



# COST Action 16207 European Network of Problematic Usage of the Internet

## International Training school on Problematic Usage of the Internet in a changing society.

Venue: Vila Gale Opera Lisbon, Portugal

Date: 6<sup>th</sup> – 8<sup>th</sup> October 2021

Also available online via Zoom.

(Registration via <https://www.internetandme.eu/>)

Chair: Naomi Fineberg

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# Program

**Day 1: 6<sup>th</sup> Oct**

**13:50 – 14:00 (BST) Sign in online**

## **Problematic Internet Use: Moving Forward from Treatment toward Prevention**

### **Jointly Organised with:**

Lithuanian University of Health Sciences, Neuroscience Institute

Vytautas Magnus University

Vilnius University

University of Hertfordshire



VYTAUTAS MAGNUS  
UNIVERSITY  
MCMXXII



Research  
Council of  
Lithuania



### **14:00 – 14:05 Welcome address - Naomi Fineberg**

<b>14:05 – 14:25</b>	Problematic Usage of the Internet – Current State and Future Prospects.	<b>Marc Potenza</b>
<b>14:25 – 14:45</b>	New Developments in Interventions and Services for Problematic Usage of the Internet.	<b>Susumu Higuchi and Takanobu Matsuzaki</b>
<b>14:45 – 15:05</b>	Digital interventions for common mental health problems.	<b>Pim Cuijpers</b>
<b>15:05 – 15:15</b>	<b>Break</b>	
<b>15:15 – 15:25</b>	Platform to Rate Yourself for Problematic Usage of the Internet Risks, Mental Distress and Quality of Life	<b>Ausra Saudargiene</b>
<b>15:25 – 15:35</b>	Problematic Internet Use, Anxiety, and Depressive Symptoms in Students: The Role of Impulsivity	<b>Julius Burkauskas</b>
<b>15:35 – 15:45</b>	Internet Usage Habits: Pilot studies on Association with Spontaneous eye Blinking Rate and Alterations in Brain Activity	<b>Dovile Simkute</b>
<b>15:45 – 16:00</b>	<b>Q &amp; A</b>	

## Day 2: 7<sup>th</sup> Oct

08:50 – 09:00 (BST) Sign in online

### Problematic Internet Use Workshop: Co- designing a PPI Reference group and Training Program with Citizens

09:00 – 09:05 Welcome address – Celia Sales

09:05 – 10:30	<b>Session 1</b> - Discussions Introduction to the COST Action How to create the international PUI PPI group? Purpose of the PPI group	Led by: <b>Celia Sales and Julia Jones</b>
10:30 – 10:50	<b>Coffee Break</b>	
10:50 – 12:30	<b>Session 2</b> – Co-designing Training for PPI members	Led by: <b>Celia Sales and Julia Jones</b>
12:30 – 13:30	<b>Networking Lunch</b>	
13:30 – 17:00	<b>Networking and Breakout collaborations</b>	

## Day 3: 8<sup>th</sup> Oct

08:50 – 09:00 Sign in online

### Behavioural Addictions and Internet Related Conditions: From Fun to Harm

#### Jointly organised with:

EU COST Action of the European network for the problematic usage of the internet (CA 16207)

Laboratory of Neuropsychophysiology, Faculty of Psychology and Education Sciences, University of Porto, Portugal

School of Health, Polytechnic of Porto, Porto, Portugal

General Directorate for Intervention on Addictive Behaviours and Dependencies (SICAD), Portugal

09:00 – 09:30	<b>Opening session – (Honour Commission)</b> <b>Francisco Miranda Rodrigues</b> , President of the Order of Portuguese Psychologists (OPP) Representatives of the organizing institutions: <b>Naomi Fineberg</b> , COST Action CA 16207, UK <b>João Goulão</b> , General Directorate for Intervention on Addictive Behaviours and Dependencies (SICAD), Portugal <b>Cristina Prudêncio</b> , School of Health, Polytechnic of Porto (ESS – P.Porto), Portugal <b>Fernando Ferreira-Santos</b> , Faculty of Psychology and Education Sciences, University of Porto (FPCEUP) Portugal	
09:30– 11:00	<b>Behavioural Addictions &amp; Problematic Use of the Internet</b>	Chair: <b>Ornella Corrazza</b>
09:30 – 09:50	Models and Mechanisms of Behavioural Addictions	<b>Matthias Brand</b>
09:50 – 10:10	Cyberchondria and Other Internet Related Conditions	<b>Matteo Vismara</b>
10:10 – 10:30	New cognitive findings	<b>Konstantinos Ioannidis</b>
10:30 – 10:50	Behavioural Addictions: Neurobiological Bases	<b>Manuela Grazina</b>
10:50 – 11:00	Q&A	
11:00 -11:30	<b>Coffee Break</b>	
11:30 – 13:00	<b>From Assessment to Early Intervention</b>	Chair: <b>Manuel Cardoso</b>
11:30 – 11:50	Exercise of Prevention: Evolutionary Perspective	<b>Gregor Burkart</b>
11:50 – 12:10	Advances in Assessment: New Methods and Instruments	<b>Hans-Jurgen Rumpf</b>

12:10 – 12:30	Responses in the context of addictive behaviours and dependencies: The regional experience of Northern Portugal	<b>Kerstin Hoffmeister</b>
12:30 -13:00	Q & A	
<b>13:00 – 14:30</b>	<b>Networking Lunch</b>	
<b>14:30 – 14:50</b>	<b>COST ACTION CA 16207 - European Network for Problematic Usage of the Internet</b>	<b>Naomi Fineberg</b>
<b>14:50 – 16:15</b>	<b>International Strategy for Intervention in Addictive Behaviours and Addictions</b>	<b>Chair: Zsolt Demetrovics</b>
14:50 – 15:10	Last developments in the International approach to Addictive Behaviours	<b>João Goulão</b>
15:10 – 15:30	Using online responsible gambling tools as interventions for preventing problematic internet gambling and implications for other online addictions	<b>Mark Griffiths</b>
15:30 – 16:15	Round table discussion	<b>Speakers:</b> Naomi Fineberg Zsolt Demetrovics Matthias Brand Hans-Jurgen Rumpf Mark Potenza Célia Sales Joel Billieux Pedro Morgado Eric Hollander Jon Grant
<b>16:15 – 16:30</b>	<b>Coffee Break</b>	
<b>16:30 – 17:45</b>	<b>Security Online</b>	<b>Chair: Celia Sales</b>
16:30 – 16:45	Cybersecurity in a Network Society Portuguese Safer Internet Centre	<b>Pedro Mendonça</b>
16:45 – 17:00	Human Digital Rights Action	<b>Mart Susi</b>
17:00 – 17:15	European Citizens Initiative	<b>Julia Jones</b>
17:15 – 17:30	Short introduction on how Internet addiction and PUI are limited by technical & security means	<b>Louis-Francois Pau</b>
17:30 – 17:45	Q & A	
<b>17:45 – 18:00</b>	<b>Closing session</b>	<b>Zsolt Demetrovics, Artemisa Rocha Dores, Manuel Cardoso,</b>