

# **COST Action**

## **Progress Review at 24 months**

### **(23/10/2017 to 23/10/2019)**

## **CA16207: European Network for Problematic Usage of the Internet**

This report is submitted by the Action Rapporteur in fulfilment of the requirements of the rules for COST Action Management, Monitoring and Final Assessment and is confidential to the COST Association and the Management Committee of the Action.

## Summaries

### The main aim and objective of the Action is to

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

### During its first two years the Action progressed the achievement of this as described below

In its first two years, CA16207 has built a strong multidisciplinary and geographically diverse network of experts and opinion leaders, from 31 member countries and several near neighbour or observer countries, informed by the COST Inclusiveness policy and governed by a robust management structure. By bringing together, face-to-face, experts from different fields of psychiatry e.g. obsessive compulsive and addictive disorders, and disciplines e.g. clinical and social sciences, animal and human neuroscience, genetics, education and the law, we have established a cohesive network with sufficient critical mass to leverage existing funded research into a coherent programme to tackle PUI.

To this end, we have engaged key stakeholders including funding agencies, young people with PUI, family members, teachers, policy-makers, digital industry representatives and SMES through a programme of face-to-face meetings, workshops, training schools, public meetings, webinars, consultation exercises and expert testimony. In March 2019, we presented our work to the European Commission Health Directorate to inform strategic planning for the forthcoming Horizon Europe initiative.

CA16207 devotes its activities to

1. Sharing knowledge and interchanging ideas and best practice to promote new trans-disciplinary, translational research approaches that are advancing the scientific understanding of PUI as an emerging public health challenge. Our published manifesto presented a consensus view of the key research objectives for this emerging field. We are now addressing these objectives through collaborative science and technology projects, including better recognition and diagnosis of the different forms of PUI, development of reliable assessment instruments, understanding the brain-based mechanisms and informing therapeutic and preventative interventions. Our success depends on the creative exchange of ideas and concepts that network meetings provide. Our outputs are widely reported at major scientific meetings and in scientific publications.
2. Addressing training gaps and building research capacity through educational activities, focussed on the career-needs of ECI and ITC members. We provide STSMs, ITC grants, workshops, training-schools and freely available educational webinars, with excellent consumer-feedback. We are developing a cross-national postgraduate qualification in PUI. We also run public consultation exercises and research training. We are thereby growing a Europe-wide network of research-capable centres equipped to deliver gold-standard research into PUI, informed by the lived experience of citizens and including less traditionally research-intensive countries to ensure the validity and generalisability of our findings.
3. Strengthening science and technology communication through creation of an interactive website ([www.internetandme.eu/](http://www.internetandme.eu/)) and an internal data-sharing platform, as well as initiating a research database of clinical outcomes for scientific exploitation. By developing robust stakeholder connections, CA16207 facilitates the widespread dissemination of scientific advances via lectures, debates and workshops at many of the major international scientific meetings, as well as public meetings, peer-reviewed publications, webinars, textbook chapters and media releases including a dedicated press-conference. We are writing a popular e-book to advance public understanding of PUI.

Thus, by coordinating and delivering cross-disciplinary networked brain-based research into PUI,

underpinned by public-patient involvement, CA16207 is providing added value beyond that achievable in a single research group to improve health and wellbeing and advance health and social policy for European citizens.

### **The Rapporteur summarised the Action's major outcomes, impacts and successes as follows**

The objective of the action is ambitious and responds to the emergence of a new mental health problem that must be addressed. The network that has been created, as well as the organizational structure, are an excellent basis for achieving this objective. The activities developed within the project have focused on the scientific understanding of PUI as an emerging public health challenge, interchanging ideas and identify best practices, and has been reflected in a published manifesto including a consensus view of the key research objectives for this emerging field. The creation of a research database of clinical outcomes for scientific exploitation will be an opportunity for future research in this topic.

Initiatives have also been carried out to build research and educational resources including less traditionally research-intensive countries. In this sense, the development of a cross-national postgraduate qualification in PUI and an Europe-wide network of research-capable centres are outstanding. However, activities in contact with public opinion and training of health professionals are still necessary. The creation of a website and the announced publication of a popular e-book are appropriate steps to achieve this challenge.

In short, the creation of an interdisciplinary network of expert researchers in PUI is a starting point to advanced knowledge about this health problem. In any case, greater public-patient involvement is still necessary if is intended to translate research into improved health and wellbeing, and also an advance in health and social policy for European citizens.

### **The Action Chair has described their plans for addressing issues identified in their report as follows**

The chair and the MC will continue to work collaboratively and flexibly across institutions, within the limitations that Brexit may involve.

We ensure that all potentially fundable activities are planned well in advance of the end of the budget period, to make sure funding is available.

We continue to encourage less involved members in Action activities e.g. we have established a new role of 'national representative' that allows them to spread the objectives of the action according to their expertise and skills.

### **The Rapporteur summarised the Actions's plans for addressing issues identified in the report**

The described plans are in the right way in order to ensure the objectives for the next period.

## Achievement of MoU objectives, deliverables and additional outputs/ achievements

### MoU objectives

The Action reported progress of the following objectives.

MoU objective	Level of progress	Rapporteur assessment
1. Establish the EU-PUI Research Network with inclusive multi-stakeholder representation including citizens with PUI and their family members, universities, health service sectors and bio- and information-technology industries, to enable learning from wide ranging relevant experiences.	76 - 100%	CONFIRMED
2. Foster knowledge, skills and best practice exchange to integrate scientific and technical advances, address current knowledge gaps and identify the most promising research goals.	51 - 75%	CONFIRMED
3. Provide open access to a bespoke electronic research database as a resource to store and share international research data, and to support the consolidation of existing data and its exploitation into new collaborative projects.	0 - 25%	CONFIRMED
4. Support rapid communication of knowledge within the network.	51 - 75%	CONFIRMED
5. Effective transfer and exploitation of new insights arising from the Network into the scientific, biotechnology and health services arena by establishing a robust dissemination plan.	76 - 100%	CONFIRMED
6. Establish sound management and quality assurance structures and strategies.	76 - 100%	CONFIRMED
1. Facilitate educational and training enterprises to fill gaps in skills and knowledge to build the required research capacity to deliver multi-centre research studies.	51 - 75%	CONFIRMED
2. Develop and disseminate a platform of research tools and targets including the most advanced animal models and techniques, and the most sensitive genetic, neurocognitive and brain imaging tests that discriminate problematic internet use disorders, for onwards development by the wider scientific community and the biotechnology industry.	26 - 50%	CONFIRMED
3. Devise mentorship schemes for early-career scientists, including those in low income countries, to, enable junior and senior researchers to build trust and initiate collaborations.	51 - 75%	CONFIRMED
4. Organise research training for public-patient representatives, to establish for the first time a European PUI public-patient reference group	26 - 50%	CONFIRMED

### Rapporteur assessment of the level of progress reported by the Action.

The Rapporteur confirmed the level of progress reported by the Action for all objectives.

### Action explanation regarding MoU objectives reported as 25% or less achieved

The table below shows the Action's explanation and the Rapporteur's analysis thereof for any MoU

objectives that the Action reported as 25% or less achieved.

MoU Objective that was reported as 25% or less achieved	Action's explanation	Rapporteur's analysis
3. Provide open access to a bespoke electronic research database as a resource to store and share international research data, and to support the consolidation of existing data and its exploitation into new collaborative projects.	New developments in EU confidentiality legislation such as GDPR, has slowed down the development of our international research data base. These issues are being actively worked on with the ECNP as a collaborative partner.	Action Chair's explanation seems reasonable considering the ambition of the proposed objective and the limitations found.

## General Assessment of MoU objectives

The level of ambition of the MoU objectives is **High**.  
Overall, **most MoU Objectives are progressing appropriately**.

## Deliverables

The table below shows, for each deliverable, the delivery status reported by the Action and the Rapporteur's comment.

Deliverable	Month deliverable due	Delivery status	Rapporteur Comment
Report on each of the work groups membership and activities, to be repeated annually	12	Delivered	The report is delivered and allows the evaluator to get vision of the tasks performed and the status of the project.
Develop a Consensus Statement on the diagnosis of PUI, in the form of a Report	12	Delivered	Report delivered. The published consensus statement is a nice contribution to the comprehension of the Problematic Usage of the Internet and is becoming a paper of reference for further publications and authors.
Prototype clinical rating scale, for onwards validation, in the form of a report.	12	Not delivered, but expected before end of Action	An actualized review of rating scales for PUI is an urgent task and would be a clear contribution of the Action. After that, the proposal and validation of a scale that could become a gold standard is an old aspiration. The team has the expertise and potential for developing these new instrument.
Develop an open-access database and launch it to all members and the public	12	Not delivered, but expected before end of Action	Developing an open-access database is an ambitious objective and would be clear contribution of the action. First steps are done but recent legislation on confidentiality is an added limitation for these objective. The database should include accessible data for researchers, and the use of a unified rating scale for PUI evaluation would be a must. Even if the team has the expertise and the ambition for reaching the objective, it's the most difficult objective to reach.
Develop a dissemination plan, to be approved by the Action Management Committee	12	Delivered	Plan delivered. The report is sufficiently detailed and includes the appropriate actors and activities.
1st Annual Scientific Meeting 'State of the Art and future of research in PUI'	12	Delivered	Delivered. The meeting addressed two of the main challenges of the research and treatment of the PUI, it's expected that future meetings discuss other topics identified by the project.
Establish a regulations and reporting ledger	12	Delivered	Delivered. The summary allows

and a risk management and contingency plan			the reviewer to assess the fulfillment of the proposed objectives. The regulations approved on 2019 ensure the quality and control of actions. The risk management and contingency plan is not found.
Quarterly reports concerning risk and management actions for the action management committee, to be repeated annually	3	Delivered	Delivered. A report that also included 2019 actions is expected.
To set up action management committee meetings, twice per year, for the duration of the action	6	Delivered	Delivered. Very informative report that would be useful to assess some previous deliverables
to produce an annual governance report to be approved by the Action management committee, repeated annually	12	Delivered	Delivered. Comment on previous deliverable is valid for this one.
To produce a Consensus Statement on cost and burden of PUI in the form of a Report	24	Delivered	Delivered. The quality and opportunity of the Manifesto is of great value.
To submit at least one networked grant application on PUI to a grant giving body	24	Delivered	Delivered, but no networked grant application was found, except some individual STSM (that include some ideas about future networked projects and grants).
to deliver and complete certified PPI research training for PPI stakeholders in the action	24	Not delivered, but expected before end of Action	It's expected that with the creation of the WG5, and the cooperation with the WG2, the objective would be reachable.
Submit for peer review at least one scientific publication (poster, paper) from an early career scientist (repeat in year 3, 4)	24	Delivered	The production of papers attributable to the project is remarkable, and the paper from Konstantinos Ioannidis fulfills widely with the objective.
to organise the 2nd Annual Scientific Meeting 'Cost and Burden of PUI a Cross National approach'	24	Not delivered, but expected before end of Action	It's expected that organizing a 2nd Annual Scientific Meeting will be easily attainable.
At least 2 papers to be submitted for peer reviewed publication in an open access journal	24	Delivered	The delivered evidence is limited. In some previous evidence some papers met this goal. Why they are not added?
To develop and validate a new rating scale for PUI in the form of a Report.	36	Delivered	Delivered. A nice contribution including a wide representation of the action members.
To submit at least one networked grant application to a grant giving body	36	Not delivered, but expected before end of Action	The team's potential to develop networked projects is remarkable. It's expected that at least one of them can be awarded. Similar explanations would be useful for deliverable 12.
3rd Annual Scientific Meeting to be organised to involve relevant action members	36	Not delivered, but expected before end of Action	It can be attainable, in any case, a minimum programming of contents would be appreciated.
Symposium proposal on PUI submitted to an	24	Delivered	Delivered, but why we didn't see

international scientific meeting programme committee ( to be repeated in year 3)			a report regarding the outcome of the symposium in previous deliveries?
At least 2 papers on PUI to be submitted for peer reviewed publication in an open access journal	36	Delivered	Delivered, but two contributions were expected. No other paper produced in the context of the action satisfies this objective?
To produce a consensus statement on evidence based interventions for PUI in the form of a Report	48	Not delivered, but expected before end of Action	Considering the production of the team and its expertise, there is no doubt that this objective will be achieved.
to organise an International Conference entitled 'State of the Art in PUI' for all action members and the public.	46	Delivered	Delivered, but other conference was organized during 2019. Why does not appear?
To provide an early career scientists' symposium on PUI at an International Conference	48	Not delivered, but expected before end of Action	It's easily reachable together with another symposium or even separately.
To produce a special journal issue (>=5 papers) and submit it for peer reviewed publication in an open access journal	48	Not delivered, but expected before end of Action	The described plans are sufficient. We trust the ability of the team to achieve the proposed objective.
to produce a podcast on PUI and the work of the Action, to be repeated annually	12	Not delivered, but expected before end of Action	We trust the ability of the team to achieve the proposed objective, but we didn't read any comment, in line with the proposal, in the previous deliverables.

## General Assessment of deliverables

The level of ambition of the deliverables is **high**.  
Overall, **most deliverables are progressing appropriately**.

## Additional outputs / achievements

### Co-authored Action publications

The Action reported 29 publications on the topic of the Action, co-authored by at least two Action participants from two countries participating in the Action. The full list of publications appears in Annex I.

The:

- **Quality** of the Action's co-authored publications is **excellent**.  
Papers are published in specialized top journals, ensuring a high incidence among specialists.
- **Significance** of the Action's co-authored publications is **excellent**.  
Most publications are closely associated with the topic of the project
- **Relevance** to the Action of the Action's co-authored publications is **excellent**.  
There is no doubt that the relevance of the contributions of the team is high and will mark a milestone in the understanding of the PUI
- **Quantity** of the Action's co-authored publications is **excellent**.  
29 publications in two years seems a remarkable production, even if the team is large.

### Projects and proposals resulting from Action activities

The Action reported the following projects resulting from Action activities involving at least one Action participant.

Title	Main proposer name	Funder
Development of diagnostic criteria for buying-shopping disorder using the Delphi method	Astrid Müller	Trans-national - This work is financially supported by the Federal Ministry of Education and Research (BMBF) and the German Academic Exchange Service (DAAD) under the "PPP Joint Research" programme and by the Universities Australia under the Australia-Germany Joint Research Co-operation scheme
Expert appraisal of criteria for assessing gaming disorder: An international Delphi study	Joël Billieux	Other EU - funded internally by home institutions
How to manage problematic use of the Internet: a companion guide	DellOsso	FP7

In addition the Action reported 4 proposals resulting from Action activities involving at least one Action participant, and for which the Action networking was necessary.

Relevance of the Action's proposals and/ or projects is **excellent**.

Quantity of the Action's proposals and/ or projects is **excellent**.

### Other outputs / achievements

The table below shows the other outputs / achievements.

