Wednesday, 06 March 2019

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

Created by WG 1 - 4 leads – Sam Chamberlain, Ornella Corazza / Giovanni Martinotti, Zsolt Demetrovucs / Julius Burkauskas, Edna Grünblatt / Natalie Hall
Approved- Naomi Fineberg
Evaluated by the external advisory board- Christine Lochner, Humberto Nicolini, Daniel King, Hisato Mastunaga

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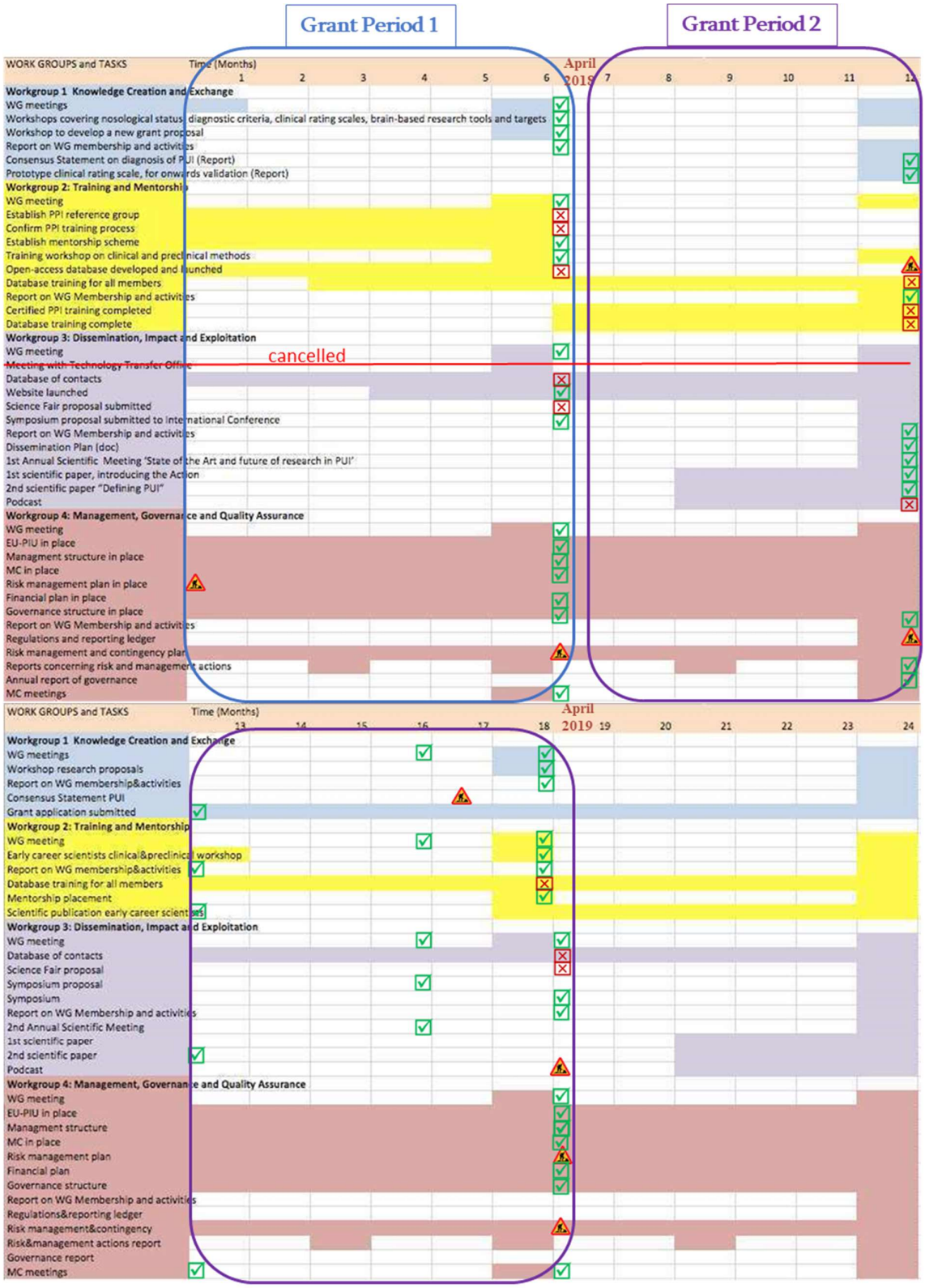
1) Summary

Summarizing the work activities and objectives of the COST action CA16207 COST-PUI that were planned from the beginning until April 2019, is presented in the Gantt chart (indicating achieved goals with a **green** tick, unachieved goals in **red** X and ongoing project as under construction sign).
WG1 has achieved all planned tasks according to the gant chart and already started to prepare the consensus statement on PUI. WG2 has managed to run several successful workshops, meetings and early carreer activities, however, considering the large amount of activities within this WG2, the establishement of PPI group, its training and certification was not achieved. Therefore, it was decided the establishment of a dedicated PPI group required a new separate WG, which is currently under development. Open-access database development, launchnig and training is still on the process of setting up and awaiting licences which hopefully will be previewed in Warsaw meeting. WG3 established, launched, and maintained the website and various dissemination channels. Dissemination plan was achieved and approved. However, WG3 have not sent a proposal for a science fair and have not fully completed database of members and activities. It was decided at the Barcelona meeting to drop out the task of contacting a Technology transfer officer as we do not have a product to offer. WG4, has set the EU-PUI in place, set management structure and MC in place, set governance structure. conducted regular WG/MC meetings, and reports. Risk management is continuously assessed and reported, and the regulations and reporting ledger is still on going.

