

Virtual, 14<sup>th</sup> April 2022

## **Subject | Minutes of the Eight Management Committee Meeting of COST Action CA16207 “European Network for Problematic Usage of the Internet”**

*Virtual Via Zoom 14<sup>th</sup> April 2022*

### **1. Welcome to participants**

The participants were welcomed by Prof Fineberg (MC Chair). Prof Fineberg chaired the meeting, including the approval of the agenda and the approval of the minutes of the seventh MC meeting (hybrid in person, Lisbon Portugal and via zoom 6/10/2021 (*Annex 1*)).

#### **a. Verification of the presence of two-thirds of the Participating COST Countries or, if applicable, a quorum**

The quorum (2/3 of COST Countries participating in the Action) was not reached: 18 out of 31 participating COST Countries attended the meeting. Therefore, a Tacit vote will take place after the end of the meeting to approve any matters which arise.

#### **b. Adoption of the Agenda**

The agenda (*Annex 2*) for the 8<sup>th</sup> Management Committee (MC) meeting was adopted.

#### **c. Approval of minutes and matters arising of last meeting**

There were no amendments to the previous meeting minutes (*Annex 1*).

### **2. Update from the Action Chair (*Annex 3*)**

Prof Fineberg delivered the Update from the action chair (*Annex 3, slides 1-11*)

#### **a. Status of Action: start and end dates of Action, participating COST countries, participating NNC/IPC institutions and Specific Organizations.**

- WPB approved 1<sup>st</sup> Dec 2021
- GP start date: 1<sup>st</sup> Nov 2021
- GP end date: 22<sup>nd</sup> April 2022
- Number of Parties: 31
- Grant Holder: Fundacio Institut D'Investigacio Biomedica de Bellvitge in Barcelona (IDIBELL)
- Grant Holder: Lauren Fleming, aided by N Hall, UK.

Mrs Natalie Hall gave an update that the Grant holder administrator at IDIBEL (Lauren Fleming) was leaving the role, and that we did not have the name of her replacement as of yet but Mrs Hall will be there to support them for the last 2 months.

MoU CA 16207: MoU objectives and Grant Agreement Period Goals and Activities were reminded (*Annex 3, slide 11*). Action remains to have 39 countries involved including 226 members/former observers/ad hoc members.

#### **b. Budget status: summary from the Grant Holder. (*Annex 3*)**

Mrs Natalie Hall gave a break down of the current action budget status (*Annex 3, slides 13-15*)

As there is a current underspend Prof. Fineberg reminded everyone that the end of the actions is the 22<sup>nd</sup> of April 2022 and that we still have the budget to pay for open access publications if the invoices are dated before the 22<sup>nd</sup> of April.

Prof Fineberg announced that the popular ebook has now been given ISBN and DOI numbers meaning it can now be cited a standardized way which will be helpful for dissemination. The ISBN is: 978-9955-15-738-0 and the DOI : <https://doi.org/10.5167/uzh-208132>.

Prof Zohar asked if COST would be able to support the translation of the book, but unfortunately this is something that COST can not support. He also asked about the production of further video clips. Dr Lugano (COST Scientific Officer) supported the idea of 2 further video clips being produced in response to the comments received on the previous video clips produced as long as the invoice for the clips is received before the 22<sup>nd</sup> of April and the clips are produced and available by the 22<sup>nd</sup> of May. This will be included in the tacti vote after the end of the meeting for MC approval.

### **3. Follow up and discussion on:**

#### **a. Action Management and structure**

Prof. Fineberg presented a reminder of the Management structure (**Annex 3, slide 17**)

Dr Lugano pointed out that there was a mistake in the slides and that the COST Science Officer had not been updated. To which we apologies and will update straight away.

#### **b. Implementation of the COST Excellence and Inclusiveness Policy**

Prof. Fineberg presented the actions status in regards to the COST Excellence and Inclusiveness Policy (**Annex 3, slide 18**)

Dr Lugano also reported that our action has a good gender balance with 91 males and 87 females who declared their gender.

#### **c. Progress report of working groups**

##### **i. Working group 4 Update (**Annex 3, Slides 21-28**)**

Prof. Grünblatt gave the working group 4 update.

##### **ii. Working group 1 Update (**Annex 3, Slides 30-48**)**

Prof. Fineberg gave the working group 1 update.

##### **iii. Working group 2 Update (**Annex 3, Slides 49-58**)**

Mrs Hall gave the working group 2 update.

##### **iv. Working group 3 Update (**Annex 3, Slides 59-65**)**

Dr Burkauskas gave the working group 3 update.

##### **v. Working group 5 Update (**Annex 3, Slides 66-72**)**

Prof. Sales gave the working group 5 update.