Other Output / Achievement reported by Action	Significance of the output
<p>Several members of the Action from diverse backgrounds working across the fields of obsessive compulsive disorders and addiction, have participated collaboratively as expert Working Group members for the World Health Organisation to update the international diagnostic classification of disorders of behavioural addiction and obsessive compulsive disorders, of great relevance to PUI. These disorders include gaming disorder, compulsive impulsive sexual behaviour disorder, gambling disorder, hoarding disorder, hypochondriasis, all of major relevance to advancing conceptualisation of PUI at a global level. From this consultation activity, further developed in COST Action workgroup meetings and workshops, different ideas and models were exchanged and integrated, and a consensus was arrived at that has resulted in authoritative editorials and papers highlighting key issues in relation to PUI as an emerging public health challenge - and specifically emphasising the importance of including the new diagnosis of 'Gaming Disorder' in the ICD-11 classification of mental disorders. -</p> <p><a href="https://akademai.com/doi/full/10.1556/2006.7.2018.59?url_ver=Z39.88-2003&amp;rfr_id=ori%3Arid%3Aacrossref.org&amp;r_dat=cr_pub%3Dpubmed">https://akademai.com/doi/full/10.1556/2006.7.2018.59?url_ver=Z39.88-2003&amp;rfr_id=ori%3Arid%3Aacrossref.org&amp;r_dat=cr_pub%3Dpubmed</a>.</p> <p><a href="https://onlinelibrary.wiley.com/doi/full/10.1002/wps.20570">https://onlinelibrary.wiley.com/doi/full/10.1002/wps.20570</a>.</p> <p>As a result of this consultation process, the WHO ratified the inclusion of Gaming Disorder, as the first recognised PUI diagnosis, in the forthcoming ICD-11.</p> <p><a href="https://www.who.int/features/qa/gaming-disorder/en/">https://www.who.int/features/qa/gaming-disorder/en/</a> .</p> <p>This received preliminary global approval in 2018 and ratification by world governments in June 2019. The ICD-11 diagnosis of Gaming disorder is recognised as a major advance in the scientific field, as for the first time we have a standardised definition to identify affected individuals as a prerequisite for the reliable study of the disorder. Moreover this advance is also expected to impact significantly on citizens health and wellbeing, as for the first time, citizens with Gaming Disorder will have the possibility to claim treatment for the disorder.</p>	High
<p>Through presenting prize winning posters at major and well attended international meetings (International Forum of Mood and Anxiety Disorders, Vienna July 2019, poster#09, <a href="https://www.internetandme.eu/wp-content/uploads/2019/10/2019ifmad-Final-programme-web_27062019.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/2019ifmad-Final-programme-web_27062019.pdf</a>, and 2019 annual conference of the International College of Obsessive Compulsive Spectrum Disorders, Sept 2019, <a href="https://www.internetandme.eu/wp-content/uploads/2019/10/Scientific-Program-copenhagen-2.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/Scientific-Program-copenhagen-2.pdf</a> that have introduced 'cyberchondria' as a newly recognised trans-diagnostic for of PUI, we have contributed to new concepts in clinical diagnosis and identified new research goals likely to strengthen Europe's research and innovation capacities. This work is being developed further by members of the Action, as a peer reviewed journal paper and textbook chapter (in preparation).</p>	High
<p>A member of our COST Action gave expert testimony on the risks and policy implications related to online gaming disorder to a UK Parliamentary Committee Inquiry into</p>	High

<p>immersive and addictive technologies (27/2/2019; <a href="https://www.parliament.uk/business/committees/committees-a-z/commons-select/digital-culture-media-and-sport-committee/news/immersive-technologies-evidence-17-191/">https://www.parliament.uk/business/committees/committees-a-z/commons-select/digital-culture-media-and-sport-committee/news/immersive-technologies-evidence-17-191/</a> ). The ongoing work is likely to result in new UK government public health policy involving the regulation of online technology and social media.</p>	
<p>Science Media Centre Press Conference, SMC London, 5th Oct 2018. Introducing the COST Action and the Research Manifesto to the press and public. Four COST members attended (N Fineberg, V Voon, H Bowden jones, Z Demetrovics). The conference presented to the world press the concept of PUI, the state of the art on what is known about the causes of the disorder and possible interventions at a clinical and public health level. The research priorities needed to advance understanding and fill gaps in knowledge, as described in our Manifesto were explained, and a call for further investment in research into this emerging area made.</p> <p>The conference generated several newspaper articles about PUI and the work of COST and resulted in broadcast TV/radio interviews with Action members:</p> <ol style="list-style-type: none"> <li>1. Henrietta Bowden-Jones (Sky Interview 5th Oct 2018)</li> <li>2. Naomi Fineberg (BBC Interview 5th Oct 2018)</li> <li>3. Naomi Fineberg (BBC Interview 9th Oct 2018)</li> </ol>	High
<p>Acknowledgement and website publication by the International Brain Research Organization IBRO (2018 August 29), thereby introducing the concept of PUI and the COST Action CA16207 and its goals to a worldwide research active scientific audience and strengthening Europe's research and innovation capacity.</p> <p>(IBRO is the global federation of neuroscience organizations that aims to promote and support neuroscience around the world through training, teaching, research, outreach and engagement activities and address the needs and advance the work of individual scientists and research communities everywhere. IBRO has partnerships with like-minded scientific societies and organizations to identify priorities and help bridge gaps in knowledge, investment and resources in the field of brain research <a href="https://ibro.org/about/">https://ibro.org/about/</a>)</p>	Medium
<p>A comprehensive critical review of the available screening/clinical instruments for PUI and their psychometric properties is currently (Nov 2019) being jointly undertaken by several members of our Action, led by King D (AUS observer). This will form the basis of a published compendium of recommended standard rating scales, in a new peer reviewed publication, which will significantly contribute to strengthening Europe's research capacities. The paper is in its final stages of preparation.</p>	High
<p>Cross cultural validation of several rating scales for compulsive internet use has taken place, resulting various peer reviewed publications (e.g.</p>	High

<p><a href="https://doi.org/10.3389/fpsy.2019.00136">https://doi.org/10.3389/fpsy.2019.00136</a>; <a href="https://doi.org/10.3390/ijerph15061213">https://doi.org/10.3390/ijerph15061213</a>;doi: 10.1037/adb0000433).</p>	
<p>We have funded and completed 2 STSMs, one grant to an ECI ITC member who went Nottingham UK, one to an ECI member who went to Chicago. Please see <a href="https://www.internetandme.eu/entitled-grants/">https://www.internetandme.eu/entitled-grants/</a> where their reports describing the positive impact of the activity are listed. Another STSM has been approved (Nov 2019) for an ITC ECI to travel to the UK (Jan 2020).</p> <p>For administrative reasons, another 2 approved STSMs were unable to be funded, though one involving an ITC ECI member did take place using other means of funding (please see general concerns).</p>	High
<p>We have already supported 6 ITC grants for members to present their work at international scientific meetings and benefit from networking opportunities. Please see <a href="https://www.internetandme.eu/entitled-grants/">https://www.internetandme.eu/entitled-grants/</a> for individual reports on the positive impact of these opportunities. One more ITC grant not yet listed on the web is in process.</p>	High
<p>Oral presentation explaining "Advancing Research Into Problematic Use Of The Internet – Toward Horizon Europe" by Cost members Fineberg NA and Demetrovics Z about the importance of research investment into Problematic Use of Internet (PUI) delivered at the European Commission Health Directorate, European Commission, Brussels 25/03/2019 (link: <a href="https://www.internetandme.eu/events-and-workshops/">https://www.internetandme.eu/events-and-workshops/</a>).</p> <p>This event promoted information exchange between key stakeholders in EU research and policy at a senior level. Concordance reached on the importance of adequately funded programmed research for PUI at a pan- European level as well as the most relevant and achievable research goals and experimental models. Demonstration of research capacity to lead large scale collaborative research projects e.g. through the COST Action network, as the basis for the development of new Horizon Europe research initiatives.</p>	High
<p>Postgraduate courses:</p> <p>As a first step, we (UK, Italy, Hungary), are collaboratively developing a postgraduate degree at MSc level (30 credits), informed by the multi-disciplinary work of the Action, on the science of internet related behavioural addiction, to be hosted at the University of Hertfordshire, starting September 2020. The course will be live streamed to allow international students to join via remote learning.</p> <p>We (fineberg, corazza, Dores, Vella), are also exploring the possibility of collaborating across the Universities of Porto, Malta and Hertfordshire, to further develop the MSc into a international Postgraduate Certificate in PUI.</p>	High
<p>We are planning a second training school in Budapest, Hungary, for March 16-18 2020. the programme is under development, led by WG3 lead, Prof Demetrovics, and will include citizen representation and training led by WG5 lead Dr Sales.</p>	High

<p>A book entitled "In pursuit of the objectified self image"; authors (COST Action members) Bowden-Jone H, Fineberg NA, Corazza O" has been commissioned for publication by the Cambridge University Press, Oxford, UK. This book primarily addresses all interested members of the public and not only clinicians. It is anticipated to be published in 2021.</p>	<p>High</p>
<p>A chapter entitled Pharmacological Treatments for Obsessive-Compulsive and Related Disorders: A Transdiagnostic Perspective , authors Sachdev RA, Ruparelia R, Reid JE, (COST Action members- Mpavaenda D, Cinosi E and Fineberg NA), was published in 2019 in the book entitled 'Transdiagnostic Approach to Obsessions, Compulsions and Related Phenomena', edited by Fontenelle L, Yucel M, Cambridge University Press. page 183. This work is directed at clinicians, and raises awareness of the importance of the overlapping presentations of different 'comorbid' compulsive behaviours, such as the presence of PUI, in determining the approach to clinical treatment and management.</p>	<p>Medium</p>
<p>A chapter entitled Management and treatment of OCD; in New Oxford Textbook of Psychiatry 3 edn. , authors (COST Action members) Fineberg NA, Drummond LM, Reid J, Cinosi E, Carmi L, Mpavaenda DN., was submitted in Oct 2018 for publication in the book entitled 'New Oxford Textbook of Psychiatry 3 edn.', edited by Geddes JR, Andreasen NC and Goodwin GM (Eds) to be published by the Oxford University Press, Oxford, UK. This is the gold standard reference text book for psychiatrists working in the UK. The work is directed at clinicians and describes state of the art clinical management for compulsive disorders that can be applied to PUI.</p>	<p>Medium</p>
<p>As of November 2019, all member of CA 16207 are offered the opportunity to join the International Society of Addiction Medicine (ISAM) (<a href="https://isamweb.org/">https://isamweb.org/</a>) newly established behavioural addictions special interest group (chairs JB Belgium, HJR, Germany). This provides significant opportunities for further networking and exchange of information with the international community - specifically, access to information concerning resources and products from a variety of organizations in 101 countries from all continents, improving ability to inform and influence public policy at a global level through participation in ISAM position papers and other activities, further participation in the establishment of global public policy through ISAM position papers and other activities and participation in the establishment of international standards for education, certification &amp; treatment of addictions including forms of PUI, and audit.</p>	<p>High</p>

The quality and quantity of the other outputs/ achievements was assessed as follows.

The quantity and quality of outputs is remarkable, even if considering the composition of the team. The most remarkable outputs are: - Authoritative editorials and papers highlighting key issues in relation to PUI as an emerging public health challenge, emphasising the importance of including the new diagnosis of 'Gaming Disorder' in the ICD-11 classification of mental disorders. - The expected comprehensive critical review of the available

screening/clinical instruments for PUI and their psychometric properties. - Oral presentation explaining "Advancing Research Into Problematic Use Of The Internet – Toward Horizon Europe" by Cost members about the importance of research investment into Problematic Use of Internet (PUI) delivered at the European Commission Health Directorate. No outputs were of low dependency.

## Impacts

The Action reported the following impacts (the short- to long-term scientific, technological, and / or socioeconomic changes produced by a COST Action, directly or indirectly, intended or unintended) that have resulted, or might result, from the Action.

Description of the impact	Type of impact	Timing of impact
<p>Knowledge Exchange</p> <p>By establishing the EU-PUI Research Network, with inclusive multi-stakeholder representation including citizens with PUI and their family members, international expert scientists, universities, health service sectors, SMEs, including a substantial representation of ITC countries, we have built a community based upon knowledge exchange focussed on our new and emerging field of health research.</p> <p>Harnessing the most wide ranging knowledge, skills and technologies, the Action is now generating fresh perspectives and insights for development into the most promising translational research. We are also developing new assessment tools and targets for therapy (pharmacological, non-pharmacological) and screening, that could be packaged for clinical application. This has resulted in the development of a joint research agenda, informed by the lived experience of EU citizens, and a coordinated pan-European 'research platform' of capable scientists and tools to take forward this agenda.</p> <p>The impact is already being felt by scientists working in the field in terms of shaping research objectives, such as through the publication of our Manifesto in an open access journal with considerable press coverage, and will ensure future research in the field is relevant, achievable and generalizable across Europe.</p> <p>The impact is also changing the way future research is conducted, as evidenced by the emerging new collaborative projects and proposals as well as the large number of original research articles generated by this Action, so that science will take place in a more coordinated way, paying due reference to the needs of citizens.</p> <p>The ultimate impact will be improved health and wellbeing of citizens.</p> <p>Thus, through our networking activities, this COST Action aligns with the European Pact for Mental Health and Wellbeing (EPMH; <a href="http://ec.europa.eu/health/mental_health/docs/mhpact_en.pdf">http://ec.europa.eu/health/mental_health/docs/mhpact_en.pdf</a>), by promoting mental health by facilitating high impact multidisciplinary research programmes, aligned with the core objectives of EU policy, to improve the health of its citizens.</p> <p>Furthermore, our Action can be seen to advance the core objectives of Europe 2020 (<a href="http://ec.europa.eu/europe2020/index_en.htm">ec.europa.eu/europe2020/index_en.htm</a>) by using research to increase innovation and competitiveness of Europe's health-related scientists, with the goal of improving health, quality of life and productivity and reduce poverty and health inequalities.</p>	<ul style="list-style-type: none"> <li>• Scientific / Technological</li> <li>• Economic</li> <li>• Societal</li> </ul>	<p>Achieved</p>
<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The creation of the EU-PUI Research Network, with international expert scientists, including a substantial representation of ITC countries, is a good initiative for these emerging field. This should result in the development of a joint research agenda and a coordinated pan-European 'research platform' of capable scientists and tools. The publication of the Manifesto ensures relevance across Europe. The project is expected to change the way future research is conducted,</p>		

in the form of new collaborative projects and proposals.