COST Association
Avenue Louise 149 I 1050 Brussels, Belgium
t: +32 (0)2 533 3800 I f: +32 (0)2 533 3890
office@cost.eu I www.cost.eu



Detailed report is presented in the next chapters.

2) WP1- Knowledge creation and exchange

(Reported by Dr Sam Chamberlain, 22.2.2019)

I am pleased to report that WP1 now has a total of 126 members. I would like to acknowledge the extensive roles of other WPs in the achievements made below; and Dr Carmi and Prof Goudriaan for co-leading WP1 with me.
We have held the following WP1 Workgroup meetings:

- Cost Action meeting, Cologne, Germany, April 2018
- Cost Action meeting, Barcelona, Spain, October 2018
- 3-Day Cambridge International Training School and Conference on PUI (Jan 2019)
- Further one scheduled for Warsaw, April 2019

The above meetings have included workshops focusing on: nosological status, diagnostic criteria, clinical rating scales, brain-based research tools and targets, grant applications, digital phenotyping, research project proposals, and consensus on PUI.
In total, at least 14 workshop research proposals have been developed and are now either completed or in progress, covering areas including: manifesto / consensus framework, Delphi study on diagnostic criteria, review of screening instruments, meta-analysis of cognition in PUI, review of treatments, media portrayal, distortions of perception, and digital phenotyping. We have published a consensus statement (Fineberg et al., Eur Neuropsychopharmacol. 2018). We have developed prototype rating scales for onwards validation (Self-report ISAAQ, and the clinician rated PUI-YBOCS). We have developed a grant application, submitted in May 2018 to MRC-Link; feedback from peer reviewers was excellent but the project was rejected at Committee stage. We intend to adapt this grant protocol for submission elsewhere.
We have contributed to international conference symposia at: RCPsych June 2018, UK SSA Nov 2018, EPA Warsaw April 2019; with one planned also for ICBA Japan 2019.

The following peer-reviewed publications have arisen with COST support:
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.

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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

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COST Association
Avenue Louise 149 I 1050 Brussels, Belgium
t: +32 (0)2 533 3800 I f: +32 (0)2 533 3890
office@cost.eu I www.cost.eu

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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.
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M. Pentek, T. Wijeratne, M. Jakovljevic, G. Kockaya, L-F Pau (Eds) , Accelerated Globalization and its Impact to the World's Health Care Achievement, Frontiers Research Topics J., https://www.frontiersin.org/research-topics/9540/accelerated-globalization-and-its-impact-to-the-worlds-health-care-achievement , 2019
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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.

3) WP2- Training and mentorship

(Reported by Dr Ornella Corazza & Prof Giovanni Martinotti, 01.03.2019)

According to the key objectives, activities undertaken during the reporting period by WP2 members are summarised below.

1. Meeting

Two successful meetings were organised during the reporting period. The first one was organised in at Hospital del Mar in Barcelona on 11th October (10.30-12.30), while the second one was held at Cambridge University on 14th Jan 2019. A wide range of topics ranging from mentorships to education in PIU were discussed. As a result:

- Group members will work collaboratively on the preparation of an Erasmus+ grant application for the development of online training opportunities on PIU for health professionals working in the field and their accreditation as post-graduate certificates/diploma and possibly a Master Degree across different countries (UK, Italy, Spain, Portugal, Hungary and Ireland). It must be acknowledged that this is the first attempt of this kind.

- All WG2 members were also invited to contribute to a case studies collection on PIU, which was commissioned in the form of three books by Cambridge University Press. This initiative was also initiated by WG2 members, who will also be the Editors of these books (Dr Bowden-Jones; Dr Corazza; Prof Fineberg).
- Group Members have developed and submitted a joint workshop proposal on PIU to be delivered at Lisbon Addictions in October 2019 with over 1,500 participants worldwide.
- Considering the large amount of activities within this WG2, it was decided the establishment of a dedicated PPI group required a new separate WG, which is currently under development.

2. Training school

A training School was organised at Cambridge University on 14-16 January 2019. This was attended by 32 members of Actions. The event included various presentations by world leading experts in the field and it was streamed online. In addition, 168 people joined the streaming from 15 countries over the course of the three-day.
As better detailed in the attached report (see **Appendix I**), the Training school was found of value and positively evaluated by participants.
Recordings of the talks were edited on the project website in the form of an online archive, which we are planning to further develop throughout the duration of the project.

3. STMS

Dr. Mauro Pettorruso will participate in the activities of Department of Psychiatry and Behavioral Neuroscience, University of Chicago, under the supervision of Professor Jon Grant. In this STSM he will develop the following projects: 1. Longitudinal study of young adults. We can examine internet addiction and cognitive variables, as well as gender issues and COMT genotyping. 2. A new survey of young adults for internet addiction, narcissism, pathological lying, and cognitive variables.

