



EU-PUI Newsletter Number 7

Dear all,

Thanks to the hard work and organizational skills of Zsolt Demetrovic and Orsolya Király team we had a wonderful International Training School and Public Meeting. We are really grateful that so many great lecturers and researchers come to share their knowledge and experience. This was a unique opportunity to share, learn and discuss recent theoretical and applied developments in the field of problematic internet use. Our Action has always been exceedingly active in providing an opportunity to disseminate research and clinical findings for international audiences. Thank you all for participation and contribution.

We are also very excited to share that during the Public Meeting we launched a book “Learning to deal with Problematic Usage of the Internet”. This work is written for the public, edited by the COST Action CA16207 in collaboration with the International College of Obsessive-Compulsive Spectrum Disorders and the International Obsessive Compulsive and Related Disorders Research Network of the European College of Neuropsychopharmacology. This imaginatively presented book presents a concise and up to date explanation of the field, describing how to recognize the most common types of problem, current scientific theories about the causes of problematic Internet usage as well as suggestions on how those struggling to control Internet use might deal with these issues, from a lay perspective. The section on ‘top tips’ for parents will be of particular interest to families coming to terms with Problematic Usage of the Internet.

During an intense discussion throughout the meetings we have also learned that involving public and service users should be an integral part of the research and dissemination process of our Action with an aim to improve the quality, relevance and legitimacy of our research studies and future projects. Several noteworthy ideas were proposed which I would like to kindly invite Action members to participate.

In the next following months, we will aim to establish a young PIU ambassador’s network. Where up and coming’ young specialists, who aspire to lead the profession in their home country in the coming years, would join to expand communication on PIU and dissemination of Action’s results in their respective countries. Working together with WP2 we will train them in science communication to strengthen our voice in delivering key messages on PIU to wider audiences.

Another great initiative, which will contribute to a crucial need to engage members of the public into our Action’s work, is mapping relevant national leaders who could help us in dissemination. We want to design a clear communication strategy where we could identify a) national authorities which we will contact asking for public endorsement, b) influencers or opinion leaders who could support us in spreading the word on our recent book publication, c) national organizations working in the closely related fields who could help us in reaching individuals with PIU.

I am sure these initiatives will strengthen our existing dissemination plan and help us involve members of the public as well as stakeholders who will contribute to our Action success in the future as we aim to promote better understanding of PIU and develop strategies for the effective management of the problem.

**YOURS SINCERELY,
NAOMI
OCTOBER 30 2020**