<p><b>Increased Research Capacity built on inclusiveness principles</b></p> <p>Through our training and upskilling activities, we are building the research capacity needed to run multicentre studies in large samples - this is a prerequisite for deepening the scientific understanding of this emerging health and societal challenge.</p> <p>By including representation of newly established research groups, Early-Career Investigators, the under-represented gender and teams from countries/regions with less capacity in the field of PUI, we continue to build capacity in the demographic inclusiveness of our science and technology networks, with a demonstrably positive impact on the education and training of scientists at a pan-European level.</p> <p>By delivering and facilitating educational and training enterprises (training schools, webinars, symposia, STSMs, ITC grants) we are filling gaps in skills and knowledge in relation to this emerging societal challenge.</p> <p>By focussing training on ECI members, we are developing future capacity to take these research goals forward. Specifically, by delivering mentorship schemes for early-career scientists, including those in low income countries, and by focussing our training schools at ITC and ECI members, and ensuring a high proportion of female delegates, we have impacted positively and in a truly inclusive way on junior and senior researchers by enabling them to build trust and initiate collaborations around PUI. Our STSM and ITC grant awardees have provided reports detailing the specific positive educational impacts of the activities on their careers. <a href="https://www.internetandme.eu/entitled-grants/">https://www.internetandme.eu/entitled-grants/</a></p> <p>By developing National task forces, with the aim of engaging more ECI in training activities and research, we will further impact positively on the education and training of scientists across Europe, in their own countries.</p> <p>Our achievements in this area can therefore be expected to impact directly on scientists working in the field, clinicians and citizens with PUI. This impact is of major scientific and/or socio-economic relevance, as we continue to build a community around our new and emerging field of research, and grow capacity in the demographic inclusiveness of networks in science and technology, including representation of newly established research groups, ECIs, the under-represented gender and teams from countries/regions with less capacity in the field of the Action.</p>	<ul style="list-style-type: none"> <li>• Scientific / Technological</li> <li>• Economic</li> <li>• Societal</li> </ul>	<p>Achieved</p>
<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: Overall impact is high, specially from a scientific point of view. The impact of the project will be higher if scientists are able to run multicentre studies in large samples. Also will be remarkable if include representation of newly established research groups, Early-Career Investigators, the under-represented gender and teams from countries/regions with less capacity in the field of PUI. However, the direct impact on society and citizens with PUI is still limited.</p>		
<p><b>Dissemination of new knowledge</b></p> <p>The Action has created a scientific platform that also ensures that new research findings are more readily disseminated among scientists, the public and policy makers.</p>	<ul style="list-style-type: none"> <li>• Scientific / Technological</li> <li>• Economic</li> <li>• Societal</li> </ul>	<p>Achieved</p>

By developing accessible and robust channels of communication, such as our dedicated website and our use of social media (Facebook and Twitter), regular meetings and teleconferences, we ensure the Action is continually kept abreast of new findings before they are published, so that research will be tackled in a more informed way, based on emerging scientific findings as they arise, to generate the most up to date hypotheses.

By establishing a bespoke systems for internal communication between Action Members (password protected Office 365 SharePoint) we generate more rapid communication of knowledge within the network to improve coordinated information seeking, identification, collection and/or data curation among network members.

By establishing a robust dissemination plan and engaging key policy makers and stakeholders, through national (including national task forces) and international dissemination events and activities, we continue to positively impact on health and research policy at a national and international level. Specifically, by giving evidence on health policy in relation to PUI for the UK parliament, we are contributing the development of public health policies (see Other Outputs).

By participating as programmed speakers at some of the most well attended European scientific meetings (so far, 14 international and 6 national scientific symposia attended by delegates from a broad range of disciplines and fields including neuro-psychopharmacology, neuroscience, general psychiatry, addictions psychiatry, psychology, education ) we are disseminating information and new insights about PUI to the scientific community.

By holding symposia, meetings and consultation exercises with members of the public, we are ensuring that the knowledge and insights derived from science are reaching the public and that the public actively contribute to the research agenda.

By widely publishing our articles in peer reviewed journals and prioritising gold open access journals, we are disseminating fully our scientific advances and insights to inform scientists and the public about this emerging issue.

By publishing and widely disseminating our research manifesto, we have developed a common understanding and definition of the scientific challenges facing the field and described the key achievable scientific research priorities to address these challenges. The manifesto is already being used by international researchers to form the basis of a more coordinated research approach to PUI (see publications and projects <https://www.sciencedirect.com/science/article/pii/S0924977X18303067>). The impact will be better coordinated science.

By presenting evidence on the importance of research into PUI, and our recent advances, to the European Commission Health Directorate, we are impacting positively on the forthcoming long term scientific agenda e.g. via developing new scope for Horizon Europe grant-funded projects (see other outputs).

Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The website may be a point of reference for ulterior information and actions. Impact on health policy is also high. However, disseminating information at the public opinion is still on its first stages.

<p><b>Quality Assurance</b></p> <p>By establishing sound management and governance procedures, including accessible bespoke application procedures for training activities and grants (ITC grants, STSMs, training school delegates), targeting the needs of minority groups, ITC countries and ECIs, we continue to ensure fairness and transparency in the way resources, including training resources, are allocated among the network to ensure inclusiveness and minimise risk to the objectives of the Action.</p> <p>By establishing an external advisory board, who can be consulted by the MC for an opinion on issues related to quality and equity, we further strengthen MC decision-making and good governance.</p> <p>Research planning is coordinated and well organised, resulting in very well attended and successful work group and MC meetings devoted to the development of networked research projects.</p> <p>By ensuring our training activities are quality assured (<a href="https://www.internetandme.eu/wp-content/uploads/2019/10/Cambridge-Training-School-Feedback-report.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/Cambridge-Training-School-Feedback-report.pdf</a>), and by including citizens in training activities, we ensure a high standard of training in PUI that impacts most positively on the education and training of scientists and citizens across Europe.</p>	<ul style="list-style-type: none"> <li>• Scientific / Technological</li> <li>• Societal</li> </ul>	<p>Achieved</p>
<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: Management and governance procedures seem ensure fairness and transparency and allow access to grants and STSMs. Research planning is well designed and conducted. Impact of training activities, specially on citizens, is still limited.</p>		
<p><b>Skills Exchange</b></p> <p>By growing and developing a truly multi-disciplinary research community of top level experts that bridges separate fields of science (e.g. bringing together clinical and preclinical experts from the field of compulsions and addiction) and including members of the public, as a patient-public reference group, to work alongside researchers, we are achieving (and will continue to achieve) breakthroughs in terms of reconceptualising the disorders of PUI as 'trans-diagnostic' disorders i.e. behaviours and disorders spanning several existing nosological categories that share a similar brain basis, including disorders of behavioural addiction, poor impulse control and obsessive compulsive and related disorders.</p> <p>To address this 'transdiagnostic' challenge, we are managing to generate the necessary clinical and preclinical research methodologies and approaches from our network, that require a broad range of interdisciplinary expertise and skills.</p> <p>This collaborative multi-skills approach is already impacting positively on scientists working in the field of PUI, resulting in the application of more coordinated scientific approaches (eg we have completed and submitted for publication a Delphi project to determine the optimal diagnostic criteria for gaming disorder, published a Delphi project on the neuropsychological tests for addiction, and are in the process of completing a publication listing the gold standard instruments for measuring PUI), and educational enterprises teaching about PUI for a broad range of clinicians e.g. through educational symposia attended by clinicians working across different disciplines such as general psychiatry, addiction psychiatry as well as the public (e.g. through public meetings).</p> <p>We are also exchanging skills with commercial partners e.g. we have</p>	<ul style="list-style-type: none"> <li>• Scientific / Technological</li> <li>• Economic</li> <li>• Societal</li> </ul>	<p>Achieved</p>

<p>established a close collaboration with a medium-sized IT company. The impact is being experienced as a deeper understanding regarding the ability to monitor and analyses digital activity as the basis for a prototype evidence based intervention for onwards scientific and/or commercial exploitation (WG meeting minutes, 14-16/1/2019, <a href="https://www.interneta.ndme.eu/about-the-project">https://www.interneta.ndme.eu/about-the-project</a> and <a href="https://www.internetandme.eu/wp-content/uploads/2018/12/Cambridge-Training-School-Programme-29.11.2018-1.pdf">https://www.internetandme.eu/wp-content/uploads/2018/12/Cambridge-Training-School-Programme-29.11.2018-1.pdf</a>).</p>		
<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The development of a multi-disciplinary research community of top level experts is really remarkable. The limitation is the absence of members of the community. The listing of the gold standard instruments for measuring PUI and the optimal diagnostic criteria for gaming disorder, will be a nice contribution to the field that will enable more precise information for of public opinion and limit the current desinformation and social alarm.</p>		
<p><b>Public-Patient Engagement</b></p> <p>A key strength of this COST Action is its tight relationships with and accessibility to organisations of mental health professionals such as psychiatrists and psychologists (e.g. ECNP, ICOCS, WPA, EPA) and individuals with PUI and family members.</p> <p>Importantly, we are facilitating knowledge exchange and building research partnerships with members of the public, including young people, to support scientists in the development of a joint research agenda truly informed by the lived experience of citizens with PUI.</p> <p>By providing research training for public-patient representatives, and establishing for the first time a European PUI public-patient reference group, we are impacting positively on the design and delivery of scientific studies to ensure they are addressing the real needs of people with the lived experience of PUI.</p> <p>By delivering public meetings at which scientific advances in PUI are disseminated to the public, popular books and webinars, we are building a scientist-public community around PUI, enabling the timely dissemination of scientific advances and ensuring our findings reach a public audience, including those affected by PUI and their families, and have the most significant impact on health and wellbeing.</p>	<ul style="list-style-type: none"> <li>• Scientific / Technological</li> <li>• Economic</li> <li>• Societal</li> </ul>	<p>Achieved</p>
<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: Providing training for public-patient representatives, and establishing cooperation with patient representatives is an unsatisfied need. If it is allowed, its impact would be of relevance. Bringing information related to the PUI to users, educators and public opinion will result in early attention to citizens.</p>		
<p><b>Health Services Engagement.</b></p> <p>Through our support of the new ICD-11 diagnosis of Gaming Disorder, we have made a significant contribution to the clinical recognition and treatment of the disorder, and the future development of health services for PUI, at a global level.</p> <p>Through our many dissemination activities among health workers, including presentations and debates at the most well attended European meetings for psychiatrists and psychologists (e.g. EPA 2019, WPA 2019) and peer-reviewed publications and posters, we have raised awareness of PUI among clinicians as an emerging health and wellbeing issue. We have presented the new diagnostic criteria to inform better recognition of the disorder, and the emerging evidence supporting interventional approaches to aid clinicians in meeting the clinical needs of patients presenting for treatment and their families.</p>	<ul style="list-style-type: none"> <li>• Scientific / Technological</li> <li>• Economic</li> <li>• Societal</li> </ul>	<p>Achieved</p>

<p>Through engagement with clinical colleagues and health service commissioners, we have lobbied for the development of new clinical services for PUI, with some success (<a href="https://www.theguardian.com/society/2019/oct/08/nhs-opens-clinic-to-help-child-addicts-of-computer-games">https://www.theguardian.com/society/2019/oct/08/nhs-opens-clinic-to-help-child-addicts-of-computer-games</a>).</p>		
<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The contribution to the ICD-11 ensures high impact on future development of PIU health interventions. Beyond publications and presentations in congresses, still necessary across health professionals, criteria for the right recognition of the disorder may be available for the public opinion.</p>		
<p>Exploitation of new knowledge</p> <p>By generating new or improved theoretical approaches to PUI (e.g. compulsivity as a trans-diagnostic domain), models (e.g. I-PACE model for gaming disorder), methodologies (e.g. neurocognitive testing), technology and techniques (e.g. digital phenotyping), we are starting the process of exploiting the new knowledge gained, through active collaboration between European researchers and SMEs. Specifically, through interdisciplinary meetings we have developed an understanding of the connection between PUI patterns and behavioural and clinical consequences. We have established a close collaboration with a medium-sized IT company in order to evaluate the feasibility of passive monitoring of Internet usage patterns as a mean of developing new digital phenotyping techniques to identify and monitor PUI in its early stages, with potential for therapeutic application.</p> <p>By providing research evidence for the World Health Organisation, we have contributed to the establishment of the new ICD-11 diagnosis of Gaming Disorder, which is expected to impact significantly on future science and public health initiatives (Other Outputs).</p> <p>By setting up an international database collecting clinical, neurocognitive and digital measures of PUI, and coordinating data collection and curation, we are generating further new knowledge about the clinical determinants of PUI, its major comorbidities (such as anxiety and depression) and the brain-based and environmental factors that may affect clinical outcomes of relevance to scientists, in terms of establishing new research heuristics, and of relevance to clinicians and people with PUI, that could not be achieved without international coordination.</p> <p>In the longer term, clarification of the brain-based mechanisms, including those linking PUI with anxiety and depression, and exploitation of these findings by the pharmaceutical and biotechnology industry, would be expected to result in a platform of biomarkers (including digital markers) for clinical application in the form of targets for psychological, pharmacological and somatic intervention and tools to screen at risk individuals to facilitate the early detection and timely targeting of effective treatment, prevent costly disease progression and reduce the substantial indirect costs associated with comorbidity and chronicity.</p> <p>From an EU perspective, facilitating effective treatment for PUI from the outset is likely to represent better value than treating a more severe, chronic presentation downstream. Thus, these developments could be expected to inform new evidence based treatment guidelines, clinical standards for health-care systems and health-care policy, resulting in positive impact on the health, wellbeing and productivity of European citizens including improved educational and occupational performance</p> <p>As compulsivity underpins a spectrum of behaviours, the COST</p>	<ul style="list-style-type: none"> <li>• Scientific / Technological</li> <li>• Economic</li> <li>• Societal</li> </ul>	<p>Foreseen within two years of the end of the Action</p>

Action would also produce health and wellbeing benefits that, through onward development, would extend beyond PUI e.g. to substance addiction and to large prodromal groups e.g. problem gamblers, chain-smokers, binge-eaters and to comorbid diseases such as depression. This Action is therefore not only impacting on clinical research for people with PUI, but with the help of its partners, is well placed to be translated to the benefit of a broad range of patients suffering with many forms of compulsive disorders, their families and EU citizens.

Thus we ensure insights generated in the Action are exploited to the full.

Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The interdisciplinary approach is really relevant from a scientific point of view and allows to cooperation with the industry and the early evidence-based treatment. Guidelines and standards should be disseminated across health professionals, educators and families.

**Development of standard tools and technologies**

By developing and validating diagnostic criteria and rating scales to define and measure PUI, this COST Action is advancing understanding of the prevalence and health economic impact of PUI toward better health promotion.

By establishing an agreed gold standard list of rating scales, for diagnosing and measuring the severity of different forms of PUI, we are improving the way scientists and clinicians are able to study the disorders in terms of:

A) more valid and reliable identification of individuals with the disorders (diagnosis)

B) more valid and reliable measurement of symptom-severity (clinical outcomes)

The impacts will include:

a. improving the way scientists perform their studies, so that the results from different studies applying the same measures can be more easily compared and combined (metaanalysis);

b. improving the interpretation of studies, ensuring the most valid instruments are being used and thus the results are generalizable across different genders, countries, cultures and socioeconomic groups,

c. allowing the reliable and sensitive assessment of clinical outcomes (sensitivity to change), as the basis for developing treatment trials

d. providing clinicians with tools to identify people with the disorder more accurately and monitor their clinical progress.

- Scientific / Technological
- Societal

Foreseen by the end of the Action

Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The identification of a gold standard list of rating scales and diagnostic criteria for the severity of different forms of PUI will be a very relevant contribution of the Action. After more than 10 years of research on PUI evaluation it's still needed. Without it the assessment of treatment progress is not really available. Users could benefit of some clear criteria of what is (and not) PUI.

The extent to which the Action has advanced the careers, skills and networks of researchers including ECIs (as described by the Action) is **very good**.

