

COST Action

Final Assessment Review

(23/10/2017 to 22/04/2022)

CA16207: European Network for Problematic Usage of the Internet

This report is submitted by the Action Rapporteur in fulfilment of the requirements of the rules for COST Action Management, Monitoring and Final Assessment and is confidential to the COST Association and the Management Committee of the Action.

Summaries

Main aim/ objective

to bring together multidisciplinary international experts collaborating on advancing the understanding of problematic use of the internet (PUI) and its treatment since there is lack of agreement about the definition of PUI and little reliable information on its prevalence, clinical parameters, brain-based biology and socio health-economic impact

The Action addressed this as described below

The European Network for Problematic Usage of the Internet (PUI) has established a coherent network of multidisciplinary international experts working collaboratively to address some of the most critical scientific challenges for advancing the field, including lack of agreement about the definition of PUI, the absence of reliable information on prevalence, clinical parameters, brain-based biology and socio health-economic impact and knowledge about those interventions that work, in terms of effective preventative and therapeutic clinical interventions as well as clinical services and public health and human rights policies for safeguarding vulnerable individuals.

Over the past 4.5 years, we have developed a broad and diverse network of representatives from 31 COST countries, 1 Partner Member Country and several other international experts engaged in Action Working Groups covering science, education, dissemination, governance and citizen engagement. We have successfully prioritised inclusiveness target countries (ITC), gender balance and early career investigators, establishing the first Early Career Investigator Network for PUI with prominent ITC representation, or an External Advisory Board.

Our activities have resulted in a wide range of scientific training, educational and dissemination initiatives, including international conferences, short term scientific missions (STSM's) and ITC Conference Grants, related to our goals, leading to a substantial number of high-profile publications in peer-reviewed journals, including two special journal issues, several textbook chapters and a seminal textbook summarising the 'state of the art' in the field.

One of our first major achievements was to successfully argue for the adoption of Gaming Disorder as a diagnosable disorder by the World Health Organisation, on the basis of public health need, an important advance for global mental healthcare that sets a standard for consistent and reliable health-reporting, and a sound basis for developing reliable research as well as new health and social care services. We have also developed the first postgraduate educational courses focusing on PUI.

By prioritising citizen engagement and interacting fully with the public, particularly young people, including those in ITCs, we have generated a wealth of public-facing educational material raising awareness of PUI, as a first step toward reducing stigma and establishing new forms of intervention. Materials include a festival of science and arts, a documentary, a popular e-Book with expert guidance on dealing with PUI (two editions), educational video-clips and social-media blogs on different aspects of PUI suitable for introduction into schools as educational aids, all freely available on our website (www.internetandme.eu).

By engaging with public stakeholders and ITC members as partners in research, we have developed several collaborative research proposals based on citizen-science, including a recent multi-national Horizon Europe submission to identify the cost and impact of PUI among European school-children, including several ITC countries, in order to develop cost-effective self-management and healthcare policy interventions promoting improved mental-health and wellbeing and prevent PUI in vulnerable groups.

Based on our wide-ranging networking activities and in response to public opinion, in collaboration with other third sector partners, we are engaging with EU policy-makers at a governmental level e.g., by advocating for safeguarding children's rights in the new Digital Services Act.

The Rapporteur summarised the Action's major outcomes, impacts and successes as follows

The action has been a success in creating an international and multidisciplinary network of experts that has laid the foundations for the conceptualization of the Problematic Usage of the Internet (PUI), establishing its prevalence, clinical parameters, measures, clinical interventions, and initiatives of public health. This network has been characterized, in a remarkable way, by integrating members from 31 states, respecting the gender balance, as well as representatives of young researchers, the general population and social entities.

Some of the most notable achievements have been the publication of more than 60 articles in high impact journals, their inclusion as consultants to the WHO in the identification of Gaming Disorder as a diagnostic entity in ICD-11, and the reconceptualization of PUI-associated disorders as transdiagnostic. They represent a valuable contribution to the advancement of knowledge about PUI and its correlates.

The action has also initiated a path of dissemination of existing knowledge with organisations of mental health professionals, such as psychiatrists and psychologists, general population, private institutions and users, most of them available at the website of the action, which can be extended to the educational community and social entities, and which may crystallize in educational initiatives to understand, and manage, the impact of intensive use of technology on our lives.

In short, in our opinion, the action has marked a turning point in the consideration and approach to the impact of the intensive use of technology, especially the Internet, which has been shown to be potentially harmful for some users.

Achievement of MoU objectives, deliverables and additional outputs/ achievements

MoU objectives

The Action reported the achievement of the following objectives and their dependence on the Action networking.

MoU objective	Level of achievement reported by Action	Dependence reported by Action	Dependence assessed by Rapporteur
1. Establish the EU-PUI Research Network with inclusive multi-stakeholder representation including citizens with PUI and their family members, universities, health service sectors and bio- and information-technology industries, to enable learning from wide ranging relevant experiences.	76 - 100%	High	High
2. Foster knowledge, skills and best practice exchange to integrate scientific and technical advances, address current knowledge gaps and identify the most promising research goals.	76 - 100%	High	High
3. Provide open access to a bespoke electronic research database as a resource to store and share international research data, and to support the consolidation of existing data and its exploitation into new collaborative projects.	0 - 25%	High	Low
4. Support rapid communication of knowledge within the network.	76 - 100%	High	High
5. Effective transfer and exploitation of new insights arising from the Network into the scientific, biotechnology and health services arena by establishing a robust dissemination plan.	76 - 100%	High	High
6. Establish sound management and quality assurance structures and strategies.	76 - 100%	High	High
1. Facilitate educational and training enterprises to fill gaps in skills and knowledge to build the required research capacity to deliver multi-centre research studies.	76 - 100%	High	High
2. Develop and disseminate a platform of research tools and targets including the most advanced animal models and techniques, and the most sensitive genetic, neurocognitive and brain imaging tests that discriminate problematic internet use disorders, for onwards development by the wider scientific community and the biotechnology industry.	76 - 100%	High	High
3. Devise mentorship schemes for early-career scientists, including those in low income countries, to enable junior and senior researchers to build trust and initiate collaborations.	76 - 100%	High	High
4. Organise research training for public-patient representatives, to establish for the first time a European PUI public-patient reference group	51 - 75%	High	Medium

Dependence = dependence of the achievement (of each MoU objective) on the Action networking.

Rapporteur assessment of the achievement of MoU objectives that the Action reported as achieved (76-100%)

The Action did not achieve all the above objectives that it reported were more than 75% achieved.

The extent of the non-achievement of objectives that the Action reported as achieved but were not actually achieved is as follows. Objectives 3 and 10 were not achieved to the expected degree. Both have to do with the dissemination of results, 3 from the perspective of access to data to promote higher-level research, and 10 from the perspective of empowering users and communities. Part of this low achievement may be attributable to COVID-19, and part to the project's high ambition. Obviously, with demanding objectives and in a context of limited mobility and cooperation, it is possible that some objective will not be achieved. In any case, both objectives have to do with the dissemination of knowledge, a challenge for future projects.

Action explanation regarding MoU objectives reported as not fully achieved (less than 76%)

The table below shows the Action's explanation and the Rapporteur's analysis thereof for any MoU objectives that the Action reported as not fully achieved.

MoU Objective that was reported as not fully achieved	Action's explanation	Rapporteur's analysis
3. Provide open access to a bespoke electronic research database as a resource to store and share international research data, and to support the consolidation of existing data and its exploitation into new collaborative projects.	Owing to introduction of new GDPR regulations, the governance of this objective became too difficult for us to achieve. It was therefore eventually decided by the MC to abandon this objective. However the MC voted and agreed to offer all members the opportunity to express consent for their contact details to be held for the purposes of networking after the termination of the Action.	Database accessibility is a widespread practice among the academic community. In fact, open access journals require authors to make their databases accessible. The aim of providing access to a shared database, based on the data collected by the various researchers involved in the project, was an ambitious and valuable goal, which would hardly have been possible without initiatives such as this one. Offering participants the opportunity to contact databases so they can share databases is a limited solution.
4. Organise research training for public-patient representatives, to establish for the first time a European PUI public-patient reference group	The COVID pandemic has limited in person meeting, which has hampered the full research training experience for public participants.	Even if we accept that the pandemic has been a handicap of incalculable magnitude, the dissemination of existing knowledge at the level of public opinion, technology users, educators, and professional and civic associations, to name a few of the possible actors, has been limited.

General Assessment of MoU objectives

The level of ambition of the MoU objectives was **High**
Overall, **the Action achieved most MoU Objectives.**

Deliverables

Delivery and level of dependence of deliverables reported by Action

Deliverable	Timing deliverable	Dependence reported by Action*
Report on each of the work groups membership and activities, to be repeated annually	Delivered	High
Develop a Consensus Statement on the diagnosis of PUI, in the form of a Report	Delivered	High
Prototype clinical rating scale, for onwards validation, in the form of a report.	Delivered	High
Develop an open-access database and launch it to all members and the public	Not delivered, but foreseen within 2 years	High
Develop a dissemination plan, to be approved by the Action Management Committee	Delivered	High
1st Annual Scientific Meeting 'State of the Art and future of research in PUI'	Delivered	High
Establish a regulations and reporting ledger and a risk management and contingency plan	Delivered	Medium
Quarterly reports concerning risk and management actions for the action management committee, to be repeated annually	Delivered	High
To set up action management committee meetings, twice per year, for the duration of the action	Delivered	High
to produce an annual governance report to be approved by the Action management committee, repeated annually	Delivered	High
To produce a Consensus Statement on cost and burden of PUI in the form of a Report	Delivered	High
To submit at least one networked grant application on PUI to a grant giving body	Delivered	High
to deliver and complete certified PPI research training for PPI stakeholders in the action	Not delivered, but foreseen within 2 years	High
Submit for peer review at least one scientific publication (poster, paper) from an early career scientist (repeat in year 3, 4)	Delivered	High
to organise the 2nd Annual Scientific Meeting 'Cost and Burden of PUI a Cross National approach'	Delivered	High
At least 2 papers to be submitted for peer reviewed publication in an open access journal	Delivered	High
To develop and validate a new rating scale for PUI in the form of a Report.	Delivered	High
To submit at least one networked grant application to a grant giving body	Delivered	High
3rd Annual Scientific Meeting to be organised to involve relevant action members	Delivered	High
Symposium proposal on PUI submitted to an international scientific meeting programme committee (to be repeated in year 3)	Delivered	High

At least 2 papers on PUI to be submitted for peer reviewed publication in an open access journal	Delivered	High
To produce a consensus statement on evidence based interventions for PUI in the form of a Report	Delivered	High
to organise an International Conference entitled 'State of the Art in PUI' for all action members and the public.	Delivered	High
To provide an early career scientists' symposium on PUI at an International Conference	Delivered	High
To produce a special journal issue (>=5 papers) and submit it for peer reviewed publication in an open access journal	Delivered	High
to produce a podcast on PUI and the work of the Action, to be repeated annually	Delivered	High

* Dependence reported by Action = the extent to which the delivery of the deliverable was dependent on the Action networking

Rapporteur analysis of level of delivery of deliverables

The level of delivery of the deliverables reported above is assessed as follows.

The quantity and quality of deliverables is remarkable. For the not delivered, the two-year period seems a reasonable time, given the capacity and degree of compliance of the team

- **Analysis of deliverables reported by the Action as delivered**

The following deliverables that the Action reported were delivered where not actually delivered. Deliverables 4 and 11 were not delivered, but is expected to be foreseen within 2 years. The degree of non-compliance is low, but the team seems to have contingency plans to remedy it.

- **Analysis of deliverables reported by the Action as not delivered but delivery foreseen within 2 years**

Deliverable	Plans to ensure delivery within two years
Develop an open-access database and launch it to all members and the public	Changes to GDPR prevented this from happening owing to confidentiality risks.
Deliverable	Plans to ensure delivery within two years
to deliver and complete certified PPI research training for PPI stakeholders in the action	covid-19 pandemic interfered with achieving this goal as it was hard to meet in person - it is planned for May 2022

The plans described by the Action to ensure the delivery within two years are credible.

- **Analysis of deliverables reported by Action as not delivered and delivery not foreseen**

The Action did not report any deliverables as not delivered and delivery not foreseen.

- **Analysis of the level of dependence on the Action networking of the achievement of the deliverables**

The dependence on the Action networking of the achievement of the deliverables reported by the Action is confirmed

General Assessment of deliverables

The level of ambition of the deliverables was **high**
Overall, **the Action achieved all deliverables**

Additional outputs / achievements

Co-authored Action publications

The Action reported 79 publications on the topic of the Action, co-authored by at least two Action participants from two countries participating in the Action, and for which the Action networking was necessary. The full list of publications appears in Annex I.

Action networking was necessary for ALL of the listed publications

The:

- **Quality** of the Action's co-authored publications is **excellent**.
The quality of the publications derived from the Action is significant. Journals are of high quality. Their reputation, credibility, and scientific impact are high.
- **Significance** of the Action's co-authored publications is **excellent**.
The publications have been published in some of the most prestigious journals in the field.
- **Relevance** to the Action of the Action's co-authored publications is **excellent**.
The dissemination of the evidence and consensus derived from the Action is expected to be high and useful for the scientific community, and by extension, the media.
- **Quantity** of the Action's co-authored publications is **excellent**.
A total of 79 papers were published. This a shocking figure and highlights the team's ability to transfer available knowledge.

Projects and proposals resulting from Action activities

The Action reported the following projects resulting from Action activities involving at least one Action participant, and for which the Action networking was necessary.

Title	Main proposer name	Funder
Development of diagnostic criteria for buying-shopping disorder using the Delphi method	Astrid Müller	Trans-national - This work is financially supported by the Federal Ministry of Education and Research (BMBF) and the German Academic Exchange Service (DAAD) under the "PPP Joint Research" programme and by the Universities Australia under the Australia-Germany Joint Research Co-operation scheme
Expert appraisal of criteria for assessing gaming disorder: An international Delphi study	Joël Billieux	Other EU - funded internally by home institutions
Learning to deal with Problematic Usage of the Internet	DelloSso	FP7
Learning to deal with Problematic Usage of the Internet - revised version	bernardo dellosso	Other EU - COST Action
three short video-clips on PUI; 'choose your game', 'hooked in the mirror' and 'learning to deal with problematic use of the internet'.	ornella corazza	Other EU - COST Action CA16207
Special Issue: Internet Addiction	na fineberg	Other EU - COST

Edited by Naomi Fineberg, Marc Potenza , Current Opinions in Behavioural Science		
Special Issue; New developments in study of the problematic use of the internet Edited by Marc N. Potenza, Zsolt Demetrovics. Comprehensive Psychiatry.	na fineberg	Other EU - COST
Textbook summarising the state of the Art - Mental Health in a Digital World	South Africa	Other

In addition the Action reported 7 proposals resulting from Action activities involving at least one Action participant, and for which the Action networking was necessary.

Relevance of the Action's proposals and/ or projects is **excellent**

Quantity of the Action's proposals and/ or projects is **very good**

Action networking was necessary for ALL of the listed proposals / projects

Other Outputs / Achievements

The table below shows the other outputs / achievements and level of dependence on the Action networking reported by the Action and the Rapporteur's assessment thereof.

Other Output / Achievement reported by Action	Dependence reported by Action	Dependence assessed by Rapporteur
Several members of the Action from diverse backgrounds working across the fields of obsessive compulsive disorders and addiction, have participated collaboratively as expert Working Group members for the World Health Organisation to update the international diagnostic classification of disorders of behavioural addiction and obsessive compulsive disorders, of great relevance to PUI. These disorders include gaming disorder, compulsive impulsive sexual behaviour disorder, gambling disorder, hoarding disorder, hypochondriasis, all of major relevance to advancing conceptualisation of PUI at a global level. From this consultation activity, further developed in COST Action workgroup meetings and workshops, different ideas and models were exchanged and integrated, and a consensus was arrived at that has resulted in authoritative editorials and papers highlighting key issues in relation to PUI as an emerging public health challenge - and specifically	High	High

emphasising the importance of including the new diagnosis of 'Gaming Disorder' in the ICD-11 classification of mental disorders. -
https://akademai.com/doi/full/10.1556/2006.7.2018.59?url_ver=Z39.88-2003&rft_id=ori%3Arid%3Aacrossref.org&rft_dat=cr_pub%3Dpubmed
<https://onlinelibrary.wiley.com/doi/full/10.1002/wps.20570>.

As a result of this consultation process, the WHO ratified the inclusion of Gaming Disorder, as the first recognised PUI diagnosis, in the forthcoming ICD-11.
<https://www.who.int/features/qa/gaming-disorder/en/> . This received preliminary global approval in 2018 and ratification by world governments in June 2019. The ICD-11 diagnosis of Gaming disorder is recognised as a major advance in the scientific field, as for the first time we have a standardised definition to identify affected individuals as a prerequisite for the reliable study of the disorder. Moreover this advance is also expected to impact significantly on citizens health and wellbeing, as for the first time, citizens with Gaming Disorder will have the possibility to claim treatment for the disorder.

