



# COST Action 16207 European Network for Problematic Internet Usage

**International conference:  
“State of the Art in Problematic Usage of the Internet:  
Disorders, Models, Mechanisms, Interventions and  
Human Digital Rights.”**

30<sup>th</sup> – 31<sup>st</sup> March 2022

Hybrid conference online via zoom and in person UK.

The Royal Society of Medicine

1 Wimpole street

London, UK

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

Chair: Naomi Fineberg  
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the European Union**

# Speakers

30<sup>th</sup> March 2022

## Welcome

### Prof Naomi Fineberg – COST Action 16207 Chair

Professor of Psychiatry at the University of Hertfordshire and Consultant Psychiatrist at Hertfordshire Partnership University NHS Foundation Trust (HPFT), where she leads the NHS England, Highly Specialised Service for Obsessive Compulsive and Related Disorders (OCRD). She chairs the European Union COST Action into Problematic Usage of the Internet and the World Psychiatric Association (WPA) Anxiety & Obsessive Compulsive Disorders Scientific Section, and is Secretary of the International College of Obsessive Compulsive Spectrum Disorders. Professor Fineberg has a substantial track record in the investigation of the neurobiology and treatment of anxiety, obsessive-compulsive disorders and behavioural addiction. She has published widely in the field, her publications are highly cited and she holds editorial positions.

## Disorders

### Chair: Jose Menchon

Psychiatrist. Bellvitge University Hospital-IDIBELL. Professor of Psychiatry at the University of Barcelona. Head of research group at the Center for Biomedical Research in Networking in Mental Health (CIBERSAM). Chair of the Obsessive-Compulsive and Related Disorders Network (OCRN-ECNP).

### Prof Bernardo Dell Osso

Professor of Psychiatry at the University of Milan and Director of the Department of Mental Health at the ASST Fatebenefratelli-Sacco of Milan, Italy. He is also Scientific Advisor at the Department of Psychiatry and Behavioral Sciences of Stanford University and Co-Chair of the International College of Obsessive Compulsive Spectrum Disorders (ICOCS). He is fellow of the European College of Neuropsychopharmacology (ECNP) and member of other scientific associations including the European Psychiatric Association (EPA), the World Federation of Societies of Biological Psychiatry (WFSBP) and the International Society of Bipolar Disorders (ISBD). He serves in the Editorial Board of numerous national and international journals and has authored more than 300 articles and several books on topics related to obsessive-compulsive and related disorders, bipolar disorders, psychopharmacology and brain stimulation.

### Dr Julius Burkauskas

Researcher, clinical psychologist leading laboratory of Behavioral Medicine at Lithuanian University of Health Sciences Neuroscience Institute. He is currently appointed as Honorary Lecturer (Clinical) at the Department of Clinical & Pharmaceutical Sciences (CAPS) at Hertfordshire (UK) University. Julius has published 40 scientific publications in journals indexed by CA database, 5 book chapters and received numerous national and international awards: IBRO Travel award (2015, 2017), AACN Edith Kaplan Award (2015), WFSBP Young Investigator Award (2017), and Lithuanian Science Academy scholarship for young researchers (2021).

## Prof Zsolt Demetrovics

Professor of psychology at the ELTE Eötvös Loránd University, Budapest, Hungary and chair of the Centre of Excellence in Responsible Gaming at the University of Gibraltar. Formerly, he served as dean of the Faculty of Education and Psychology, director of the Institute of Psychology, and head of the Department of Clinical Psychology & Addiction. He is clinical psychologist, cultural anthropologist, and has a Ph.D. in clinical and health psychology (addictive behaviors). He has published numerous research papers on the epidemiology, assessment and psychological correlates of substance use behavior and behavioral addictions including gambling, video gaming, internet addiction, exercise addiction, and compulsive buying. He is former president of the Hungarian Association on Addictions. He is funding Editor-in-Chief of the *Journal of Behavioral Addictions* and president of the *International Society for the Study of Behavioral Addictions*.

## Chair: Prof Giovanni Martinotti

Italian psychiatrist and anthropologist. His research interests lie at the intersection of anthropo-phenomenology, psychopathology and psychopharmacology, with an emphasis on the diagnosis and treatment of Addictive Disorders. He is well known in the addiction field for his exploration of substance-induced psychoses and the description of substance-related exogenous psychoses, his extensive studies on novel psychoactive substances as well as the validation of Robert C. Cloninger's personality model in Italy.

