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

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 recipients 14:30 – 14:45
6. Update from the Grant Holder: Action budget status – N Hall 14:45 – 14:55
   a) Implementation of COST policies on:
      i) Promotion of gender balance and Early Career Investigators (ECI)
      ii) Inclusiveness and Excellence
   a) Contingency plans for Brexit no deal.
   a) WG1 – K Ioannidis
   b) WG2 – E Cinosi
   c) WG3 – Z Demetrovics
   d) 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:
   a) COST countries (Finland)
12. AOB – 16:50–16:55
   a) Summary of MC decisions 16:55 – 17:00
13. Close

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
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

30 countries
146 members

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

EU-PUI. Action Observers (April 2019)
- Approved: Australia (Brakoulias, Yucel)
- Brazil (Fontanella),
- Canada (Van Ameringen),
- China (Li),
- Japan (Matsunaga)
- South Africa (Lochner, Steim)
- USA (Rodriguez, Holland, Palancz)
- Georgia (Kirtava)
- USA (Grant)
- Australia (Kong)
- Japan (Idebe)
- USA (Geller)
- Going through approval: Cuba (Chávez-Seco, Hernandez)
- Mexico (Nicolini)

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

<table>
<thead>
<tr>
<th></th>
<th>Proposed</th>
<th>Actual Spend</th>
<th>Forecast</th>
<th>Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Meetings</td>
<td>51 000.00</td>
<td>50 400.00</td>
<td>52 200.00</td>
<td>2 200.00</td>
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<tr>
<td>(2) Training Schools</td>
<td>27 100.00</td>
<td>27 000.00</td>
<td>28 500.00</td>
<td>1 500.00</td>
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<td>(3) Short Term Scientific Missions (STSM)</td>
<td>6 000.00</td>
<td>5 600.00</td>
<td>2 600.00</td>
<td>4 000.00</td>
</tr>
<tr>
<td>(4) ITC Conference Grant</td>
<td>3 000.00</td>
<td>1 700.00</td>
<td>3 000.00</td>
<td>1 300.00</td>
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<tr>
<td>(5) COST Action Dissemination</td>
<td>18 000.00</td>
<td>18 000.00</td>
<td>20 000.00</td>
<td>2 000.00</td>
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<td>(6) Other Expenses Related to Scientific Activities (OERSA)</td>
<td>2 500.00</td>
<td>2 500.00</td>
<td>2 500.00</td>
<td>0.00</td>
</tr>
</tbody>
</table>

B. Total Science Expenditure (sum of (1) to (6))

C. Financial and Scientific Administration and Coordination (FSAC) (max. of 15% of B)

Total Grant (B+C)

Proposed     Actual spend    Forecast    Difference

13
14
15
16
17
18

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
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 2,000 euros would be for the graphic and for 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. Costing to be provided by Ornella.

VOTE

Meetings

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

Administrative Update
Reimbursement Rules - COST Action CA16207

Flat rates only! No receipts

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

Travel expenses

<table>
<thead>
<tr>
<th>Flat rates only! No receipts</th>
</tr>
</thead>
</table>
| **Flight:**
| Economy: Max €1200 |
| 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

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hotel</td>
<td>$120</td>
</tr>
<tr>
<td>Flight</td>
<td>$500</td>
</tr>
<tr>
<td>Meal</td>
<td>$100</td>
</tr>
</tbody>
</table>

### Upload receipts

<table>
<thead>
<tr>
<th>Document</th>
<th>Upload Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flight ticket</td>
<td>Uploading</td>
</tr>
<tr>
<td>Hotel receipt</td>
<td>Uploaded</td>
</tr>
<tr>
<td>Meal receipt</td>
<td>Uploaded</td>
</tr>
</tbody>
</table>

### Step 4/5 Select Bank account

- **Account number**: 1234567890
- **Routing number**: 00012345

### Step 5/5 Submission

- **Confirmation code**: 12345
Work Group Updates

Progress report
WG4 - Management, Governance and Quality Assurance
Elena Gukhman (Curator)

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
- EU-Pull 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 CA16207 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

Risk management

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

- WG4: Right delay in delivering a prototype clinical rating scale for onwards validation. Increase the number of members working on this task.
- WG4: Number of STSM reports are low due to time line and no clear information to eligible institutes. Time line and instructions were put online + list of eligible institutes.
- WG4: Database training is incomplete. Increase the number of members working on this task.
- WG4: PPI reference group and training incomplete due to 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 sections. The webmaster should see that all data is updated, as well as replace between “open” data and data (with access for MC only, WG1 reports etc.).
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- WG3: Website is not updated in all sections. The webmaster should see that all data is updated, as well as replace between “open” data and data (with access for MC only, WG1 reports etc.).
- WG3: PPI website is incompleteness. Initiate the podcast with the help of WG1.
- WG4: Risk management plan. A draft plan has been initiated, while an open position for young COST-ICT member to prepare risk plan has been opened.
- WG4: Regulations 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 Eisele & Nathalie Varenghem). In case of no response from COST, what they will receive the report indicating their absence.
- Grant holder/Management - uncertainties regarding COST-regulations and processes. Invite COST office to all WG4 and management meetings (Dr. Ralph Eisele & Nathalie Varenghem). In case of no response from COST, what they will receive the report indicating their absence.