**Stakeholder engagement**

We have engaged the following stakeholders; Organisations of mental health professionals via programmed symposia and debates e.g. invited speakers at international congresses of the ECNP (Oct 2018, Sept 2019), WPA (Aug 2019), RCPsych (June 2018), EPA (April 2019): (<https://www.internetandme.eu/events-and-workshops/>) Organisations directing international diagnostic classification e.g. expert consultation for WHO ICD-11 on the diagnostic classification of behavioural addiction, informing the new diagnosis of Gaming Disorder: Scientists spanning the fields of neuroscience (IBRO), neuropsychopharmacology (ECNP, addiction (ISAM) and clinicians with an interest in PUI via symposia at relevant international meetings (RCPsych 2018, ICOCS 2018, 2019) (<https://www.internetandme.eu/events-and-workshops/>), webinars, peer-reviewed editorials and journal papers (<https://www.internetandme.eu/resources/>): The public, through press and media releases (<https://www.internetandme.eu/media-corner/>), public meetings(<https://www.internetandme.eu/events-and-workshops/>)and popular books: Government bodies e.g. via expert testimony UK Parliament(Feb 2019)(<https://www.internetandme.eu/events-and-workshops/>): Patients, young people, families and teachers, through consultation exercises in Portugal, N Macedonia, Malta and Spain (<https://www.internetandme.eu/about-the-project/>). Consumer charities (EUFAMI) have been approached and engagement is planned in the next period. Commercial partners e.g. we have established a close collaboration with a medium-sized IT company to monitor digital activity as a PUI phenotype , to develop new evidence based interventions for onwards exploitation (<https://www.internetandme.eu/about-the-project/>). We have started to engage with service providers to fill gaps in clinical services (<https://www.england.nhs.uk/2019/10/children-treated-for-computer-gaming-addiction-under-nhs-long-term-plan/>)

**The Rapporteur recommended that the following stakeholders should also be engaged by the Action.**

## General assessment of impacts

The Action's impacts are best described as follows:

**Multiple highly significant impacts are reasonably foreseen for the future OR one highly or moderately significant impact is already observed [Very Good]**

## Dissemination and exploitation of Action results (other than co-authored Action publications listed previously)

### Dissemination

#### Dissemination meetings funded by the Action

The following Dissemination meeting(s) funded by the Action added value for the Action:

- Compulsive aspects of Internet-use and related disorders: New initiatives, 23-04-2018 - 24-04-2018, Germany
- Symposium, 06-04-2019 - 09-04-2019, Poland
- Dissemination Meeting, 05-10-2018 - 05-10-2018, United Kingdom
- Lisbon Addictions 2019, 23-10-2019 - 25-10-2019, Portugal

#### Action website

<http://www.internetandme.eu>

The:

- openness and user-friendliness of the Action website are very good
- content of the Action website (programmes and minutes of all events present, all outputs/deliverables accessible from website) is very good

The Action website was an effective means of disseminating the Action.

#### Rapporteur's comment on the website

The website is very representative of the activities carried out in the Action. However, educational resources are mainly addressed to scientists.

#### Other dissemination activities

The following other dissemination activities reported by the Action were effective and added value

<b>Item/activity</b>	International Collage of Neuropsychopharmacology (CINP) 2018 World Congress. 16-19/06/2018 Vienna, Austria. Symposium 14: Translational neuroscience of obsessive-compulsive disorders. Dr Naomi Fineberg. Title: Pharmacotherapy of Obsessive-Compulsive Disorder: A Translational Approach (Programme p.26) Symposium 18: Behavioural addiction: a research and clinical update Chair: Sam Chamberlain, UK. (Programme p.32) Speaker 1: Naomi Fineberg, UK. Title: Introduction to the concept of behavioural addiction: how did we get here? Speaker 2: Jon Grant, USA. Title: Neurobiology and treatment of gambling disorder and compulsive sexual disorder. Speaker 3: Samuel Chamberlain, UK. Title: Hair-pulling and excoriation disorders: obsessive-compulsive, impulsive, or addictive?
<b>Target Audience</b>	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
<b>Outcome of the activity</b>	The meeting introduced the emerging concept of PUI to a research active neuroscience faculty, advancing understanding of the scientific challenges and generating new research heuristics and scientific partnerships through interactive dialogue and networking. Around 250 delegates attended each of the presentations.
<b>Hyperlink</b>	<a href="https://www.internetandme.eu/wp-content/uploads/2019/10/CINP-2018-Vienna-Programme.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/CINP-2018-Vienna-Programme.pdf</a>

<b>Item/activity</b>	31st European College of Neuropsychopharmacology Congress (ECNP). Barcelona, Spain 06-09/10/2018. In the Symposium 12 "How can both patients and research benefit from digital technology?", Carmi L. gives an oral presentation by "The patient-caregiver interaction perspective" In Educational Session, "Treatment of resistant obsessive compulsive disorder" - Fineberg and "Pharmacological treatment of resistant OCD" - Hollander.
<b>Target Audience</b>	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs. Mentorship is encouraged. A special session was devoted to public-patient partnership and members of the public were invited.
<b>Outcome of the activity</b>	We introduce the concept of digital monitoring of PUI to scientists and the public, based on the principle of using the same technology to measure compulsive behaviour, generating interest and debate. We described online compulsive behaviours as a component of resistant obsessive compulsive behaviours and disorders that need to be recognised and tackled to improve clinical care.
<b>Hyperlink</b>	<a href="https://www.ecnp.eu/about-ecnp/history/past-ecnp-meetings/past-congresses/Barcelona2018/programme_overview">https://www.ecnp.eu/about-ecnp/history/past-ecnp-meetings/past-congresses/Barcelona2018/programme_overview</a>

<b>Item/activity</b>	6th Macedonian Psychiatric Congress and International Meeting, North Macedonia 30/10/2018 – 05/11/2018. Symposium "Advanced Understanding on the Problematic Usage of Internet through Multidisciplinary Analysis of Existing Scientific Evidence" - Ignjatovic
<b>Target Audience</b>	The target audience is represented by Psychiatrists, Psychologists and Trainees.
<b>Outcome of the activity</b>	We introduced the concept of PUI to a new audience and provided a conceptual framework by which clinicians and researchers might approach PUI in their work.
<b>Hyperlink</b>	<a href="http://vispoj.com.mk/mak/wpa-co-sponsored">http://vispoj.com.mk/mak/wpa-co-sponsored</a>

<b>Item/activity</b>	Lithuanian University of Health Sciences, Neuroscience Institute, XVIII Annual Conference "Trends in Neurosciences, Palanga, Lithuania 05/03/2019 Session 1. Emerging Behavioral Addictions. Chair: Burkauskas J Keynote Presentation: Introduction to Problematic Usage of the Internet - Fineberg NA
<b>Target Audience</b>	The target audience is represented by Neurologists, Neuroscientists, Psychiatrists, Psychologists and Trainees.
<b>Outcome of the activity</b>	The presentations introduced the COST Action and the concept of PUI. New relationships were made between the speakers and delegates based on shared expertise resulting in emerging research collaborations between institutions including an cross national study aiming to explore the electrophysiological characteristics of PUI.
<b>Hyperlink</b>	<a href="https://www.internetandme.eu/wp-content/uploads/2019/10/Neuro_Trends.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/Neuro_Trends.pdf</a>

<b>Item/activity</b>	67th Congress of Psychologists of Serbia "Psychology in new age: Challenges of (re)humanization", Zlatibor, Serbia 22-25/05/2019. Session: "Educational Psychology" - Ignjatovic
<b>Target Audience</b>	The main target audience is represented by clinical and academic psychologists, educators and ECIs.
<b>Outcome of the activity</b>	In this congress, we discussed the emerging challenge of PUI with educational psychologists, to educate and upskill them in recognising and managing the problem among pupils and students with PUI.
<b>Hyperlink</b>	<a href="http://dps.org.rs/program-kongresa-2019">http://dps.org.rs/program-kongresa-2019</a>

<b>Item/activity</b>	Lithuanian Psychology Congress 2019, Vilnius, Lithuania 24-25/05/2019. Symposium 1: "Neurobiological and psychological aspects of Problematic Internet Use". Chair: Burkauskas J Oral Presentation: "Problematic Internet Use: news of research" - Burkauskas J
<b>Target Audience</b>	The main target audience is represented by clinical and academic psychologists, neuroscientists and ECIs.

<b>Outcome of the activity</b>	Introduction of the COST Action and emerging fields of research into PUI to a Lithuanian audience of research-active scientists, with the aim of advancing our objectives to advance research into PUI within ITC countries.
<b>Hyperlink</b>	<a href="http://www.psichologusajunga.lt/index.php?p=1132&amp;lng=lt">http://www.psichologusajunga.lt/index.php?p=1132&amp;lng=lt</a>

<b>Item/activity</b>	6th International Conference on Behavioral Addictions, Yokohama, Japan 17/06/2019. Symposium 1:"Gambling Disorder: Emerging Trends". Chair: Potenza MN Oral presentations: "Understanding Subsyndromal Gambling Disorder"- Grant J; Blurred boundaries between gambling and other potentially addictive behaviors" - Potenza MN Symposium 6:"Latest neurobiological and treatment findings in Gambling Disorder and Problem Gambling". Chair: Chamberlain SR. Oral Presentations:"Impulsivity and Disordered Gambling: An Introduction and Update"- Chamberlain SR;"Pharmacological Targets for Treatment Gambling Disorder" - Grant J Symposium 7:"State-of-the-art: Which disorders should be considered for ICD-11 category 'Other specified disorders due to addictive behaviors?'.Chair: Brand M, Potenza MN Oral Presentations:"Criteria for other specified disorders due to addictive behaviors"-Brand M;"Problematic pornography use: A compulsive sexual behavior disorder, an internet-use disorder and/or an other specified disorder due to addictive behaviors?" - Potenza MN;"Buying-shopping disorder: Clinical and empirical evidence to support its inclusion in ICD-11" - Muller A;"Empirical evidence on prevalence and psychological mechanisms of problematic social network use"- Rumpf HJ;"Distinguishing Passion from Addiction is crucial to avoid pathologizing common behaviors"- Billieux J. Symposium 27:"Recent Findings in the Neurobiology of Behavioral Addictions". Chair:Potenza MN Oral Presentations:"Recent Findings in the Neurobiology of Behavioral Addictions" - Potenza MN;"Neuropsychological and neurobiological correlates of specific Internet-use disorders" - Brand M
<b>Target Audience</b>	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
<b>Outcome of the activity</b>	We introduce the concept of PUI to scientists and the public, based on the principle of using the same technology to measure compulsive behaviour, generating interest and debate. We described several online compulsive behaviours as a component of obsessive compulsive behaviours and disorders that need to be recognised and tackled to improve clinical care and avoid the massive impairment due to these disorders.
<b>Hyperlink</b>	<a href="http://icba2019.may-pro.net/">http://icba2019.may-pro.net/</a>

<b>Item/activity</b>	32nd European College of Neuropsychopharmacology (ECNP) Congress; Copenhagen, Denmark 07-10/09/2019. Debate S12: "Screen time, problematic use of internet and e-addictions: science or fiction?" - Carmi L, Demetrovics Z, Dell'Osso B, Fineberg NA, Potenza MN
<b>Target Audience</b>	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
<b>Outcome of the activity</b>	We engaged a packed audience (around 200 delegates)of mainly clinicians from Europe and elsewhere in a lively debate led by an expert panel including a paediatrician, over the potential harms related to PUI. There was an enthusiastic exchange of ideas around the unmet need for clinical interventions, care and services.
<b>Hyperlink</b>	<a href="https://2019.ecnp.eu/">https://2019.ecnp.eu/</a>

<b>Item/activity</b>	19th World Congress of Psychiatry (WPA), Lisbon, Portugal 21-21/08/2019. Scientific Session 1: "Behavioural addiction: A research and clinical update". Chair: Chamberlain S, Grant J. Oral Presentations: "Introducing behavioural addictions: The archetype" - Grant J; "Insights into Buying □ Shopping Disorder (BSD)" - Muller A; "Problematic internet usage □ disorder or conduit?" - Fineberg NA; "Latent phenotypes of behavioral addictions" - Chamberlain S. Symposium 4: "Update on obsessive compulsive and related disorders". Chair: Fineberg NA. Oral presentations: "Classification of obsessive compulsive and related disorders □ an update" - Steinn D; "New staging models in obsessive compulsive and related disorder" - Dell'Osso B; "New interventions for obsessive compulsive and related disorders" - Zohar J; "Problematic usage of the internet; A Clinician's perspective" - Fineberg NA Scientific Session 3: "Current and
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	novel treatment of obsessive-compulsive disorder". Chair: Brakoulias V Oral Presentation: "Prescribing patterns in OCD: an international perspective" - Brakoulias V; "New developments in brain stimulation interventions for OCD" - Dell'Osso B
<b>Target Audience</b>	The main target audience is represented by clinical and academic psychiatrists, psychologists and ECIs.
<b>Outcome of the activity</b>	We introduced and advertised the growing COST Action network, the research manifesto and current research advances in PUI to a global audience of psychiatrists and psychologists. Our symposia were well attended (>200 delegates each) and received excellent feedback - The World Psychiatric Association have invited the Action to participate in 2 sessions at the next WPA meeting, Thailand 2020.
<b>Hyperlink</b>	<a href="https://2019.wcp-congress.com/">https://2019.wcp-congress.com/</a>

<b>Item/activity</b>	9th South Eastern European and Adriatic Addiction Treatment Conference, Thessaloniki, Greece 10-12/10/2019. In symposium 2:"Comorbidities", oral presentation "Problematic Use of Internet" - Ignjatova L
<b>Target Audience</b>	The main target audience is represented by clinical and academic psychiatrists, psychologists, neuroscientists, policy makers and ECIs.
<b>Outcome of the activity</b>	We emphasised the clinical importance of PUI and other forms of behavioural addiction as a common and disabling comorbidity of substance addiction, to educate clinicians and advance the field of addiction as a whole.
<b>Hyperlink</b>	<a href="https://www.internetandme.eu/events-and-workshops/">https://www.internetandme.eu/events-and-workshops/</a>

<b>Item/activity</b>	Indian Association for Biological Psychiatry, 15th International Congress, Agra, India 20-21/09/19. Plenary Lecture: "Advancing the treatment of Obsessive-Compulsive and Related Disorders: A Translational Approach" - Fineberg NA
<b>Target Audience</b>	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
<b>Outcome of the activity</b>	The presentation introduced the concept of digital compulsions and disorders of PUI as core symptoms or separate psychiatric disorders and discussed the clinical management of patients, with a largely South Asian clinical audience (n=150). New research ideas were discussed and new research networks established e.g. around neurostimulation. A joint scientific paper is now in development.
<b>Hyperlink</b>	<a href="https://anciabp.com/">https://anciabp.com/</a>