Dr. Artemisa Dores spent her STSM period at the Nottingham Trent University, in the following period 2019-02-03 - 2019-02-10, developing a project entitled: “The need of more ecological studies in gambling/gaming disorder”. She is planning to submit a manuscript and different abstracts for conferences related to the topic of the mission and PIU in general. She was supervised by Dr. Filipa Calado at the Nottingham Trent University.

4) WP3- Dissemination, impact and exploitation

(Reported by Prof Zsolt Dementrovics & Dr Julius Burkauskas, 04.03.2019)

We have the honour of presenting the Report of Activities of the WP3, which provides an overview of its achievements in 10/2018-02/2019. The WP3 team has continued to support Action’s members in providing opportunities to disseminate the project and guidance on the best available options, and its work is reflected in the current report.
During the first year, the Management Committee approved the dissemination plan. It outlines the Action’s strategic vision to contribute to all major dissemination activities on a European, project and national level. During the first year of the implementation of the dissemination plan, the WG3 successfully fulfilled its mission to create awareness about the COST Action in the wider public and scientific domains.
As an example of its core activity together with the WP2 team, the International Training School and Conference on Problematic Usage of the Internet (PUI) was organized in Clare College, Cambridge, UK in January 2019 (see **Appendix I** for details). We advertised the event through Facebook NET&ME and IBRO accounts and various universities mailing lists. We have sent a total of 265 emails with the joining instructions to the live streaming. Approximately, 200[1] people watched live streaming via internetandme.eu website or via

[1] Within those who watched - 39 people from United Kingdom; 38 people from Lithuania; 17 people from Malta; 13 people from Portugal; 12 people from Switzerland; 6 people from Italy; 6 people from South Africa; 5 people from Belgium; 5 people from Serbia; 3 people from Croatia; 3 people from Romania; 2 people from Germany; 2 people from Algeria; 2 people from Greece; 2 people from Israel; 2 people from Montenegro; 2 people from Macedonia; 2 people from Poland; 2 people from United States . There was 1 viewer from Czechia, France, Morocco, Malaysia, Netherlands, New Zealand, Yemen.

VIMEO directly. We are happy that online archive is now available of both events “International Training School and Conference on PUI” and our earlier seminar “Hooked on WiFi”.
Cost Action was also widely disseminated in several national and international scientific conferences and meetings – in the Society for the Study of Addiction conference in Newcastle we had a poster presentation “Time to Prescribe Logging Off? Advancing Understanding of Problematic Use of the Internet” [11/08/2018]. 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]. 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 [12/12/2018-12/13/2018]. We also had a poster presentation “What do we need to know about problematic Internet use” at the Association for the Treatment of Sexual Addiction and Compulsivity Conference in London [01/26/2019]. Proposal to introduce COST Action and PUI was accepted and will be part of the Scientific Programme of the European Congress of Psychiatry, organised by the EPA in Warsaw, Poland.
Looking ahead we have plans to present COST Action in 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
In this period Action’s dissemination plan was complemented by national dissemination plans of the member countries. However, we are still missing planned national action of project’s representatives and their task forces. We believe that jointly performed national dissemination is a great opportunity to increase awareness of PUI together with attracting relevant local and international policy makers to take interest in our work.
We would also like to report that we maintain and regularly update our website and social media. To our knowledge, several podcasts by National dissemination representatives are planned, but now yet submitted. We have not sent a proposal for a science fair and have not fully completed database of members and activities.
Our special thanks go to the members of the MC for their valuable contribution to the work of the WG3. We would also like to express our gratitude to national representatives who actively publish content in local media as well as planning local events to disseminate the Action, and all their task forces, for the progress achieved by the Action in the period, as set out in this report.
Please find a detailed list of activities below.

- Website maintained and updated
- Social media maintained
- Podcasts by National dissemination representatives (available on the website) – Not Completed
- Proposal for a science fair – Not Completed
- Database of members and activities - Not Completed
- First submissions of National Dissemination plans – Partial completion
- 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

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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.

COST Association
Avenue Louise 149 I 1050 Brussels, Belgium
t: +32 (0)2 533 3800 I f: +32 (0)2 533 3890
office@cost.eu I www.cost.eu

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
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.
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

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

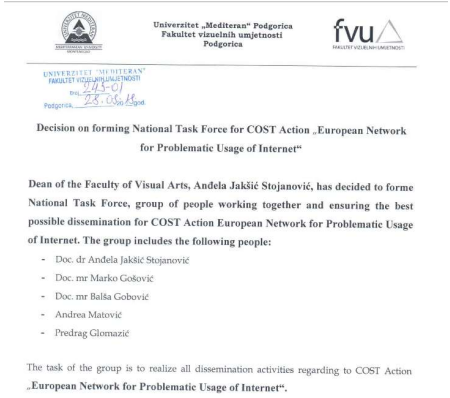
04/09/2019 27th European Congress of Psychiatry, organised by the EPA in Warsaw, Poland. Proposal to introduce COST Action and PUI was accepted and will be part of the Scientific Programme of the EPA 2019 Warsaw Congress.

