

Hybrid, 6th Oct 2021 Lisbon, Portugal

Subject | Minutes of the Seventh Management Committee Meeting of COST Action CA16207 “European Network for Problematic Usage of 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 chaired the meeting, including the approval of the agenda and the approval of the minutes of the sixth MC meeting online via zoom 27/04/2021 (**Annex 1**).

The previous minutes need to be corrected as the white paper on cost and burden is not being led by Sam Chamberlain, this is to be reviewed. The corrected minutes were approved.

2. 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 reached: 22 out of 31 participating COST Countries attended the meeting.

3. Adoption of the Agenda

The agenda (**Annex 2**) for the 7th 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 burden is not being led by Sam Chamberlain. The corrected minutes were approved. (**Annex 1**).

5. 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.

- GP start date: 1 May 2020
- GP end date: due to Covid this grant period has been extended to 31st Oct 2021
- 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.
- **The grant extension has been granted and the action will now end on April 22nd, 2022.**

MoU CA 16207: MoU objectives and Grant Agreement Period Goals and Activities were reminded (**Annex 3, slide 7**). Action remains to have 39 countries involved including 226 members/observers/ad hoc members. Cuba (Valdes-Sosa, Hernandez), Mexico (Nicolini), are currently going through approval process.

b. ITC Grants and Short Term Scientific Missions (STSM): (Annex 3, slides 13-16)

Prof Fineberg delivered the STSM and ITC update

The Action received two ITC (Inclusiveness Target Countries) grants proposals, both of which were held as online events.

I. Dr Łukasz Tomczyk, Pedagogical University of Cracow

WorldCist'21 - 9th World Conference on Information Systems and Technologies 30th March – 2nd April 2021

Title: **Fear of missing out among Polish Youths**

II. Artemisa Dores, University of Porto, Portugal,

EPA 2021 – 29th European Congress of Psychiatry, 10th April – 13th April 2021

Title: **Web-based tools applied to therapy and counseling during the COVID-19 pandemic**

The Action has received four STSM application for Grant period 4. 1 has been completed.

I. Mr Luca Pellegrini – Host: University of Hertfordshire & Specialist OCD clinic

Title: **Cross-sectional study investigating the prevalence and clinical correlates of problematic usage of the internet (PUI) in Obsessive-Compulsive Disorder and Eating Disorders clinics: An exploratory analysis.**

And 3 are being undertaken at the moment.

II. Dr Francesco Di Carlo – Host: Faculty of Brain Sciences, University College London

Title: **Pathological Internet Use and impulsive-compulsive spectrum.**

III. Dr Ilaria De Luca – Host: University of Hertfordshire. Department of Clinical and Pharmaceutical Sciences Psychopharmacology

Title: **The Role of Social Media Trends on Body Image Disturbances.**

IV. Ilaria Cataldo – Host: University of Lausanne. Institute of Psychology

Title: **Influencers on Social Media and Mental Health**

6. Update from the Grant Holder: Action budget status (Annex 3, slides 15-21)

Mrs Hall gave a presentation of the current Action Budget.

Due to the current travel restrictions during grant period 4 this is the first in person meeting that has taken place. This has resulted in an underspend of EUR 53 884.04. The majority of the underspend will be used for the present meeting, however it was decided to use any remaining underspend for the production of short video clips as approved in the last MC meeting as an extra activity (**Annex 4**) and further open access publications that meet the COST guidelines.

7. Administrative Update

Mrs Hall went over the new daily rate for the travel reimbursement. Relevant information can be found on the COST website at <http://www.cost.eu> (**Annex 3, Slides 22-38**)

IDIBEL have requested the passport numbers of members who receiving a reimbursement so that they have a unique number for the transaction. This was approved by the action. Mrs Hall will great a secure document for recording this, which will be emailed directly to each member who is requesting reimbursement.

8. Monitoring of the Action (Annex 3, slides 39-44)

Deliverables were summarized and highlights from the Rapporteurs review (19th Feb 2020) were given.

- *The quantity and quality of outputs is remarkable.*

- *No outputs were of low dependency.*
- *The project is expected to change the way future research is conducted.*
- *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**.*

Comments to work on

- *The direct impact on society and citizens with PUI is still limited.*
- *Impact of training activities, especially on citizens, is still limited. Bringing information related to the PUI to users, educators and public opinion will result in early attention to citizens.*
- *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 objective 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.*

9. Follow-up of MoU objectives: progress report of working groups

a. Working group 1 Update (Annex 3, Slides 46-59)

Oral updates from WG 1 members: Prof Pau wanted to draw to attention a recent paper "Pau, Louis-Francois and Kirtava, Zvyad, International Survey & Analysis of Laws and Regulations Addressing Internet Addiction and/or Problematic Usage of the Internet (March 7, 2020). Available at SSRN: <https://ssrn.com/abstract=3550406> or <http://dx.doi.org/10.2139/ssrn.3550406>"

b. Working group 2 Update (Annex 3, Slides 61-68)