## Prof Astrid Müller

Is associate professor and head of the working group "Disorders due to addictive behaviors" at the Department of Psychosomatic Medicine and Psychotherapy of the Hannover Medical School, Germany. Her clinical and research focus is on behavioral addictions and psychosocial aspects of obesity. She is engaged in several research projects addressing assessment, affective and cognitive factors, psychosocial correlates and psychotherapy of disorders due to addictive behaviors, particularly compulsive buying-shopping disorder, potential specific internet use disorders, and food addiction.

## Dr Luca Pellegrini

Dr. Luca Pellegrini is a Psychiatrist at Hertfordshire Partnership University NHS Foundation Trust and Clinical Research Fellow at the University of Hertfordshire and at Imperial College London with particular interest in Obsessive-Compulsive and Related Disorders (OCDs). One of his main research activities is investigating suicidality and suicide risk factors in this group of disorders. As an early career scientist, he has gained expertise and skills through clinical practice, research activity and academic courses/training. He has a particular expertise in meta-analytic techniques and has published meta-analyses as first author in high IF journals. More recently he has been involved in large-scale population research examining the effects of the Covid-19 pandemic and lockdown on mental health (including impulsive-compulsive symptoms) and the role of technology (including Problematic Usage of the Internet) in accounting for this.

## Prof Christian Montag

Professor for Molecular Psychology at Ulm University in Ulm/Germany and Visiting Professor at the University of Electronic Science and Technology of China in Chengdu/China. Christian Montag is interested in the molecular genetics of personality and emotions. He combines molecular genetics with brain imaging techniques such as structural/functional MRI to better understand individual differences in human nature. Adding to this he conducts research in the fields of Neuroeconomics and addiction including new approaches from Psychoinformatics.

## Prof Marc Potenza

Prof Potenza is a board-certified psychiatrist with sub-specialty training in addiction psychiatry. Currently, he is a Professor of Psychiatry, Child Study and Neuroscience at the Yale University School of Medicine where he is the Director of the Division on Addictions Research, the Problem Gambling Clinic, the Center of Excellence in Gambling Research, the Women and Addictive Disorders Core of Women's Health Research at Yale and the Yale Research Program on Impulsivity and Impulse Control Disorders. He is also a Senior Research Scientist at the Connecticut Council on Problem Gambling. He is on the editorial boards of fifteen journals (including editor-in-chief of Current Addiction Reports) and has received multiple national and international awards for excellence in research and clinical care. Recently, he has received lifetime achievement research awards from the Connecticut Council on Problem Gambling and the National Council on Problem Gambling and research awards from the Society for the Advancement of Sexual Health and Turkish Green Crescent Society (Phoenix Award for Addiction Research). He has consulted to the Substance Abuse and Mental Health Services Administration, National Registry of Effective Programs, National Institutes of Health, American Psychiatric Association and World Health Organization (WHO) on matters of addiction.

## Disorders

### Chair: Dr Konstantinos Ioannidis

Consultant Psychiatrist in Eating Disorders in Cambridge and Peterborough NHS Foundation Trust (CPFT). He has been working in CPFT since 2011. He holds a medical degree from Athens Medical University (2007), an MSc from University of the Aegean (2010) and he is a member of the Royal College of Psychiatrists MRCPsych (2014). He worked as a Clinical Research Associate at the University of Cambridge in 2014-15. He is an Associate Fellow of the Academy of Higher Education since 2016 and was Cambridge MRCPsych Course co-organizer for three years (2015-18). He is also a PhD candidate in University of Maastricht and his research activities are focused on resilience, problematic usage of the internet, eating disorders and the application of machine learning in psychiatry. He completed research into the early warning signs systems in anorexia nervosa as a Fellow of CLAHRC (2018).

### Prof Trevor Robins

Trevor has been Professor of Cognitive Neuroscience at the University of Cambridge from 1997, having been based in Cambridge for most of his scientific career and receiving his PhD there in 1975. He was also Professor of Expt. Psychology and Head of the Dept. of Psychology from 2002-2017. He is a Fellow of the British Psychological Society (1990), the British Pharmacological Society (2017) the Academy of Medical Sciences (2000), and the Royal Society (2005), the most prestigious science society in the U.K. He has published over 950 peer reviewed articles, with an H index of about 203 (Web of Science; Google Scholar 250). He has co-edited eight books, most recently (with N Fineberg) *Neurobiology and Treatment of OCD: Accelerating Progress*. (Springer, 2021). He edits *Psychopharmacology* (since 1980) and *Current Opinion in the Behavioral Sciences* and is an editorial advisor for *Science*.

