

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: 16 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.

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

Mrs Hall delivered the STSM and ITC update

Since the meeting in Copenhagen, The Action received two ITC (Inclusiveness Target Countries) grants proposals.

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.

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.**

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**

Prof Grünblatt suggested that we ask COST Members and approved International Observers to submit short Abstracts for an STSM project if they are able to host one, that can be disseminated to the ECI (Early Career Investigators).

6. Update from the Grant Holder: Action budget status (Annex 3, slides 19-27)

Mrs Hall gave a presentation of the current Action Budget.

Due to the current travel restrictions during grant period 4 we have not been able to hold face to face meetings. This has resulted in an underspend of EUR 66 171.11. Discussion of further activities during this grant period took place during the scientific planning (Section 11).

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 28-30**)

8. Monitoring of the Action (Annex 3, slides 33-37)

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.*

It was suggested to work on an update to the Actions Manifesto, to cover rating scales and diagnostic criteria. Further discussion took place during the scientific planning (Section 11).

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

- a. Working group 1 Update (**Annex 3, Slides 39-42**)
- b. Working group 2 Update (**Annex 3, Slides 46-50**)
- c. Working group 3 Update (**Annex 3, Slides 52-55**)
- d. Working group 5 Update (**Annex 3, Slides 57-61**)
- e. Working group 4 Update (**Annex 3, Slides 63-70**)

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.

Several activities were planned for the upcoming period and discussed under Scientific planning (section 11).

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

Prof Fineberg and Mrs. Hall delivered the scientific planning for the **extended period of grant period 4** (May 2021 – Oct 2021). (Annex 3, slide 86).

Prof Fineberg reported that the action has been awarded a grant uplift for this period of Eur 17 000, bringing our current budget to spend to Eur 83 171.

Due to possible ongoing travel restrictions two options were put forward for activities:

Option A.

- Conference in Hertfordshire devoted to scientific advances in problematic usage of the Internet. Date Oct 6th - 8th 2021. Face to face: 140 member/delegates. Cost = 66,000 Euro
- Patient and Public Research Workshops: Research implementation groups, Virtual or Hybrid events. Virtual. LOS cost = 4 000 Euro.
- Documentary on The COST Action. Cost= 5 000 Euro

Total = 75 000.00 Euro

Option B.

- Virtual Conference (as above). Oct 6th- 8th LOS cost = 10, 000 Euro
- 2 x Patient and Public Research Workshops: Research implementation groups, Virtual or Hybrid events. Virtual. LOS cost = 8 000 Euro.
- 2 x Public meetings. Virtual. LOS cost = 20 000 Euro
- Documentary on The COST Action. Cost = 5 000 Euro

Total = 43 000.00 Euro

It was strongly suggested that where possible the action will arrange face to face meetings or hybrid meetings which can be converted to virtual meetings if needed. Also, alternative venues for the conference should be considered depending on travel guidance.

We have been contacted by the COST Action “Global Human rights network” and have begun plans for a joint meeting and symposium at future meetings/conferences.

Optional extra activities were also discussed.

Prof Demetrovics suggested holding a webinar focusing on online gambling. Either this autumn or during the extension if successful.

Prof Pau suggested to engage policy makers through a meeting with WHO (Copenhagen), the Health Commission (Brussels), or members of European Parliament. Prof Fineberg suggested putting together a team of people to arrange this. Please contact Mrs Hall if you would like to be involved.

Prof Jakovljevic suggested collaborations on a health policy paper on PUI with reflections on the economic side such as lost working hours, decreased efficiency of countries. Prof Rumpf highlighted that there are large gaps in the knowledge of cost and burden of PUI and Prof Zohar suggested putting together what we do know and highlighting these gaps in this Health Policy paper or a series of papers. Prof Pau suggested that a white paper, rather than an academic paper would be enough to present to policy makers and possibly Horizon Europe. Prof Fineberg suggested a call for people from the network to try to pull together data and information on the cost and burden of PUI for these papers. Prof Brand and Prof Sales suggested that we could incorporate some of this work into an STSM.

We have set aside some money for a documentary about the action as outlined previously as a possible extra activity (see Annex 4).

Prof Dell’Osso Brought up the topic of the OUI book and that we have been asked for translations to the book. It was strongly suggested that we should update the PUI book with information from the Covid pandemic and include translations in different languages. Mrs Hall confirmed that COST will not cover the cost of translation. However, a number of MC members put themselves forward to translate the book for free. Prof Dell’Osso will go back to the editor and get a quote for fitting 5 – 10 translations to the current format of the book.

WG1 will focus on:

Prototype Clinical Ratings Scale: Proposed update to the Actions manifesto.

Paper on Burden of PUI: White Paper led by Sam Chamberlain.

Engaging policy makers: Led by Prof Pau and including members of WG 3 (dissemination).

Health Policy paper: led by Prof Jakovljevic, sidartagothama@gmail.com

Please contact Michael for more information.

Grant submissions: Workshop for Horizon Europe Planning.

WG2 will focus on:

Case studies collection: three books to be published by Cambridge University Press (Editors Dr Bowden-Jones; Dr Corazza; Prof Fineberg)

PUI Workshop and conference presentation to be planned for Oct 2021

STSM and ITC grants: Abstracts of possible STSM projects to be disseminated with The ECI Network.

WG3 will focus on:

Podcasts of National Representatives.

3rd Scientific meeting on Burden: Oct 2021

WG4 will focus on:

Quality and assurances review and reporting.

WG5 will focus on:

Setting up PPI reference group from public members involved in the Raise your voice meeting (28th April 2021).

2 PPI meetings

If we are successful in our Grant extension application the Action will be extended to 22nd April 2022. Prof Fineberg and Mrs Hall delivered proposed activities if this is successful (Annex 3, slide 92). The planned activities are:

- **Online MC meeting** Estimated budget= EUR 1,500.
- **International Conference 'State of the Art in Problematic Usage of the Internet; Models, Mechanisms and Interventions'** (if not implemented by Oct 2021 owing to COVID-19). Estimated budget = EUR 27,000 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).
- **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
- Total cost= EUR 43 500

Subject to grant extension and budget allocation.

Due to non-quorum of the MC meeting a tacit vote will be carried out for the approval of:

- Both options for the extended grant period 4 remaining budget, with the MC Chair given approval to decide which option to adopt, or to merge the options, depending on Budget and Covid restrictions.

Possible Activities depending on budget underspend in either grant period 4 or Grant period 5 if extended:

- Revision and Translation of the PUI book
- All options for filming "Documentary on the COST Action and PUI" with the MC Chair given approval to decide which option to adopt, or to merge the options, depending on Budget and Covid restrictions.
- All possible Activities during the grant extension period (Oct 2021 – April 2022), with the MC Chair given approval to decide which option to adopt, or to merge the options, depending on Budget and Covid restrictions.

12. Any Other Business (AOB)

13. Location of the next meeting

6th – 8th Oct 2021 Venue TBC, either face to face or virtual

14. Closing

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

Annex

Annex 1 – 5th MC meeting minutes



CA 16207 5MCM
minutes.pdf

Annex 2 – 6th MC meeting agenda



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Annex 3 – MC meeting slides



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Annex 4 – Filming Quote



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