Medium

WG4 – Regulations and reporting ledger

First draft has been created. Should be voted by the COST action MC

The regulations are as follow:

1. Quarterly reports from WG-WG4 should be provided to Chair and steering committee. Following, reports will be circulated to all the MC members via the website.
2. Quarterly risk management: WG members from each WG will be submitted to the action administrator Natalie Hall to be assessed. Following, a final report by 6th Nov.
3. Reports and risk management will be placed online for all MC members access.
4. Members applications will need to be approved by MC.
5. STSM and ITT applications need to adhere the deadlines and application requirements to be assessed by the external advisory board according to already defined quality criteria.
6. STSM and ITT grantees must provide reports to be placed online in order to be reimbursed.
7. Participants in workshops, conferences, and training will receive reimbursement and/or attendance certificate following by a final report by Mrs. Hall.
8. Any new peer-reviewed publications that have arisen with COST support or in collaboration with COST-PUI members should be reported to WG4 office in order to update the list of publications. Claims, reimbursement/COST funding received/MC recognised COST members as co-authors. All members of COST funding received/MC recognised COST members as co-authors. All members of COST funding received/MC recognised COST members as co-authors.
Evaluation letter

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, WG1 (focused on knowledge creation and exchange) has achieved all planned tasks and is currently preparing a consensus statement on EU 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.

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, organizing the management structure and Management Committee (MC), and providing the governance structure. 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.

A few of the plans would have to be attended to in the 2nd year of the project however. This appears 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 licences are being awaited. In addition, WG2 was also not yet able to do a proposed 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 emphasised support for early career investigators (ECIs) and accommodating participation by excellent include/were target countries (TCOs). Considerable effort has been made, successfully, to increase TIC participation, EC participation and female representation, in line with the recommendations of the National Advisory Board (NAB) and the NAB’s call for TCOs to take a more active role in the leadership now are taken by ECO members. Going forward, TCO co-leadership of the existing 4 WGs and addition of another WG focusing on public engagement and outreach to TCO members, are planned. Female are well-represented on all levels, including at TCO and STSM grant awardees, and are to be well-represented in the Action and in leadership roles. In terms of TIC and STSM grants, it is notable that 4 TIC grants were allocated, and 2 STSMs were organised (both for ECO members of whom is an TCO member). There is a strict established governance process in place for administering and awarding TIC and STSM grants, to ensure that both types of awards are

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
Content

- Year 1 and 2 Goals
  - Objective still to be met
    - WG 1
    - WG 2
    - WG 3
    - WG 4
    - WG 5
  - Planned Meetings

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

Work Group 2
- Outstanding from Year 1
  - WG 4
- Open access Database
- Clinical and Pre-clinical Workshop
- Ongoing goals
  - Mentorship placement

Communications Group
- 2-3 Members competent in Wordpress or HTML 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

Work Group 3
- Outstanding from Year 1
  - Science Fair proposal
  - Podcasts (National Reps)
- 2nd Annual Scientific meeting on cost and burden an international approach
- 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

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.

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 list of items for inclusion in new project. 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.


Next MC Meeting

- Copenhagen Thurs 12th Sept 2019. Venue TBC

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

<table>
<thead>
<tr>
<th>Networking Tools</th>
<th>Quantity</th>
<th>Budget</th>
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<tr>
<td>Meetings</td>
<td>1</td>
<td>EUR 49.00</td>
</tr>
<tr>
<td>Training Schools</td>
<td>1</td>
<td>EUR 100.00</td>
</tr>
<tr>
<td>Short Term Scientific Missions (STSM)</td>
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<tr>
<td>ITC Conference Grant</td>
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<tr>
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<tr>
<td>Total Grant Request</td>
<td>EUR 180.000.00</td>
<td></td>
</tr>
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</table>

Workshops/Conferences:

- Trends in Neuroscience Emerging Behavioral Addictions, Palanga, Lithuania. 03/05/2019 - 03/05/2019
- PUI Information Day Location: TBC (North Macedonia)
- 9th International Conference on Behavioral Addictions, PACIFICO Yokohama. date: 17-19 Jun, 2019
- CINP World Congress June 26-28 2020 Taipei

THANK YOU !!!
COST Action 16207: PUI

Artemisa R Dores
Warsaw, April 10th 2019

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 2003
- Degree: Psychology (Clinical and Health Psychology), University of Minho, Porto 1999

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

What?