Looking ahead:
Serbian Psychological Society 67 th 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

PREVIOUS

- Barcelona Cost Action Conference "Hooked on WiFi" (2018 October 10).
- Third National Public Health Conference (Lithuania). Poster presentation introducing PUI and COST Action (approx. 800 participants) (2018 October 9).
- Manifesto paper published in European Neuropsychopharmacology journal. Collaboration with Mr. Tom Parkhill from the ECNP Journal to issue a press release of the Manifesto article (2018 October 8).
- Contacting and getting acknowledgement from IBRO (2018 August 29)

- National Task Force established in Montenegro (2018 August 28)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Decision on forming National Task Force for COST Action „European Network for Problematic Usage of Internet"

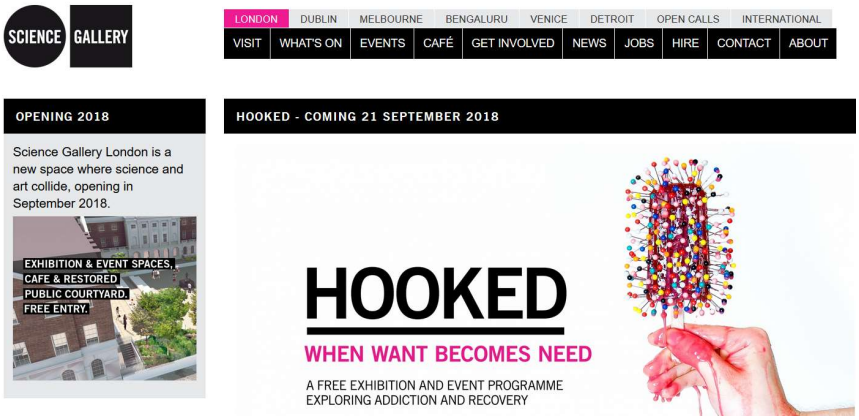
Dean of the Faculty of Visual Arts, Andela Jakšić Stojanović, has decided to forme National Task Force, group of people working together and ensuring the best possible dissemination for COST Action European Network for Problematic Usage of Internet. The group includes the following people:

- Doc. dr Andela Jakšić Stojanović
- Doc. mr Marko Gošović
- Doc. mr Balša Gobović
- Andrea Matović
- Predrag Glomazić

The task of the group is to realize all dissemination activities regarding to COST Action „European Network for Problematic Usage of Internet".

- The COST action and relevant research on the topic, were presented to general public and clinicians during a special session organized at Psykiatric Museum in Nykoebing Sj. , Denmark www.sms-museum.dk (2018 August 22)

- Established collaboration with Mr. Charles Hymas, journalist writing for the telegraph.co.uk and creator of Duty of Care campaign. Meeting at University Of Hertfordshire, Hatfield, United Kingdom (2018 August 13)
- Entitled grants added to the internetandme.eu website (2018 July 30)
- Anxiety and Depression blog announcement (2018 July 25) also listed in the Media Corner on the website.
- Comment on the global gaming industry's statement on ICD□11 gaming disorder: a corporate strategy to disregard harm and deflect social responsibility? Daniel L. King and Gaming Industry Respons Consortium (2018 July 14)
- Second newsletter sent asking National Representatives to send their local activities and dissemination plans (2018 July 3).
- Check-up existing e-mails in the database and sending consent form (2018 June 6).
- Dissemination and communication Meeting at University Of Hertfordshire, Hatfield, United Kingdom (2018 June 05) discussion focused around GDPR and privacy statement, to ensure our website is compliant.
- The Royal College of Psychiatrists Faculty of Addiction Psychiatry Annual Scientific Conference (2018 April 26-27) Behavioural addiction symposium
- Poster presentation introducing PUI and COST Action for the UK SSA Thursday 8 & Friday 9 November 2018
- BMC Medicine's Forum editorial letter prepared by Prof Fineberg
- 27th European Congress of Psychiatry, organised by the EPA in Warsaw, Poland on 6-9 April 2019. Proposal to introduce COST Action and PUI was accepted and will be part of the Scientific Programme of the EPA 2019 Warsaw Congress.
- Science Gallery London on the 21st of September. https://london.sciencegallery.com/news/hooked Introducing COST Action:



5) WP4- Management, Governance and Quality Assurance

(Reported by Prof Edna Grünblatt & Natalie Hall, 04.03.2019)

Hierwith we report the activities and achievements of WG4 lead by Edna Grünblatt together with Jose Menchon and Eric Holander (External Observer). The report was prepared together with the action administrator Natalie Hall. The activities and achievements are listed under point by point.

1. WG4 meetings

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). The next meeting is planned for Warsaw. 2019