Through presenting prize winning posters at major and well attended international meetings (International Forum of Mood and Anxiety Disorders, Vienna July 2019, poster#09,
https://www.internetandme.eu/wp-content/uploads/2019/10/2019ifmad-Final-programme-web_27062019.pdf , and 2019 annual conference of the International College of Obsessive Compulsive Spectrum Disorders, Sept 2019,
<https://www.internetandme.eu/wp-content/uploads/2019/10/Scientific-Program-copenhagen-2.pdf> that have introduced 'cyberchondria' as a newly recognised trans-diagnostic for of PUI, we have contributed to new concepts in clinical diagnosis and identified new research goals likely to strengthen Europe's research and innovation capacities. This work is being developed further by members of the Action, as a peer reviewed journal paper and textbook chapter (Vismara M, Caricasole V, Varinell A, Fineberg NA. Cyberchondria,

High

Medium

<p>cyberhoarding and other compulsive disorders online. In: Mental Health in a Digital World. Eds Stein D,S, Fineberg NA, Chamberlain SRC. Elsevier. 2022. ISBN 978-0-12-822201-0. Pps 261-277).</p>		
<p>A member of our COST Action gave expert testimony on the risks and policy implications related to online gaming disorder to a UK Parliamentary Committee Inquiry into immersive and addictive technologies (27/2/2019;</p> <p>https://www.parliament.uk/business/committees/committees-a-z/commons-select/digital-culture-media-and-sport-committee/news/immersive-technologies-evidence-17-191/).</p> <p>The ongoing work is likely to result in new UK government public health policy involving the regulation of online technology and social media.</p>	<p>Medium</p>	<p>High</p>
<p>Science Media Centre Press Conference, SMC London, 5th Oct 2018. Introducing the COST Action and the Research Manifesto to the press and public. Four COST members attended (N Fineberg, V Voon, H Bowden Jones, Z Demetrovics). The conference presented to the world press the concept of PUI, the state of the art on what is known about the causes of the disorder and possible interventions at a clinical and public health level. The research priorities needed to advance understanding and fill gaps in knowledge, as described in our Manifesto were explained, and a call for further investment in research into this emerging area made.</p> <p>The conference generated several newspaper articles about PUI and the work of COST and resulted in broadcast TV/radio interviews with Action members:</p> <ol style="list-style-type: none"> 1. Henrietta Bowden-Jones (Sky Interview 5th Oct 2018) 2. Naomi Fineberg (BBC Interview 5th Oct 2018) 3. Naomi Fineberg (BBC Interview 9th Oct 2018) 	<p>High</p>	<p>High</p>
<p>Acknowledgement and website publication by the International Brain Research Organization IBRO (2018 August 29), thereby introducing the</p>	<p>High</p>	<p>High</p>

concept of PUI and the COST Action CA16207 and its goals to a worldwide research active scientific audience and strengthening Europe's research and innovation capacity.

(IBRO is the global federation of neuroscience organizations that aims to promote and support neuroscience around the world through training, teaching, research, outreach and engagement activities and address the needs and advance the work of individual scientists and research communities everywhere. IBRO has partnerships with like-minded scientific societies and organizations to identify priorities and help bridge gaps in knowledge, investment and resources in the field of brain research <https://ibro.org/about/>)

A comprehensive critical review of the available screening/clinical instruments for PUI and their psychometric properties was (Nov 2019) conjointly undertaken by several members of our Action, led by King D (AUS observer). This forms the basis of a published compendium of recommended standard rating scales, in a new peer reviewed publication, which will significantly contribute to strengthening Europe's research capacities. (King DL, Chamberlain SR, Carragher N, Billieux J, Steine DJ, Mueller K, Potenza MN, Rumpf, HJ, Saunders J, Starcevic V, Demetrovics Z, Brand M, LeeHK, Spada M, Lindenber K, WU AMS, Lemenager T, Pallesen S, Achab S, Higuchi S, Fineberg NA...Paul H.Delfabbro. Screening and assessment tools for gaming disorder: A comprehensive systematic review. Clin Psychol Rev. 2020 Apr;77:101831. doi: 10.1016/j.cpr.2020.101831. Epub 2020 Feb 11.PMID: 32143109). The paper has already been cited 200 times.

Cross cultural validation of several rating scales for compulsive internet use has taken place, resulting various peer reviewed publications (e.g. <https://doi.org/10.3389/fpsy.2019.00136>; <https://doi.org/10.3390/ijerph15061213>;doi: 10.1037/adb0000433).

We have funded and completed 11 STSMs, of which there were two grants to ECI ITC members who went to the UK, one to an ECI

High

High

High

High

High

High

<p>member who went to Chicago. Please see https://www.internetandme.eu/entitled-grants/ where their reports describing the positive impact of the activity are listed. For administrative reasons, another 2 approved STSMs were unable to be funded, though one involving an ITC ECI member did take place using other means of funding (please see general concerns).</p>		
<p>We have already supported 6 ITC grants for members to present their work at international scientific meetings and benefit from networking opportunities. Please see https://www.internetandme.eu/entitled-grants/ for individual reports on the positive impact of these opportunities. One more ITC grant not yet listed on the web is in process.</p>	High	High
<p>Oral presentation explaining "Advancing Research Into Problematic Use Of The Internet – Toward Horizon Europe" by Cost members Fineberg NA and Demetrovics Z about the importance of research investment into Problematic Use of Internet (PUI) delivered at the European Commission Health Directorate, European Commission, Brussels 25/03/2019 (link: https://www.internetandme.eu/events-and-workshops/).</p> <p>This event promoted information exchange between key stakeholders in EU research and policy at a senior level. Concordance reached on the importance of adequately funded programmed research for PUI at a pan- European level as well as the most relevant and achievable research goals and experimental models. Demonstration of research capacity to lead large scale collaborative research projects e.g. through the COST Action network, as the basis for the development of new Horizon Europe research initiatives.</p>	High	High
<p>Postgraduate courses:</p> <p>As a first step, we (UK, Italy, Hungary), collaboratively developed a postgraduate degree at MSc level (30 credits), informed by the multi-disciplinary work of the Action, on the science of internet related behavioural addiction, hosted at the University of Hertfordshire, starting September</p>	High	Medium

<p>2020, live streamed to allow international students to join via remote learning.</p> <p>Further collaborative developments across the Action have led to the establishment of postgraduate certificates in PUI;</p> <p>We have established a new Master Programme in Digital Citizenship Education” - University of Malta (2022) This includes a module on “Health and Wellness”, which is focused on the Problematic Use of the Internet and related addictions led by Dr Philip Bonanno (2022).</p> <p>Also, a new Module Addressing Internet Addictive Behaviour: A Public Health Concern - University of Hertfordshire, led by Prof Ornella Corazza (May 2022) (course code: M7WLM0024). This new Module is part of the MSc in Public Health and includes lectures delivered by various COST Action Members, including Profs. Corazza, Fineberg, Martinotti, Chamberlain and others.</p> <p>As far as we know, these are the first accredited postgraduate courses on PUI across the EU.</p>		
<p>Our second training school in Budapest, Hungary, which was fully planned with in person citizen involvement via WG5, planned for March 16-18 2020, had to be cancelled just a couple of days before it was due to start, owing to the sudden COVID-19 lockdown across Europe.</p>	<p>High</p>	<p>High</p>
<p>A book entitled "In pursuit of the objectified self image"; authors (COST Action members) Bowden-Jone H, Fineberg NA, Corazza O" has been commissioned for publication by the Cambridge University Press, Oxford, UK. This book primarily addresses all interested members of the public and not only clinicians. It is anticipated to be published in 2021.</p>	<p>High</p>	<p>Medium</p>
<p>A chapter entitled Pharmacological Treatments for Obsessive-Compulsive and Related Disorders: A Transdiagnostic Perspective , authors Sachdev RA, Ruparelia R, Reid JE, (COST Action members- Mpavaenda D, Cinosi E and Fineberg NA), was published in 2019 in the book</p>	<p>Medium</p>	<p>Medium</p>

<p>entitled 'Transdiagnostic Approach to Obsessions, Compulsions and Related Phenomena', edited by Fontenelle L, Yucel M, Cambridge University Press. page 183. This work is directed at clinicians, and raises awareness of the importance of the overlapping presentations of different 'comorbid' compulsive behaviours, such as the presence of PUI, in determining the approach to clinical treatment and management.</p>		
<p>A chapter entitled Management and treatment of OCD; in New Oxford Textbook of Psychiatry 3 edn. , authors (COST Action members) Fineberg NA, Drummond LM, Reid J, Cinosi E, Carmi L, Mpavaenda DN., was published in the seminal psychiatry training textbook 'New Oxford Textbook of Psychiatry 3 edn.', edited by Geddes JR, Andreasen NC and Goodwin GM (Eds) published by the Oxford University Press, Oxford, UK. This is the gold standard reference text book for psychiatrists working in the UK. The work is directed at clinicians and describes state of the art clinical management for compulsive disorders that can be applied to PUI.</p> <p>(Fineberg NA, Drummond LM, Reid J, Cinosi E, Carmi L, Mpavaenda DN. Management and treatment of OCD; in New Oxford Textbook of Psychiatry 3 edn. Geddes JR, Andreasen NC and Goodwin GM (Eds). New Oxford Textbook of Psychiatry 3edn. Oxford University Press, Oxford, UK. Publication Date: Mar 2020 Print ISBN-13: 9780198713005 Published online: Mar 2020 DOI: 10.1093/med/9780198713005.003.0098)</p>	<p>High</p>	<p>Medium</p>
<p>As of November 2019, all member of CA 16207 are offered the opportunity to join the International Society of Addiction Medicine (ISAM) (https://isamweb.org/) newly established behavioural addictions special interest group (chairs JB Belgium, HJR, Germany). This provides significant opportunities for further networking and exchange of information with the international community - specifically, access to information concerning resources and products from a variety of organizations in 101 countries from all continents, improving ability to inform and influence public policy at a</p>	<p>High</p>	<p>High</p>

<p>global level through participation in ISAM position papers and other activities, further participation in the establishment of global public policy through ISAM position papers and other activities and participation in the establishment of international standards for education, certification & treatment of addictions including forms of PUI, and audit.</p>		
<p>Collaborative consultation with European stakeholders, including the 5rightsfoundation, with the Action acting as a cosignatory on a joint letter sent to the European Parliament Council and Commission on 24th April 2022, (https://5rightsfoundation.com/uploads/joint-letter-on-dsa.pdf) advocating for greater recognition of the need to safeguard children from digital harms in the EU Digital Safety Act. Our intervention has successfully led to a change in the wording of the Act that will result in children being more protected from the risks of PUI.</p>	<p>High</p>	<p>High</p>
<p>Publication of the first textbook balancing the health benefits and potential harms of digitalisation for the World Psychiatric Association Global Mental Health in Practice Series, entitled 'Mental Health in a Digital World'.</p> <p>Edited by three Action members; Dan J. Stein University of Cape Town, South Africa, Naomi A. Fineberg, University of Hertfordshire, United Kingdom Samuel R. Chamberlain University of Southampton, England. Elsevier. 2022. ISBN 978-0-12-822201-0.</p> <p>Includes chapter contributions from several Action members including early career investigators; M van ameringen (observer canada) J billieux (Switzerland), M Brand (Germany)L Carmi (Israel), J Grant (observer, Chicago), D King (observer australia), S Jimenez murcia (Spain), C Lochner (South Africa), M Potenza (observer, Yale), A Verinelli (Early career investigator Italy), M Vismara (early career investigator, Italy) , Elisa Wegman (Germany).</p>	<p>High</p>	<p>High</p>
<p>Two special issues of >5 peer reviewed open access papers on PUI in highly cited journals in process</p>	<p>High</p>	<p>High</p>

(May 2022), each paper guest edited by Action members and coauthored by multiple Action members, including early career investigators with appropriate acknowledgements of the COST Action. Progress so far;

1. Current Opinions in Behavioural Science.

Internet Addiction.

Edited by Naomi Fineberg, Marc Potenza

Problematic usage of the internet and cognition

Konstantinos Ioannidis, Jon E Grant, Samuel R Chamberlain

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Article 101104

The cost burden of problematic internet usage

Hans-Jürgen Rumpf, Tobias Effertz, Christian Montag

April 2022

Article 101107

Excessive shopping on the internet: recent trends in compulsive buying-shopping disorder

Astrid Müller, Maithilee Joshi, Tobias A. Thomas

April 2022

Article 101116

Theoretical models of types of problematic usage of the Internet: when theorists meet therapists

Matthias Brand, Marc N Potenza, Rudolf Stark

June 2022

Article 101119

Using cognitive behavioral therapy as the select treatment approach for problematic Internet usage

Klaus Wölfling, Nanne Dominick

June 2022

Article 101121

2. Comprehensive Psychiatry.

New developments in study of the problematic use of the internet.

Edited by Marc N. Potenza, Zsolt Demetrovics.

Four open access research papers published so far;

Problematic use of the internet during the COVID-19 pandemic: Good practices and mental health

recommendations
Biljana Gjoneska, Marc N. Potenza,
Julia Jones, Ornella Corazza, ... Zsolt
Demetrovics
January 2022
Article 152279

Tracing 20 years of research on
problematic use of the internet and
social media: Theoretical models,
assessment tools, and an agenda for
future work
Tania Moretta, Giulia Buodo, Zsolt
Demetrovics, Marc N. Potenza
January 2022
Article 152286

Perspective: Can psychedelic-
assisted therapy be a promising aid
in compulsive sexual behavior
disorder treatment?
Magdalena Wizła, Shane W. Kraus,
Karol Lewczuk
May 2022
Article 152303

Novel approaches for treating
Internet Gaming Disorder: A review of
technology-based interventions
Monika Gorowska, Klaudia Tokarska,
XinYu Zhou, Mateusz Kazimierz
Gola, Yonghui Li
May 2022
Article 152312

Once all the papers are accepted and
the special issues complete, the
journals have agreed to a public
launch of the issues, acknowledging
the work of the Action- as a legacy
activity.

We ran a highly innovative and very
successful online public education
event, entitled Problematic Use of the
Internet, Raising the Public Voice -
International Festival of Science and
Arts, April 28 2021, 9:00-17:30h UK
time (BST). The programme (https://www.internetandme.eu/wp-content/uploads/2021/04/20210421-Festival-Programme_final-1.pdf) included a
series of round tables, featuring film
directors, actors, authors, musicians
and documentary makers. At the
event, we launched the first edition of
our popular companion book,
learning to deal with problematic use
of the internet, with guidance for
individuals with lived experience of
PUI. The event attracted >400
delegates, who engaged in a real
time scientific survey of public
attitudes to PUI and the key research
priorities for the public, the results of

High

High

which were discussed on the day, posted on the website and will be used to develop and support our Horizon Europe grant application. volunteers from among the delegates will join our citizen science reference group.		
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The quality, quantity and dependence (on the Action networking) of the other outputs/ achievements was assessed as follows.

The quantity and quality of the outputs is very high. The quantity of 20 products is remarkable, since most of them are the results of collaborative work directly attributable to, or on behalf of, the Action. The presence of members of the Action as an expert Working Group for the World Health Organization, presenting prize winning posters at international meetings, acting as expert testimony to a UK Parliamentary Committee, the presence at press conferences, websites, the publication of reviews or the Cross-cultural validation of rating scales, to name a few, are relevant and expected achievements of the action.

Assessment of additional outputs and achievements (including co-authored publications and proposals/ projects)

The level of ambition of additional outputs and achievements was high . Overall, the Action achieved > 4 valid Additional Outputs / Achievements .
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General Assessment

The Action's outputs and achievements are **excellent**.

Impacts

The Action reported the following impacts (the short- to long-term scientific, technological, and / or socioeconomic changes produced by a COST Action, directly or indirectly, intended or unintended) that have resulted, or might result, from the Action.

Description of the impact	Type of impact	Timing of impact
<p>Knowledge Exchange</p> <p>By establishing the EU-PUI COST Network, with inclusive multi-stakeholder representation including citizens with PUI and their family members, international expert scientists, universities, health service sectors, SMEs, including a substantial representation of ITC countries, we have built a community based upon knowledge exchange focussed on our new and emerging field of health research.</p> <p>Harnessing the most wide ranging knowledge, skills and technologies, the Action is now generating fresh perspectives and insights for development into the most promising translational research. We are also developing new assessment tools and targets for therapy (pharmacological, non-pharmacological) and screening, that could be packaged for clinical application. This has culminated in the development of a joint research agenda, informed by the lived experience of EU citizens, and a coordinated pan-European 'research consortium' of capable scientists with the requisite research tools to take forward this agenda via coordinated networked research grant applications e.g. to Horizon Europe (Feb 2022, under review).</p> <p>The impact is already being felt by scientists working in the field in terms of shaping research objectives, such as through the publication of our Manifesto setting the research agenda and two special issues presenting the advances made and new research directions, all in open access journals with considerable press coverage, as well as a textbook for the World Psychiatric Association (Mental Health in a Digital World) that highlights the relevance of these advances for public health, patients and clinicians, ensuring that future research in the field is relevant, achievable and generalizable across Europe.</p> <p>The impact is also changing the way future research is conducted, as evidenced by the emerging new collaborative projects and proposals generated by this Action (e.g. CIG proposal 2022, Horizon Europe proposal 2022) as well as the large number of original research articles generated by this Action, so that science will take place in a more coordinated way, paying due reference to the needs of citizens.</p> <p>The ultimate impact will be improved health and wellbeing of citizens.</p> <p>Thus, through our networking activities, this COST Action aligns with the European Pact for Mental Health and Wellbeing (EPMH; http://ec.europa.eu/health/mental_health/docs/mhpact_en.pdf), by promoting mental health by facilitating high impact multidisciplinary research programmes, aligned with the core objectives of EU policy, to improve the health of its citizens.</p>	<ul style="list-style-type: none"> • Scientific / Technological • Economic • Societal 	<p>Achieved</p>

Furthermore, our Action can be seen to advance the core objectives of Europe 2020 (ec.europa.eu/europe2020/index_en.htm) by using research to increase innovation and competitiveness of Europe's health-related scientists, with the goal of improving health, quality of life and productivity and reduce poverty and health inequalities.

Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: In our opinion, to build a community based upon knowledge exchange focussed on PUI emerging field, the publication of the Action team's Manifesto, the development and validation of new assessment tools and targets for therapy, are relevant impacts that allow the development of a joint research agenda generalizable across Europe. The economic and societal impacts are minor, but are expectable if we consider the current impacts as advance to the core objectives of Europe 2020.

Increased Research Capacity built on inclusiveness principles

By delivering and facilitating educational and training enterprises (training schools, webinars, symposia, STSMs, ITC grants) , we are filling gaps in skills and knowledge in relation to this emerging societal challenge.

Through our training and upskilling activities, we are building the research capacity needed to run multicentre studies in large samples - this is a prerequisite for deepening the scientific understanding of this emerging health and societal challenge. By holding many of these meetings in ITC countries or virtually, we are further supporting capacity building among underrepresented groups.

By including representation of newly established research groups, including establishing the first network devoted to Young Researchers and Innovators interested in studying PUI (currently numbering >60, many of whom work in ITC countries) , the under-represented gender and teams from countries/regions with less capacity in the field of PUI, we continue to build capacity in the demographic inclusiveness of our science and technology networks, with a demonstrably positive impact on the education and training of scientists at a pan-European level.

By focussing training on YRI members, we are developing future capacity to take these research goals forward. Specifically, by delivering mentorship schemes for early-career scientists, including those in low income countries, and by focussing our training schools at ITC and ECI members, and ensuring a high proportion of female delegates, we have impacted positively and in a truly inclusive way on junior and senior researchers by enabling them to build trust and initiate collaborations around PUI. Our STSM and ITC grant awardees have provided reports detailing the specific positive educational impacts of the activities on their careers.

<https://www.internetandme.eu/entitled-grants/>

By developing National task forces, with the aim of engaging more ECI in training activities and research, we further impact positively on the education and training of scientists across Europe, in their own countries.

Our achievements in this area can therefore be expected to continue to impact directly on scientists working in the field, clinicians and citizens with PUI. This impact is of major scientific and/or socio-economic relevance, as we continue to build a community around our new and emerging field of research, and grow capacity in the demographic inclusiveness of networks in science and technology, including representation of newly established research groups, ECIs, the under-represented gender and teams from countries/regions with less capacity in the field of the Action.

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<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: In our opinion the increase of the research capacity respecting inclusiveness principles is guaranteed. That's possible because the training initiatives dedicated to young researchers and research groups, many females of ITC countries and running multicentre studies. Also, the development of national task forces will impact positively on the training of scientists across Europe. It's scientific impact is guaranteed, and also a socio/economic impact is expected.</p>		
<p>Dissemination of new knowledge</p> <p>We have created a scientific platform ensuring new research findings are more readily disseminated among scientists, the public and policy-makers.</p> <p>We have held scientific symposia at 53 Conferences, 12 Seminars/Schools, 15 meetings and other dissemination events, and produced 30 Newsletters/Interviews and 7 Press releases.</p> <p>By developing accessible and robust communication channels - dedicated website (www.internetandme.eu), use of social media (Facebook and Twitter), regular meetings and teleconferences - we ensure the Action is continually kept abreast of new findings before they are published, so that research will be tackled in a more informed way, based on emerging scientific findings as they arise, to generate the most up-to-date hypotheses.</p> <p>By establishing a robust dissemination plan and engaging key policy-makers and stakeholders, through national (including national task forces) and international dissemination activities, we continue to positively impact on health and research policy at a national and international level. Specifically, by giving evidence on health-risks in relation to PUI for the EU Parliament, EU Commission (April 2022), UK parliament (2021) we have contributed to changes in digital safety legislation and thereby a safer environment for young people at risk of PUI as a basis for new public health policies (Other Outputs).</p> <p>By participating as programmed speakers at the foremost (and well-attended) European scientific meetings (22 international symposia attended by a range of disciplines and fields including neuro-psychopharmacology, neuroscience, general psychiatry, addictions-psychiatry, psychology, education) e.g., 32nd ECNP Debate: Screen-time, problematic use of internet and e-addictions: science or fiction? (Copenhagen 8/9 2019) we are disseminating new information and insights about PUI to the scientific community.</p> <p>By holding symposia, meetings and consultation exercises with members of the public from diverse backgrounds, including our Festival of Arts and Science (PUI-Raising the Public Voice), at which arts and the media were used to raise awareness of PUI in an accessible way, we ensure that scientific knowledge and insights are reaching the public and that the public actively contribute to the research agenda.</p> <p>We have published >75 scientific papers involving >=2 Action members. By widely publishing our articles in open access peer reviewed journals (70% in Q1,2 journals), we are disseminating fully our scientific advances and insights to inform scientists and the public about this emerging issue, evidenced by excellent citation metrics (Clarivate 2018-20; total>1200 citations. 2 papers already cited >200 times. Ave impact factor for Action publications=3.98).</p> <p>Successful dissemination has led to a common understanding of</p>	<ul style="list-style-type: none"> • Scientific / Technological • Economic • Societal 	<p>Achieved</p>

<p>the scientific challenges facing the field and the key achievable scientific research priorities needed to address these challenges. Our manifesto (https://www.sciencedirect.com/science/article/pii/S0924977X18303067) is used to support a coordinated international approach to investigating PUI. The impact will be better coordinated science.</p> <p>By presenting evidence on the importance of research into PUI to the European Commission Health Directorate, we have impacted positively on the European scientific agenda e.g. via generating a new call for Horizon Europe grant-funded research into PUI that we have responded to (see other outputs).</p>		
<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The creation of a scientific platform for knowledge dissemination is a remarkable goal. It represents a trusted place where the scientific community, users and opinion leaders can access to consult the updated information around the PUI and the Action impacts. The Action has also provided a unique opportunity to develop a common understanding of the scientific challenges facing the field of technology use and its impact on human behavior, and the key achievable scientific research priorities needed to address these challenges. We agree that the Action has the potential to impact positively on the European scientific agenda.</p>		
<p>Quality Assurance</p> <p>By establishing sound management and governance procedures, led by a dedicated Workgroup. including accessible bespoke application procedures for training activities and grants (ITC grants, STSMs, training school delegates), targeting the needs of minority groups, ITC countries and ECIs, we continue to ensure fairness and transparency in the way resources, including training resources, are allocated among the network to ensure inclusiveness and minimise risk to the objectives of the Action.</p> <p>By establishing an External Advisory Board, who can be consulted by the MC for an opinion on issues related to quality and equity, we further strengthen MC decision-making and good governance.</p> <p>Research planning is coordinated and well organised, resulting in very well attended and successful work group and MC meetings devoted to the development of networked research projects.</p> <p>By ensuring our training activities are quality assured (https://www.internetandme.eu/wp-content/uploads/2019/10/Cambridge-Training-School-Feedback-report.pdf), and by including citizens in training activities (e.g., https://www.nihr.ac.uk/health-and-care-professionals/learning-and-support/good-clinical-practice.htm), we have ensured a high standard of training in PUI that impacts most positively on the education and training of scientists and citizens across Europe.</p>	<ul style="list-style-type: none"> • Scientific / Technological • Economic • Societal 	<p>Achieved</p>
<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The evidence provided in the action is sufficient to assess that impact 4 has been achieved. No doubt the working group and the MC have made sure that the quality of their initiatives is high. This has had an impact on high science production, creating opportunities for minority groups, training initiatives, and ensuring inclusiveness. This impact is of scientific relevance, but more from a social point of view.</p>		
<p>Skills Exchange</p> <p>By growing and developing a truly multi-disciplinary research community of top level experts that bridges separate fields of science (e.g. bringing together clinical and preclinical experts from the field of compulsions and addiction) with a growing body of early career investigators from a diverse range of countries and cultures, with strong ITC representation, and by including members of the public, as</p>	<ul style="list-style-type: none"> • Scientific / Technological • Economic • Societal 	<p>Achieved</p>

a patient-public reference group, to work alongside researchers, we are achieving (and will continue to achieve) breakthroughs in terms of reconceptualising the disorders of PUI as 'trans-diagnostic' disorders i.e. behaviours and disorders spanning several existing nosological categories that share a similar brain basis, including disorders of behavioural addiction, poor impulse control and obsessive compulsive and related disorders.

To address this 'transdiagnostic' challenge, we are managing to generate the necessary clinical and preclinical research methodologies and approaches from our network, that require a broad range of interdisciplinary expertise and skills.

Through our training and upskilling activities, including STSMs and ITC grant initiatives, we are building the research capacity needed to run multi-centre studies in large samples across generalisable population samples including hard-to-reach populations - a prerequisite for deepening the scientific understanding of this emerging health and societal challenge.

By holding many of these training activities e.g. training schools and workshops either in ITC countries or virtually, we are further supporting capacity-building by facilitating attendance among under-represented groups.

This collaborative multi-skills approach is already impacting positively on scientists working in the field of PUI, resulting in the application of more coordinated scientific approaches. We have published Delphi projects e.g., determining the optimal diagnostic criteria for gaming disorder and the optimal neuropsychological tests for addiction, meta-analyses e.g., of the gold standard instruments for measuring PUI and the brain imaging changes associated with PUI and consensus statement e.g. on preventing PUI under COVID-19, that have depended on the network for success. We have also run educational enterprises teaching about PUI for a broad range of clinicians e.g. through educational symposia attended by clinicians working across different disciplines such as general psychiatry, addiction psychiatry as well as the public (e.g. through public meetings) that would not have been possible without the geographical and multidisciplinary reach the Action offered.

We are also exchanging skills with commercial partners e.g. we have established a close collaboration with small and medium-sized IT companies. The impact is being experienced as a deeper understanding regarding the ability to actively and passively monitor and analyse individual digital activity in 'real time' via a smartphone 'app' (e.g. the Insights app, I-Feel app) as the basis for a prototype evidence based intervention for PUI, leading to onwards scientific and/or commercial exploitation (WG meeting minutes, 14-16/1/2019, <https://www.internetandme.eu/about-the-project/> and <https://www.internetandme.eu/wp-content/uploads/2018/12/Cambridge-Training-School-Programme-29.11.2018-1.pdf>). We have developed collaborative links with a number of digital app developers. This collaboration will form the basis of our Horizon Europe grant application (Bootstrap, submitted 2022) and our COST innovation grant application (MAPP; submitted 2022), which are expected to involve a strong collaboration between university and commercial partners.

Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The conceptualization of PUI disorders as transdiagnostic, thanks to the multidisciplinary team, has been an important advance in its understanding and possible treatment. The network they have created, and the opportunities it has provided for young researchers and small or emerging groups, guarantees future advances and enables the development of larger studies. The diversity of techniques and methodologies used is remarkable, as well as the

initiatives launched with app developers. The relevance is especially in the scientific field, in the short term, but also in the social and economic in the medium term.

<p>Public-Patient Engagement</p> <p>A key strength of this COST Action is its tight relationships with and accessibility to organisations of mental health professionals such as psychiatrists and psychologists (e.g. ECNP, ICOCS, WPA, EPA) and individuals with PUI and family members. To this end, we created a new fifth workgroup dedicated to developing patient-public involvement (PPI) in our activities.</p> <p>Importantly, we are facilitating knowledge exchange and building research partnerships with members of the public, including young people, who are critically important to engage as this age group is most affected by PUI, by developing a patient-public involvement (PPI) reference group to support scientists in the development of a joint research agenda truly informed by the lived experience of citizens with PUI.</p> <p>By engaging fully with the public including by delivering public meetings at which scientific advances in PUI are disseminated to them in an accessible and creative way (e.g. our festival of science and arts, April 2021), producing open access popular books and webinars, podcasts, documentaries about PUI and short videoclips, designed for young people and in process of being disseminated in schools across Europe (see other outputs), we are building a scientist-public community around PUI, enabling the timely dissemination of scientific advances and ensuring our findings reach a public audience, including those affected by PUI and their families, and have the most significant impact on health and wellbeing.</p> <p>By providing research training for public-patient representatives, including certified training in research governance (good clinical practice) which was delayed by covid and which is now planned to take place in May, and by establishing for the first time a PPI reference group in the field of PUI, we are impacting positively on the design and delivery of scientific studies to ensure they are addressing the real needs of people with the lived experience of PUI.</p> <p>We have actively engaged the public in research eg, via the festival of science survey of >400 lay participants on their opinions about the key priorities for advancing PUI research, the results of which are guiding our research agenda e.g. helped to shape our Horizon Europe application (see projects), in which we have at least one lay representative of young people with lived experience of mental health difficulties as a formal co-applicant. We have also included lay members of the public in some of our published Action consensus statements (see publications) and we plan for their role to be strengthened e.g. by leading a work-package devoted to citizen science in the proposed Horizon Europe project.</p>	<ul style="list-style-type: none"> • Scientific / Technological • Economic • Societal 	<p>Achieved</p>
<p>Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: Contact and dissemination initiatives, including digital materials, towards mental health professionals and the general public, especially young people, are of great merit and potential social utility. Initiatives to involve the public, also in research, are of scientific relevance. It is expected to have an economic impact in the medium term.</p>		
<p>Health Services Engagement.</p> <p>Through our support of the new ICD-11 diagnosis of Gaming Disorder, we have made a significant contribution to the clinical recognition and treatment of the disorder, and the future development of health services for PUI, at a global level.</p>	<ul style="list-style-type: none"> • Scientific / Technological • Economic • Societal 	<p>Achieved</p>

Through our many dissemination activities among health workers, including presentations and debates at the most well attended European meetings for psychiatrists and psychologists (e.g. EPA 2019, WPA 2019), published textbooks, special issues and other peer-reviewed publications and posters (see publications), and high quality webinars, held on the website as a lasting educational legacy (<https://www.internetandme.eu/events-and-workshops/>) we have raised awareness of PUI among clinicians as an emerging health and wellbeing issue. We have presented the new diagnostic criteria to inform better recognition of the disorder, and the emerging evidence supporting interventional approaches to aid clinicians in meeting the clinical needs of patients presenting for treatment and their families.

Through engagement with clinical colleagues and health service commissioners and news media articles, we have lobbied for the development of new clinical services for PUI, with some success (<https://www.theguardian.com/society/2019/oct/08/nhs-opens-clinic-to-help-child-addicts-of-computer-games>).

We have supported the establishment of the first UK-based public-funded clinical service for Gaming Disorder, led by an Action member (<https://www.cnwl.nhs.uk/services/mental-health-services/addictions-and-substance-misuse/national-centre-behavioural-addictions/National-Centre-for-Gaming-Disorders>).

Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The contribution from the health point of view is remarkable and represents an advance that will undoubtedly mark a turning point in how health professionals approach and treat problems related to PUI. This supposes a high social and scientific impact, with economic implications.

Exploitation of new knowledge

By generating new or improved theoretical approaches to PUI (e.g. compulsivity as a trans-diagnostic domain), models (e.g. I-PACE model for gaming disorder), methodologies (e.g. neurocognitive testing, brain-imaging), technology and techniques (e.g. optimal clinical ratings, advanced digital phenotyping), we are starting the process of exploiting the new knowledge gained, through active collaboration between European researchers and SMEs. Specifically, through interdisciplinary meetings we have developed an understanding of the connection between PUI patterns and behavioural and clinical consequences. We have established a close collaboration with a medium-sized IT company with expertise in developing digital apps to monitor behavioural patterns as a means of developing new digital phenotyping techniques to identify and monitor PUI in its early stages, with potential for preventative and therapeutic application.

By providing research evidence for the World Health Organisation, we have contributed to the establishment of the new ICD-11 diagnosis of Gaming Disorder, which is already impacting significantly on science and public health initiatives (Other Outputs).

By establishing international collaborations using the newly standardised diagnostic criteria alongside clinical, neurocognitive and digital measures of PUI we are generating further new knowledge about the clinical determinants of PUI, its major comorbidities (e.g., anxiety, depression) and the brain-based and environmental factors that affect clinical outcomes of relevance to scientists, in terms of establishing new research heuristics, and of relevance to clinicians and people with PUI, that could not be achieved without international coordination.

In the longer term, clarification of the brain-based mechanisms, including those linking PUI with anxiety and depression, and

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exploitation of these findings by the pharmaceutical and biotechnology industry, would be expected to result in a platform of biomarkers (including digital markers) for clinical application in the form of targets for psychological, pharmacological and somatic intervention and tools to screen at risk individuals to facilitate the early detection and timely targeting of effective treatment, prevent costly disease progression and reduce the substantial indirect costs associated with comorbidity and chronicity.

From an EU perspective, facilitating effective treatment for PUI from the outset is likely to represent better value than treating a more severe, chronic presentation downstream. Thus, these developments could be expected to inform new evidence based treatment guidelines, clinical standards for health-care systems and health-care policy, resulting in positive impact on the health, wellbeing and productivity of European citizens including improved educational and occupational performance

As compulsivity underpins a spectrum of behaviours, the COST Action would also produce health and wellbeing benefits that, through onward development, would extend beyond PUI e.g. to substance addiction and to large prodromal groups e.g. problem gamblers, chain-smokers, binge-eaters, people with OCD and to comorbid diseases such as depression. This Action is therefore not only impacting on clinical research for people with PUI, but with the help of its partners, is well placed to be translated to the benefit of a broad range of patients suffering with many forms of compulsive disorders, their families and EU citizens.

Thus we ensure insights generated in the Action are exploited to the full.

Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: Undoubtedly, the advances from the theoretical point of view in the modeling and understanding of the PUI have been high and represent an advance that will undoubtedly be very useful in the coming years. Part of this scientific and social usefulness can be seen in the collaboration with the WHO and the establishment of the PUI diagnostic criteria, for example, ultimately based on coordination, which enable a great leap forward in its knowledge and approach. At the same time, the advances open the doors to future advances, both in scientific, social and economic research, as well as in collaboration in the biotechnological industry.

Development of standard tools and technologies

By developing, validating and disseminating information about the standardised diagnostic criteria (contributing to ICD-11 and refinement of ICD-11 criteria e.g. via our published delphi study) and the optimal rating scales to define and measure PUI (e.g. via our published metaanalysis), this COST Action is advancing understanding of the prevalence and health economic impact of PUI toward better health promotion.

By establishing an agreed gold standard list of rating scales, for diagnosing and measuring the severity of different forms of PUI, we are improving the way scientists and clinicians are able to study the disorders in terms of:

A) more valid and reliable identification of individuals with the disorders (diagnosis)

B) more valid and reliable measurement of symptom-severity (clinical outcomes)

The impacts will include:

a. improving the way scientists perform their studies , so that the results from different studies applying the same measures can be

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- Societal

Achieved

more easily compared and combined (metaanalysis);

b. improving the interpretation of studies, ensuring the most valid instruments are being used and thus the results are generalizable across different genders, countries, cultures and socioeconomic groups,

c. allowing the reliable and sensitive assessment of clinical outcomes (sensitivity to change), as the basis for developing treatment trials

d. providing clinicians with tools to identify people with the disorder more accurately and monitor their clinical progress.

Validity, relevance and significance (in particular importance and timeliness) of the impact reported by the Action: The validation and dissemination of diagnostic criteria and scales to define and assess the PUI, with the definition of gold standards, represent a significant advance from the scientific and social point of view. Although the economic impact seems low, the economic implications of these standards are not negligible.

The extent to which the Action has advanced the careers, skills and networks of researchers including ECIs (as described by the Action) is excellent.

General assessment of impacts

The Action's impacts are best described as follows.

Multiple highly significant impacts are reasonably foreseen, at least one of which is already observed [Excellent]

Dissemination and exploitation of Action results (other than co-authored Action publications listed previously)

Dissemination meetings funded by the Action

The following Dissemination meeting(s) funded by the Action added value for the Action:

- Compulsive aspects of Internet-use and related disorders: New initiatives, 23-04-2018 - 24-04-2018, Germany
- Symposium, 06-04-2019 - 09-04-2019, Poland
- Dissemination Meeting, 05-10-2018 - 05-10-2018, United Kingdom
- Lisbon Addictions 2019, 23-10-2019 - 25-10-2019, Portugal

Action website

<http://www.internetandme.eu>

The:

- openness and user-friendliness of the Action website are very good
- content of the Action website (programmes and minutes of all events present, all outputs/deliverables accessible from website) is very good

The Action website was an effective means of disseminating the Action.

Other dissemination activities

The following other dissemination activities reported by the Action were effective and added value

Item/activity	International Collage of Neuropsychopharmacology (CINP) 2018 World Congress. 16-19/06/2018 Vienna, Austria. Symposium 14: Translational neuroscience of obsessive-compulsive disorders. Dr Naomi Fineberg. Title: Pharmacotherapy of Obsessive-Compulsive Disorder: A Translational Approach (Programme p.26) Symposium 18: Behavioural addiction: a research and clinical update Chair: Sam Chamberlain, UK. (Programme p.32) Speaker 1: Naomi Fineberg, UK. Title: Introduction to the concept of behavioural addiction: how did we get here? Speaker 2: Jon Grant, USA. Title: Neurobiology and treatment of gambling disorder and compulsive sexual disorder. Speaker 3: Samuel Chamberlain, UK. Title: Hair-pulling and excoriation disorders: obsessive-compulsive, impulsive, or addictive?
Target Audience	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
Outcome of the activity	The meeting introduced the emerging concept of PUI to a research active neuroscience faculty, advancing understanding of the scientific challenges and generating new research heuristics and scientific partnerships through interactive dialogue and networking. Around 250 delegates attended each of the presentations.
Hyperlink	https://www.internetandme.eu/wp-content/uploads/2019/10/CINP-2018-Vienna-Programme.pdf

Item/activity	31st European College of Neuropsychopharmacology Congress (ECNP). Barcelona, Spain 06-09/10/2018. In the Symposium 12 "How can both patients and research benefit from digital technology?", Carmi L. gives an oral presentation by "The patient-caregiver interaction perspective" In Educational Session, "Treatment of resistant obsessive compulsive disorder" - Fineberg and "Pharmacological treatment of resistant OCD" - Hollander.
Target Audience	The main target audience is represented by Neuroscientists, clinical and academic

	psychiatrists, psychologists and ECIs. Mentorship is encouraged. A special session was devoted to public-patient partnership and members of the public were invited.
Outcome of the activity	We introduce the concept of digital monitoring of PUI to scientists and the public, based on the principle of using the same technology to measure compulsive behaviour, generating interest and debate. We described online compulsive behaviours as a component of resistant obsessive compulsive behaviours and disorders that need to be recognised and tackled to improve clinical care.
Hyperlink	https://www.ecnp.eu/about-ecnp/history/past-ecnp-meetings/past-congresses/Barcelona2018/programme_overview

Item/activity	6th Macedonian Psychiatric Congress and International Meeting, North Macedonia 30/10/2018 – 05/11/2018. Symposium “Advanced Understanding on the Problematic Usage of Internet through Multidisciplinary Analysis of Existing Scientific Evidence” - Ignjatovic
Target Audience	The target audience is represented by Psychiatrists, Psychologists and Trainees.
Outcome of the activity	We introduced the concept of PUI to a new audience and provided a conceptual framework by which clinicians and researchers might approach PUI in their work.
Hyperlink	http://vispoj.com.mk/mak/wpa-co-sponsored

Item/activity	Lithuanian University of Health Sciences, Neuroscience Institute, XVIII Annual Conference “Trends in Neurosciences, Palanga, Lithuanian 05/03/2019 Session 1. Emerging Behavioral Addictions. Chair: Burkauskas J Keynote Presentation: Introduction to Problematic Usage of the Internet - Fineberg NA
Target Audience	The target audience is represented by Neurologists, Neuroscientists, Psychiatrists, Psychologists and Trainees.
Outcome of the activity	The presentations introduced the COST Action and the concept of PUI. New relationships were made between the speakers and delegates based on shared expertise resulting in emerging research collaborations between institutions including a cross national study aiming to explore the electrophysiological characteristics of PUI.
Hyperlink	https://www.internetandme.eu/wp-content/uploads/2019/10/Neuro_Trends.pdf

Item/activity	67th Congress of Psychologists of Serbia “Psychology in new age: Challenges of (re)humanization”, Zlatibor, Serbia 22-25/05/2019. Session: "Educational Psychology" - Ignjatovic
Target Audience	The main target audience is represented by clinical and academic psychologists, educators and ECIs.
Outcome of the activity	In this congress, we discussed the emerging challenge of PUI with educational psychologists, to educate and upskill them in recognising and managing the problem among pupils and students with PUI.
Hyperlink	http://dps.org.rs/program-kongresa-2019

Item/activity	Lithuanian Psychology Congress 2019, Vilnius, Lithuania 24-25/05/2019. Symposium 1: "Neurobiological and psychological aspects of Problematic Internet Use". Chair: Burkauskas J Oral Presentation: "Problematic Internet Use: news of research" - Burkauskas J
Target Audience	The main target audience is represented by clinical and academic psychologists, neuroscientists and ECIs.
Outcome of the activity	Introduction of the COST Action and emerging fields of research into PUI to a Lithuanian audience of research-active scientists, with the aim of advancing our objectives to advance research into PUI within ITC countries.
Hyperlink	http://www.psichologusajunga.lt/index.php?p=1132&lng=lt

Item/activity	6th International Conference on Behavioral Addictions, Yokohama, Japan 17/06/2019. Symposium 1:"Gambling Disorder: Emerging Trends". Chair: Potenza MN Oral presentations: "Understanding Subsyndromal Gambling Disorder"- Grant J; Blurred boundaries between gambling and other potentially addictive behaviors" - Potenza MN Symposium 6:"Latest neurobiological and treatment findings in Gambling Disorder and Problem Gambling". Chair: Chamberlain SR. Oral Presentations:"Impulsivity and Disordered Gambling: An Introduction and Update"- Chamberlain SR;"Pharmacological Targets for Treatment Gambling Disorder" - Grant J Symposium 7:"State-of-the-art: Which disorders should be considered for ICD-11 category 'Other specified disorders due to addictive behaviors?'.Chair: Brand M, Potenza MN Oral Presentations:"Criteria for other specified disorders due to addictive behaviors"-Brand M;"Problematic pornography use: A compulsive sexual behavior disorder, an internet-use disorder and/or an other specified disorder due to addictive behaviors?" - Potenza MN;"Buying-shopping disorder: Clinical and empirical evidence to support its inclusion in ICD-11" - Muller A;"Empirical evidence on prevalence and psychological mechanisms of problematic social network use"- Rumpf HJ;"Distinguishing Passion from Addiction is crucial to avoid pathologizing common behaviors"- Billieux J. Symposium 27:"Recent Findings in the Neurobiology of Behavioral Addictions". Chair:Potenza MN Oral Presentations:"Recent Findings in the Neurobiology of Behavioral Addictions" - Potenza MN;"Neuropsychological and neurobiological correlates of specific Internet-use disorders" - Brand M
Target Audience	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
Outcome of the activity	We introduce the concept of PUI to scientists and the public, based on the principle of using the same technology to measure compulsive behaviour, generating interest and debate. We described several online compulsive behaviours as a component of obsessive compulsive behaviours and disorders that need to be recognised and tackled to improve clinical care and avoid the massive impairment due to these disorders.
Hyperlink	http://icba2019.may-pro.net/

Item/activity	32nd European College of Neuropsychopharmacology (ECNP) Congress; Copenhagen, Denmark 07-10/09/2019. Debate S12: "Screen time, problematic use of internet and e-addictions: science or fiction?" - Carmi L, Demetrovics Z, Dell'Osso B, Fineberg NA, Potenza MN
Target Audience	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
Outcome of the activity	We engaged a packed audience (around 200 delegates)of mainly clinicians from Europe and elsewhere in a lively debate led by an expert panel including a paediatrician, over the potential harms related to PUI. There was an enthusiastic exchange of ideas around the unmet need for clinical interventions, care and services.
Hyperlink	https://2019.ecnp.eu/

Item/activity	19th World Congress of Psychiatry (WPA), Lisbon, Portugal 21-21/08/2019. Scientific Session 1: "Behavioural addiction: A research and clinical update". Chair: Chamberlain S, Grant J. Oral Presentations: "Introducing behavioural addictions: The archetype" - Grant J; "Insights into Buying□Shopping Disorder (BSD)" - Muller A; "Problematic internet usage □ disorder or conduit?" - Fineberg NA; "Latent phenotypes of behavioral addictions" - Chamberlain S. Symposium 4: "Update on obsessive compulsive and related disorders". Chair: Fineberg NA. Oral presentations: "Classification of obsessive compulsive and related disorders □ an update" - Steinn D; "New staging models in obsessive compulsive and related disorder" - Dell'Osso B; "New interventions for obsessive compulsive and related disorders" - Zohar J; "Problematic usage of the internet; A Clinician's perspective" - Fineberg NA Scientific Session 3: "Current and novel treatment of obsessive□compulsive disorder". Chair: Brakoulias V Oral Presentation: "Prescribing patterns in OCD: an international perspective" - Brakoulias V; "New developments in brain stimulation interventions for OCD" - Dell'Osso B
Target Audience	The main target audience is represented by clinical and academic psychiatrists, psychologists and ECIs.

Outcome of the activity	We introduced and advertised the growing COST Action network, the research manifesto and current research advances in PUI to a global audience of psychiatrists and psychologists. Our symposia were well attended (>200 delegates each) and received excellent feedback - The World Psychiatric Association have invited the Action to participate in 2 sessions at the next WPA meeting, Thailand 2020.
Hyperlink	https://2019.wcp-congress.com/

Item/activity	9th South Eastern European and Adriatic Addiction Treatment Conference, Thessaloniki, Greece 10-12/10/2019. In symposium 2:"Comorbidities", oral presentation "Problematic Use of Internet" - Ignjatova L
Target Audience	The main target audience is represented by clinical and academic psychiatrists, psychologists, neuroscientists, policy makers and ECIs.
Outcome of the activity	We emphasised the clinical importance of PUI and other forms of behavioural addiction as a common and disabling comorbidity of substance addiction, to educate clinicians and advance the field of addiction as a whole.
Hyperlink	https://www.internetandme.eu/events-and-workshops/

Item/activity	Indian Association for Biological Psychiatry, 15th International Congress, Agra, India 20-21/09/19. Plenary Lecture: "Advancing the treatment of Obsessive-Compulsive and Related Disorders: A Translational Approach" - Fineberg NA
Target Audience	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
Outcome of the activity	The presentation introduced the concept of digital compulsions and disorders of PUI as core symptoms or separate psychiatric disorders and discussed the clinical management of patients, with a largely South Asian clinical audience (n=150). New research ideas were discussed and new research networks established e.g. around neurostimulation. A joint scientific paper is now in development.
Hyperlink	https://anciabp.com/

Item/activity	7th Biennial Cambridge International Conference on Mental Health, Cambridge, UK 5-6/09/2019. In Symposium 1:"Obsessive Compulsive Disorders", an oral presentation "Advances in Diagnosis and Treatment for OCD and Related Disorders" . Fineberg NA
Target Audience	The main target audience is represented by Neuroscientists, including preclinical researchers working with animal models, clinical and academic psychiatrists, psychologists and ECIs.
Outcome of the activity	Models and mechanisms of compulsion of great relevance of PUI, generating new research heuristics for the study of the psychobiology of PUI, including new animal and other preclinical models, were discussed among around 150 delegates.
Hyperlink	https://www.cmhr-cu.org/conference/programme-2019

Item/activity	Poster presentation introducing COST Action at Third National Public Health Conference, Kaunas, Lithuania 9/10/2018. Poster 14:"Ką mes žinome apie problemą interneto naudojimą?" (What do we know about problematic Internet use?" - Burkauskas J, Vilma L, Kornelija MR, Mpavaenda D, Shodunke A, Cinosi E, Fineberg NA
Target Audience	The target audience is represented by Psychiatrists, Psychologists and Trainee.
Outcome of the activity	Another COST initiative aimed at introducing COST actions and emerging research fields in the PUI to a Lithuanian public of scientists and clinicians active in research, with the aim of advancing our goals to advance PUI research in the ITC countries.
Hyperlink	https://www.lsmuni.lt/media/dynamic/files/15826/konferencijosprograma2018-10-05.pdf

Item/activity	18th International Forum of Mood and Anxiety Disorders , Vienna, 4-6/07/2019 Scientific Session, Chair: Fineberg NA. Oral presentation:"Therapeutic implications of including
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	hypochondriasis in the ICD-11 ObsessiveCompulsive or Related Disorders (OCRDs)" - Fineberg NA
Target Audience	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
Outcome of the activity	The symposium highlighted to role of cyberchondria as a form of compulsive internet searching for medical information as a core component of the new ICD-11 diagnosis of hypochondriasis. Models and mechanisms, possible interventions as well as new research directions were disseminated among a largely European clinical audience.
Hyperlink	https://www.internetandme.eu/wp-content/uploads/2019/10/2019ifmad-Final-programme-web_27062019.pdf

Item/activity	Prize winning Poster at 18th International Forum on Mood and Anxiety Disorders, Vienna, Austria 04-06/07/2019. Poster 09:"Cyberchondria as an emerging trans-diagnostic digital compulsive syndrome: An updated systematic review and clinical case report" - Vismara M, Cinosi E, Dell'Osso B, Martinotti G, Fineberg NA
Target Audience	The target audience is represented by Psychiatrists, Psychologists and Trainee.
Outcome of the activity	The poster, presented by an Italian ECI psychiatrist working in a training attachment in the COST chair's unit generated by COST networking activities, discussed the importance of recognising and treating cyberchondria - a compulsive form of PUI. It was voted by the SPC as the winning poster and became the focus of the authors end of professional training dissertation for which he was awarded consumma cum laude.
Hyperlink	https://www.internetandme.eu/wp-content/uploads/2019/10/2019ifmad-Final-programme-web_27062019.pdf

Item/activity	Poster presentation at Society for the Study of Addiction conference in Newcastle, UK 08/11/2018. Poster 14:"Is it time to prescribe to log off: What do we know about problematic use of the Internet?" - Burkauskas J, Mpavaenda D, Shodunke A, Cinosi E, Fineberg NA
Target Audience	The target audience is represented by an international group of Psychiatrists, Psychologists, Social Workers and ECIs.
Outcome of the activity	This provided an opportunity for an ITC ECI member to present his work to an international forum of addiction specialists. The poster introduced the concept of PUI and the COST Action as well as current research challenges. The work generated considerable interest and CA16207 has been invited by the chair to submit a full symposium to the forthcoming SSA meeting in 2021.
Hyperlink	https://www.addiction-ssa.org/author-publications/is-it-time-to-prescribe-to-log-off-what-do-we-know-about-problematic-use-of-the-internet/