Trevor directs the 'Behavioural and Clinical Neuroscience Institute' (BCNI) (founded in 2005 with funding from the MRC and Wellcome Trust) the mission of which is to enhance translation from basic to clinical neuroscience with particular reference to impulsive-compulsive disorders including drug addiction and obsessive-compulsive disorder. His interest in translation began with his co-invention in 1987 of the CANTAB computerized neuropsychological test battery, currently used in over 700 institutes and clinical centres world-wide.

Among several prizes, he received the Distinguished Scientific Contribution Award for 2011 from the

American Psychological Association. He was made a CBE in the New Year's Honours list of the U.K. in 2012 "for services to medical research". In 2014 he shared the 'Brain Prize' of the Grete Lundbeck European Brain Research Foundation, the most valuable in neuroscience, for his work on human mental disorders. In 2015 he received the "Lifetime Achievement Award" of the British Association for Psychopharmacology' and in 2018, a similar award from the British Psychological Society. In 2016, he received the Robert Sommer Award for research into schizophrenia. In 2017 he received the Gold Medal of the Society for Biological Psychiatry (USA) for work on cortico-striatal systems and their modulation and the Patricia Goldman-Rakic Award (from the Brain and the Behavior Foundation) for "Outstanding Research in Cognitive Neuroscience". In the same year, Trevor was rated by Semantic Scholar as the "4th Most Influential Neuroscientist of the Modern Era".

## Prof Matthias Brand

Matthias Brand is full professor of General Psychology: Cognition at University Duisburg-Essen, Germany. He is also director of the Center for Behavioral Addiction Research (CeBAR), University Duisburg-Essen, Germany and director of the Erwin L. Hahn Institute for Magnetic Resonance Imaging, Essen, Germany. He has a diploma in psychology and a PhD in psychology. His research interests concentrate on neurobiological and psychological mechanisms underlying behavioral addictions with a focus on specific Internet-use disorders, such as gaming disorder, social-networking addiction, Internet-pornography-use disorder and Internet-shopping disorder. He is speaker of the DFG-funded Research Unit 2974 on affective and cognitive mechanisms of specific Internet-use disorders. He is board member of the International Society for the Studies of Behavioral Addictions and associate editor of several journals, such as the Journal of Behavioral Addictions.

## Prof Ornella Corazza

Professor of Addiction Science at the Psychopharmacology, Drug Misuse & Novel Psychoactive Substances Research Unit at the University of Hertfordshire. Her research concerns primary drug and other behavioural addictions in relation to the use of Internet. Results of her work have been presented in over a hundred peer-review publications, books, numerous invited lectures and media appearances. She is the President of the International Society for Emerging Drugs and Editor-in-Chief of the *International Journal for Emerging Trends in Drugs, Addictions, and Health*.

## Plenary

### Prof Dan Stein

Professor and Chair of the Dept of Psychiatry and Mental Health at the University of Cape Town and Director of the South African Medical Research Council (MRC) Unit on Risk & Resilience in Mental Disorders. His work has focused on anxiety and related disorders, including obsessive-compulsive spectrum conditions and posttraumatic stress disorder, with research ranging from basic neuroscience through clinical research and on to public mental health. He has contributed to the field via collaboration (around Africa and the globe), mentorship (many past students are leaders in their field), and publication (google h-index > 150). His most recent volume is "Problems of Living: Perspectives from Philosophy, Psychiatry, and Cognitive-Affective Science".

31<sup>st</sup> March 2022

## Mechanisms

### Chair: Dr Murat Yucel

Clinical Neuropsychologist and NHMRC Principal Research Fellow. As well as being BrainPark's Founding Director, Murat is Leader of the Addiction and Mental Health Program within the Turner Institute for Brain and Mental Health. His work combine's neuroscience with lifestyle and technology-based immersive interventions (such as physical exercise, mindfulness mediation, yoga, virtual reality, and cognitive training) to drive the creation of a new generation of lifestyle and technology-based tools and strategies that enable engaging and effective monitoring and enhancement of mental wellbeing, particularly for people with compulsive behaviours; from unhealthy habits through to addictions and obsessive compulsive disorder. Murat has recently been named in the 1% of the most Highly Cited (HiCi) researchers in the world by Thomson Reuters, for the fourth time (2015, 17-19).

