

Warsaw, April 10<sup>th</sup>, 2019

## **Subject | Minutes of the Fourth Management Committee Meeting of COST Action CA16207 “European Network for Problematic Usage of the Internet”**

**Warsaw, Poland 04/10//2019**

### **1. Welcome to participants**

The participants were welcomed by Prof Naomi A. Fineberg (MC Chair). Prof Fineberg chaired the meeting, including the approval of the minutes of the meeting 11/10//2018 in Barcelona, Spain (**Annex 1**).

### **2. Verification of the presence of two-thirds of the Participating COST Countries or, if applicable, a quorum**

The quorum (2/3 of COST Countries participating in the Action) was reached: 22 out of 31 Participating COST Countries attended the meeting.

### **3. Adoption of the Agenda**

The agenda (**Annex 2**) for the 4<sup>th</sup> Management Committee (MC) meeting was adopted.

### **4. Approval of minutes and matters arising of last meeting**

The minutes from the previous meeting were approved (**Annex 1**). There was agreement there had been no matters arising needing discussion since the last meeting.

### **5. Update from the Action Chair (**Annex 3**)**

#### **a. Status of Action: start and end dates of Action, participating COST countries, participating NNC/IPC institutions and Specific Organisations.**

- 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

MoU CA 16207: MoU objectives and Grant Agreement Period Goals and Activities were reminded (**Annex 4**). Action now has 39 countries involved including 146 members/observers

#### **b. ITC Grants and Short Term Scientific Missions (STSM): Review of completed reports and new applications by Prof Giovanni Martinotti**

There is a budget allowance for STSM and ITC grants during this period. Therefore the Action members were encouraged to consider applications for both STSM and ITC grants. STSM's are open to all Action members.

During Grant period 2 there were 2 ITC conference grants awarded to:  
Dr J Burkauskas - Society for the Study of Addiction (SSA) Annual Conference

And  
Dr A R Dores – 27th European Congress of Psychiatry

There were also 2 STSM's awarded to:

Dr. Artemisa R Dores presented her experience at the University of Trent in Nottingham, UK under the supervision of Prof Mark D. Griffiths. Three collaborative papers submitted. Three planned collaboration projects. ITC conference grant was used to present finding in EPA congress in Warsaw. Two applications to ERASMUS + submitted (**Annex 5**).

Dr. Mauro Pettorruso will complete the next STSM in the Department of Psychiatry and Behavioral Neuroscience, University of Chicago (supervised by Prof Jon Grant). Dr. Pettorruso is currently working on a longitudinal study of young adults examining 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 is currently planned.

#### **6. Update from the Grant Holder: Action budget status (Annex 3)**

Prof Fineberg gave a presentation of the current Action Budget  
There was a minor mistake on the 6<sup>th</sup> line in 3<sup>rd</sup> column (OERSA; should read 2 000.00) that was corrected (**Annex 3, slide 13**).

#### **7. Monitoring of the Action (Annex 3)**

Prof Fineberg gave a report. Deliverables were summarized. It was agreed that almost all of the originally planned deliverables were being or had been met (**Annex 4**), according to our project goals. Further work plans were discussed that would complete achievement of our planned deliverables, including development of an open-access database, completion of a certified PPI research training for PPI stakeholders in the Action, and organization of the 2<sup>nd</sup> Annual Scientific Meeting “Cost and burden of PUI a Cross National Approach”.

The first progress report has been submitted by Action chair (26-10-2018), which focusses on continuing to ensure good representation of ITC countries, gender balance and ECI members in leadership roles (**Annex 9**).

#### **8. Implementation of COST policies**

##### **a) Promotion of gender balance and Early Career Investigators (ECI)**

Possibilities to develop and implement a plan to significantly improve ITC and female participation, also at leadership levels, and to maintain the ECI involvement were discussed.

##### **b) Inclusiveness and Excellence (see below list of Inclusiveness Target Countries)**

Proposal to create WG5 was approved. Dr. C Sales (PT- ITC country; female) was nominated as group lead. ‘Citizens’ involvement work group’ was voted as a best name for the newly established WG.

Risk management plans were discussed.

Possible options to spend additional funds were approved by vote as below;

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

Prof. Joseph Zohar proposed to list the documentary as the first option to spend additional funds on.

Developing an open access research database was also voted and approved- this would include a database of all consenting COST members and their credentials, to act as a rich information source for research, education and dissemination networking activities.

## **8. Administrative Update**

Prof. Fineberg went over the travel reimbursement rules and the dates for the submission of travel reimbursement. Relevant information can be found on the COST website at <http://www.cost.eu> (**Annex 3, Slides 28-40**)

## **9. Follow-up of MoU objectives: progress report of working groups**

- a. Working group 1 Update – Dr K Ioannidis (**Annex 6**)
- b. Working group 2 Update – Dr Cinosi (**Annex 7**)
- c. Working group 3 Update – Dr Burkauskas (**Annex 8**)
- d. Working group 4 Budget Update – Prof Zohar (**Annex 3, Slides 44-57**)

Proposal for quarterly reports by each WG lead was voted on and approved.

Actions budget for the next term was voted on and approved.

## **10. Scientific planning**

In summary, it was agreed that

WG1 will focus on finding the best available scales for PUI, developing a Prototype Clinical Rating Scale and grant submissions.

WG2 will be responsible for development of an open-access database (see above), completion of a certified PPI research training for PPI stakeholders in the Action, and organization of either a clinical or pre-clinical workshop.

WG3 will write a proposal for a Science Fair. Dr Gjoneska proposed to submit it to 'RESEARCH NIGHT' organized by European Commission. WG3 will also plan Podcasts (with the help of National Representatives), organize 2nd Annual Scientific Meeting "Cost and burden of PUI a Cross National Approach" and plan to publish 2<sup>nd</sup> consensus publication.

WG4 will be responsible for quality and assurances review and reporting.

WG5 will identify 2-3 Action members to oversee existing PPI groups, create lay summary materials, arrange meetings, training activities and focus groups. Approval was gained by vote for Dr. C Sales (PT) to plan WG5 activities.

## **11. Any Other Business (AOB)**

Finland was approved as a new COST Action member.

If the UK leaves the EU with 'no deal' the COST Action budget will have to be transferred to an EU member state.

Approval by vote was obtained for Tel Aviv and Barcelona universities for possibility to hold the grant. Approval was also obtained for the Chair to approach other universities to hold the grant, in case the above two universities were unable to do so.

In any case, unanimous approval was obtained to maintain Ms. Hall as grant manager and administrator, in the case of change in grant-holder institution.

Two centers in the same country can engage in a short term scientific mission, as long as the aims are clearly stated and judged to be defensible.

## **13. Location of the next meeting**

Copenhagen, Denmark (September 12th, Venue TBC)

#### **14. Closing**

Prof Fineberg closed the meeting, thanked all members for their extremely hard work and concluded that a great progress was made over the period.

### Annex



1\_Annex.pdf

3<sup>rd</sup> MC Meeting minutes



2\_Annex.pdf

Agenda



3\_Annex.pdf

Chair person's Presentation



4\_Annex.pdf

MoU



5\_Annex.pdf

Dr A R Dores Presentation



6\_Annex.pdf

Update WG1



7\_Annex.pdf

Update WG2



8\_Annex.pdf

Update WG3



9\_Annex.pdf

Monitoring Report