Mrs Hall also reported that 1 member of the PPI reference group reviewed the popular e-book and 2 of the PPI reference group were co authors on the updated manifesto that is currently in the process of publication.

Prof. Sales will look at the possibility for the PPI reference group for COST being continued through affiliation with the University of Hertfordshire, and to continue to be a reference group for future research and grant applications.

The external advisory board wrote a report on the activities of the action over the last grant period, Presented by Prof. Lochner (**Annex 4**)

### **3. Monitoring of the Action (**Annex 3, slides 73-82**)**

Deliverables were summarized.

Due to the ongoing issues with the changes to GDPR regulations the Action database has not been achievable. Instead, we will discuss other avenues in the legacy part of the MC meeting.

Articles to be included in the special journal issue are currently in the process of review, however it will probably not be possible to claim the cost of this issue within the expected timelines for the end of the action, due to the time it takes for articles to be reviewed and accepted.

Due to Covid travel restrictions the work by WG 5 on the PPI training has been severely hampered. WG 5 are currently exploring possible virtual training in order to achieve this objective.

The final assessment report of the action is due on the 22<sup>nd</sup> of May 2022.

#### **4. Legacy planning (*Annex 3, slides 84-89*)**

Prof Fineberg outlined the current plans in development for the legacy of the action (*Annex 3, slides 84-89*), these include 2 current grant applications (*Annex 3, slides 85-87*), continuation of the website for a further 5 years through ICOCS, continuation of the Early Career network and continuation of the PPI reference group (*Annex, slide 88*). Prof. Corazza is currently developing an all-parliamentary group (UK) on addition to include PUI and Prof. Fineberg has signed on behalf of the network a statement on the “**Childrens rights in the digital services act**” EU digital services act (*Annex 3, slide 89*).

Mrs Hall and Prof. Fineberg asked for a vote on approaching all action members in regard to their contact details. In line with GDPR we would like to contact all members asking them for their express consent to retain their contact details in order to continue networking and sharing information, knowledge and research opportunities. If members do not give their consent their contact details will be deleted by the administrator, and they will no longer receive news and information about the network.

Prof. Stein is planning on approaching the Lancet to advocate a commissioning piece on PUI, but had not settled on a topic yet.

Dr Brand suggested to continue to acknowledge COST in publications to come, as many of the studies are based on the work carried out by the network.

Dr Burkauskas suggested that we need to also think about how we continue the social media aspects of the action. Perhaps this can be discussed with ICOCS and the management of the Bootstrap grant.

Prof. Zohar suggested we look at this not as an ending but as a beginning of chapter 2, and that we arrange a meeting in the coming 5 months to see where we are and plan going forward. It is important to keep the spirit and identity of the group.

Dr Lugano stated that it was the decision of the MC as to whether we retain the identity of the action, including assets such as the name, logo and visual identity.

Dr Lugano suggested options for promoting the success of the action, and he would be happy to support us with this going forward (*Annex 5*).

**Approval and voting: to be sent for Tacit vote.**

- Approval of agenda:
- Approval of minutes:
- Approval of filming an additional short video clips to respond to comments and questions from the public.
- Approval to approach all members of the action on whether they agree to having their contact details retained in order to continue the network and disseminate our research activities.
- Approval to retain the identity of the network, name, logo and materials going forward.

#### **5. Any Other Business (AOB)**

#### **6. Closing**

Prof Fineberg closed the meeting and concluded that the Action has been a huge success and we should look to taking the network globally.

**Next Meeting: We will meet again on the 22<sup>nd</sup> of Sep 2022 at 1pm (UK time) to discuss the next phase of this action.**

## **Annex**

Annex 1 – 7<sup>th</sup> MC meeting minutes

Hybrid, 6<sup>th</sup> Oct 2021 Lisbon, Portugal

## **Subject | Minutes of the Seventh Management Committee Meeting COST Action CA16207 “European Network for the Internet”**

*Hybrid: in person, Lisbon, Portugal and via zoom 06/10/2021*

### **1. Welcome to participants**

The participants were welcomed by Prof Fineberg (MC Chair). Prof Fineberg presented the agenda for the meeting, including the approval of the agenda and the approval of the minutes of the previous meeting (Zoom 27/04/2021) (*Annex 1*).

The previous minutes need to be corrected as the white paper on cost and the white paper on the Internet. Sam Chamberlain, this is to be reviewed. The corrected minutes were approved.

### **2. Verification of the presence of two-thirds of the Participating Countries for the quorum**

The quorum (2/3 of COST Countries participating in the Action) was met. 15 COST Countries attended the meeting.