Item/activity	Poster presentation at The Association for the Treatment of Sexual Addiction and Compulsivity Conference, London, UK 26/01/2019. Poster:"Hooked on WI-FI? What Do We Know about the Problematic Use of the Internet? - Burkauskas J, Mpavaenda D, Shodunke A, Cinosi E, Fineberg NA
Target Audience	The target audience is represented by Psychiatrists, Psychologists and Trainee.
Outcome of the activity	Opportunity for ECI ITC member to share knowledge exchange with experts in behavioural addiction including sexual addiction, 9or relevance to PUI involving porn abuse.
Hyperlink	https://www.susannabasilie.it/en/london-conference-atsac-2019-association-for-the-treatment-of-sexual-addiction-and-compulsiveness/

Item/activity	PUI Cost Action presented by Prof. Gošović M and Dr Stojanovićto AJ to students at University Mediterranean.
Target Audience	The target audience is represented by students attending the Faculty of Visual Art
Outcome of the	Students discovered the emerging issue of Problematic Use of Internet and learned about the

activity	COST Action goals and the methods how they can contribute to it.
Hyperlink	http://fvu.unimediterranean.net/index.php/en/news-and-notifications/910-presentation-of-cost-action-problematic-usage-of-internet-at-unim

Item/activity	23rd Congress of the World Association of Social Psychiatry; Bucharest, Romania 25-28/10/2019 Symposium 31: "Problematic Usage of Internet and Behavioural Addictions: new challenges for social psychiatry". Chair: Martinotti G Oral presentations: "Problematic Usage of Internet and Gaming Disorder" -Burkauskas J; Problematic usage of Internet in Romania" - Sîrbu CA, Dobrescu L
Target Audience	The target audience is represented by a global group of Psychiatrists, Psychologists, social workers and trainees.
Outcome of the activity	Knowledge and ideas exchange on the role of different social factors in the expression of various forms of PUI and its intervention, taking a cross national approach.
Hyperlink	https://www.wasp2019bucharest.org/content/media/Brochure%20WASP%202019.pdf

Item/activity	Masterclass and Webinar: New Insights on Addiction Trends in Society at the University of Hertfordshire, 29/03/2018. This event is a part of an activity of the Internet & Me COST funded project and involved different COST members: Prof Fineberg NA, Dr Bowden-Jones H, Dr Corazza O, Dr Ioannidis K, Dr Martinotti G.
Target Audience	Potentially anyone interested in Internet, Eating Disorders, Gambling and Exercise addictions. 91 viewers registered online, 2/3 female, mainly aged 25-44y, majority PSYCHOLOGIST (50%), 255 OTHER. Webinar stored as a free resource on Action website.
Outcome of the activity	The disseminative result of this event is that any users, by looking at the recording, can learn more about the neurobiological mechanisms of behavioural addictions as well as the latest trends in Internet, Eating Disorders, Gambling and Exercise addictions. Online feedback forms from delegates showed excellent quality and high level of satisfaction. https://www.internetandme.eu/wp-content/uploads/2019/10/March-2018-Webinar-Feedback-report.pdf . Webinar stored as a free resource on Action website.
Hyperlink	https://www.internetandme.eu/events-and-workshops/

Item/activity	"Hooked on WiFi" Conference about COST Action and on Problematic Internet Usage, University of Barcelona, Bellvitge Hospital, Spain 10/10/2018 Chairs: Fineberg NA and Zohar J. Oral Presentations: "Hooked on WiFi – my lived experience" - Person with lived experience, with Susana Jiménez-Murcia as interviewer. Discussant: Menchón JM; "Can you be Addicted to the Internet? Neurobiological Models and Mechanisms" - Potenza MN, Discussant: Brand M; "Treating Problematic Usage of the Internet- what might work?" - Grant J, Discussant: Hollander E.
Target Audience	Public meeting, attended by around 150 individuals with PUI, family members, other interested people, university students, scientists, psychologists, psychiatrists, Spanish press.
Outcome of the activity	knowledge and information exchange between internationally renowned expert scientists and the public focussing on the lived experience of PUI, its psychological and biological causes and possible therapeutic or public health interventions, taking a person centred approach.
Hyperlink	https://www.internetandme.eu/access-hooked-on-wifi-online-archive/

Item/activity	19/10/2018 Printed Newspaper "Nova Makedonija" Title: "A Manifesto for the Problematic Usage of Internet in Everyday Life" Author: Nada Pop-Jordanova (Academician, MASA) National dissemination
Target Audience	This paper is addressed to North Macedonian public and experts who desire to gain further information about the emerging issue of Problematic Internet Use and about COST Action and goals
Outcome of the activity	Information and knowledge exchange, public partnership publicising the work of the

	CA16207.
Hyperlink	https://www.novamakedonija.com.mk/mislenja/kolumni/%D0%BC%D0%B0%D0%BD%D0%B8%D1%84%D0%B5%D1%81%D1%82-%D0%B7%D0%B0-%D0%B7%D0%BB%D0%BE%D1%83%D0%BF%D0%BE%D1%82%D1%80%D0%B5%D0%B1%D0%B0%D1%82%D0%B0-%D0%BD%D0%B0-%D0%B8%D0%BD%D1%82%D0%B5%D1%80%D0%BD%D0%B5/
Item/activity	Dr. Hollander E, Dr. Fineberg NA, Dr. Grant J, Dr. Chamberlain S and Citron K created a blog post called "Problematic Internet Use and Its Impact on Anxiety" in December 2018.
Target Audience	The target audience of this initiative is represented primarily by US Psychiatrists, Psychologists and Trainees in the field of anxiety disorders, but as an online resource can address all clinicians globally who need more information about this PUI issue.
Outcome of the activity	Information and knowledge exchange about PUI and publicisation to a US audience about the work of the Action. This blog post provides description of Problematic Internet Use, describes screening measures existing in the field and key unanswered questions, provide clinical patients examples, introduces COST project, suggests a design of an upcoming study, describes available applications.
Hyperlink	https://adaa.org/learn-from-us/from-the-experts/blog-posts/professional/problematic-internet-use-and-its-impact
Item/activity	30/04/2019 Our EU-PUI COST Action Ca16207 member Prof. Mark Potenza interviewed by Diane Sawyer for an USA, ABC 20/20 episode on gaming, screen time and internet use
Target Audience	The target audience of this initiative is represented by a mass audience of the general population and aims to inform and educate the public about the PUI issue
Outcome of the activity	Using the TV media to reach to the public to raise awareness of PUI and the work of the Action
Hyperlink	https://abc.com/movies-and-specials/screentime-diane-sawyer-reporting)
Item/activity	19/08/2019 The Guardian Newspaper, Article. Dr. Henrietta Bowden-Jones comments on the situation that addicted teenagers travelling to overseas clinics as there are no NHS facilities to treat gaming disorder
Target Audience	The target audience of this initiative is represented by general population and health policy makers, focussing on the UK.
Outcome of the activity	Information for the public and policy makers about the risks and impact of Online Gaming Disorder issue among teenagers and the need to invest in health services and facilities for those with gaming disorder.
Hyperlink	https://www.theguardian.com/society/2019/aug/18/gap-in-nhs-provision-forcing-gaming-addicts-to-seek-help-abroad?fbclid=IwAR0JPuxq0E3JbZ99NKpHrqlKUI46cVBwDdWdCmJ5Wac6hvJdiqqzIIN6CHw
Item/activity	Technical E-magazine. Mokslas, Delfi, (Delfi science technology).Technology section. Interview on Problematic Usage of Mobile Phone by Lithuanian COST Action National Representative Dr Vilma Liaugaudaite, 13/09/2019.
Target Audience	The target audience of this initiative is represented by general population of Lithuania including those interested in technical issues and aims to inform the public about the Problematic Use of Mobile Phone issue.
Outcome of the activity	Informing the public including experts in science and technology in an ITC country about the risks of smartphone addiction and the work of CA 16207
Hyperlink	https://www.delfi.lt/mokslas/technologijos/susitinkame-su-draugais-bet-nosys-telefonuose-juose-praleidziamе-daugiau-laiko-nei-atostogaujame.d?id=82235899
Item/activity	E-magazine. Gyvenimas, Sveikata (life in health). Interview on Problematic Usage of Mobile

	Phone by Lithuanian COST Action National Representative Dr Vilma Liaugaudaite, 08/10/2019.
Target Audience	The target audience of this initiative is represented by general population and aims to inform the public about the Problematic Use of Mobile Phone issue.
Outcome of the activity	Information for the public about the health risks of smart phone addiction and the work of the cost action..
Hyperlink	https://www.15min.lt/gyvenimas/naujiena/sveikata/mokslinike-apie-ismaniju-telefonu-poveiki-sveikatai-musu-smegenys-gyvena-nuolatineje-itampoje-1028-1210992

Item/activity	ECNP-OCRN-ICOCS 15th Annual Scientific Meeting Program. Copenhagen, Denmark, 11/09/2019. Session "OCD in the Digital Era – From Theoretical Mechanism to Practical Intervention": Oral Presentation: "Habit Formation of Digital Compulsions2" potenza MN; "Cyberchondria" – Vismara M; "Virtual Hospitalization in OCD" – Carmi L. Session "New Research" Oral presentations: "TMS for OCD Follow-Up Study" –Zohar J; "Genetics and Inflammatory Markers in OCD" – Geller D; "Cannabis Use in OCD " - Dell'Osso B and Van Ameringen M
Target Audience	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists and ECIs.
Outcome of the activity	Knowledge and ideas exchange on the effect of technologies in the variable expression of OCD and its intervention, taking a cross national approach.
Hyperlink	https://www.internetandme.eu/wp-content/uploads/2019/10/Scientific-Program-copenhagen-2.pdf

Item/activity	15/11/2019 Multiple media outputs including a BBC Radio 2 interview acknowledging CA16207 and several newspaper articles generated by COST Action Member Astrid Mueller, disseminating the results of her recent study "Online shopping in treatment-seeking patients with buying-shopping disorder" - published in Comprehensive Psychiatry. This study got the attention of printed and electronic newspapers: The Times, Daily Mail, The Week UK, UNILAD, Pedestrian TV. These media outputs underline the importance to recognize Buying-Shopping Disorder as a separate mental health condition as a first step to elaborate a specific care process
Target Audience	The target audience of this initiative is represented by general population and health policy makers.
Outcome of the activity	Information for the public and policy makers about the risks and impact of Online Shopping in people with Buying-Shopping Addiction issue and the need to invest and encourage future studies addressing this issue.
Hyperlink	https://www.internetandme.eu/media-corner/

Item/activity	29/11/2019 UK press release about problematic smartphone use basing on COST Action Member Sam Chamberlain comments via the Science Media Centre (SMC)
Target Audience	The target audience was the scientific community and wider public audience
Outcome of the activity	Two pieces were written by the Telegraph Newspaper and Sky News about the findings of the research showing that 23% of youngsters were showing signs of "Problematic smartphone usage" (PSU)
Hyperlink	https://www.internetandme.eu/media-corner/

Item/activity	09/12/2019 COST Action Members Edna Grünblatt and Susanne Walitza talk on Problematic Internet Use: Screen Addiction.
Target Audience	The target audience for this was the general wider public
Outcome of the activity	Piece published in the UZH News outlining screen addiction Gaming without end, knowledge and information for the general public about possible effects of screen addiction

Hyperlink	https://www.internetandme.eu/media-corner/
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Item/activity	31/12/2019 Our Net&Me COST Action Ca16207 member Prof. Mark Potenza interviewed by Sigutė Limontaitė for "DELFI" on addiction to pornography.
Target Audience	The target audience was the general wider public and policy makers
Outcome of the activity	Increased discussion on the topic of "compulsive online pornography viewing" as an actual disorder. Increased knowledge and information for health professionals and policy makers
Hyperlink	https://www.internetandme.eu/media-corner/

Item/activity	20/05/2020 Lithuanian press release about preventing problematic internet use during the COVID-19 pandemic. Our COST Action communication manager Julius Burkauskas comments via the "Skaitmeninės etikos centras".
Target Audience	The target audience was the wider general public and health care professionals.
Outcome of the activity	Multipule outputs including two articles generated from the original press release, coverage on Lithuanian National TV and Radio. Increased knowledge and information for the general public and knowledge exchange for scientific audiences
Hyperlink	https://www.internetandme.eu/media-corner/

Item/activity	28/05/2020 COST Action member Biljana Gjoneska comment on preventing problematic internet use during the COVID-19 pandemic in an interview with Ineteracademy Partnership Young Physicians Leaders
Target Audience	The target audience was the general wider public and health care professionals
Outcome of the activity	Increased knowledge and information about preventing PUI in the times of the Covid-19 pandemic
Hyperlink	https://www.internetandme.eu/media-corner/

Item/activity	07/07/2020 Our COST Action Lithuanian Representative Vilma Liaugaudaite gave an interview on PUI to National Radio.
Target Audience	The target audience was the genral wider public and national policy makers
Outcome of the activity	Knowledge exchange of the effects of PUI during the pandemic and knowledge of possible self help information
Hyperlink	https://www.internetandme.eu/media-corner/

Item/activity	Joint position statement on the Children's rights in the "Digital Services Act" delivered to the European Parliament
Target Audience	The target audience was the EU and European Commissions and Policy makers
Outcome of the activity	Support and Collaboration between 7 organisations representing over 2000 children's rights organisations as well parents and mental health stakeholder associations.
Hyperlink	https://www.internetandme.eu/media-corner/

Exploitation activities

The following activities to ensure exploitation (use, in particular in a commercial context) of the Action's achievements reported by the Action were effective and added value

Item/activity	Press Release 09/10/2018: hosted by the European College of Neuropsychopharmacology in order to introduce the COST Action and its manifesto :“European researchers set out priorities for dealing with problem internet use”, Manifesto Of European Network for Problematic Usage of the Internet.
Target Audience	The target audience is the general population and experts. This event informed journalists and the public about the foundation of the first international network to identify and understand problems associated with Internet use, such as gambling, pornography, bullying, excessive social media use.
Outcome of the activity	Our Action activities and up to date scientific information about the health and wellbeing risks of PUI and the unmet need for preventative and therapeutic interventions were published by several newspapers (The Guardian, The Telegraph, New Scientist, ITV news, Medical Xpress, Yahoo,EurekAlert! and CAM) and raised awareness of PUI as a major public health problem. This has helped to raise awareness among the public and policy makers and has influenced development of health and social policy initiatives based on scientific knowledge to combat PUI.

Item/activity	09/03/2019 “Riscos e Desafios” (Risks and Challenges) is an innovative Portuguese initiative, introduced by the Administração Regional de Saúde do Norte and supported by Net&Me COST Action Ca16207. It aims to promote academic success and prevent risky behaviour by developing core competencies for well-being and health. (link: https://www.ess.ipp.pt/noticias/riscos-e-desafios-2019-2020). CA16207 supports this initiative by introducing the emerging issue of Problematic Internet Use among students and underlining the importance of prevent risky behavior that may end in an addictive disorder. We participate in the elaboration of this programme consisting of 8 weekly sessions of 2 hours each, held in each school of P. Porto, and regarding topics such as interpersonal skills, autonomy and interdependence, time optimization, lifestyle management, integrity and positive interpersonal relationships, among other areas.
Target Audience	This initiative addresses all 1st year Porto Polytechnic Institute students
Outcome of the activity	The program "Riscos e Desafios" has been embedded within the Portuguese national health programme. All first year students of Porto Polytechnic are offered the opportunity to enrol. Through participation, it is expected that the risk of PUI is reduced by encouraging the development of core competencies for well-being and health. Participation is certified as curricular training and recognized in the Diploma Supplement.

Item/activity	Drug Prevention Approaches that Make a Difference, 25-26/2019, Reykjavik, Iceland. In Session 2: "Key aspects for effective prevention", an oral presentation "The need for effective ways and means to prevent problematic use of the Internet among youngsters" by Ignjatova L. (link: https://www.internetandme.eu/events-and-workshops/)
Target Audience	The main target audience is represented by Neuroscientists, clinical and academic psychiatrists, psychologists, policy makers and ECIs.
Outcome of the activity	International capacity building seminar organized by the Pompidou Group of the Council of Europe jointly with the Inter-American Drug Abuse Control Commission (CICAD) of the Organization of American States (OAS) and the Iceland Directorate of Health. We presented evidence of the clinical relevance of disorders of behavioural addiction in relation to the field of substance addiction. Our contribution will advance knowledge of PUI at a senior level and may be translated into new health policies and practices.

Item/activity	"HOOKED: When Want Becomes Need!", a free exhibition and event programme exploring Addiction and Recovery at Science Gallery of London, from 21/09/2018 to 06/01/2019. In this event we also introduced the COST Action. Members of the public were invited to challenge the stigmas associated with addiction, consider addiction as a health issue we are all susceptible to, and explore how recovery takes many forms. (link: https://london.sciencegallery.com/news/hooked)
Target Audience	The target audience of this exhibition included the general public as well as psychologists and psychiatrists.