<b>Item/activity</b>	7th Biennial Cambridge International Conference on Mental Health, Cambridge, UK 5-6/09/2019. In Symposium 1:"Obsessive Compulsive Disorders", an oral presentation "Advances in Diagnosis and Treatment for OCD and Related Disorders" . Fineberg NA
<b>Target Audience</b>	The main target audience is represented by Neuroscientists, including preclinical researchers working with animal models, clinical and academic psychiatrists, psychologists and ECIs.
<b>Outcome of the activity</b>	Models and mechanisms of compulsion of great relevance of PUI, generating new research heuristics for the study of the psychobiology of PUI, including new animal and other preclinical models, were discussed among around 150 delegates.
<b>Hyperlink</b>	<a href="https://www.cmhr-cu.org/conference/programme-2019">https://www.cmhr-cu.org/conference/programme-2019</a>

<b>Item/activity</b>	Poster presentation introducing COST Action at Third National Public Health Conference, Kaunas, Lithuania 9/10/2018. Poster 14:"Ką mes žinome apie probleminį interneto naudojimą?" (What do we know about problematic Internet use?" - Burkauskas J, Vilma L, Korneliją MR, Mpavaenda D, Shodunke A, Cinosi E, Fineberg NA
<b>Target Audience</b>	The target audience is represented by Psychiatrists, Psychologists and Trainee.
<b>Outcome of the activity</b>	Another COST initiative aimed at introducing COST actions and emerging research fields in the PUI to a Lithuanian public of scientists and clinicians active in research, with the aim of

	advancing our goals to advance PUI research in the ITC countries.
<b>Hyperlink</b>	<a href="https://www.lsmuni.lt/media/dynamic/files/15826/konferencijosprograma2018-10-05.pdf">https://www.lsmuni.lt/media/dynamic/files/15826/konferencijosprograma2018-10-05.pdf</a>

<b>Item/activity</b>	18th International Forum of Mood and Anxiety Disorders , Vienna, 4-6/07/2019 Scientific Session, Chair: Fineberg NA. Oral presentation:"Therapeutic implications of including hypochondriasis in the ICD-11 ObsessiveCompulsive or Related Disorders (OCRDs)" - Fineberg NA
<b>Target Audience</b>	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
<b>Outcome of the activity</b>	The symposium highlighted to role of cyberchondria as a form of compulsive internet searching for medical information as a core component of the new ICD-11 diagnosis of hypochondriasis. Models and mechanisms, possible interventions as well as new research directions were disseminated among a largely European clinical audience.
<b>Hyperlink</b>	<a href="https://www.internetandme.eu/wp-content/uploads/2019/10/2019ifmad-Final-programme-web_27062019.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/2019ifmad-Final-programme-web_27062019.pdf</a>

<b>Item/activity</b>	Prize winning Poster at 18th International Forum on Mood and Anxiety Disorders, Vienna, Austria 04-06/07/2019. Poster 09:"Cyberchondria as an emerging trans-diagnostic digital compulsive syndrome: An updated systematic review and clinical case report" - Vismara M, Cinosi E, Dell'Osso B, Martinotti G, Fineberg NA
<b>Target Audience</b>	The target audience is represented by Psychiatrists, Psychologists and Trainee.
<b>Outcome of the activity</b>	The poster, presented by an Italian ECI psychiatrist working in a training attachment in the COST chair's unit generated by COST networking activities, discussed the importance of recognising and treating cyberchondria - a compulsive form of PUI. It was voted by the SPC as the winning poster and became the focus of the authors end of professional training dissertation for which he was awarded consumma cum laude.
<b>Hyperlink</b>	<a href="https://www.internetandme.eu/wp-content/uploads/2019/10/2019ifmad-Final-programme-web_27062019.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/2019ifmad-Final-programme-web_27062019.pdf</a>

<b>Item/activity</b>	Poster presentation at Society for the Study of Addiction conference in Newcastle, UK 08/11/2018. Poster 14:"Is it time to prescribe to log off: What do we know about problematic use of the Internet?" - Burkauskas J, Mpavaenda D, Shodunke A, Cinosi E, Fineberg NA
<b>Target Audience</b>	The target audience is represented by an international group of Psychiatrists, Psychologists, Social Workers and ECIs.
<b>Outcome of the activity</b>	This provided an opportunity for an ITC ECI member to present his work to an international forum of addiction specialists. The poster introduced the concept of PUI and the COST Action as well as current research challenges. The work generated considerable interest and CA16207 has been invited by the chair to submit a full symposium to the forthcoming SSA meeting in 2021.
<b>Hyperlink</b>	<a href="https://www.addiction-ssa.org/author-publications/is-it-time-to-prescribe-to-log-off-what-do-we-know-about-problematic-use-of-the-internet/">https://www.addiction-ssa.org/author-publications/is-it-time-to-prescribe-to-log-off-what-do-we-know-about-problematic-use-of-the-internet/</a>

<b>Item/activity</b>	Poster presentation at The Association for the Treatment of Sexual Addiction and Compulsivity Conference, London, UK 26/01/2019. Poster:"Hooked on WI-FI? What Do We Know about the Problematic Use of the Internet?" - Burkauskas J, Mpavaenda D, Shodunke A, Cinosi E, Fineberg NA
<b>Target Audience</b>	The target audience is represented by Psychiatrists, Psychologists and Trainee.
<b>Outcome of the activity</b>	Opportunity for ECI ITC member to share knowledge exchange with experts in behavioural addiction including sexual addiction, 9or relevance to PUI involving porn abuse.
<b>Hyperlink</b>	<a href="https://www.susannabasile.it/en/london-conference-atsac-2019-association-for-the-treatment-of-sexual-addiction-and-compulsiveness/">https://www.susannabasile.it/en/london-conference-atsac-2019-association-for-the-treatment-of-sexual-addiction-and-compulsiveness/</a>

<b>Item/activity</b>	PUI Cost Action presented by Prof. Gošović M and Dr Stojanovićto AJ to students at University Mediterranean.
<b>Target Audience</b>	The target audience is represented by students attending the Faculty of Visual Art
<b>Outcome of the activity</b>	Students discovered the emerging issue of Problematic Use of Internet and learned about the COST Action goals and the methods how they can contribute to it.
<b>Hyperlink</b>	<a href="http://fvu.unimediterran.net/index.php/en/news-and-notifications/910-presentation-of-cost-action-problematic-usage-of-internet-at-unim">http://fvu.unimediterran.net/index.php/en/news-and-notifications/910-presentation-of-cost-action-problematic-usage-of-internet-at-unim</a>

<b>Item/activity</b>	23rd Congress of the World Association of Social Psychiatry; Bucharest, Romania 25-28/10/2019 Symposium 31: "Problematic Usage of Internet and Behavioural Addictions: new challenges for social psychiatry". Chair: Martinotti G Oral presentations: "Problematic Usage of Internet and Gaming Disorder" -Burkauskas J; Problematic usage of Internet in Romania" - Sîrbu CA, Dobrescu L
<b>Target Audience</b>	The target audience is represented by a global group of Psychiatrists, Psychologists, social workers and trainees.
<b>Outcome of the activity</b>	Knowledge and ideas exchange on the role of different social factors in the expression of various forms of PUI and its intervention, taking a cross national approach.
<b>Hyperlink</b>	<a href="https://www.wasp2019bucharest.org/content/media/Brochure%20WASP%202019.pdf">https://www.wasp2019bucharest.org/content/media/Brochure%20WASP%202019.pdf</a>

<b>Item/activity</b>	Masterclass and Webinar: New Insights on Addiction Trends in Society at the University of Hertfordshire, 29/03/2018. This event is a part of an activity of the Internet & Me COST funded project and involved different COST members: Prof Fineberg NA, Dr Bowden-Jones H, Dr Corazza O, Dr Ioannidis K, Dr Martinotti G.
<b>Target Audience</b>	Potentially anyone intrested in Internet, Eating Disorders, Gambling and Exercise addictions. 91 viewers registered online, 2/3 female, mainly aged 25-44y, majority PSYCHOLOGIST (50%), 255 OTHER.Webinar stored as a free resource on Action website.
<b>Outcome of the activity</b>	The disseminative result of this event is that any users, by looking at the recording, can learn more about the neurobiological mechanisms of behavioural addictions as well as the latest trends in Internet, Eating Disorders, Gambling and Exercise addictions. Online feedback forms from delegates showed excellent quality and high level of satisfaction. <a href="https://www.internetandme.eu/wp-content/uploads/2019/10/March-2018-Webinar-Feedback-report.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/March-2018-Webinar-Feedback-report.pdf</a> . Webinar stored as a free resource on Action website.
<b>Hyperlink</b>	<a href="https://www.internetandme.eu/events-and-workshops/">https://www.internetandme.eu/events-and-workshops/</a>

<b>Item/activity</b>	"Hooked on WiFi" Conference about COST Action and on Problematic Internet Usage, University of Barcelona, Bellvitge Hospital, Spain 10/10/2018 Chairs: Fineberg NA and Zohar J. Oral Presentations: "Hooked on WiFi – my lived experience" - Person with lived experience, with Susana Jiménez-Murcia as interviewer. Discussant: Menchón JM; "Can you be Addicted to the Internet? Neurobiological Models and Mechanisms" - Potenza MN, Discussant: Brand M; "Treating Problematic Usage of the Internet- what might work?" - Grant J, Discussant: Hollander E.
<b>Target Audience</b>	Public meeting, attended by around 150 individuals with PUI, family members, other interested people ,university students, scientists, psychologists, psychiatrists, Spanish press.
<b>Outcome of the activity</b>	knowledge and informnation exchange between internationally renowned expert scientists and the public focussing on the lived experience of PUI, its psychological and biological causes and possible therapeutic or public health interventions, taking a person centred approach.
<b>Hyperlink</b>	<a href="https://www.internetandme.eu/access-hooked-on-wifi-online-archive/">https://www.internetandme.eu/access-hooked-on-wifi-online-archive/</a>

<b>Item/activity</b>	19/10/2018 Printed Newspaper "Nova Makedonija" Title: "A Manifesto for the Problematic Usage of Internet in Everyday Life" Author: Nada Pop-Jordanova (Academician, MASA)
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	National dissemination
<b>Target Audience</b>	This paper is addressed to Macedonian public and experts who desire to gain further information about the emerging issue of Problematic Internet Use and about COST Action and goals
<b>Outcome of the activity</b>	Information and knowledge exchange, public partnership publicising the work of the CA16207.
<b>Hyperlink</b>	<a href="https://www.novamakedonija.com.mk/mislenja/kolumni/%D0%BC%D0%B0%D0%BD%D0%B8%D1%84%D0%B5%D1%81%D1%82-%D0%B7%D0%B0-%D0%B7%D0%BB%D0%BE%D1%83%D0%BF%D0%BE%D1%82%D1%80%D0%B5%D0%B1%D0%B0%D1%82%D0%B0-%D0%BD%D0%B0-%D0%B8%D0%BD%D1%82%D0%B5%D1%80%D0%BD%D0%B5/">https://www.novamakedonija.com.mk/mislenja/kolumni/%D0%BC%D0%B0%D0%BD%D0%B8%D1%84%D0%B5%D1%81%D1%82-%D0%B7%D0%B0-%D0%B7%D0%BB%D0%BE%D1%83%D0%BF%D0%BE%D1%82%D1%80%D0%B5%D0%B1%D0%B0%D1%82%D0%B0-%D0%BD%D0%B0-%D0%B8%D0%BD%D1%82%D0%B5%D1%80%D0%BD%D0%B5/</a>

<b>Item/activity</b>	Dr. Hollander E, Dr. Fineberg NA, Dr. Grant J, Dr. Chamberlain S and Citron K created a blog post called "Problematic Internet Use and Its Impact on Anxiety" in December 2018.
<b>Target Audience</b>	The target audience of this initiative is represented primarily by US Psychiatrists, Psychologists and Trainees in the field of anxiety disorders, but as an online resource can address all clinicians globally who need more information about this PUI issue.
<b>Outcome of the activity</b>	Information and knowledge exchange about PUI and publicisation to a US audience about the work of the Action. This blog post provides description of Problematic Internet Use, describes screening measures existing in the field and key unanswered questions, provide clinical patients examples, introduces COST project, suggests a design of an upcoming study, describes available applications.
<b>Hyperlink</b>	<a href="https://adaa.org/learn-from-us/from-the-experts/blog-posts/professional/problematic-internet-use-and-its-impact">https://adaa.org/learn-from-us/from-the-experts/blog-posts/professional/problematic-internet-use-and-its-impact</a>

<b>Item/activity</b>	30/04/2019 Our Net&Me COST Action Ca16207 member Prof. Mark Potenza interviewed by Diane Sawyer for an USA, ABC 20/20 episode on gaming, screen time and internet use
<b>Target Audience</b>	The target audience of this initiative is represented by a mass audience of the general population and aims to inform and educate the public about the PUI issue
<b>Outcome of the activity</b>	Using the TV media to reach to the public to raise awareness of PUI and the work of the Action
<b>Hyperlink</b>	<a href="https://abc.com/movies-and-specials/screentime-diane-sawyer-reporting">https://abc.com/movies-and-specials/screentime-diane-sawyer-reporting</a> )

<b>Item/activity</b>	19/08/2019 The Guardian Newspaper, Article. Dr. Henrietta Bowden-Jones comments on the situation that addicted teenagers travelling to overseas clinics as there are no NHS facilities to treat gaming disorder
<b>Target Audience</b>	The target audience of this initiative is represented by general population and health policy makers, focussing on the UK.
<b>Outcome of the activity</b>	Information for the public and policy makers about the risks and impact of Online Gaming Disorder issue among teenagers and the need to invest in health services and facilities for those with gaming disorder.
<b>Hyperlink</b>	<a href="https://www.theguardian.com/society/2019/aug/18/gap-in-nhs-provision-forcing-gaming-addicts-to-seek-help-abroad?fbclid=IwAR0JPuxq0E3JbZ99NKpHrqlKUI46cVBwDdWdCmJ5Wac6hvJdiqqzIIN6CHw">https://www.theguardian.com/society/2019/aug/18/gap-in-nhs-provision-forcing-gaming-addicts-to-seek-help-abroad?fbclid=IwAR0JPuxq0E3JbZ99NKpHrqlKUI46cVBwDdWdCmJ5Wac6hvJdiqqzIIN6CHw</a>

<b>Item/activity</b>	Technical E-magazine. Mokslas, Delfi, ( Delfi science technology).Technology section. Interview on Problematic Usage of Mobile Phone by Lithuanian COST Action National Representative Dr Vilma Liaugaudaite, 13/09/2019.
<b>Target Audience</b>	The target audience of this initiative is represented by general population of Lithuania including those interested in technical issues and aims to inform the public about the Problematic Use of Mobile Phone issue.
<b>Outcome of the</b>	Informing the public including experts in science and technology in an ITC country about the

<b>activity</b>	risks of smartphone addiction and the work of CA 16207
<b>Hyperlink</b>	<a href="https://www.delfi.lt/mokslas/technologijos/susitinkame-su-draugais-bet-nosys-telefonuose-juose-praleidziame-daugiau-laiko-nei-atostogaujame.d?id=82235899">https://www.delfi.lt/mokslas/technologijos/susitinkame-su-draugais-bet-nosys-telefonuose-juose-praleidziame-daugiau-laiko-nei-atostogaujame.d?id=82235899</a>