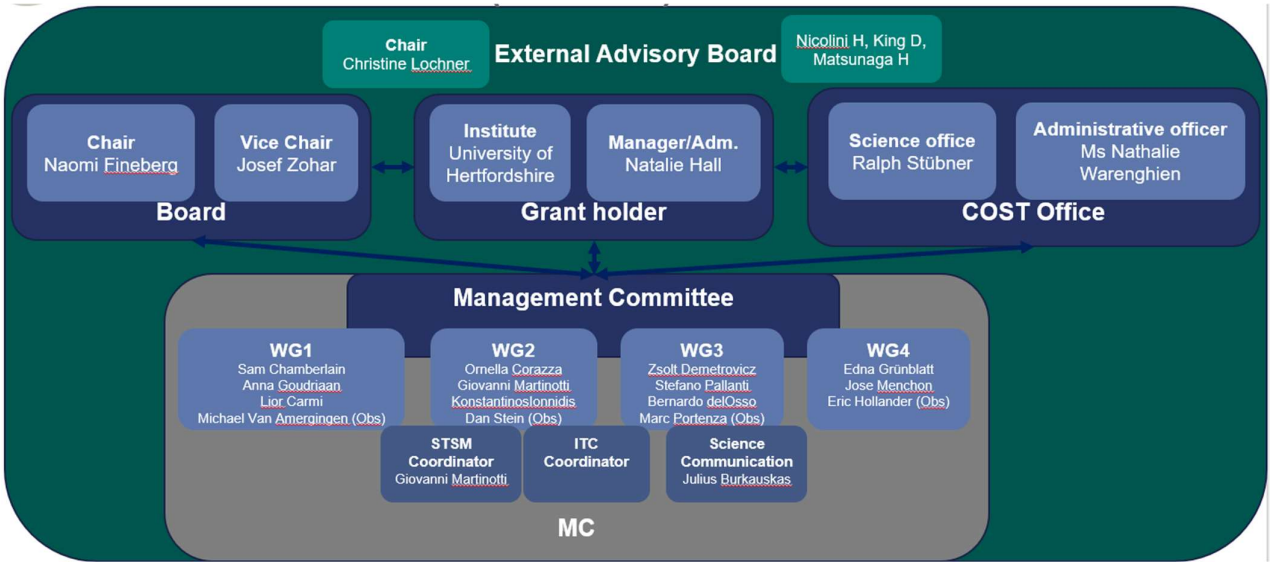
2. EU-PUI In Place

Over the last year we have continued to grow and have been engaged in a number of activities to increase the public profile of the network. Including a Press release of the Actions Manifesto at the Science and Media centre (5th Oct 2018). As well as Interviews with members of the Action:

Henrietta Bowden-Jones (Sky Interview 5th Oct 2018)
Naomi Fineberg (BBC Interview 5th Oct 2018)
Naomi Fineberg (BBC Interview 9th Oct 2018)
Henrietta Bowden-Jones also gave a speech in the UK parliament on Online Gaming Disorder (26th March 2019)

3. *Management structure and Governance structure*

We have established the management structure of the Action as well as the Governance structure and an external advisory board who will oversee the action.



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

4. *MC In Place*

We currently have 53 MC Member and 33 MC Substitutes from 31 Countries. 22 Add Hoc members from the same 31 countries and 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 organise and disseminate all activities at a local level.

5. *Risk management plan plan, reporting and actions*

Risk management is conducted at a continuous manner depending on actions currently relevant and the actions to reduce are assessed by every WG in a collective manner.
Several risks were identified and some measures were suggested as for example listed here:
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 ➔ Increase the number of members working on this task?
- 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 Stüber & 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.

6. Financial Plan

The financial plan for grant period 3 is as follows:

A. COST Networking Tools	EUR
(1) Meetings	71,750.00
(2) Training Schools 0.00	47,360.00
(3) Short Term Scientific Missions (STSM)	5,000.00
(4) ITC Conference Grant	7,500.00
(5) COST Action Dissemination	1,200.00
(6) Other Expenses Related to Scientific Activities (OERSA)	1,110.00
B. Total Science Expenditure (sum of (1) to (6))	133,920.00
C. Financial and Scientific Administration and Coordination (FSAC) (max. of 15% of B)	20,088.00
Total Grant (B+C)	154,008.00

A breakdown of the planned budget is attached here:

WBP-AGA-CA16207-3_11686.pdf

7. Regulations and reporting ledger

The first draft has be created, listing some regulations and a report ledger that should be accepted by the COST action MC.
The reulations 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.

8. *Governance report*

CA16207_PR1_AC_INPUT_2018-10-26.pc

9. *MC Meetings*

We have had 1 MC meeting already this grant period, with the next planned for the 10th of April 2019 in Warsaw.
The minutes of the MC meeting in Barcelona are attached here:

CA16207 3MCM minutesFinal.pdf

6) Appendix I (Feedback report for the International Training School and Conference "Problematic Usage of the Internet" 14-16th January 2019)

The training school was attended by 32 members of the Action as well as 168 people who joined us online over the course of the three days (see figure 1).