Outcome of the activity	This popular event introduced the work of our COST action to the general public. We introduced PUI as a form of behavioural addiction, provided public education about PUI as an emerging health issue, involved the public in challenging stigma associated with disorders of addiction and explored ways of keeping healthy and well in the digital world.
Item/activity	COST member Professor Henrietta Bowden-Jones gave expert testimony on the risks of Online Gaming Disorder to the UK Parliament for an investigation into digital and immersive technologies. Portcullis House, Westminster, London, UK, 27/02/2019. (link: https://www.parliament.uk/business/committees/committees-a-z/commons-select/digital-culture-media-and-sport-committee/news/immersive-technologies-evidence-17-191/)
Target Audience	The target audience is represented by the UK Parliamentary Cross Party Committee for Digital, Culture, Media and Sport
Outcome of the activity	Expert opinion from COST member Prof. Bowden-Jones was used by the UK Parliament Digital, Culture, Media and Sport Committee to elaborate reliable governmental policy making on policy and industry regulation related to 'Online Gaming Disorder'. This work is ongoing and is expected to result in new legislation.
Item/activity	Oral presentation explaining the importance of research investment into Problematic Use of Internet (PUI) for the European Commission Health Directorate, European Commission, Brussels 25/03/2019. "Advancing Research Into Problematic Use Of The Internet – Toward Horizon Europe" - Fineberg NA and Demetrovics Z (link: https://www.internetandme.eu/events-and-workshops/)
Target Audience	The target audience was the European Commission Health Directorate members, including key stakeholders in the development of EU health research policy and Horizon Europe.
Outcome of the activity	Information exchange between key stakeholders in EU research and policy at a senior level. Concordance reached on the importance of adequately funded programmed research for PUI at a pan- European level as well as the most relevant and achievable research goals and experimental models. Demonstration of research capacity to lead large scale collaborative research projects through the COST Action network.
Item/activity	International Training School and Conference on Problematic Usage of the Internet (PUI), Clare Collega, Cambridge 14-16/01/2019. Chairs: Fineberg NA, Local Organizing Committee: Chamberlain S, Administrator Hall N. All the interactive sessions are available online. Interactive Training session 1. Discussant: Prof Brand M Oral presentations: "Introduction to PUI" - Professor Fineberg NA and Professor Zohar J; "Classification of PUI; controversies and consensus" - Professor Stein D; "Assessment of gaming disorder and PUI – what are the best scales?" - Professor Demetrovics Z, Dr Király O; "PUI and substances: a controversial correlation" - Dr Martinotti G Interactive Training session 2. Discussant: Professor Fineberg NA Oral presentations: "Psychological and neurobiological mechanisms of PUI: an update" - Professor Brand M; "Cognitive mechanisms and PUI" - Dr Ioannidis K; "PUI in childhood populations" - Professor Pallanti S (via videolink) Interactive Training session 3. Discussant: Dr Chamberlain S Oral Presentations: "PUI and ASD" - Professor Hollander E; "Treatments for gambling disorder and related conditions: possible implications for PUI" - Professor Grant J; "Treatments for obsessive-compulsive spectrum disorders" - Professor Van Ameringen M; "Compulsive problems and disorders in children and adolescents" - Professor Geller D. (link: https://www.internetandme.eu/access-the-pui-online-archive/)
Target Audience	Trainers were COST members/expert scientists from European and non European countries; 'in person' delegates comprised a multidisciplinary group of COST members, focussing on ITC and ECI members who were not active WG members (Psychiatry, Psychology, Law, Education) (total=32 members over 3 days). Educational events streamed online free to the general public with interactive capabilities. Webinar stored as a free resource on Action website.
Outcome of the activity	Team building, strengthening relationships and information exchange among the network, resulting in the finalising of new research projects, informed by multidisciplinary delegate interaction e.g. Delphi project on refining the gaming disorder diagnosis for future diagnostic revisions, compendium of recommended rating scales for PUI. (https://www.internetandme.eu/wp-content/uploads/2019/10/Cambridge-Training-School-Feedback-report.pdf) Webinar

	stored as a free resource on Action website.
Item/activity	The Guardian, The Sun, The Telegraph Newspaper and BBC news article, 08/10/2019. Interview with Dr Henrietta Bowden-Jones about the news that first children are set to receive NHS therapy treatment for gaming and social media addiction. (link: https://www.thesun.co.uk/news/10085781/kid-nhs-rehab-gaming-addiction/)
Target Audience	The target audience of this initiative is represented by general population and health policy makers, focussing on the UK.
Outcome of the activity	In the present interview, Cost Member Dr Bowden-Jones H underlines the importance that the NHS starts recognising the problem of PUI, in particular among teenageer, and initiates provision of specific treatment and facilities for those with gaming disorder. This interview received considerable press exposure raising awareness of PUI as well as Oline Gaming Disorder as a major public health issue and was instrumental in the establishment of the first mental health services for Gaming Disorder in the UK.
Item/activity	E- Magazine Portal: "Science for All", 19/01/2019. Title: "The Digital Revolution – a Problem or a Solution for the Human Evolution". Author: Biljana Gjoneska (Research Associate, MASA) (link: https://nzs.mk/digitalna-revolucija-pridobivka-ili-problem-za-chovekovata-evolucija/)
Target Audience	The article is addressed to members of the public and expert scientists, including experts in digital technology, who desire to gain further information about the emerging issue of Problematic Internet Use
Outcome of the activity	This e-paper described the implications of addiction to technology and Internet usage in everyday activities for a technical audience to promote engagement with technical stakeholders working in the digital field.
Item/activity	A chapter entitled Disorders Due to Addictive Behaviours and Impulse Control Disorders , authors (COST Action members) Billieux J, Rumpf HJ, Fineberg NA and King D, was submitted in Oct 2019 for publication in the book entitled 'A Psychological Approach to Diagnosis Using the ICD-11 as a Framework', edited by Tahilia J. Rebello, Geoffrey M. Reed, Pierre L.-J. Ritchie, Andreas Maercker, to be published by the World Health Organisation.
Target Audience	Psychologists and mental health clinicians, worldwide, especially those working in LMIC.
Outcome of the activity	This book will upskill clinicians in the accurate recognition and diagnosis of the emerging group of disorders of PUI, so that they can intercommunicate reliably about these new disorders and plan clinical care appropriately, thereby improving the health and wellbeing of citizens at a global level.
Item/activity	21-23 Oct 2020 International training school on problematic internet use. All recordings of lectures are available on the action website for future dissemination and further teaching opportunities https://www.internetandme.eu/archive-for-pui-training-school-2020/
Target Audience	The target audience was Psychiatrists, Psychologists, trainees and anyone interested in understanding PUI.
Outcome of the activity	Exchange of knowledge in regards to methodological approaches, models, disorders, treatments and interventions
Item/activity	22/11/2020 Online public meeting "Problematic Internet Use in the time of the Covid-19 Pandemic. Keynote speakers: Prof Mark Potenza "Internet use in the time of the COVID-19 Pandemic: problematic engagement and therapeutic potential" Prof Giovanni Martinotti "COVID-19, Quarantine and InformationCommunication Technologies: recommendations and hints for a safe use" Dr Ornella Corazza "A cross-sectional and cultural study on the impact of COVID-19 on body image and other disorders" Dr Biljana Gjoneska "Problematic internet behaviours in problematic times of the Pandemic" Prof Julia Jones "Public involvement in research"

Target Audience	The target audience was the wider general public as well as academics and trainees interested in PUI
Outcome of the activity	Recordings of the ghest lectures are available free on the action website for further training and teaching resource materials. https://www.internetandme.eu/archive-for-public-meeting-2020/

Item/activity	9/04/2021 "Promoting the study of the PROBLEMATIC USE OF INTERNET among early career researchers" This Webinar was an oppertunity for the ECI's of CA16207 to disseminate their research and their experiences of STSM, ITC Grants for conferences and being involved with the Action. All recordings are available on the action website for further dissemination of activities. https://www.internetandme.eu/pre-recordings-for-pui-early-career-researcher/
Target Audience	The target audience was Early Carear researchers with an interest in PUI
Outcome of the activity	KNowledge exchange and the oppertunity for ECI members to promote their own studies and experiences

Item/activity	29/04/2021 Problematic Use of the Internet Raising the Public Voice International Festival of Science and Arts. Bringing together researchers, teachers, film producers, parents, gamers and young people to discus PUI as protraied in the Arts and PUI in reality, what research is needed and to hear the public voice. The recording of the event is available on the action website for future dissemination https://www.internetandme.eu/events-and-workshops/
Target Audience	The target audience was the wider general public,parents, teachers, young people affected and not affected by PUI as well as academics researching PUI.
Outcome of the activity	exchange of knowledge and understanding of the publics concerns surounding PUI from numerous perspectives, bringing the pubic and academic voices closer together.

Item/activity	6th - 8th Oct 2021 International Training school on Problematic Usage of the Internet in a changing society. All recordings of the leactures are available on the action website for further dissemination and to be used as further teaching resources. https://www.internetandme.eu/events-and-workshops/
Target Audience	The target audience were psychiatrists, psychologists and trainees interested in PUI
Outcome of the activity	Exchange of knowledge and information on PUI in a changing society

Item/activity	Production of short video clips to be used in dissemination the action, and PUI information via social media and in presentations. All recordings are available via the actions website for further dissemination and distribution https://www.internetandme.eu/media-corner/
Target Audience	The target audience is the wider general public expecially the younger audience.
Outcome of the activity	Exchange of Knowledge and information in lay terms, key highlights from specific topics and helpful information.

Item/activity	Documentry of Highlights from the Fastival of Science: Raising the public voice. Including excerpts from academics and members of the public. The documentry is available on the action website for further dissemination and distribution. https://www.internetandme.eu/
Target Audience	The target audience is the wider general public including young people, gamers, teachers and parents.
Outcome of the activity	Increasing the awareness of PUI and the key areas of concern for the public in order to carry out meaningful research.

Assessment of Action dissemination and exploitation

The effectiveness of the Action's dissemination and exploitation approach (other than co-authored publications) is assessed as follows:

The dissemination activities carried out have been numerous and carried out at a European and national level. A large number of them can be retrieved from the action's website. The presence of the action in the scientific forums, meetings for young researchers, as well as actions in the media and directed to the community, make the dissemination can be considered valuable.

Assessment of Action dissemination and exploitation activities:

Most Action activities focusing on dissemination of Action results were effective [Good]
Most Action activities focusing on exploitation of Action results were effective [Good]

Action Success(es)

The following table shows the success(es) reported by the Action and the Action Rapporteur's comment.

Success reported by Action	Action Rapporteur comment
<p>Through our influential networked publications and other outputs, this Action played an instrumental role in the adoption of a new diagnosis of Gaming Disorder, as the first disorder of addictive digital behaviour, in the World Health Organisation International Classification of Diseases 11th Revision (ICD-11)- The global standard for diagnostic health information. This development firmly establishes problematic usage of the Internet as a major health issue. The ICD-11 classification of Gaming Disorder marks a major re-conceptualisation of addiction as a form of mental disorder that extends beyond simply the use of psycho-active substances and will undoubtedly lead to new scientific and research heuristics. Moreover, by publishing a standard set of diagnostic criteria, this development will improve the consistency of networked research into Gaming Disorder across different populations, so that reliable information can be gathered to inform treatment and health services development. The diagnosis of Gaming Disorder also serves as a platform for better understanding other new candidate mental disorders involving problematic usage of the Internet, such as compulsive pornography viewing, social media usage, shopping-buying disorder, etc.</p>	<p>Undoubtedly, the action can be proud of its productive capacity and influence in the scientific field at a critical moment for the definition of PUI and its associated disorders, as well as its presence in ICD-11. Without a doubt, its impact over time will be high and, as the authors point out, it opens the door to the conceptualization of other associated mental disorders and the adoption of policies around the use of technology.</p>
<p>Through building capacity in the demographic inclusiveness of networks for the investigation of problematic usage of the Internet (PUI), including bringing together experts from diverse disciplines and fields, representation of newly established research groups, Early-Career Investigators, the under-represented gender, teams from countries/regions with less capacity in the field of PUI and robust lay-citizen engagement, we have consolidated our scientific objectives into a coherent research programme - in itself a major achievement - for which we have recently (Feb 2022) submitted a grant application to the Horizon Europe funding agency (Bootstrap: 101080238-1 [internal reference number: SEP-210799937] HORIZON-HLTH-2022-STAYHLTH-01-01-two-stage). The research programme is designed to answer those research questions the Action believes to be most critical for the field. It involves a pan-European networked longitudinal study, involving four named ITC co-applicants, that could only have been achieved through the networking activities of the Action. Furthermore, the research programme involves strong inter-Action collaboration with CA19143-the Global Digital Human Rights Network, as full partners on the project. Should the project fail to gain EU funding, we will re-apply to other funding bodies e.g the UK NIHR as a contingency plan.</p>	<p>We believe that the action has been successful in creating scientific collaboration networks, characterized by inclusiveness and representativeness of groups and countries. The translation in a Horizon project must be considered a success of the action that guarantees that the efforts made have continuity.</p>

Other matters

Added value of extension

The validity of the Action's description of the added value of the extension is as follows: The proposed activities seem relevant and would be an excellent culmination of the activities of the action.

Difficulties in implementing the Action

The Action Rapporteur did not report having observed any difficulties in the implementation of the Action.

Suggestions for improvements to COST framework / procedures

The Action Rapporteur did not suggest any changes to the COST framework .

Emerging topics / developments in the field of the Action

The Action reported the following emerging topics / developments in the field of the Action.

- 1. Passive digital monitoring of human behaviour, as a new method for early identification of a wide range problematic behaviours before they become pathological, so as to facilitate timely, effective intervention, has emerged from our Action as a 'hot topic', encompassing ethical and legal as well as operational challenges.
- 2. Growing understanding of the role that commercial digital companies play in contributing to the development of problematic usage of the internet e.g., by capturing the attention of young people, and the damaging effect on a young individual's social and emotional development, has revealed a whole new area for scientific study. Arguably, control of one's own 'attention' may represent a new and critical, though as yet under-recognised, human right.
- 3. The impact of the coronavirus pandemic on the growth of problematic usage of the internet (PUI) and its societal consequences e.g potential mediating effects of PUI on misinformation (including medical misinformation), vaccine hesitancy, social mistrust, divisiveness, radicalisation etc. merits further consideration in COST activities. As an example, Action publications describing the effect of the pandemic on PUI and how to manage it have been very highly cited (>200 citations).

The Action Rapporteur made the following comment on the emerging topics / developments in the field reported by the Action.

The emerging topics are original and represent potential growth lines that undoubtedly pose new challenges for knowledge in relation to the use and impact of technology on our behavior and lives.

Action Rapporteur

This Final Assessment Report was submitted on 2022-06-30 by:
Dr ANDRES CHAMARRO
Faculty of Psychology
Spain

Annex 1: List of publications

The Action reported 79 publications on the topic of the Action, co-authored by at least two Action participants from two countries participating in the Action, and for which the Action networking was necessary.

Co-authored Action publications - peer-reviewed

<p>Title</p> <p>Authors</p> <p>DOI</p> <p>Type</p> <p>Published in</p> <p>Published by</p> <p>ISSNs</p> <p>Subject</p> <p>Link</p>	<p>Cognitive deficits in problematic internet use: meta-analysis of 40 studies</p> <p>Konstantinos Ioannidis; Roxanne Hook; Anna E. Goudriaan; Simon Vlies; Naomi A. Fineberg; Jon E. Grant; Samuel R. Chamberlain</p> <p>doi:10.1192/bjp.2019.3</p> <p>Journal article</p> <p>The British Journal of Psychiatry</p> <p>Royal College of Psychiatrists</p> <p>0007-1250; 1472-1465</p> <p>Psychiatry and Mental health</p> <p>https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S0007125019000035</p>
<p>Title</p> <p>Authors</p> <p>DOI</p> <p>Type</p> <p>Published in</p> <p>Published by</p> <p>ISSNs</p> <p>Link</p>	<p>Ten-Item Internet Gaming Disorder Test (IGDT-10): Measurement invariance and cross-cultural validation across seven language-based samples.</p> <p>Orsolya Király; Beáta Bóthe; Jano Ramos-Diaz; Afarin Rahimi-Movaghar; Katerina Lukavska; Ondřej Hrabec; Michal Miovsky; Joël Billieux; Jory Deleuze; Filip Nuyens; Laurent Karila; Mark D. Griffiths; Katalin Nagygyörgy; Róbert Urbán; Marc N. Potenza; Daniel L. King; Hans-Jürgen Rumpf; Natacha Carragher; Zsolt Demetrovics</p> <p>doi:10.1037/adb0000433</p> <p>Journal article</p> <p>Psychology of Addictive Behaviors</p> <p>American Psychological Association (APA)</p> <p>1939-1501; 0893-164X</p> <p>http://psycnet.apa.org/journals/adb/33/1/91.pdf</p>
<p>Title</p> <p>Authors</p> <p>DOI</p> <p>Type</p> <p>Published in</p>	<p>Cross-Cultural Validation of the Compulsive Internet Use Scale in Four Forms and Eight Languages</p> <p>Olatz Lopez-Fernandez; Mark D. Griffiths; Daria J. Kuss; Christopher Dawes; Halley M. Pontes; Lucy Justice; Hans-Jürgen Rumpf; Anja Bischof; Ann-Kathrin Gässler; Eva Suryani; Niko Männikkö; Maria Kääriäinen; Lucia Romo; Yannick Morvan; Laurence Kern; Pierluigi Graziani; Amélie Rousseau; Julia M. Hormes; Adriano Schimmenti; Alessia Passanisi; Zsolt Demetrovics; Orsolya Király; Bernadeta Lelonek-Kuleta; Joanna Chwaszcz; Magali Dufour; Javier Ponce Terashima; Mariano Chóliz; Juan José Zacarés; Emilia Serra; Lucien Rochat; Daniele Zullino; Sophia Achab; Nils Inge Landrø; Joël Billieux</p> <p>doi:10.1089/cyber.2018.0731</p> <p>Journal article</p> <p>Cyberpsychology, Behavior, and Social Networking</p>

Published by
 ISSNs
 Subjects

Mary Ann Liebert Inc
[2152-2715](#); [2152-2723](#)
 Applied Psychology; Human-Computer Interaction;
 Communication; Social Psychology; General
 Medicine; Computer Science Applications