### Prof Samuel Chamberlain

Professor of Psychiatry and Honorary Consultant Psychiatrist at the Department of Psychiatry, University of Southampton, and Southern Health NHS Foundation Trust. Leading a specialist assessment and treatment service for impulsive, compulsive, and behaviourally addictive disorders. He has particular interests in conditions such as adult attention deficit hyperactivity disorder (ADHD), gambling disorder, trichotillomania (hair pulling disorder), skin picking disorder, and obsessive-compulsive disorder. Prof Chamberlain has developed a number of new clinical tools and treatments for such conditions, and his research also examines dimensional vulnerability and chronicity markers grounded in the neurosciences.

### Prof Eric Hollander

Professor of Psychiatry and Behavioral Sciences at the Albert Einstein College of Medicine and Director of the Autism and Obsessive Compulsive Spectrum Program at the Psychiatry Research Institute of Montefiore Einstein. Previously he served as the Esther and Joseph Klingenstein Professor and Chair of Psychiatry at the Mount Sinai School of Medicine, and Associate Professor of Clinical Psychiatry at the Columbia University College of Physicians and Surgeons. His research interests include understanding the underlying neurobiology and developing novel treatments for repetitive behaviours across various spectrum disorders, including OCD, autism spectrum disorders, Prader Willi Syndrome, and impulse control disorders including PUI.

## Interventions

### Chair: Prof Christine Lochner

Professor with a PhD in Psychiatry, and Co-Director of the MRC Unit on Risk and Resilience in Mental Disorders, at Stellenbosch University. Her research interests include the phenomenology, psychobiology, neurocognition & neuroimaging of disorders on the compulsivity/impulsivity spectrum, including OCD, hair-pulling disorder (trichotillomania, TTM), problematic usage of the internet (PUI), gambling disorder & methamphetamine use disorder. Other interests include social anxiety disorder (SAD) and health problems of college age students.

## Prof Hans-Jürgen Rumpf

Hans-Jürgen Rumpf is psychologist and Associate Professor at the University of Lübeck, Department of Psychiatry and Psychotherapy. He is head of the Research Group S:TEP (Substance use and related disorders: Treatment, Epidemiology and Prevention). In his research, he has a focus on behavioral addictions, substance use disorders, and mental disorders. He is especially interested in brief interventions, e-health interventions, screening and classification, as well as the natural course of addictive behavior. He is member of the expert group on Public Health Implications of Addictive Behaviors of the World Health Organization (WHO). He is engaged in further international cooperation such as with Children and Screens, Institute for Digital Media and Child Development as well as the International Council on Health Outcome Measures (ICHOM). He has published about 300 journal articles.

## Dr Sophia Achab

Medical Director of the Swiss pioneering treatment Centre ReConnecte specialized in addictive behaviors (Internet, Gambling, Gaming..) at University Hospitals of Geneva in Switzerland active since 2007.

Head of WHO Collaborating Centre for Training and Research in Mental Health, and responsible for collaborating activities on addictive disorders and behaviors. She has been part since 2013 of several technical advisory groups (TAGs) for international (WHO) and Swiss policy making and public health entities in the field of Internet-related disorders..

She developed a unique fit between clinical practice, research, teaching and public health mandates in this emergent medical field, advocating for a balance between opportunities and health risks of tech. She is Psychiatrist and psychotherapist specialized in addiction medicine and senior lecturer at Faculty of Medicine of Geneva University. And she holds a PhD in Life sciences with a research line on "Population and clinical perspectives of Behavioral addictions". Published the last decade >140 scientific works including 3 thesis and 13 book chapters.

She is representative for Europe at Regional Council of ISAM, Co-chair of the executive committee of ISAM-NeXT, and Steering Committee of Global expert Network at ISAM. She is as well advisory board member of International Society for the Study of Addictive Behaviors (ISSBA).

## Prof Jon Grant

Professor of Psychiatry & Behavioral Neuroscience at the University of Chicago where he directs a clinic and research lab on addictive, compulsive and impulsive disorders. Dr. Grant's research has been funded by the NIMH, NIDA, and private foundations. Dr. Grant is the author of over 400 peer-reviewed scientific articles, 15 books, and is the editor in chief of the Journal of Gambling Studies.