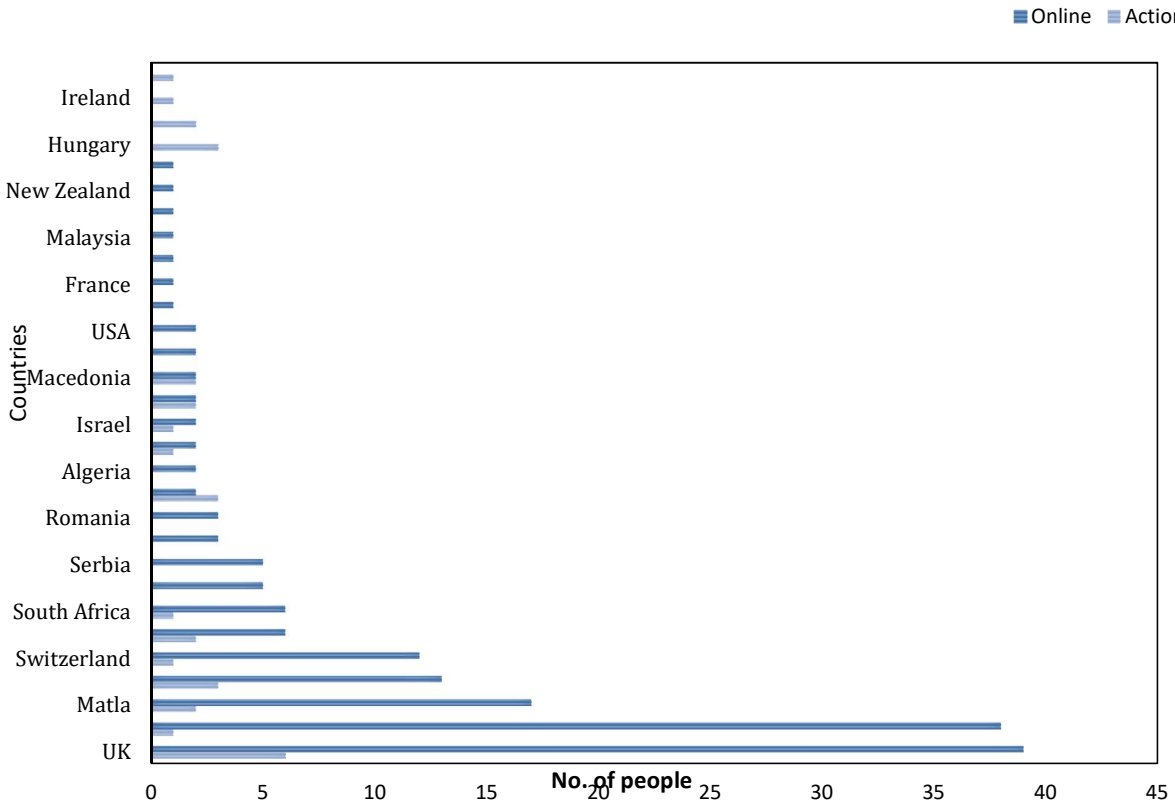


Figure 1. Total number of people attending the training.

42 of the attendees also provided feedback at the end of the event. The demographic frequencies of the attendees who provided feedback are presented bellow (see table 1).

The majority of the attendees were female and aged between 24 and 44. One of the COST initiatives is that we target females and early career researchers, the results would suggest that we attracted a good gender mix as well as a good mix of ages and experience.

Table 1. Demographic frequencies for the Attendees

		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

Note. Missing responses were not reported

Another COST inicative is to increase the involvement of Inclusiveness Target Countries (ITC) countries, of the attendees who provided feedback over half were from ITC countries.

Attendees were asked how they had heard of the event, in order to review the actions dissemination activities (see figure 2.)

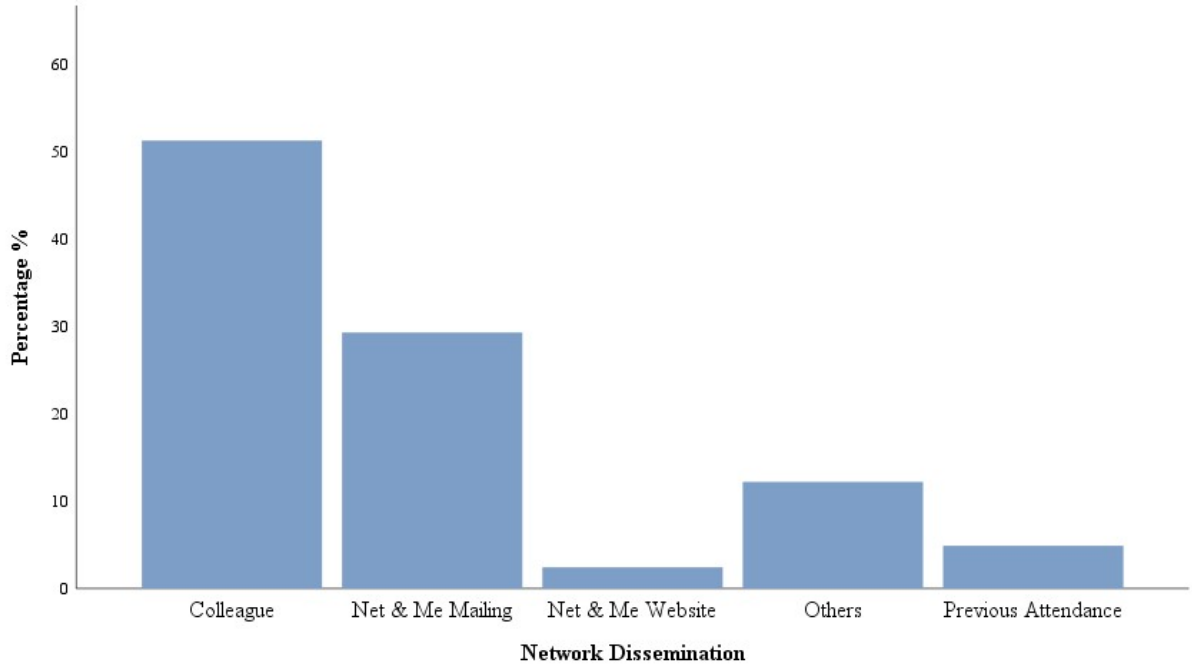


Figure 2. Feedback on the method of dissemination, measured as a percentage

The majority of attendees indicated that they were informed of the event by a colleague.
However, the responses do indicate that the use of the net and me Mailing list is also a good facility for disseminating information and activities to a wider audience. Dissemination through Social media is an area for improvement.