Links

<https://www.liebertpub.com/doi/full-xml/10.1089/cyber.2018.0731>;
<https://www.liebertpub.com/doi/pdf/10.1089/cyber.2018.0731>

Title

Measurement Invariance of the Short Version of the Problematic Mobile Phone Use Questionnaire (PMPUQ-SV) across Eight Languages

Authors

Olatz Lopez-Fernandez; Daria J. Kuss; Halley M. Pontes; Mark D. Griffiths; Christopher Dawes; Lucy V. Justice; Niko Männikkö; Maria Käriäinen; Hans-Jürgen Rumpf; Anja Bischof; Ann-Kathrin Gässler; Lucia Romo; Laurence Kern; Yannick Morvan; Amélie Rousseau; Pierluigi Graziani; Zsolt Demetrovics; Orsolya Király; Adriano Schimmenti; Alessia Passanisi; Bernadeta Lelonek-Kuleta; Joanna Chwaszcz; Mariano Chóliz; Juan José Zacarés; Emilia Serra; Magali Dufour; Lucien Rochat; Daniele Zullino; Sophia Achab; Nils Inge Landrø; Eva Suryani; Julia M. Hormes; Javier Ponce Terashima; [Joël Billieux](#)
[doi:10.3390/ijerph15061213](https://doi.org/10.3390/ijerph15061213)

DOI

Type

Published in

Journal article
 International Journal of Environmental Research and Public Health

Published by

ISSN

Link

MDPI AG
[1660-4601](#)
<http://www.mdpi.com/1660-4601/15/6/1213/pdf>

Title

Including gaming disorder in the ICD-11: The need to do so from a clinical and public health perspective

Authors

Hans-Jürgen Rumpf; Sophia Achab; Joël Billieux; Henrietta Bowden-Jones; Natacha Carragher; Zsolt Demetrovics; Susumu Higuchi; Daniel L. King; Karl Mann; Marc Potenza; John B. Saunders; Max Abbott; Atul Ambekar; Osman Tolga Aricak; Sawitri Assanangkornchai; Norharlina Bahar; Guilherme Borges; Matthias Brand; Elda Mei-Lo Chan; Thomas Chung; Jeff Derevensky; Ahmad El Kashef; Michael Farrell; Naomi A. Fineberg; Claudia Gandin; Douglas A. Gentile; Mark D. Griffiths; Anna E. Goudriaan; Marie Grall-Bronnec; Wei Hao; David C. Hodgins; Patrick Ip; Orsolya Király; Hae Kook Lee; Daria Kuss; Jeroen S. Lemmens; Jiang Long; Olatz Lopez-Fernandez; Satoko Mihara; Nancy M. Petry; Halley M. Pontes; Afarin Rahimi-Movaghar; Florian Rehbein; Jürgen Rehm; Emanuele Scafato; Manoi Sharma; Daniel Spritzer; Dan J. Stein; Philip Tam; Aviv Weinstein; Hans-Ulrich Wittchen; Klaus Wölfling; Daniele Zullino; Vladimir Poznyak

DOI

Type

[doi:10.1556/2006.7.2018.59](https://doi.org/10.1556/2006.7.2018.59)
 Journal article

Published in
Published by
ISSNs
Links

Journal of Behavioral Addictions
Akademiai Kiado Zrt.
[2062-5871](https://doi.org/10.1556/2006.7.2018.59); [2063-5303](https://doi.org/10.1556/2006.7.2018.59)
<https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.59>;
<https://akademiai.com/doi/full/10.1556/2006.7.2018.59>

Title

Balancing validity, utility and public health considerations in disorders due to addictive behaviours

Authors

Dan J. Stein; Joël Billieux; Henrietta Bowden-Jones; Jon E. Grant; Naomi Fineberg; Susumu Higuchi; Wei Hao; Karl Mann; Hisato Matsunaga; Marc N. Potenza; Hans-Jürgen M. Rumpf; David Veale; Rajat Ray; John B. Saunders; Geoffrey M. Reed; Vladimir Poznyak

DOI

[doi:10.1002/wps.20570](https://doi.org/10.1002/wps.20570)

Type

Journal article

Published in

World Psychiatry

Published by

Wiley

ISSN

[1723-8617](https://doi.org/10.1002/wps.20570)

Links

<https://api.wiley.com/onlinelibrary/tdm/v1/articles/10.1002%2Fwps.20570>;
<http://onlinelibrary.wiley.com/wol1/doi/10.1002/wps.20570/fullpdf>

Title

Spanish validation of the pathological buying screener in patients with eating disorder and gambling disorder

Authors

Fernando Fernández-Aranda; Roser Granero; Gemma Mestre-Bach; Trevor Steward; Astrid Müller; Matthias Brand; Teresa Mena-Moreno; Cristina Vintró-Alcaraz; Amparo del Pino-Gutiérrez; Laura Moragas; Núria Mallorquí-Bagué; Neus Aymamí; Mónica Gómez-Peña; María Lozano-Madrid; José M. Menchón; Susana Jiménez-Murcia

DOI

[doi:10.1556/2006.8.2019.08](https://doi.org/10.1556/2006.8.2019.08)

Type

Journal article

Published in

Journal of Behavioral Addictions

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ISSNs

[2062-5871](https://doi.org/10.1556/2006.8.2019.08); [2063-5303](https://doi.org/10.1556/2006.8.2019.08)

Subjects

Medicine (miscellaneous); Clinical Psychology; Psychiatry and Mental health; General Medicine

Links

<https://www.akademiai.com/doi/full-xml/10.1556/2006.8.2019.08>;
<https://www.akademiai.com/doi/pdf/10.1556/2006.8.2019.08>

Title

The impact of comorbid impulsive/compulsive disorders in problematic Internet use

Authors

Samuel R. Chamberlain; Konstantinos Ioannidis; Jon E. Grant

DOI

[doi:10.1556/2006.7.2018.30](https://doi.org/10.1556/2006.7.2018.30)

Type

Journal article

Published in

Journal of Behavioral Addictions

Published by

Akademiai Kiado Zrt.

ISSNs Links	2062-5871 ; 2063-5303 https://www.akademai.com/doi/full-xml/10.1556/2006.7.2018.30 ; https://akademai.com/doi/full/10.1556/2006.7.2018.30
<hr/>	
Title Authors DOI Type Published in Published by ISSNs Subjects Links	Logic, evidence and consensus: Towards a more constructive debate on gaming disorder Daniel L King ; Paul H Delfabbro; Marc N Potenza; Zsolt Demetrovics; Joël Billieux; Matthias Brand doi:10.1177/0004867419864435 Journal article Australian & New Zealand Journal of Psychiatry SAGE Publications 0004-8674 ; 1440-1614 Psychiatry and Mental health; General Medicine http://journals.sagepub.com/doi/pdf/10.1177/0004867419864435 ; http://journals.sagepub.com/doi/full-xml/10.1177/0004867419864435
<hr/>	
Title Authors DOI Type Published in Published by ISSN Subjects Links	The Interaction of Person-Affect-Cognition-Execution (I-PACE) model for addictive behaviors: Update, generalization to addictive behaviors beyond internet-use disorders, and specification of the process character of addictive behaviors Matthias Brand; Elisa Wegmann; Rudolf Stark; Astrid Müller; Klaus Wölfling; Trevor W. Robbins; Marc N. Potenza doi:10.1016/j.neubiorev.2019.06.032 Journal article Neuroscience & Biobehavioral Reviews Elsevier BV 0149-7634 Cognitive Neuroscience; Behavioral Neuroscience; Neuropsychology and Physiological Psychology https://api.elsevier.com/content/article/PII:S0149763419303707?httpAccept=text/xml ; https://api.elsevier.com/content/article/PII:S0149763419303707?httpAccept=text/plain
<hr/>	
Title Authors DOI Type Published in Published by ISSNs Subjects	Buying-shopping disorder—is there enough evidence to support its inclusion in ICD-11? Astrid Müller ; Matthias Brand; Laurence Claes; Zsolt Demetrovics; Martina de Zwaan; Fernando Fernández-Aranda; Randy O. Frost; Susana Jimenez-Murcia; Michael Lejoyeux; Sabine Steins-Loeber; James E. Mitchell; Richard Moulding; Maja Nedeljkovic; Patrick Trotzke; Aviv Weinstein; Michael Kyrios doi:10.1017/S1092852918001323 Journal article CNS Spectrums Cambridge University Press (CUP) 1092-8529 ; 2165-6509 Psychiatry and Mental health; Clinical Neurology

Link	https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S1092852918001323
Title	Problematic internet use as an age-related multifaceted problem: Evidence from a two-site survey
Authors	Konstantinos Ioannidis; Matthias S. Treder; Samuel R. Chamberlain; Franz Kiraly; Sarah A. Redden; Dan J. Stein; Christine Lochner; Jon E. Grant
DOI	doi:10.1016/j.addbeh.2018.02.017
Type	Journal article
Published in	Addictive Behaviors
Published by	Elsevier BV
ISSN	0306-4603
Subjects	Toxicology; Medicine (miscellaneous); Clinical Psychology; Psychiatry and Mental health
Links	https://api.elsevier.com/content/article/PII:S0306460318300820?httpAccept=text/xml ; https://api.elsevier.com/content/article/PII:S0306460318300820?httpAccept=text/plain
Title	The Psychology of Esports: A Systematic Literature Review
Authors	Fanni Bányai; Mark D. Griffiths; Orsolya Király; Zsolt Demetrovics
DOI	doi:10.1007/s10899-018-9763-1
Type	Journal article
Published in	Journal of Gambling Studies
Published by	Springer Science and Business Media LLC
ISSN	1573-3602
Subjects	Sociology and Political Science; General Psychology
Links	http://link.springer.com/content/pdf/10.1007/s10899-018-9763-1.pdf ; http://link.springer.com/article/10.1007/s10899-018-9763-1/fulltext.html
Title	Epidemiological Challenges in the Study of Behavioral Addictions: a Call for High Standard Methodologies
Authors	Hans-Jürgen Rumpf; Dominique Brandt; Zsolt Demetrovics; Joël Billieux; Natacha Carragher; Matthias Brand; Henrietta Bowden-Jones; Afarin Rahimi-Movaghar; Sawitri Assanangkornchai; Renata Glavak-Tkalic; Guilherme Borges; Hae-Kook Lee; Florian Rehbein; Naomi A. Fineberg; Karl Mann; Marc N. Potenza; Dan J. Stein; Susumu Higuchi; Daniel King; John B. Saunders; Vladimir Poznyak
DOI	doi:10.1007/s40429-019-00262-2
Type	Journal article
Published in	Current Addiction Reports
Published by	Springer Science and Business Media LLC
ISSN	2196-2952
Links	http://link.springer.com/content/pdf/10.1007/s40429-019-00262-2.pdf ; http://link.springer.com/article/10.1007/s40429-019-00262-2/fulltext.html

Title	Self-reported dependence on mobile phones in young adults: A European cross-cultural empirical survey
Authors	Olatz Lopez-Fernandez; Daria J. Kuss; Lucia Romo; Yannick Morvan; Laurence Kern; Pierluigi Graziani; Amélie Rousseau; Hans-Jürgen Rumpf; Anja Bischof; Ann-Kathrin Gässler; Adriano Schimmenti; Alessia Passanisi; Niko Männikkö; Maria Kääriäinen; Zsolt Demetrovics; Orsolya Király; Mariano Chóliz; Juan José Zacarés; Emilia Serra; Mark D. Griffiths; Halley M. Pontes; Bernadeta Lelonek-Kuleta; Joanna Chwaszcz; Daniele Zullino; Lucien Rochat; Sophia Achab; Joël Billieux
DOI	doi:10.1556/2006.6.2017.020
Type	Journal article
Published in	Journal of Behavioral Addictions
Published by	Akademiai Kiado Zrt.
ISSNs	2062-5871 ; 2063-5303
Links	http://www.akademiai.com/doi/full-xml/10.1556/2006.6.2017.020 ; https://akademiai.com/doi/full/10.1556/2006.6.2017.020
<hr/>	
Title	Gender Moderates the Partial Mediation of Impulsivity in the Relationship Between Psychiatric Distress and Problematic Online Gaming: Online Survey
Authors	Wenliang Su ; Orsolya Király ; Zsolt Demetrovics ; Marc N Potenza
DOI	doi:10.2196/10784
Type	Journal article
Published in	JMIR Mental Health
Published by	JMIR Publications Inc.
ISSN	2368-7959
<hr/>	
Title	Psychometric Evaluation of the Nine-Item Problematic Internet Use Questionnaire (PIUQ-9) in Nine European Samples of Internet Users
Authors	Stéphanie Laconi; Róbert Urbán; Katarzyna Kaliszewska-Czeremska; Daria J. Kuss; Augusto Gnisci; Ida Sergi; Antonia Barke; Franziska Jeromin; Jarosław Groth; Manuel Gamez-Guadix; Neslihan Keser Ozcan; Konstantinos Siomos; Georgios D. Floros; Mark D. Griffiths; Zsolt Demetrovics; Orsolya Király
DOI	doi:10.3389/fpsy.2019.00136
Type	Journal article
Published in	Frontiers in Psychiatry
Published by	Frontiers Media SA
ISSN	1664-0640
Subject	Psychiatry and Mental health
Link	https://www.frontiersin.org/article/10.3389/fpsy.2019.00136/full
<hr/>	
Title	Fractionation of impulsive and compulsive trans-diagnostic phenotypes and their longitudinal

<p>Authors</p> <p>DOI</p> <p>Type</p> <p>Published in</p> <p>Published by</p> <p>ISSNs</p> <p>Subjects</p> <p>Links</p>	<p>associations</p> <p>Samuel R Chamberlain; Jeggan Tiego; Leonardo F Fontenelle; Roxanne Hook; Linden Parkes; Rebecca Segrave; Tobias U Hauser; Ray J Dolan; Ian M Goodyer; Ed Bullmore; Jon E Grant; Murat Yücel doi:10.1177/0004867419844325</p> <p>Journal article</p> <p>Australian & New Zealand Journal of Psychiatry</p> <p>SAGE Publications</p> <p>0004-8674; 1440-1614</p> <p>Psychiatry and Mental health; General Medicine</p> <p>http://journals.sagepub.com/doi/pdf/10.1177/0004867419844325;</p> <p>http://journals.sagepub.com/doi/full-xml/10.1177/0004867419844325</p>
<p>Title</p> <p>Authors</p> <p>DOI</p> <p>Type</p> <p>Published in</p> <p>Published by</p> <p>ISSN</p> <p>Subjects</p> <p>Links</p>	<p>Transdiagnostic variations in impulsivity and compulsivity in obsessive-compulsive disorder and gambling disorder correlate with effective connectivity in cortical-striatal-thalamic-cortical circuits</p> <p>Linden Parkes; Jeggan Tiego; Kevin Aquino; Leah Braganza; Samuel R. Chamberlain; Leonardo F. Fontenelle; Ben J. Harrison; Valentina Lorenzetti; Bryan Paton; Adeel Razi; Alex Fornito; Murat Yücel doi:10.1016/j.neuroimage.2019.116070</p> <p>Journal article</p> <p>NeuroImage</p> <p>Elsevier BV</p> <p>1053-8119</p> <p>Cognitive Neuroscience; Neurology</p> <p>https://api.elsevier.com/content/article/PII:S1053811919306585?httpAccept=text/xml;</p> <p>https://api.elsevier.com/content/article/PII:S1053811919306585?httpAccept=text/plain</p>
<p>Title</p> <p>Authors</p> <p>DOI</p> <p>Type</p> <p>Published in</p> <p>Published by</p> <p>ISSNs</p> <p>Links</p>	<p>Does “forced abstinence” from gaming lead to pornography use? Insight from the April 2018 crash of Fortnite’s servers</p> <p>Jesús Castro-Calvo; Rafael Ballester-Arnal; Marc N. Potenza; Daniel L. King; Joël Billieux doi:10.1556/2006.7.2018.78</p> <p>Journal article</p> <p>Journal of Behavioral Addictions</p> <p>Akademiai Kiado Zrt.</p> <p>2062-5871; 2063-5303</p> <p>https://www.akademiai.com/doi/full-xml/10.1556/2006.7.2018.78;</p> <p>https://akademiai.com/doi/full/10.1556/2006.7.2018.78</p>
<p>Title</p> <p>Authors</p>	<p>A transdiagnostic dimensional approach towards a neuropsychological assessment for addiction: an international Delphi consensus study</p> <p>Murat Yücel; Erin Oldenhof; Serge H. Ahmed; David Belin; Joel Billieux; Henrietta Bowden-Jones; Adrian</p>

[Carter](#); Samuel R. Chamberlain; [Luke Clark](#); Jason Connor; [Mark Daghli](#); Geert Dom; Pinhas Dannon; Theodora Duka; Maria Jose Fernandez-Serrano; Matt Field; Ingmar Franken; Rita Z. Goldstein; Raul Gonzalez; [Anna E. Goudriaan](#); [Jon E. Grant](#); [Matthew J. Gullo](#); [Robert Hester](#); [David C. Hodgins](#); [Bernard Le Foll](#); Rico S. C. Lee; [Anne Lingford-Hughes](#); Valentina Lorenzetti; [Scott J. Moeller](#); [Marcus R. Munafò](#); [Brian Odlaug](#); Marc N. Potenza; Rebecca Segrave; [Zsuzsika Sjoerds](#); [Nadia Solowij](#); Wim van den Brink; Ruth J. van Holst; Valerie Voon; [Reinout Wiers](#); Leonardo F. Fontenelle; [Antonio Verdejo-Garcia](#)
[doi:10.1111/add.14424](https://doi.org/10.1111/add.14424)

Journal article
Addiction
Wiley
[0965-2140](#)
Medicine (miscellaneous); Psychiatry and Mental health

<https://api.wiley.com/onlinelibrary/tdm/v1/articles/10.1111%2Fadd.14424>;
<http://onlinelibrary.wiley.com/wol1/doi/10.1111/add.14424/fullpdf>

Title
Current suicidal ideation in treatment-seeking individuals in the United Kingdom with gambling problems

Authors
Silvia Ronzitti; [Emiliano Soldini](#); Neil Smith; Marc N. Potenza; Massimo Clerici; Henrietta Bowden-Jones
[doi:10.1016/j.addbeh.2017.05.032](https://doi.org/10.1016/j.addbeh.2017.05.032)

Journal article
Addictive Behaviors
Elsevier BV
[0306-4603](#)
<https://api.elsevier.com/content/article/PII:S0306460317302101?httpAccept=text/xml>;
<https://api.elsevier.com/content/article/PII:S0306460317302101?httpAccept=text/plain>

Title
The joint role of impulsivity and distorted cognitions in recreational and problem gambling: A cluster analytic approach

Authors
Mr. Gaëtan Devos; [Luke Clark](#); Henrietta Bowden-Jones; Marie Grall-Bronnec; [Gaëlle Challet-Bouju](#); [Yasser Khazaal](#); Pierre Maurage; [Joël Billieux](#)
[doi:10.1016/j.jad.2019.08.096](https://doi.org/10.1016/j.jad.2019.08.096)

Journal article
Journal of Affective Disorders
Elsevier BV
[0165-0327](#)
Clinical Psychology; Psychiatry and Mental health
<https://api.elsevier.com/content/article/PII:S0165032718324273?httpAccept=text/xml>;
<https://api.elsevier.com/content/article/PII:S0165032718324273?httpAccept=text/plain>

Title Problematic internet use: an exploration of associations between cognition and COMT rs4818, rs4680 haplotypes

Authors [Konstantinos Ioannidis](#); Sarah A. Redden; Stephanie Valle; [Samuel R. Chamberlain](#); [Jon E. Grant](#)

DOI [doi:10.1017/S1092852919001019](https://doi.org/10.1017/S1092852919001019)

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Subjects Psychiatry and Mental health; Clinical Neurology

Link <https://www.cambridge.org/core/services/aop-cambridge-core/content/view/S1092852919001019>

Title Reward-related attentional capture is associated with severity of addictive and obsessive–compulsive behaviors.