<b>Item/activity</b>	E-magazine. Gyvenimas, Sveikata (life in health). Interview on Problematic Usage of Mobile Phone by Lithuanian COST Action National Representative Dr Vilma Liaugaudaite, 08/10/2019.
<b>Target Audience</b>	The target audience of this initiative is represented by general population and aims to inform the public about the Problematic Use of Mobile Phone issue.
<b>Outcome of the activity</b>	Information for the public about the health risks of smart phone addiction and the work of the cost action..
<b>Hyperlink</b>	<a href="https://www.15min.lt/gyvenimas/naujiena/sveikata/mokslininke-apie-ismaniju-telefonu-poveiki-sveikatai-musu-smegenys-gyvena-nuolatineje-itampoje-1028-1210992">https://www.15min.lt/gyvenimas/naujiena/sveikata/mokslininke-apie-ismaniju-telefonu-poveiki-sveikatai-musu-smegenys-gyvena-nuolatineje-itampoje-1028-1210992</a>

<b>Item/activity</b>	ECNP-OCRN-ICOCS 15th Annual Scientific Meeting Program. Copenhagen, Denmark, 11/09/2019. Session "OCD in the Digital Era – From Theoretical Mechanism to Practical Intervention": Oral Presentation: "Habit Formation of Digital Compulsions2" potenza MN; "Cyberchondria" – Vismara M; "Virtual Hospitalization in OCD" – Carmi L. Session "New Research" Oral presentations: "TMS for OCD Follow-Up Study" –Zohar J; "Genetics and Inflammatory Markers in OCD" – Geller D; "Cannabis Use in OCD " - Dell’Osso B and Van Ameringen M
<b>Target Audience</b>	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
<b>Outcome of the activity</b>	Knowledge and ideas exchange on the effect of technologies in the variable expression of OCD and its intervention, taking a cross national approach.
<b>Hyperlink</b>	<a href="https://www.internetandme.eu/wp-content/uploads/2019/10/Scientific-Program-copenhagen-2.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/Scientific-Program-copenhagen-2.pdf</a>

<b>Item/activity</b>	15/11/2019 Multiple media outputs including a BBC Radio 2 interview acknowledging CA16207 and several newspaper articles generated by COST Action Member Astrid Mueller, disseminating the results of her recent study "Online shopping in treatment-seeking patients with buying-shopping disorder" - published in Comprehensive Psychiatry. This study got the attention of printed and electronic newspapers: The Times, Daily Mail, The Week UK, UNILAD, Pedestrian TV. These media outputs underline the importance to recognize Buying-Shopping Disorder as a separate mental health condition as a first step to elaborate a specific care process
<b>Target Audience</b>	The target audience of this initiative is represented by general population and health policy makers.
<b>Outcome of the activity</b>	Information for the public and policy makers about the risks and impact of Online Shopping in people with Buying-Shopping Addiction issue and the need to invest and encourage future studies addressing this issue.
<b>Hyperlink</b>	<a href="https://www.internetandme.eu/media-corner/">https://www.internetandme.eu/media-corner/</a>

## Exploitation activities

The following activities to ensure exploitation (use, in particular in a commercial context) of the Action’s achievements reported by the Action were effective and added value

<b>Item/activity</b>	Press Release 09/10/2018: hosted by the European College of Neuropsychopharmacology in order to introduce the COST Action and its manifesto :“European researchers set out
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	priorities for dealing with problem internet use", Manifesto Of European Network for Problematic Usage of the Internet.
<b>Target Audience</b>	The target audience is the general population and experts. This event informed journalists and the public about the foundation of the first international network to identify and understand problems associated with Internet use, such as gambling, pornography, bullying, excessive social media use.
<b>Outcome of the activity</b>	Our Action activities and up to date scientific information about the health and wellbeing risks of PUI and the unmet need for preventative and therapeutic interventions were published by several newspapers (The Guardian, The Telegraph, New Scientist, ITV news, Medical Xpress, Yahoo,EurekAlert! and CAM) and raised awareness of PUI as a major public health problem. This has helped to raise awareness among the public and policy makers and has influenced development of health and social policy initiatives based on scientific knowledge to combat PUI.

<b>Item/activity</b>	09/03/2019 "Riscos e Desafios" (Risks and Challenges) is an innovative Portuguese initiative, introduced by the Administração Regional de Saúde do Norte and supported by Net&Me COST Action Ca16207. It aims to promote academic success and prevent risky behaviour by developing core competencies for well-being and health. (link: <a href="https://www.ess.ipp.pt/noticias/riscos-e-desafios-2019-2020">https://www.ess.ipp.pt/noticias/riscos-e-desafios-2019-2020</a> ). CA16207 supports this initiative by introducing the emerging issue of Problematic Internet Use among students and underlining the importance of prevent risky behavior that may end in an addictive disorder. We participate in the elaboration of this programme consisting of 8 weekly sessions of 2 hours each, held in each school of P. Porto, and regarding topics such as interpersonal skills, autonomy and interdependence, time optimization, lifestyle management, integrity and positive interpersonal relationships, among other areas.
<b>Target Audience</b>	This initiative addresses all 1st year Porto Polytechnic Institute students
<b>Outcome of the activity</b>	The program "Riscos e Desafios" has been embedded within the Portuguese national health programme. All first year students of Porto Polytechnic are offered the opportunity to enrol. Through participation, it is expected that the risk of PUI is reduced by encouraging the development of core competencies for well-being and health. Participation is certified as curricular training and recognized in the Diploma Supplement.

<b>Item/activity</b>	Drug Prevention Approaches that Make a Difference, 25-26/2019, Reykjavik, Iceland. In Session 2: "Key aspects for effective prevention", an oral presentation "The need for effective ways and means to prevent problematic use of the Internet among youngsters" by Ignjatova L. (link: <a href="https://www.internetandme.eu/events-and-workshops/">https://www.internetandme.eu/events-and-workshops/</a> )
<b>Target Audience</b>	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists, policy makers and ECIs.
<b>Outcome of the activity</b>	International capacity building seminar organized by the Pompidou Group of the Council of Europe jointly with the Inter-American Drug Abuse Control Commission (CICAD) of the Organization of American States (OAS) and the Iceland Directorate of Health. We presented evidence of the clinical relevance of disorders of behavioural addiction in relation to the field of substance addiction. Our contribution will advance knowledge of PUI at a senior level and may be translated into new health policies and practices.

<b>Item/activity</b>	"HOOKED: When Want Becomes Need!", a free exhibition and event programme exploring Addiction and Recovery at Science Gallery of London, from 21/09/2018 to 06/01/2019. In this event we also introduced the COST Action. Members of the public were invited to challenge the stigmas associated with addiction, consider addiction as a health issue we are all susceptible to, and explore how recovery takes many forms. (link: <a href="https://london.sciencegallery.com/news/hooked">https://london.sciencegallery.com/news/hooked</a> )
<b>Target Audience</b>	The target audience of this exhibition included the general public as well as psychologists and psychiatrists.
<b>Outcome of the activity</b>	This popular event introduced the work of our COST action to the general public. We introduced PUI as a form of behavioural addiction, provided public education about PUI as an emerging health issue, involved the public in challenging stigma associated with disorders of

	addiction and explored ways of keeping healthy and well in the digital world.
<b>Item/activity</b>	COST member Professor Henrietta Bowden-Jones gave expert testimony on the risks of Online Gaming Disorder to the UK Parliament for an investigation into digital and immersive technologies. Portcullis House, Westminster, London, UK, 27/02/2019. (link: <a href="https://www.parliament.uk/business/committees/committees-a-z/commons-select/digital-culture-media-and-sport-committee/news/immersive-technologies-evidence-17-191/">https://www.parliament.uk/business/committees/committees-a-z/commons-select/digital-culture-media-and-sport-committee/news/immersive-technologies-evidence-17-191/</a> )
<b>Target Audience</b>	The target audience is represented by the UK Parliamentary Cross Party Committee for Digital, Culture, Media and Sport
<b>Outcome of the activity</b>	Expert opinion from COST member Prof. Bowden-Jones was used by the UK Parliament Digital, Culture, Media and Sport Committee to elaborate reliable governmental policy making on policy and industry regulation related to 'Online Gaming Disorder'. This work is ongoing and is expected to result in new legislation.
<b>Item/activity</b>	Oral presentation explaining the importance of research investment into Problematic Use of Internet (PUI) for the European Commission Health Directorate, European Commission, Brussels 25/03/2019. "Advancing Research Into Problematic Use Of The Internet – Toward Horizon Europe" - Fineberg NA and Demetrovics Z (link: <a href="https://www.internetandme.eu/events-and-workshops/">https://www.internetandme.eu/events-and-workshops/</a> )
<b>Target Audience</b>	The target audience was the European Commission Health Directorate members, including key stakeholders in the development of EU health research policy and Horizon Europe.
<b>Outcome of the activity</b>	Information exchange between key stakeholders in EU research and policy at a senior level. Concordance reached on the importance of adequately funded programmed research for PUI at a pan- European level as well as the most relevant and achievable research goals and experimental models. Demonstration of research capacity to lead large scale collaborative research projects through the COST Action network.
<b>Item/activity</b>	International Training School and Conference on Problematic Usage of the Internet (PUI), Clare Collega, Cambridge 14-16/01/2019. Chairs: Fineberg NA, Local Organizing Committee: Chamberlain S, Administrator Hall N. All the interactive sessions are available online. Interactive Training session 1. Discussant: Prof Brand M Oral presentations: "Introduction to PUI" - Professor Fineberg NA and Professor Zohar J; "Classification of PUI; controversies and consensus" - Professor Stein D; "Assessment of gaming disorder and PUI – what are the best scales?" - Professor Demetrovics Z, Dr Király O; "PUI and substances: a controversial correlation" - Dr Martinotti G Interactive Training session 2. Discussant: Professor Fineberg NA Oral presentations: "Psychological and neurobiological mechanisms of PUI: an update" - Professor Brand M; "Cognitive mechanisms and PUI" - Dr Ioannidis K; "PUI in childhood populations" - Professor Pallanti S (via videolink) Interactive Training session 3. Discussant: Dr Chamberlain S Oral Presentations: "PUI and ASD" - Professor Hollander E; "Treatments for gambling disorder and related conditions: possible implications for PUI" - Professor Grant J; "Treatments for obsessive-compulsive spectrum disorders" - Professor Van Ameringen M; "Compulsive problems and disorders in children and adolescents" - Professor Geller D. (link: <a href="https://www.internetandme.eu/access-the-pui-online-archive/">https://www.internetandme.eu/access-the-pui-online-archive/</a> )
<b>Target Audience</b>	Trainers were COST members/expert scientists from European and non European countries; 'in person' delegates comprised a multidisciplinary group of COST members, focussing on ITC and ECI members who were not active WG members (Psychiatry, Psychology, Law, Education) (total=32 members over 3 days). Educational events streamed online free to the general public with interactive capabilities. Webinar stored as a free resource on Action website.
<b>Outcome of the activity</b>	Team building, strengthening relationships and information exchange among the network, resulting in the finalising of new research projects, informed by multidisciplinary delegate interaction e.g. Delphi project on refining the gaming disorder diagnosis for future diagnostic revisions, compendium of recommended rating scales for PUI. ( <a href="https://www.internetandme.eu/wp-content/uploads/2019/10/Cambridge-Training-School-Feedback-report.pdf">https://www.internetandme.eu/wp-content/uploads/2019/10/Cambridge-Training-School-Feedback-report.pdf</a> ) Webinar stored as a free resource on Action website.
<b>Item/activity</b>	The Guardian, The Sun, The Telegraph Newspaper and BBC news article, 08/10/2019.

	Interview with Dr Henrietta Bowden-Jones about the news that first children are set to receive NHS therapy treatment for gaming and social media addiction. (link: <a href="https://www.thesun.co.uk/news/10085781/kid-nhs-rehab-gaming-addiction/">https://www.thesun.co.uk/news/10085781/kid-nhs-rehab-gaming-addiction/</a> )
<b>Target Audience</b>	The target audience of this initiative is represented by general population and health policy makers, focussing on the UK.
<b>Outcome of the activity</b>	In the present interview, Cost Member Dr Bowden-Jones H underlines the importance that the NHS starts recognising the problem of PUI, in particular among teenageer, and initiates provision of specific treatment and facilities for those with gaming disorder. This interview received considerable press exposure raising awareness of PUI as well as Oline Gaming Disorder as a major public health issue and was instrumental in the establishment of the first mental health services for Gaming Disorder in the UK.

<b>Item/activity</b>	E- Magazine Portal: "Science for All", 19/01/2019. Title: "The Digital Revolution – a Problem or a Solution for the Human Evolution". Author: Biljana Gjoneska (Research Associate, MASA) (link: <a href="https://nzs.mk/digitalna-revolucija-pridobivka-ili-problem-za-chovekovata-evolucija/">https://nzs.mk/digitalna-revolucija-pridobivka-ili-problem-za-chovekovata-evolucija/</a> )
<b>Target Audience</b>	The article is addressed to members of the public and expert scientists, including experts in digital technology, who desire to gain further information about the emerging issue of Problematic Internet Use
<b>Outcome of the activity</b>	This e-paper described the implications of addiction to technology and Internet usage in everyday activities for a technical audience to promote engagement with technical stakeholders working in the digital field.

<b>Item/activity</b>	A chapter entitled Disorders Due to Addictive Behaviours and Impulse Control Disorders , authors (COST Action members) Billieux J, Rumpf HJ, Fineberg NA and King D, was submitted in Oct 2019 for publication in the book entitled 'A Psychological Approach to Diagnosis Using the ICD-11 as a Framework', edited by Tahilia J. Rebello, Geoffrey M. Reed, Pierre L.-J. Ritchie, Andreas Maercker, to be published by the World Health Organisation.
<b>Target Audience</b>	Psychologists and mental health clinicians, worldwide, especially those working in LMIC.
<b>Outcome of the activity</b>	This book will upskill clinicians in the accurate recognition and diagnosis of the emerging group of disorders of PUI, so that they can intercommunicate reliably about these new disorders and plan clinical care appropriately, thereby improving the health and wellbeing of citizens at a global level.

## Assessment of Action dissemination and exploitation activities

The effectiveness of the Action's dissemination and exploitation approach (other than co-authored publications) is assessed as follows

Dissemination and exploitation across academic channels is remarkable. An effort to expand dissemination to the public, educators, and policy-makers is still needed.

### Assessment of Action dissemination and exploitation activities

All Action activities focusing on dissemination of Action results were effective [Very Good]  
All Action activities focusing on exploitation of Action results were effective [Very Good]

## Other matters

### Difficulties in implementing the Action

The Action Rapporteur made the following observations regarding difficulties in implementing the Action:

Difficulties and related delay are understandable. However, engaging members into dissemination plan and activities is mandatory.

### Emerging topics / developments in the field of the Action

The Action reported the following emerging topics / developments in the field of the Action.

- The emerging public health impact of problematic usage of the internet, including its effects on the developing brain and psychosocial development of young people across Europe, so as to reach consensus about feasible and effective preventative and therapeutic strategies, represents an important theme for future workshops and conferences.  
Developing successful networking strategies for engaging representatives of the digital industry in mutual partnership with academic scientists, e.g. to gain important new insights about PUI by accessing and analysing the large and rich datasets held by Internet-services providers, represents an emerging and significant challenge that could potentially be addressed in a COST Exploratory Workshop.