## Dr Lior Carmi

Dr. Lior Carmi is a Neuro-Psychologist, Ph.D. His doctoral project investigated the electrophysiological and neurocognitive aspects of Obsessive compulsive and related disorders and examined an innovative technology of non-invasive neuromodulation tool. He is a researcher at the Data science institute at Reichman University, Israel and leads worldwide studies in neuromodulation, imaging and digital endophenotype of OCD and behavioural addictions.

In recent years Dr. Carmi is a leading researcher in the field of digital health and investigate the digital phenotype of several disorders including OCD and Problematic usage of the Internet. He is an experienced Clinical Specialist with a demonstrated history of working in the utilities industry. Skilled in Medical Devices, Psychological Assessment, Biotechnology, Healthcare, and Clinical Research.

## Dr Biljana Gjoneska

MD (“Ss. Cyril and Methodius” University in Skopje), PhD (“Sapienza” University of Rome). Research Associate (Macedonian Academy of Sciences and Arts), and National representative for COST PUI and several EU funded projects. Her research revolves around social psychological and health aspects of problematic use of the internet (spanning from social media misinformation to internet addiction), while her work is featured in chapters for prestigious academic publishers (Routledge, Oxford University Press and Springer) as well as peer-reviewed journals (Lancet, Nature Human Behavior, Nature Communications and Comprehensive Psychiatry among others).

## Digital Human rights policies and services

### Chair: Prof Célia Sales

Associate Professor at the Faculty of Psychology and Education Sciences at University of Porto (FPCEUP), integrated researcher in the Center for Psychology at the University of Porto (CPUP), and past vice-president of the Portuguese Association of Family and Community Therapy. Her current research interests include the promotion of citizen science methods in health research and Knowledge Transfer.

### Prof Vygantė Milašiūtė

Vygantė Milašiūtė is an associate professor at the Faculty of Law, Vilnius University, and a policy analyst at the Government Strategic Analysis Centre in Lithuania. She holds a lawyer’s qualification (Vilnius University, Faculty of Law, 1999), a degree of a Master of International Law (Lund University, Raoul Wallenberg Institute of Human Rights and Humanitarian Law, 1999), and a PhD in law (Vilnius University, 2007). She was a civil servant at the Ministry of Justice in Lithuania and has experience of cooperation with the UN, Council of Europe, and EU institutions inter alia in the capacity of a substitute member of the Venice Commission, a delegate and a chairperson at the EU Council Working Party on Fundamental Rights (FREMP), and a national liaison officer at the EU Agency for Fundamental Rights. Her main research interests include European human rights law and anti-discrimination law. She is Action Vice Chair of the Global Digital Human Rights Network funded by COST.

### Prof Mart Susi

Professor of Human Rights Law Mart Susi is heading the law program at Tallinn University, Estonia. He is also the Chair of Global Digital Human Rights Network, and has initiated several other research and development projects funded by the European Commission and the Nordic Council of Ministers. He has authored more than 50 scientific articles and the same number of literary works, and 4 monographs. Professor Susi has edited and is currently editing several research books on the topics of new human rights, the digital dimension of human rights and the controversy around the meaning of human rights. He is developing the Internet Balancing Formula and has lectured on the topic at various universities in Europe, Asia and South America. He is also involved as an expert for the European Commission and non-governmental organizations.

## Prof Henrietta Bowden-Jones OBE

Consultant psychiatrist in Addictions leading two national clinics in the UK.

She was appointed Officer of the Most Excellent Order of the British Empire ( OBE) in the 2019 New Year's Honours for Services to Addiction Treatment and to Research.

Current President of Psychiatry, Royal Society of Medicine (2020-2022)

Past President, Medical Women's Federation 2017-2019

Honorary Professor, Faculty of Brain Sciences, UCL.

Honorary Senior Visiting Research Fellow, Dept of Psychiatry ,Cambridge University

Royal College of Psychiatrists' Spokesperson on Behavioural Addictions.

Psychiatrist of the Year 2020 Award. Royal College of Psychiatrists.

Trustee, Royal Society of Medicine 2021-2024

Elected member of Board of Science Committee, British Medical Association.

Founder and Director of the National Problem Gambling Clinic, the first NHS treatment centre in the UK for the treatment of problem gamblers which she set up in 2008.

Founder and Director of the National Centre for Gaming Disorders, the first NHS clinic in the UK treating Gaming Disorder.