Authors Lucy Albertella; Mike E. Le Pelley; Samuel R. Chamberlain; Fred Westbrook; Leonardo F. Fontenelle; Rebecca Segrave; Rico Lee; Daniel Pearson; Murat Yücel

DOI [doi:10.1037/adb0000484](https://doi.org/10.1037/adb0000484)

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Subjects Medicine (miscellaneous); Clinical Psychology; Psychiatry and Mental health

Link <http://psycnet.apa.org/journals/adb/33/5/495.pdf>

Title Quality of life of young adults with non-paraphilic problematic sexual behaviors: An exploratory study

Authors Austin W. Blum; Samuel R. Chamberlain; Jon E. Grant

DOI [doi:10.1016/j.abrep.2018.10.003](https://doi.org/10.1016/j.abrep.2018.10.003)

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Title Sleepiness and impulsivity: Findings in non-treatment seeking young adults

Authors Jon E. Grant; Samuel R. Chamberlain

DOI [doi:10.1556/2006.7.2018.71](https://doi.org/10.1556/2006.7.2018.71)

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Title	Not Playing Around: Gaming Disorder in the International Classification of Diseases (ICD-11)
Authors	Daniel L. King ; Marc N. Potenza
DOI	doi:10.1016/j.jadohealth.2018.10.010
Type	Journal article
Published in	Journal of Adolescent Health
Published by	Elsevier BV
ISSN	1054-139X
Links	https://api.elsevier.com/content/article/PII:S1054139X18304713?httpAccept=text/xml ; https://api.elsevier.com/content/article/PII:S1054139X18304713?httpAccept=text/plain
Title	Manifesto for a European research network into Problematic Usage of the Internet
Authors	NA Fineberg; Z Demetrovics ; DJ Stein ; K Ioannidis; MN Potenza; E Grünblatt ; M Brand; J Billieux; L Carmi; DL King ; JE Grant; M Yücel; B Dell'Osso; HJ Rumpf; N Hall; E Hollander; A Goudriaan; J Menchon ; J Zohar; J Burkauskas ; G Martinotti; M Van Ameringen; O Corazza; S Pallanti; SR Chamberlain
DOI	doi:10.1016/j.euroneuro.2018.08.004
Type	Journal article
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ISSN	0924-977X
Subjects	Pharmacology (medical); Biological Psychiatry; Pharmacology; Neurology; Psychiatry and Mental health; Clinical Neurology
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Title	Characterizing the building blocks of Problematic Use of the Internet (PUI): The role of obsessional impulses and impulsivity traits among Italian young adults
Authors	Francesco Di Carlo; Mauro Pettorruso; Maria Chiara Alessi; Elena Picutti; Rebecca Collevocchio; Giuseppe Migliara; Gaia Baroni; Francesco Gambi; Eduardo Cinosi; Giovanni Martinotti; Jon E. Grant; Massimo di Giannantonio
DOI	doi:10.1016/j.comppsy.2021.152225
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Subjects	Psychiatry and Mental health; Clinical Psychology
Links	https://api.elsevier.com/content/article/PII:S0010440X21000031?httpAccept=text/xml ; https://api.elsevier.com/content/article/PII:S0010440X21000031?httpAccept=text/plain

Which conditions should be considered as disorders in the International Classification of Diseases (ICD-11) designation of “other specified disorders due to addictive behaviors. Brand M, Rumpf HJ, Demetrovics Z, Muller A, Stark R, King DL, Goudriaan AE, Mann K, Trotzke P, Fineberg NA, Chamberlain SR, Kraus S Wegmann E, Billieux J, Potenza MN. J Behav Addiction epub 7/7/2020 DOI 10.1556/2006.2020.00035

Title	The Assessment of Cyberchondria: Instruments for Assessing Problematic Online Health-Related Research
Authors	Vladan Starcevic; David Berle; Sandra Arnáez; Matteo Vismara; Naomi A. Fineberg
DOI	doi:10.1007/s40429-020-00308-w
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Subjects	Psychiatry and Mental health; Clinical Psychology
Links	https://link.springer.com/content/pdf/10.1007/s40429-020-00308-w.pdf ; https://link.springer.com/article/10.1007/s40429-020-0308-w/fulltext.html

Title	Screening and assessment tools for gaming disorder: A comprehensive systematic review
Authors	Daniel L. King; Samuel R. Chamberlain; Natacha Carragher; Joel Billieux; Dan Stein; Kai Mueller; Marc N. Potenza; Hans Juergen Rumpf; John Saunders; Vladan Starcevic; Zsolt Demetrovics; Matthias Brand; Hae Kook Lee; Marcantonio Spada; Katajun Lindenberg; Anise M.S. Wu; Tagrid Lemenager; Ståle Pallesen; Sophia Achab; Mike Kyrios; Susumu Higuchi; Naomi A. Fineberg; Paul H. Delfabbro
DOI	doi:10.1016/j.cpr.2020.101831
Type	Journal article
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ISSN	0272-7358
Subjects	Psychiatry and Mental health; Clinical Psychology
Links	https://api.elsevier.com/content/article/PII:S0272735820300192?httpAccept=text/xml ; https://api.elsevier.com/content/article/PII:S0272735820300192?httpAccept=text/plain

Vismara M, Caricasole V, Starcevic V, Cinosi E, Dell’Osso B, Martinotti G, Fineberg NA. Is Cyberchondria a New Transdiagnostic Digital Compulsive Syndrome? A Systematic Review of the Evidence. *Comprehensive Psychiatry* Compr Psychiatry. 2020 Feb 27;99:152167. doi: 10.1016/j.comppsy.2020.152167.

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Advances in Problematic Usage of the Internet Research – A Narrative Review by Experts from the

European Network for Problematic Usage of the Internet

Naomi A Fineberg, José M Menchón, Natalie Hall, Bernardo Dell'Osso, Matthias Brand, Marc N Potenza, Samuel R Chamberlain, Giovanna Ciriigliaro, Christine Lochner, Joël Billieux, Zsolt Demetrovics, Hans Jürgen Rumpf, Jesús Castro-Calvo, Eric Hollander, Julius Burkauskas, Edna Grünblatt, Susanne Walitza, Ornella Corazza, Daniel L King, Dan J Stein, Jon E Grant, Stefano Pallanti, Henrietta Bowden-Jones, Michael Van Ameringen, Konstantinos Ioannidis, Lior Carmi, Anna E Goudriaan, Giovanni Martinotti, Célia M D Sales, Julia Jones, Biljana Gjoneska, Orsolya Király, Beatrice Benatti, Matteo Vismara, Iliaria Cataldo, Gianluigi M Riva, Murat Yücel, Maèva Flayelle, Thomas Hall, Morgan Griffiths, Joseph Zohar

Castro-Calvo J, King DL, Stein DJ, Brand M, Carmi L, Chamberlain SR, Demetrovics Z, Fineberg NA, Rumpf HJ, Yücel M, Achab S, Ambekar A, Bahar N, Blaszczyński A, Bowden-Jones H, Carbonell X, Chan EML, Ko CH, de Timary P, Dufour M, Grall-Bronnec M, Lee HK, Higuchi S, Jimenez-Murcia S, Király O, Kuss DJ, Long J, Müller A, Pallanti S, Potenza MN, Rahimi-Movaghar A, Saunders JB, Schimmenti A, Lee SY, Siste K, Spritzer DT, Starcevic V, Weinstein AM, Wölfling K, Billieux J.

Expert appraisal of criteria for assessing gaming disorder: an international Delphi study. *Addiction*. 2021 Jan 15. doi: 10.1111/add.15411. PMID: 33449441

Title	Problematic usage of the internet and eating disorder and related psychopathology: A multifaceted, systematic review and meta-analysis
Authors	Konstantinos Ioannidis ; Charlotte Taylor ; Leah Holt; Kate Brown; Christine Lochner; Naomi A. Fineberg; Ornella Corazza; Samuel R. Chamberlain ; Andres Roman-Urrestarazu; Katarzyna Czabanowska
DOI	doi:10.1016/j.neubiorev.2021.03.005
Type	Journal article
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Subjects	Behavioral Neuroscience; Cognitive Neuroscience; Neuropsychology and Physiological Psychology
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Title	Exercise and Use of Enhancement Drugs at the Time of the COVID-19 Pandemic: A Multicultural Study on Coping Strategies During Self-Isolation and Related Risks
Authors	Artemisa R. Dores; Irene P. Carvalho; Julius Burkauskas; Pierluigi Simonato; Iliaria De Luca; Roisin Mooney; Konstantinos Ioannidis; M. Ángeles Gómez-Martínez; Zsolt Demetrovics; Krisztina Edina Ábel; Attila Szabo; Hironobu Fujiwara; Mami Shibata; Alejandra Rebeca Melero Ventola; Eva Maria Arroyo-Anlló; Ricardo M. Santos-Labrador; Inga Griskova-Bulanova; Aiste Pranckeviciene; Kei Kobayashi; Giovanni Martinotti; Naomi A. Fineberg; Fernando Barbosa; Ornella Corazza
DOI	doi:10.3389/fpsyt.2021.648501
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Subject Link	Psychiatry and Mental health https://www.frontiersin.org/articles/10.3389/fpsy.2021.648501/full
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Title	Prevalence and correlates of current suicide risk in an international sample of OCD adults: A report from the International College of Obsessive-Compulsive Spectrum Disorders (ICOCS) network and Obsessive Compulsive and Related Disorders Network (OCRN) of the European College of Neuropsychopharmacology
Authors	Beatrice Benatti ; Bernardo Dell'Osso; Hanyang Shen; Maria Filippou-Frye; Andrea Varias; Catherine Sanchez ; Booil Jo; Eric Hollander; Naomi A. Fineberg; Dan J. Stein ; Humberto Nicolini; Nuria Lanzagorta; Donatella Marazziti; Stefano Pallanti; Michael Van Ameringen ; Christine Lochner; Oguz Karamustafalioglu; Luchezar Hranov; Martin Figeo; Lynne Drummond; Jon E. Grant; Damiaan Denys; Leonardo F. Fontenelle ; Jose M. Menchon; Joseph Zohar; Luca Pellegrini ; Carolyn I. Rodriguez
DOI	doi:10.1016/j.jpsychires.2021.05.054
Type	Journal article
Published in	Journal of Psychiatric Research
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ISSN	0022-3956
Subjects	Biological Psychiatry; Psychiatry and Mental health
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Title	A preliminary investigation of Cyberchondria and its correlates in a clinical sample of patients with obsessive-compulsive disorder, anxiety and depressive disorders attending a tertiary psychiatric clinic
Authors	Matteo Vismara ; Beatrice Benatti; Luca Ferrara; Anna Colombo; Monica Bosi; Alberto Varinelli; Luca Pellegrini; Caterina Viganò ; Naomi A. Fineberg ; Bernardo Dell'Osso
DOI	doi:10.1080/13651501.2021.1927107
Type	Journal article
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ISSNs	1365-1501 ; 1471-1788
Subject	Psychiatry and Mental health
Link	https://www.tandfonline.com/doi/pdf/10.1080/13651501.2021.1927107

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Title	International Survey & Analysis of Laws and Regulations Addressing Internet Addiction and/or Problematic Usage of the Internet
Authors	Louis-Francois Pau; Zvyad Kirtava
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Type	Journal article
Published in	SSRN Electronic Journal
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ISSN	1556-5068

Rumpf, HJ., Brandt, D., Demetrovics, Z. et al. Epidemiological Challenges in the Study of Behavioral Addictions: a Call for High Standard Methodologies. *Curr Addict Rep* 6, 331–337 (2019). <https://doi.org/10.1007/s40429-019-00262-2>

Title	Problematic use of the Internet is a unidimensional quasi-trait with impulsive and compulsive subtypes
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Authors Jeggan Tiego; Christine Lochner; Konstantinos Ioannidis; Matthias Brand; Dan J. Stein; Murat Yücel; Jon E. Grant; [Samuel R. Chamberlain](#)

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Title Gaming Disorder Is a Disorder due to Addictive Behaviors: Evidence from Behavioral and Neuroscientific Studies Addressing Cue Reactivity and Craving, Executive Functions, and Decision-Making

Authors Matthias Brand; Hans-Jürgen Rumpf; Zsolt Demetrovics; Daniel L. King; Marc N. Potenza; Elisa Wegmann

DOI [doi:10.1007/s40429-019-00258-y](https://doi.org/10.1007/s40429-019-00258-y)

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Subjects Psychiatry and Mental health; Clinical Psychology

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<https://doi.org/10.1186/s12916-020-1495-2>

Title Clarifying terminologies in research on gaming disorder and other addictive behaviors: distinctions between core symptoms and underlying psychological processes

Authors Matthias Brand; Hans-Jürgen Rumpf; [Daniel L King](#); Marc N Potenza; Elisa Wegmann

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Authors	Francesco Saverio Bersani ; Benedetta Barchielli; Stefano Ferracuti; Angelo Panno; Giuseppe A. Carbone; Chiara Massullo; Benedetto Farina; Ornella Corazza; Elisabeth Prevede; Lorenzo Tarsitani; Massimo Pasquini; Massimo Biondi; Claudio Imperatori
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Authors	Claudio Imperatori; Angelo Panno; Giuseppe Alessio Carbone; Ornella Corazza; Ines Taddei; Laura Bernabei; Chiara Massullo; Elisabeth Prevede; Lorenzo Tarsitani; Massimo Pasquini; Benedetto Farina; Massimo Biondi; Francesco Saverio Bersani
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Title Tracing 20 years of research on problematic use of the internet and social media: Theoretical models, assessment tools, and an agenda for future work

Authors Tania Moretta; Giulia Buodo; Zsolt Demetrovics; Marc N. Potenza

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Authors Julius Burkauskas; Orsolya Király; Zsolt Demetrovics; Aurelija Podlipskyte; Vesta Steibliene

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 Authors Egle Milasauskiene; Julius Burkauskas; Aurelija Podlipskyte; Orsolya Király; Zsolt Demetrovics; Laurynas Ambrasas; Vesta Steibliene
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Title Citizen Consultation on Problematic Usage of the Internet: Ethical Considerations and Empirical Insights From Six Countries
 Authors Biljana Gjoneska; Julia Jones; Anna Maria Vella; Philip Bonanno; Katerina Flora; Andrés Fontalba-Navas; Natalie Hall; Liljana Ignjatova; Zviad Kirtava;

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 Authors Naomi A. Fineberg; [Luca Pellegrini](#); [Julius Burkauskas](#); [Aron Clarke](#); [Keith R. Laws](#)
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DOI Type Published in Published by ISSN Subjects Links	doi:10.1016/j.jpsychires.2021.07.001 Journal article Journal of Psychiatric Research Elsevier BV 0022-3956 Biological Psychiatry; Psychiatry and Mental health https://api.elsevier.com/content/article/PII:S0022395621004209?httpAccept=text/xml ; https://api.elsevier.com/content/article/PII:S0022395621004209?httpAccept=text/plain
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 Authors Matthias Brand; Marc N Potenza; Rudolf Stark
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Title	Editorial: Accelerated Globalization and Its Impact to the World's Health Care Achievement
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