Feedback of the webinar was split into three sections. The first section represented the Quality of the activity (see table 2). The majority of the attendees rated the quality of the webinar as either very good or excellent.

Table 2. Feedback on the quality of the webinar. measured as frequency N (%)

	Very Poor	Poor	Fair	Good	Very Good	Excellent
The overall content of the activity was:	0	0	1 (2.4)	1 (2.4)	12 (28.6)	27 (64.3)
The individual presentations of the activity were:	0	0	0	5 (11.9)	15 (35.7)	21 (50)
The speakers were:	0	0	2 (4.8)	2 (4.8)	12 (28.6)	25 (59.5)
The materials distributed were:	0	0	2 (4.8)	6 (14.3)	8 (19)	20 (47.6)

Note. Missing responses were not reported

The second section represented the quality of the content/topics of the activity (see table 3).
The majority of attendees indicated that they found the content of the webinar interesting and useful for their career and that they would use what they have learned in their professional practice.

Table 3. Feedback for the quality of the content of the webinar. measured as frequency N (%)

	Strongly disagree	Somewhat disagree	Neither agree or disagree	Somewhat agree	Strongly agree
The content was fundamentally interesting:	0	0	1 (2.4)	9 (22)	31 (75.6)
I already knew a lot about the subject:	1 (2.4)	10 (24.4)	5 (12.2)	20 (48.8)	5(12.2)
The relevance of the activity is useful for my career:	0	0	2 (4.9)	17 (41.4)	22 (53.7)
I plan to use what I have learned in my professional practice:	0	0	5 (12.2)	15 (36.6)	21 (51.2)

The third section represented the quality of the organisation of the activity (see table 4). The majority of the attendees rated the organisation as very good or excellent.

Table 4. Feedback for the quality of the organisation of the webinar, measured as frequency (%)

	Very Poor	Poor	Fair	Good	Very Good	Excellent
The organisation of the activities around the event:	0	0	1 (2.4)	2 (4.9)	9 (22)	24 (58.5)
The convenience of the location chosen:	0	0	2 (4.9)	2 (4.9)	6 (14.6)	21 (51.2)
The catering quality and quantity:	0	0	0	1 (2.4)	3 (7.3)	18 (43.9)

Note. Missing responses have not been reported

The majority of the attendees who supplied feedback were satisfied overall with the Training school/Conference (see figure 3), with the majority reporting that they were very satisfied.

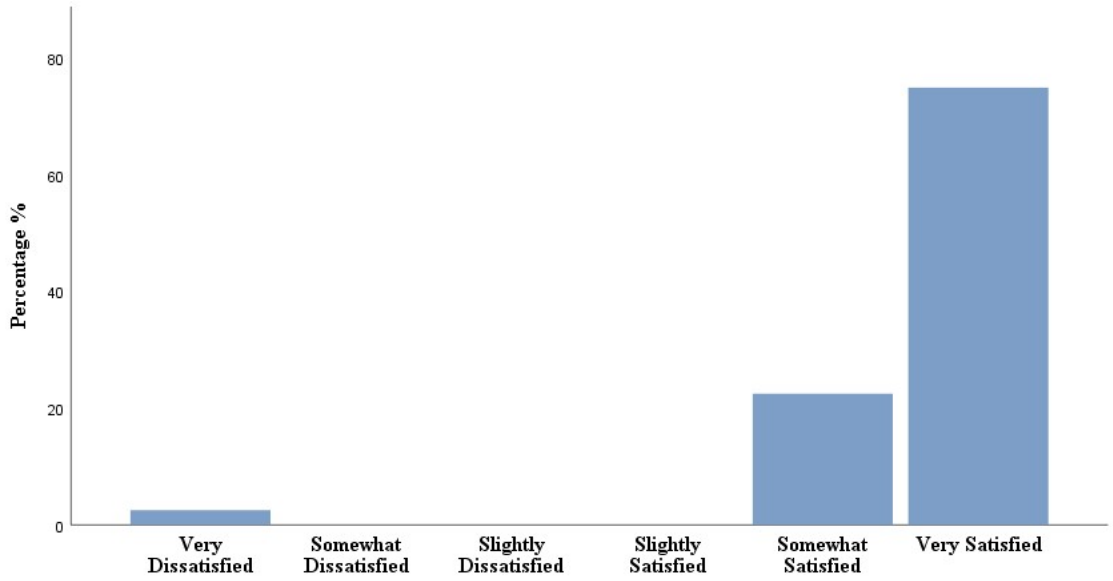


Figure 3. Total number of valid responses for the overall satisfaction of the Training school/Conference, measured as a percentage.

Attendees were then given an option to give open-ended feedback based on their satisfaction. 1 Attendee indicated that they were very dissatisfied with the event on the Likert scale, but in the open-ended feedback stated they were very satisfied with the event.