The Action Rapporteur made the following comment on the emerging topics / developments in the field reported by the Action.

The emerging topic and the described strategy seems appropriate.

### Action Rapporteur

This Second Progress Report was submitted on 2020-01-10 by:  
Dr ANDRES CHAMARRO  
Faculty of Psychology  
Spain

## Annex 1: List of publications

The Action reported 29 publications on the topic of the Action, co-authored by at least two Action participants from two countries participating in the Action.

### Co-authored Action publications - peer-reviewed

Title	Cognitive deficits in problematic internet use: meta-analysis of 40 studies
Authors	<a href="#">Konstantinos Ioannidis</a> ; Roxanne Hook; Anna E. Goudriaan; Simon Vlies; Naomi A. Fineberg; Jon E. Grant; <a href="#">Samuel R. Chamberlain</a>
DOI	<a href="https://doi.org/10.1192/bjp.2019.3">doi:10.1192/bjp.2019.3</a>
Type	Journal article
Published in	The British Journal of Psychiatry
Published by	Royal College of Psychiatrists
ISSNs	<a href="#">0007-1250</a> ; <a href="#">1472-1465</a>
Subject	Psychiatry and Mental health
Link	<a href="https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S0007125019000035">https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S0007125019000035</a>
Title	Ten-Item Internet Gaming Disorder Test (IGDT-10): Measurement invariance and cross-cultural validation across seven language-based samples.
Authors	Orsolya Király; Beáta Bőthe; Jano Ramos-Diaz; Afarin Rahimi-Movaghar; Katerina Lukavska; Ondřej Hrabec; Michal Miovsky; Joël Billieux; Jory Deleuze; Filip Nuyens; Laurent Karila; Mark D. Griffiths; Katalin Nagygyörgy; Róbert Urbán; Marc N. Potenza; Daniel L. King; Hans-Jürgen Rumpf; Natacha Carragher; Zsolt Demetrovics
DOI	<a href="https://doi.org/10.1037/adb0000433">doi:10.1037/adb0000433</a>
Type	Journal article
Published in	Psychology of Addictive Behaviors
Published by	American Psychological Association (APA)
ISSNs	<a href="#">1939-1501</a> ; <a href="#">0893-164X</a>
Link	<a href="http://psycnet.apa.org/journals/adb/33/1/91.pdf">http://psycnet.apa.org/journals/adb/33/1/91.pdf</a>
Title	Cross-Cultural Validation of the Compulsive Internet Use Scale in Four Forms and Eight Languages
Authors	Olatz Lopez-Fernandez; Mark D. Griffiths; Daria J. Kuss; Christopher Dawes; Halley M. Pontes; Lucy Justice; Hans-Jürgen Rumpf; Anja Bischof; Ann-Kathrin Gässler; Eva Suryani; Niko Männikkö; Maria Kääriäinen; Lucia Romo; Yannick Morvan; Laurence Kern; Pierluigi Graziani; Amélie Rousseau; Julia M. Hormes; Adriano Schimmenti; Alessia Passanisi; Zsolt Demetrovics; Orsolya Király; Bernadeta Lelonek-Kuleta; Joanna Chwaszcz; Magali Dufour; Javier Ponce Terashima; Mariano Chóliz; Juan José Zacarés; Emilia Serra; Lucien Rochat; Daniele Zullino; Sophia Achab; Nils Inge Landrø; Joël Billieux
DOI	<a href="https://doi.org/10.1089/cyber.2018.0731">doi:10.1089/cyber.2018.0731</a>

Type	Journal article
Published in	Cyberpsychology, Behavior, and Social Networking
Published by	Mary Ann Liebert Inc
ISSNs	<a href="#">2152-2715</a> ; <a href="#">2152-2723</a>
Subjects	Applied Psychology; Human-Computer Interaction; Communication; Social Psychology; General Medicine; Computer Science Applications
Links	<a href="https://www.liebertpub.com/doi/full-xml/10.1089/cyber.2018.0731">https://www.liebertpub.com/doi/full-xml/10.1089/cyber.2018.0731</a> ; <a href="https://www.liebertpub.com/doi/pdf/10.1089/cyber.2018.0731">https://www.liebertpub.com/doi/pdf/10.1089/cyber.2018.0731</a>
Title	Measurement Invariance of the Short Version of the Problematic Mobile Phone Use Questionnaire (PMPUQ-SV) across Eight Languages
Authors	Olatz Lopez-Fernandez; Daria J. Kuss; Halley M. Pontes; Mark D. Griffiths; Christopher Dawes; Lucy V. Justice; Niko Männikkö; Maria Kääriäinen; Hans-Jürgen Rumpf; Anja Bischof; Ann-Kathrin Gässler; Lucia Romo; Laurence Kern; Yannick Morvan; Amélie Rousseau; Pierluigi Graziani; Zsolt Demetrovics; Orsolya Király; Adriano Schimmenti; Alessia Passanisi; Bernadeta Lelonek-Kuleta; Joanna Chwaszcz; Mariano Chóliz; Juan José Zacarés; Emilia Serra; Magali Dufour; Lucien Rochat; Daniele Zullino; Sophia Achab; Nils Inge Landrø; Eva Suryani; Julia M. Hormes; Javier Ponce Terashima; <a href="#">Joël Billieux</a>
DOI	<a href="https://doi.org/10.3390/ijerph15061213">doi:10.3390/ijerph15061213</a>
Type	Journal article
Published in	International Journal of Environmental Research and Public Health
Published by	MDPI AG
ISSN	<a href="#">1660-4601</a>
Link	<a href="http://www.mdpi.com/1660-4601/15/6/1213/pdf">http://www.mdpi.com/1660-4601/15/6/1213/pdf</a>
Title	Including gaming disorder in the ICD-11: The need to do so from a clinical and public health perspective
Authors	Hans-Jürgen Rumpf; Sophia Achab; Joël Billieux; Henrietta Bowden-Jones; Natacha Carragher; Zsolt Demetrovics; Susumu Higuchi; Daniel L. King; Karl Mann; Marc Potenza; John B. Saunders; Max Abbott; Atul Ambekar; Osman Tolga Aricak; Sawitri Assanangkornchai; Norharlina Bahar; Guilherme Borges; Matthias Brand; Elda Mei-Lo Chan; Thomas Chung; Jeff Derevensky; Ahmad El Kashef; Michael Farrell; Naomi A. Fineberg; Claudia Gandin; Douglas A. Gentile; Mark D. Griffiths; Anna E. Goudriaan; Marie Grall-Bronnec; Wei Hao; David C. Hodgins; Patrick Ip; Orsolya Király; Hae Kook Lee; Daria Kuss; Jeroen S. Lemmens; Jiang Long; Olatz Lopez-Fernandez; Satoko Mihara; Nancy M. Petry; Halley M. Pontes; Afarin Rahimi-Movaghar;

<p>DOI Type Published in Published by ISSNs Links</p>	<p>Florian Rehbein; Jürgen Rehm; Emanuele Scafato; Manoi Sharma; Daniel Spritzer; Dan J. Stein; Philip Tam; Aviv Weinstein; Hans-Ulrich Wittchen; Klaus Wölfling; Daniele Zullino; Vladimir Poznyak  <a href="https://doi.org/10.1556/2006.7.2018.59">doi:10.1556/2006.7.2018.59</a>          Journal article          Journal of Behavioral Addictions          Akademiai Kiado Zrt.  <a href="https://doi.org/10.1556/2006.7.2018.59">2062-5871</a>; <a href="https://doi.org/10.1556/2006.7.2018.59">2063-5303</a>  <a href="https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.59">https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.59</a>;  <a href="https://akademiai.com/doi/full/10.1556/2006.7.2018.59">https://akademiai.com/doi/full/10.1556/2006.7.2018.59</a></p>
<p>Title</p>	<p>Balancing validity, utility and public health considerations in disorders due to addictive behaviours</p>
<p>Authors</p>	<p>Dan J. Stein; Joël Billieux; Henrietta Bowden-Jones; Jon E. Grant; Naomi Fineberg; Susumu Higuchi; Wei Hao; Karl Mann; Hisato Matsunaga; Marc N. Potenza; Hans-Jürgen M. Rumpf; David Veale; Rajat Ray; John B. Saunders; Geoffrey M. Reed; Vladimir Poznyak</p>
<p>DOI Type Published in Published by ISSN Links</p>	<p><a href="https://doi.org/10.1002/wps.20570">doi:10.1002/wps.20570</a>          Journal article          World Psychiatry          Wiley  <a href="https://doi.org/10.1002/wps.20570">1723-8617</a>  <a href="https://api.wiley.com/onlinelibrary/tdm/v1/articles/10.1002/wps.20570">https://api.wiley.com/onlinelibrary/tdm/v1/articles/10.1002/wps.20570</a>;  <a href="http://onlinelibrary.wiley.com/doi/10.1002/wps.20570/fullpdf">http://onlinelibrary.wiley.com/doi/10.1002/wps.20570/fullpdf</a></p>
<p>Title</p>	<p>Spanish validation of the pathological buying screener in patients with eating disorder and gambling disorder</p>
<p>Authors</p>	<p>Fernando Fernández-Aranda; Roser Granero; Gemma Mestre-Bach; Trevor Steward; Astrid Müller; Matthias Brand; Teresa Mena-Moreno; Cristina Vintró-Alcaraz; Amparo del Pino-Gutiérrez; Laura Moragas; Núria Mallorquí-Bagué; Neus Aymamí; Mónica Gómez-Peña; María Lozano-Madrid; José M. Menchón; Susana Jiménez-Murcia</p>
<p>DOI Type Published in Published by ISSNs Subjects Links</p>	<p><a href="https://doi.org/10.1556/2006.8.2019.08">doi:10.1556/2006.8.2019.08</a>          Journal article          Journal of Behavioral Addictions          Akademiai Kiado Zrt.  <a href="https://doi.org/10.1556/2006.8.2019.08">2062-5871</a>; <a href="https://doi.org/10.1556/2006.8.2019.08">2063-5303</a>          Medicine (miscellaneous); Clinical Psychology; Psychiatry and Mental health; General Medicine  <a href="https://www.akademiai.com/doi/full-xml/10.1556/2006.8.2019.08">https://www.akademiai.com/doi/full-xml/10.1556/2006.8.2019.08</a>;  <a href="https://www.akademiai.com/doi/pdf/10.1556/2006.8.2019.08">https://www.akademiai.com/doi/pdf/10.1556/2006.8.2019.08</a></p>
<p>Title</p>	<p>The impact of comorbid impulsive/compulsive</p>

Authors	disorders in problematic Internet use Samuel R. Chamberlain; Konstantinos Ioannidis; Jon E. Grant
DOI	<a href="https://doi.org/10.1556/2006.7.2018.30">doi:10.1556/2006.7.2018.30</a>
Type	Journal article
Published in	Journal of Behavioral Addictions
Published by	Akademiai Kiado Zrt.
ISSNs	<a href="#">2062-5871</a> ; <a href="#">2063-5303</a>
Links	<a href="https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.30">https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.30</a> ; <a href="https://akademiai.com/doi/full/10.1556/2006.7.2018.30">https://akademiai.com/doi/full/10.1556/2006.7.2018.30</a>
Title	Logic, evidence and consensus: Towards a more constructive debate on gaming disorder
Authors	<a href="#">Daniel L. King</a> ; Paul H Delfabbro; Marc N Potenza; Zsolt Demetrovics; Joël Billieux; Matthias Brand
DOI	<a href="https://doi.org/10.1177/0004867419864435">doi:10.1177/0004867419864435</a>
Type	Journal article
Published in	Australian & New Zealand Journal of Psychiatry
Published by	SAGE Publications
ISSNs	<a href="#">0004-8674</a> ; <a href="#">1440-1614</a>
Subjects	Psychiatry and Mental health; General Medicine
Links	<a href="http://journals.sagepub.com/doi/pdf/10.1177/0004867419864435">http://journals.sagepub.com/doi/pdf/10.1177/0004867419864435</a> ; <a href="http://journals.sagepub.com/doi/full-xml/10.1177/0004867419864435">http://journals.sagepub.com/doi/full-xml/10.1177/0004867419864435</a>
Title	The Interaction of Person-Affect-Cognition-Execution (I-PACE) model for addictive behaviors: Update, generalization to addictive behaviors beyond internet-use disorders, and specification of the process character of addictive behaviors
Authors	Matthias Brand; Elisa Wegmann; Rudolf Stark; Astrid Müller; Klaus Wölfling; Trevor W. Robbins; Marc N. Potenza
DOI	<a href="https://doi.org/10.1016/j.neubiorev.2019.06.032">doi:10.1016/j.neubiorev.2019.06.032</a>
Type	Journal article
Published in	Neuroscience & Biobehavioral Reviews
Published by	Elsevier BV
ISSN	<a href="#">0149-7634</a>
Subjects	Cognitive Neuroscience; Behavioral Neuroscience; Neuropsychology and Physiological Psychology
Links	<a href="https://api.elsevier.com/content/article/PII:S0149763419303707?httpAccept=text/xml">https://api.elsevier.com/content/article/PII:S0149763419303707?httpAccept=text/xml</a> ; <a href="https://api.elsevier.com/content/article/PII:S0149763419303707?httpAccept=text/plain">https://api.elsevier.com/content/article/PII:S0149763419303707?httpAccept=text/plain</a>
Title	Buying-shopping disorder—is there enough evidence to support its inclusion in ICD-11?
Authors	<a href="#">Astrid Müller</a> ; Matthias Brand; Laurence Claes; Zsolt Demetrovics; Martina de Zwaan; Fernando Fernández-Aranda; Randy O. Frost; Susana Jimenez-Murcia; Michael Lejoyeux; Sabine Steins-Loeber; James E. Mitchell; Richard Moulding; Maja Nedeljkovic; Patrick Trotzke; Aviv

