Time to Prescribe Logging Off? Advancing Understanding of Problematic Use of the Internet"
- 11/18/2018 Montenegro representatives promoted Action at Faculty of Visual Arts Facebook and Instagram page.
- 11/22/2018 Georgian representatives report on COST activities in Tbilisi State Medical University webpage.

WG3 – Dissemination and Exploitation (Update)

- 11/22/2018 National Task Force of Portugal. Dissemination plan with various activities:
  - Adaptation and implementation of an international prevention methodology to address PUI in college students – Me & The Others;
  - Training of University Psychological Services/Gabinete de Apoio ao Estudante's professionals on the clinical management of online Gambling and Gaming Disorders;
  - European Master ERASMUS +, CPD courses/ joint courses.
  - Training for teachers on PUI. Competency development program for teachers of different levels of teaching on PUI.
  - Dissemination of CA COST Action CA16207 work on PUI at the *Lisbon Addictions 2019 – Third European conference on Addictive Behaviours and Dependencies*.
  - Neuropsychobiological Approach to Problematic Gambling: A study of the near-miss effect
  - Gaming and Stress. To study the vulnerability to stress in professional and non-professional gamers.
  - Gaming and network analysis. The application of network analysis methods to the study of the nosographic structure of Internet Gaming Disorder.
  - Research on gaming and Autism Spectrum Disorder. To investigate the cognitive and behavioural mechanisms in Autism Spectrum Disorder patients regarding videogames use.
  - Research on Usage of Digital Devices. Study the usage of digital devices by children, adolescents and young adults. We have previous research experience with the use of mobile devices by children under 8 years old,
  - Linkage of the web page of CA COST Action CA16207 with SICAD official site and other national organizations

WG3 – Dissemination and Exploitation (Update)

- 11/29/2018 Portal: "Faculties". Title: "The Internet Opens the Door for New and Seldom Popularized Addictions". Author: Biljana Gjoneska (Research Associate, MASA)
- 12/12/2018 Public panel entitled "Social networks: the good, the bad and the ugly" was held at the University of Novi Sad (second largest university in Serbia). The panel was intended for students of psychological, medical and health care sciences, but also everybody else interested in social networking behaviour and the Internet in general.
- 12/12/2018-12/13/2018 seminar on "Prevention from psychoactive substances and behavioral addictions" in Mavrovo, Macedonia. Trainer Prof. Liljana Ignjatova, Head of the Center for Prevention and Treatment of Drug Dependence, Medical Faculty, MK PUI related program "Problematic usage of internet" - theoretical lecture; "Child" – movie; "Prevention" - theoretical lecture

WG3 – Dissemination and Exploitation

- 12/18/2018 International Training School and Conference on Problematic Usage of the Internet in Cambridge. Dissemination through Facebook NET&ME and IBRO accounts and universities mailing lists.
- 01/04/2019 Expert reaction to study on depression and social media as published in EClinicalMedicin. Prof Naomi Fineberg, spoke as a Chair of the COST Action group into Problematic Internet Usage commenting research study 'Social media use and adolescent mental health: findings from the UK Millennium Cohort Study' by Kelly et al.
- 01/17/2019 Portal: "Science for All" Title: "The Digital Revolution – a Problem or a Solution for the Human Evolution". Author: Biljana Gjoneska (Research Associate, MASA)
- 01/10/2019 The link that announce Faculty of Visual Arts presence at COST (National dissemination), http://fvu.unimediteran.net/index.php/en/news-and-notifications/829-faculty-of-visual-arts-became-member-of-cost-action-problematic-usage-of-internet-pui.

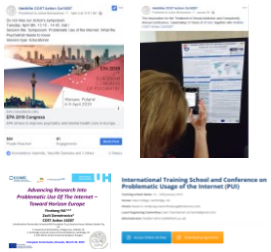
WG3 – Dissemination and Exploitation

- 01/14/2019-01/16/2019 International Training School and Conference on Problematic Usage of the Internet (PUI) Clare College, Cambridge, UK January

Photos by Magdalena Marczak

WG3 – Dissemination and Exploitation

- 01/26/2019 the Association for the Treatment of Sexual Addiction and Compulsivity Conference in London. Poster presentation "What do we need to know about problematic Internet use".
- 02/26/2019 Online Archive available of both events "International Training School and Conference on Problematic Usage of the Internet (PUI)" and "Hooked on WiFi"
- 03/25/2019 Advancing Research Into Problematic Use Of The Internet – Toward Horizon Europe. Fineberg NA & Demetrovics Z presentation at European Commission, Brussels
- 04/09/2019 27th European Congress of Psychiatry, organised by the EPA in Warsaw, Poland. Proposal to introduce COST Action and PUI was accepted and will be part of the Scientific Programme of the EPA 2019 Warsaw Congress.



WG3 – Dissemination and Exploitation (Looking ahead)

- We would be grateful if each of you could share your National Dissemination Plan with us so as we could implement your planned activities in our Actions Calendar showing all the various events happening across Europe.
- The Executive Team will also ensure these national and international activities are reported to our COST Actions Communication Manager.
- Please share your COST research on the ResearcGate.
- Please do not forget to advertise our social media platforms inviting those who are interested to follow us.
- Please continue to be active in posting and discussing.

Workgroup 3 Update & National Representatives

WG3- Management, Governance and Quality Assurance

Z Demetrovics & J Burkauskas