### **3. Adoption of the Agenda**

The agenda (*Annex 2*) for the 7<sup>th</sup> Management Committee (MC) meeting was adopted.

### **4. Approval of minutes and matters arising of last meeting**

The previous minutes were corrected as the white paper on cost and the white paper on the Internet. Sam Chamberlain. The corrected minutes were approved. (*Annex 1*).

### **5. Update from the Action Chair (*Annex 3*)**

Prof Fineberg presented the update from the Action Chair (*Annex 3*).

Annex 2 – 8<sup>th</sup> MC meeting agenda



## Annex 3 – MC meeting slides



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## Annex 4 – External advisory board report

### External Advisory Group:

#### Summary of accomplishments of COST Action 16207 from start to finish

Thursday 14 April 2022

This communication is aimed at summarizing the External Advisory Group's impressions of the accomplishments of the above-mentioned CA 16207 project.

In short, the aim and objective of the project was to bring together multidisciplinary international experts to collaborate on advancing the understanding of problematic usage of the Internet (PUI) and its treatment. The lack of agreement about the definition of PUI and the paucity of reliable information on its prevalence, clinical parameters, brain-based biology, and socio health-economic impact has necessitated this large-scale initiative. The main activities of COST Action 16207 entailed sharing of knowledge and interchanging ideas at major scientific meetings and in scientific publications with the aim of promoting new trans-disciplinary, translational research approaches that are advancing the understanding of PUI as an emerging public health challenge. Another focus was to address training gaps and building research capacity through educational activities focussed on the career-needs of early career investigators and members of Inclusiveness Target Countries (i.e., less traditionally research-intensive countries).

The years of 2020-2021, and to some extent the first part of 2022 as well, were difficult periods for networking owing to factors such as COVID-19 and resulting lockdowns worldwide. Nevertheless, this initiative made good use of the opportunities that remained available, shifting wherever possible to digital or hybrid networking. Indeed, as documented in the progress reports from each WG, throughout the past year, as in previous years, key stakeholders including funding agencies, people with PUI, family members, teachers, policymakers, and industry representatives have again been engaged through workshops, training schools, public meetings, webinars, and consultation exercises, whether online, or in hybrid (in-person and online) format.

The 5 WGs conducted their work, each with their own unique plans, and all in line with the aims and objectives of the overarching project:

The work of **WG1 (focused on knowledge creation and exchange, and consisting of 130+ members from a broad diversity of backgrounds and countries)** resulted in the remarkable achievement of approximately 60 scientific papers in peer-reviewed journals, including a consensus statement (Fineberg et al., *Eur Neuropsychopharmacol.*, 2018) which was recently revised (Király et al. *Compr Psychiatry.*, 2020). Several other highly cited publications have been published by members of the WG1 (in collaboration with the other WGs) in peer reviewed journals. Key publications include, for example: Ioannidis et al. Problematic usage of the internet and eating disorder and related psychopathology: A multifaceted, systematic review and meta-analysis. *Neurosci Biobehav Rev.* 2021 Jun;125:569-581. doi: 10.1016/j.neubiorev.2021.03.005; Brand et al. Which conditions should be considered as disorders in the International Classification of Diseases (ICD-11) designation of "other specified disorders due to addictive behaviors"? *J Behav Addict.* 2020 Jun 30. doi:

## Annex 5 – Sustainability of the action

### 3. Action sustainability



Different ways to **maintain, expand and leverage** on the initial COST network after the end of the COST Action.

Motivation:

- ✓ Desire to continue / Enthusiasm for topic
- ✓ To expand beyond EU
- ✓ Establish a new « field » (consolidating collaboration/exchange)
- ✓ Have impact on end users (design strategies)
- ✓ Increase membership
- ✓ Seek to have impact on policy

### 3. Action sustainability



Opportunities:

- ✓ Structure already exists
- ✓ Link to other COST Actions
- ✓ Establish a future structure (legal entity e.g. Society, Association)
- ✓ Contact with an existing society to develop a stream (subsection) within

### 3. Action sustainability – funding opportunities



H2020/Horizon Europe [thematic calls](#)

MSCA Innovative Training Networks/[MSCA Doctoral Networks](#)

MSCA RISE (Research and Innovation Staff Exchange)/[Staff Exchanges](#)

ERC [Synergy Grants](#)

Individual ERC grants – creating links between the COST network and individual grants

Horizon Europe [WIDERA instruments](#): Teaming, Twinning, ERA Chairs, Excellence Hubs, ERA Fellowships

Other funding: [Interreg projects](#), [EIT KICs](#), [Visegrad Fund](#), [EUREKA projects](#)

Third party support/sponsoring ([example of an established Action spin-off](#))