DOI	Weinstein; Michael Kyrios <a href="https://doi.org/10.1017/S1092852918001323">doi:10.1017/S1092852918001323</a>
Type	Journal article
Published in	CNS Spectrums
Published by	Cambridge University Press (CUP)
ISSNs	<a href="#">1092-8529</a> ; <a href="#">2165-6509</a>
Subjects	Psychiatry and Mental health; Clinical Neurology
Link	<a href="https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S1092852918001323">https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S1092852918001323</a>
Title	Problematic internet use as an age-related multifaceted problem: Evidence from a two-site survey
Authors	Konstantinos Ioannidis; Matthias S. Treder; Samuel R. Chamberlain; Franz Kiraly; Sarah A. Redden; Dan J. Stein; Christine Lochner; Jon E. Grant
DOI	<a href="https://doi.org/10.1016/j.addbeh.2018.02.017">doi:10.1016/j.addbeh.2018.02.017</a>
Type	Journal article
Published in	Addictive Behaviors
Published by	Elsevier BV
ISSN	<a href="#">0306-4603</a>
Subjects	Toxicology; Medicine (miscellaneous); Clinical Psychology; Psychiatry and Mental health
Links	<a href="https://api.elsevier.com/content/article/PII:S0306460318300820?httpAccept=text/xml">https://api.elsevier.com/content/article/PII:S0306460318300820?httpAccept=text/xml</a> ; <a href="https://api.elsevier.com/content/article/PII:S0306460318300820?httpAccept=text/plain">https://api.elsevier.com/content/article/PII:S0306460318300820?httpAccept=text/plain</a>
Title	The Psychology of Esports: A Systematic Literature Review
Authors	Fanni Bányai; Mark D. Griffiths; Orsolya Király; <a href="#">Zsolt Demetrovics</a>
DOI	<a href="https://doi.org/10.1007/s10899-018-9763-1">doi:10.1007/s10899-018-9763-1</a>
Type	Journal article
Published in	Journal of Gambling Studies
Published by	Springer Science and Business Media LLC
ISSN	<a href="#">1573-3602</a>
Subjects	Sociology and Political Science; General Psychology
Links	<a href="http://link.springer.com/content/pdf/10.1007/s10899-018-9763-1.pdf">http://link.springer.com/content/pdf/10.1007/s10899-018-9763-1.pdf</a> ; <a href="http://link.springer.com/article/10.1007/s10899-018-9763-1/fulltext.html">http://link.springer.com/article/10.1007/s10899-018-9763-1/fulltext.html</a>
Title	Epidemiological Challenges in the Study of Behavioral Addictions: a Call for High Standard Methodologies
Authors	Hans-Jürgen Rumpf; Dominique Brandt; Zsolt Demetrovics; Joël Billieux; Natacha Carragher; Matthias Brand; Henrietta Bowden-Jones; Afarin Rahimi-Movaghar; Sawitri Assanangkornchai; Renata Glavak-Tkalic; Guilherme Borges; Hae-Kook Lee; Florian Rehbein; Naomi A. Fineberg; Karl Mann; Marc N. Potenza; Dan J. Stein; Susumu Higuchi; Daniel King; John B. Saunders; Vladimir Poznyak
DOI	<a href="https://doi.org/10.1007/s40429-019-00262-2">doi:10.1007/s40429-019-00262-2</a>

Type  
Published in  
Published by  
ISSN  
Links

Journal article  
Current Addiction Reports  
Springer Science and Business Media LLC  
[2196-2952](https://doi.org/10.1007/s40429-019-00262-2)  
<http://link.springer.com/content/pdf/10.1007/s40429-019-00262-2.pdf>;  
<http://link.springer.com/article/10.1007/s40429-019-00262-2/fulltext.html>

Title

Self-reported dependence on mobile phones in young adults: A European cross-cultural empirical survey

Authors

Olatz Lopez-Fernandez; Daria J. Kuss; Lucia Romo; Yannick Morvan; Laurence Kern; Pierluigi Graziani; Amélie Rousseau; Hans-Jürgen Rumpf; Anja Bischof; Ann-Kathrin Gässler; Adriano Schimmenti; Alessia Passanisi; Niko Männikkö; Maria Kääriäinen; Zsolt Demetrovics; Orsolya Király; Mariano Chóliz; Juan José Zacarés; Emilia Serra; Mark D. Griffiths; Halley M. Pontes; Bernadeta Lelonek-Kuleta; Joanna Chwaszcz; Daniele Zullino; Lucien Rochat; Sophia Achab; Joël Billieux

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Title

Gender Moderates the Partial Mediation of Impulsivity in the Relationship Between Psychiatric Distress and Problematic Online Gaming: Online Survey

Authors

[Wenliang Su](https://doi.org/10.2196/10784); [Orsolya Király](https://doi.org/10.2196/10784); [Zsolt Demetrovics](https://doi.org/10.2196/10784); [Marc N Potenza](https://doi.org/10.2196/10784)

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Title

Psychometric Evaluation of the Nine-Item Problematic Internet Use Questionnaire (PIUQ-9) in Nine European Samples of Internet Users  
Stéphanie Laconi; Róbert Urbán; Katarzyna Kaliszewska-Czeremska; Daria J. Kuss; Augusto Gnisci; Ida Sergi; Antonia Barke; Franziska Jeromin; Jarosław Groth; Manuel Gamez-Guadix; Neslihan Keser Ozcan; Konstantinos Siomos; Georgios D. Floros; Mark D. Griffiths; Zsolt Demetrovics; Orsolya Király

Authors

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<p>Title</p>	<p>Fractionation of impulsive and compulsive trans-diagnostic phenotypes and their longitudinal associations</p>
<p>Authors</p>	<p><a href="#">Samuel R Chamberlain</a>; Jeggan Tiego; <a href="#">Leonardo F Fontenelle</a>; Roxanne Hook; Linden Parkes; Rebecca Segrave; Tobias U Hauser; Ray J Dolan; Ian M Goodyer; Ed Bullmore; Jon E Grant; Murat Yücel</p>
<p>DOI Type Published in Published by ISSNs Subjects Links</p>	<p><a href="https://doi.org/10.1177/0004867419844325">doi:10.1177/0004867419844325</a> Journal article Australian &amp; New Zealand Journal of Psychiatry SAGE Publications <a href="https://doi.org/10.1177/0004867419844325">0004-8674</a>; <a href="https://doi.org/10.1177/1440161419844325">1440-1614</a> Psychiatry and Mental health; General Medicine <a href="http://journals.sagepub.com/doi/pdf/10.1177/0004867419844325">http://journals.sagepub.com/doi/pdf/10.1177/0004867419844325</a>; <a href="http://journals.sagepub.com/doi/full-xml/10.1177/0004867419844325">http://journals.sagepub.com/doi/full-xml/10.1177/0004867419844325</a></p>
<p>Title</p>	<p>Transdiagnostic variations in impulsivity and compulsivity in obsessive-compulsive disorder and gambling disorder correlate with effective connectivity in cortical-striatal-thalamic-cortical circuits</p>
<p>Authors</p>	<p>Linden Parkes; Jeggan Tiego; Kevin Aquino; Leah Braganza; Samuel R. Chamberlain; Leonardo F. Fontenelle; Ben J. Harrison; Valentina Lorenzetti; Bryan Paton; Adeel Razi; Alex Fornito; Murat Yücel</p>
<p>DOI Type Published in Published by ISSN Subjects Links</p>	<p><a href="https://doi.org/10.1016/j.neuroimage.2019.116070">doi:10.1016/j.neuroimage.2019.116070</a> Journal article NeuroImage Elsevier BV <a href="https://doi.org/10.1016/j.neuroimage.2019.116070">1053-8119</a> Cognitive Neuroscience; Neurology <a href="https://api.elsevier.com/content/article/PII:S1053811919306585?httpAccept=text/xml">https://api.elsevier.com/content/article/PII:S1053811919306585?httpAccept=text/xml</a>; <a href="https://api.elsevier.com/content/article/PII:S1053811919306585?httpAccept=text/plain">https://api.elsevier.com/content/article/PII:S1053811919306585?httpAccept=text/plain</a></p>
<p>Title</p>	<p>Does “forced abstinence” from gaming lead to pornography use? Insight from the April 2018 crash of Fortnite’s servers</p>
<p>Authors</p>	<p>Jesús Castro-Calvo; Rafael Ballester-Arnal; Marc N. Potenza; Daniel L. King; Joël Billieux</p>
<p>DOI Type Published in Published by ISSNs Links</p>	<p><a href="https://doi.org/10.1556/2006.7.2018.78">doi:10.1556/2006.7.2018.78</a> Journal article Journal of Behavioral Addictions Akademiai Kiado Zrt. <a href="https://doi.org/10.1556/2006.7.2018.78">2062-5871</a>; <a href="https://doi.org/10.1556/2006.7.2018.78">2063-5303</a> <a href="https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.78">https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.78</a>;</p>

<https://akademai.com/doi/full/10.1556/2006.7.2018.78>

Title A transdiagnostic dimensional approach towards a neuropsychological assessment for addiction: an international Delphi consensus study

Authors [Murat Yücel](#); Erin Oldenhof; [Serge H. Ahmed](#); David Belin; [Joel Billieux](#); Henrietta Bowden-Jones; [Adrian Carter](#); Samuel R. Chamberlain; [Luke Clark](#); Jason Connor; [Mark Daglish](#); Geert Dom; Pinhas Dannon; Theodora Duka; Maria Jose Fernandez-Serrano; Matt Field; Ingmar Franken; Rita Z. Goldstein; Raul Gonzalez; [Anna E. Goudriaan](#); [Jon E. Grant](#); [Matthew J. Gullo](#); [Robert Hester](#); [David C. Hodgins](#); [Bernard Le Foll](#); Rico S. C. Lee; [Anne Lingford-Hughes](#); Valentina Lorenzetti; [Scott J. Moeller](#); [Marcus R. Munafò](#); [Brian Odlaug](#); Marc N. Potenza; Rebecca Segrave; [Zsuzsika Sjoerds](#); [Nadia Solowij](#); Wim van den Brink; Ruth J. van Holst; Valerie Voon; [Reinout Wiers](#); Leonardo F. Fontenelle; [Antonio Verdejo-Garcia](#)

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Title Current suicidal ideation in treatment-seeking individuals in the United Kingdom with gambling problems

Authors Silvia Ronzitti; [Emiliano Soldini](#); Neil Smith; Marc N. Potenza; Massimo Clerici; Henrietta Bowden-Jones

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Title The joint role of impulsivity and distorted cognitions in recreational and problem gambling: A cluster analytic approach

Authors Mr. Gaëtan Devos; [Luke Clark](#); Henrietta Bowden-Jones; Marie Grall-Bronnec; [Gaëlle Challet-Bouju](#); [Yasser Khazaal](#); Pierre Maurage; [Joël Billieux](#)

DOI [doi:10.1016/j.jad.2019.08.096](https://doi.org/10.1016/j.jad.2019.08.096)

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Subjects	Clinical Psychology; Psychiatry and Mental health
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Title	Problematic internet use: an exploration of associations between cognition and COMT rs4818, rs4680 haplotypes
Authors	<a href="#">Konstantinos Ioannidis</a> ; Sarah A. Redden; Stephanie Valle; <a href="#">Samuel R. Chamberlain</a> ; <a href="#">Jon E. Grant</a>
DOI	<a href="#">doi:10.1017/S1092852919001019</a>
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ISSNs	<a href="#">1092-8529</a> ; <a href="#">2165-6509</a>
Subjects	Psychiatry and Mental health; Clinical Neurology
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Title	Reward-related attentional capture is associated with severity of addictive and obsessive–compulsive behaviors.
Authors	Lucy Albertella; Mike E. Le Pelley; Samuel R. Chamberlain; Fred Westbrook; Leonardo F. Fontenelle; Rebecca Segrave; Rico Lee; Daniel Pearson; Murat Yücel
DOI	<a href="#">doi:10.1037/adb0000484</a>
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ISSNs	<a href="#">1939-1501</a> ; <a href="#">0893-164X</a>
Subjects	Medicine (miscellaneous); Clinical Psychology; Psychiatry and Mental health
Link	<a href="http://psycnet.apa.org/journals/adb/33/5/495.pdf">http://psycnet.apa.org/journals/adb/33/5/495.pdf</a>
Title	Quality of life of young adults with non-paraphilic problematic sexual behaviors: An exploratory study
Authors	Austin W. Blum; Samuel R. Chamberlain; Jon E. Grant
DOI	<a href="#">doi:10.1016/j.abrep.2018.10.003</a>
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Title	Sleepiness and impulsivity: Findings in non-treatment seeking young adults
Authors	Jon E. Grant; Samuel R. Chamberlain

<p>DOI Type Published in Published by ISSNs Links</p>	<p><a href="https://doi.org/10.1556/2006.7.2018.71">doi:10.1556/2006.7.2018.71</a> Journal article Journal of Behavioral Addictions Akademiai Kiado Zrt. <a href="https://doi.org/10.1556/2006.7.2018.71">2062-5871</a>; <a href="https://doi.org/10.1556/2006.7.2018.71">2063-5303</a> <a href="https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.71">https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.71</a>; <a href="https://akademiai.com/doi/full/10.1556/2006.7.2018.71">https://akademiai.com/doi/full/10.1556/2006.7.2018.71</a></p>
<p>Title  Authors DOI Type Published in Published by ISSN Links</p>	<p>Not Playing Around: Gaming Disorder in the International Classification of Diseases (ICD-11) <a href="https://doi.org/10.1016/j.jadohealth.2018.10.010">Daniel L. King</a>; Marc N. Potenza <a href="https://doi.org/10.1016/j.jadohealth.2018.10.010">doi:10.1016/j.jadohealth.2018.10.010</a> Journal article Journal of Adolescent Health Elsevier BV <a href="https://doi.org/10.1016/j.jadohealth.2018.10.010">1054-139X</a> <a href="https://api.elsevier.com/content/article/PII:S1054139X18304713?httpAccept=text/xml">https://api.elsevier.com/content/article/PII:S1054139X18304713?httpAccept=text/xml</a>; <a href="https://api.elsevier.com/content/article/PII:S1054139X18304713?httpAccept=text/plain">https://api.elsevier.com/content/article/PII:S1054139X18304713?httpAccept=text/plain</a></p>
<p>Title  Authors   DOI Type Published in Published by ISSN Subjects  Links</p>	<p>Manifesto for a European research network into Problematic Usage of the Internet NA Fineberg; <a href="https://doi.org/10.1016/j.euroneuro.2018.08.004">Z Demetrovics</a>; <a href="https://doi.org/10.1016/j.euroneuro.2018.08.004">DJ Stein</a>; K Ioannidis; MN Potenza; <a href="https://doi.org/10.1016/j.euroneuro.2018.08.004">E Grünblatt</a>; M Brand; J Billieux; L Carmi; <a href="https://doi.org/10.1016/j.euroneuro.2018.08.004">DL King</a>; JE Grant; M Yücel; B Dell'Osso; HJ Rumpf; N Hall; E Hollander; A Goudriaan; <a href="https://doi.org/10.1016/j.euroneuro.2018.08.004">J Menchon</a>; J Zohar; <a href="https://doi.org/10.1016/j.euroneuro.2018.08.004">J Burkauskas</a>; G Martinotti; M Van Ameringen; O Corazza; S Pallanti; <a href="https://doi.org/10.1016/j.euroneuro.2018.08.004">SR Chamberlain</a> <a href="https://doi.org/10.1016/j.euroneuro.2018.08.004">doi:10.1016/j.euroneuro.2018.08.004</a> Journal article European Neuropsychopharmacology Elsevier BV <a href="https://doi.org/10.1016/j.euroneuro.2018.08.004">0924-977X</a> Pharmacology (medical); Biological Psychiatry; Pharmacology; Neurology; Psychiatry and Mental health; Clinical Neurology <a href="https://api.elsevier.com/content/article/PII:S0924977X18303067?httpAccept=text/xml">https://api.elsevier.com/content/article/PII:S0924977X18303067?httpAccept=text/xml</a>; <a href="https://api.elsevier.com/content/article/PII:S0924977X18303067?httpAccept=text/plain">https://api.elsevier.com/content/article/PII:S0924977X18303067?httpAccept=text/plain</a></p>