Who? Where? What?

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

Who?

The work done, since the last meeting

January 2019
February 2019
March 2019
April 2019

Who? Where? What?

Short Term Scientific Mission (STSM)
Grant 2018 - University of Trent, Nottingham
COST- STSM Request CA16207-45205
2019-02-03 - 2019-02-10
### DESCRIPTION OF THE MAIN RESULTS

**Psychobiological Approach to Pathological and Problematic Gambling**

Artemisa Rocha Dores 1,2, Fernando Barbosa 1 and Mark Griffiths 4

- **Abstract**
  - To study the cross-effect of pathological and problematic gambling on behavior and literature under the Psychobiological Approach.
  - To adapt and implement the gambling prevention programme of Dr Filipa Calado in Portuguese schools.
  - To conclude and submit the systematic review paper.

- **Planned Collaborations**
  - With Dr Filipa Calado: To conduct a joint research project about gambling (DSM-5).
  - With Dr Halley Pontes: To study the cross-validity of this instrument with another one of psychopathy.
  - With Dr Alan Allen: To study the cross-effect of problematic and pathological internet use on pathological and problematic gamblers.

- **Accepted Abstracts**
  - Presented at the 27th ECOST Conference, Warsaw, Poland - April 9-11, 2019.

- **Workshop**
  - Title: "Problematic Usage of Internet: From assessment to intervention"
  - Chair: Professor Omelia Corrêa

- **Other Collaborations**
  - Submission of one structured session/workshop to Lisbon Addictions Conference on Addictive Behaviours and Dependencies.

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### Other Collaborations

- "Problematic Usage of Internet: From assessment to intervention"
  - Chair: Professor Omelia Corrêa
  - 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)
- Macedonia (one university and one school)
- Sweden (one university and one school)
- University of Porto (Portugal)
- University College Dublin (Ireland)
- Eötvös Lórand University (Hungary)
- University of Barcelona (Spain)

HEALTHYNET: for an European healthy use of internet
Coordinated by Barcelona, Spain (Dr Menchon)
Organized by Dr Ornella Corazza
Universities:
- University of Hertfordshire (United Kingdom)
- Sapienza University (Italy)
- University of Porto (Portugal)
- University College Dublin (Ireland)
- Eötvös Lórand University (Hungary)
- University of Barcelona (Spain)

Acknowledgement
COST Action: CA16207
European Network for Problematic Usage of the Internet.
CG reference number: COST-ITCC-COST-CA16207-347

artemisasares@gmail.com
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
Portrayal of PUI

Prof Louis-Francois PAU
ontologies for internet addiction terminology and
PUI characterization

Prof Marc Roelands
Sexting: a literature review

Prof Jacek Pyżalski
PUI and other risk behaviors in young people

Prof Martin Mihajlov
Living offline: What happens when users quit the Internet for 7 days?

Prof Hans-Jürgen
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

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

Bányai, F., Zsila, Á., Demetrovics, Z., & Király, O. (2018). The Psychology of
Esports: A Systematic Literature Review. doi: 10.1007/s10899-018-9763-1

(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
Management Committee Substitute
United Kingdom

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

April 2019
Warsaw
Poland

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
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

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<th>Female</th>
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2) TRAINING SCHOOL

Feedback

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"

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)"

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."

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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 Pettoruso (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
WG3 – Dissemination and Exploitation (Update) 11/22/2018 National Task Force of Portugal. Dissemination plan with various activities:
- Training of University Psychological Services/academic and non-academic organizations.
- Competency development program for teachers of different levels of education on PUI.
- Training for teachers on PUI: E-language/development program for teachers of different levels of education on PUI.
- Dissemination of CA COST Action CA NOS work on PUI at the 4th European conference on Addiction Interventions and Dependent Addictions.
- Neuropsychological Approaches to Problematic Gambling: A study of the neural network.
- Gaming and dogs: To study the variability in response of professional and non-professional gamers.
- The application of a computerized assessment tool to the study of the neuropsychological structure of Internet Gaming Disorder.
- Research on gaming and Autism Spectrum Disorder. To investigate the cognitive and motivational mechanisms in Autism Spectrum Disorder patients regarding internet use.
- Development of a management tool for the management of online Gambling and Gaming Disorders.
- Linkage of the website of CA COST Action CA NOS with SGCA official site and other national organizations.


11/10/2018 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.)


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.


WG3 – Dissemination and Exploitation (Update) 11/08/2018 3rd Newsletter prepared.


11/19/2018 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.
13/04/2019

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 EClinicalMedicine. 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)


- 01/14/2019 – 01/16/2019 International Training School and Conference on Problematic Usage of the Internet (PUI) Clare College, Cambridge, UK January WG3 – Dissemination and Exploitation Photos by Magdalena Marczak

- 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.

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 ResearchGate.

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