" no, I thought it was very good"

Suggesting that the indication on the Likert scale may have been an error.

The following table (see table 5) contains the open-ended response, (in English) from all attendees who gave feedback. Attendees indicated that they particularly liked the ease and accessibility of the online format and felt the content of the Training school/Conference and the presenters were very informative. Possible suggestions for the future include: Having a more balanced selection of lectures between different disciplines. An Opportunity to share information from practices and more frequent events. Overall the feedback received indicated that the Training School/Conferences was a very successful activity.

Table 5. Table of open-ended response

What did you particularly like?
"The content was very interesting."
"The discussion and networking opportunity"
"Whole organisation and whole Event. Thanks to NF and NH."
"From the planning of joint training activities (Erasmus + masters), joint research (multicultural projects), dinner, the local"
"The 2nd day - it was very informative and concluded various aspects of disorder"
"The scientific program (with two sets of PUI-related presentations, an invited lecture on a more general topic in-between, and an interactive workshop at the end) was designed in such a way as to enable maximum engagement by the participants. The coffee breaks and the lunch sessions, were ideal for networking and strengthening of the established connections. Overall the intense agenda was optimal for theoretical upgrade (by gaining deeper insight on the topic) and a practical networking (by establishing meaningful collaborations with experts). Congrats on the fantastic organization!"
"The presentations on PIU that had a psycho-social element to them. all presentations were very good but some of them where targeting more the medical part of the audience."
"the opportunity of streaming live."
"The workshop about the Delphi study. Some of the presentations (e.g., MB, NF, JG, ZD)"
"Lectures and speakers were awesome"
"Convenience of being online and content quality"
"Presentations."
"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."
"High quality of the speakers"
"The first two days of lectures and plenaries were just perfect. The formal dinner was incredible - what an experience!"
"The overall presentations from definition up to practice."
"Topics of presentation, Venue, Organisation"
"The whole approach to the subject due to the little knowledge"
"Availability to attend lectures via online streaming"
"VideoSreaming"
"The ability to participate in the international conference via internet "
"Excellent clear lectures"
"Networking of the professionals and all data that were shared."
"networking and the information that were shared"
"From the clear and concise thematic approach"
"discussion of working group to define the problem"
"Live stream"
"convenient time, concentrated content, opportunity to ask questions"

"Quality of the speaker and presentations; free event; network of junior scientists."

"variety of topics covered that pertain to PIU"

"Networking dinner: it was amazingly organised and a very high-level occasion of sharing opinions and conversation"

"I particularly liked professor MB presentation."

"Various speakers, subjects linked to one another, more medical perspective, and also linked to psychology"

"Honest"

"Great organization, time planning, clear-against the event"

What did you find helpful?

"PUI in children"

"that the slides were available to download"

"Lectures, Cambridge University surroundings and Organisation."

"From the planning of joint training activities (Erasmus + masters), joint research (multi-center projects)"

"It really helped that slides were added before oral presentation, it was really helpful to take a look in advance."
"The flexibility of the program to adjust to the needs/ideas/proposals by the participants. The availability from the leading experts to discuss and cooperate. The thoughtful and very caring organization by the hosts. In essence, the whole organization was so professional, that I felt very welcomed."

"opportunity to network with colleagues from different countries"

"very easy to connect"

"mostly the same presentations + the plenary about machine learning"

"many new informations."

"useful tools and questionnaires"

"everything"

"I learned a lot and consolidated my knowledge on the subject"

"having online presentation to watch at convenient time."

"Networking and Increased my knowledge from presentations"

"Sharing content and associated issues"

"Training conference updates"

"Problematic Internet Usage is growing problem so any new and science supported information is very valuable"

"Easy to use Webinar instructions"

"information that increase the knowledge."

"increasing the knowledge"

"The defining criteria of pathology"

"questionnaires shared among other countries "

"Information mails"

"recent research"

"Clinical management strategies; slides available; online streaming accessible remotely"

"all of it really, such as: discussion of potential treatments and research initiatives."

"The afternoon session to promote initiatives"

"I find Professor ZD presentation very helpful."

"it was held in English, and the online connection was great"

"To improve my career"

Do you have any other comments or suggestions?

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

"Congratulations on your initiative."

"Everything looked fine, thank you!"

"For future events I'd suggest that the presentations are equally shared between medical and psychological/ educational perspectives."

"thank you very much for the training! :)"

"It is interesting and more frequently such type of workshop is needed"

"no, I thought it was very good."

"no."

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

"Excellent conference, congratulations"

"Great work; all of the organizers (SC, NF, NH) did a phenomenal job. Amazing workshop and conference."

"When traveling involved, to have a location that does not require many hours travel."

"Please continue to make this widely accessible"

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

"opportunity to share our information that comes from our practice is missing"

"I want to participate again if possible."

"no"

"continue"

"To be repeated"

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

"If speakers made better use of the microphones which were available it would have been much easier to listen being that I viewed this online from my office and I was not alone sound was not always clear due to the fact of improper use of microphone as when speakers used it sound was super clear."

"No"

COST Association
Avenue Louise 149 I 1050 Brussels, Belgium
t: +32 (0)2 533 3800 I f: +32 (0)2 533 3890
office@cost.eu I www.cost.eu