Dr Ornella Corazza would like to work with WG5 to disseminate the documentary through the PPI group.

c. Working group 3 Update (Annex 3, Slides 69-74)

d. Working group 5 Update (Annex 3, Slides 76-81)

Prof Pau suggested that the PPI group should be widened to include union leaders and employees who work in areas such as telework.

e. Working group 4 Update (Annex 3, Slides 83-89)

The external advisory board wrote a report on the activities of the action over the last grant period (**Annex 3, Slide 95**)

10. Risk management plans were discussed.

- Identified risk to underspending of the budget
 - The recent Covid-19 pandemic will cause on going disruptions to the planning and execution of future events.
- What can we do to avoid another underspend?
 - Ensure meetings are as well attended as possible through efficient admin and convenient timings/location, and make suitable provisions to film all remaining events.
 - Overspending and Underspending should be well monitored and planned ahead.

Extra activities approved in section 6 will be implemented depending on the amount of underspend.

11. Scientific planning (Annex 3, slides 78-92)

Prof Fineberg and Mrs. Hall delivered the scientific planning for the **next grant period** (grant period 5 Oct 2021 – April 2022). (Annex 3, slide 96-102).

Proposed activities for grant period 5.

- **Online MC meeting**
- **International Conference 'State of the Art in Problematic Usage of the Internet; Models, Mechanisms and Interventions' Hatfield, UK. Estimated budget = EUR 30,000 from the CA 16207 Budget (with an additional estimated budget of EUR 5,000 contribution from the Global Digital Network's budget, to support the attendance of their members at these meetings).**

- **2 research training workshops for the public one to be run at the MC meeting online and the other to be run at a joint meeting with the Global Human Rights Network face to face (during the International conference). = EUR 2,000**
- **Special journal issue 'New Developments in the study of the Problematic Use of the Internet' Comprehensive Psychiatry, Estimated publication cost for open access = EUR 15,000**
- **One open access publication = EUR 3,000**
- **Total cost= EUR 50,000**

Subject to grant extension and budget allocation.

Prof Pau expressed the need to set the date of the conference and MC meeting well in advance due to arranging other commitments. Mrs Hall suggested that a proposed date would be set at the beginning of November 2021.

Work group 1 reviewed the paper on cost and burden of PUI. This will be discussed during the next wg 1 meeting. The updated Manifesto paper will cover the individual burden of PUI but does not address wider costs. Prof Grünblatt suggested contacting an Economist. Dr Ioannidis suggested a colleague and will send their details to the core group.

Approval and voting:

- Approval of agenda: proposed by Martin Mihajlov, second Joseph Zohar
- Approval of corrected minutes: proposed by Edna Grünblatt, second Ornella Corazza
- Approval of filming short video clips to promote the activities and knowledge of the action: proposed by Ornella Corazza, second Martin Mihajlov
- Approval of collecting Passport numbers for IDIBEL: proposed Joseph Zohar, second Ornella Corazza.
- Approval of the proposed work plan budget for grant period 5: proposed by Edna Grünblatt, second Martin Mihajlov

12. Any Other Business (AOB)

13. Location of the next meeting To be decided

14. Closing

Prof Fineberg closed the meeting and concluded that a great progress was made over the period.

Annex

Annex 1 – 6th MC meeting minutes

Online, 27th April 2021

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

Online via zoom 27/04/2021

1. Welcome to participants

The participants were welcomed by Prof Fineberg (MC Chair). Prof Fineberg chaired the meeting, including the approval of the minutes of the fifth MC meeting Copenhagen, Denmark 12/09//2019 (**Annex 1**).

2. 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. It was decided that MC decisions will be taken by online tacit voting.

3. Adoption of the Agenda

The agenda (**Annex 2**) for the 6th Management Committee (MC) meeting was adopted.

4. Approval of minutes and matters arising of last meeting

The minutes from the previous meeting were approved (**Annex 1**). Prof Pau queried the number of COST Authors needed for open access publication funding. Mrs Hall confirmed that the number required is 3 from 3 different COST full member/cooperating countries.

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

Prof Fineberg delivered the Update from the action chair (**Annex 3, slides 1-12**)

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

- GP start date: 1 May 2020
- GP end date: 22 Oct 2021 (due to Covid this grant period has been extended to 22nd Oct 2021)
- 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.
- **The action will end on Friday, October 22nd, 2021. If awarded an extension, this will be extended to 22nd April 2022.**

MoU CA 16207: MoU objectives and Grant Agreement Period Goals and Activities were reminded (**Annex 2, slide 8**). Action remains to have 39 countries involved including 146 members/observers. Cuba (Valdes-Sosa, Hernandez), Mexico (Nicolini), are currently going through approval process.



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Annex 3 – MC meeting slides



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Annex 4 – Filming Quote



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