

# **COST Action TREATme**

## **Dissemination and Public & Patient Involvement Plan**

### **Version 2**

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## Document history

<b>Date</b>	<b>Person</b>	<b>Action</b>	<b>Status</b>	<b>Circulation</b>
<b>January – February 2019</b>	Célia, FPCEUP Henriette, Medical University of Vienna	Producing first draft	draft	WG5
<b>March-April 2019</b>	Randi, Elina and Stefanie	Second draft based on feedback	published	CG
<b>Okt. 2020 – Sept 2021</b>	Steffi, Hanne, Henriette	Update of the dissemination plan	published	CG, WG5

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## TREATME Aims, Strategy and Working Groups

The Action TREATME aims to establish a sustainable European multidisciplinary researcher network, which is focused on creating the knowledge required for the individualization of psychotherapy for young people (YP) experiencing mental disorders.

Although psychotherapy works for the most frequent mental disorders, specific knowledge regarding key aspects of psychotherapy for adolescents and young people is scant.

TREATME brings together researchers, clinicians and YP in order to establish the state of the art regarding four key questions:

- 1) What facilitates or hinders clinical progress of YP in different psychotherapeutic modalities? (WG1)
- 2) What are the via mechanisms involved in the psychotherapeutic change process of YP? (WG2)
- 3) What are the existing measurement tools tailored to capture outcome and processes of psychotherapy with YP? (WG3)
- 4) What are the research designs age-tailored to best capture YP psychotherapeutic experience? (WG4)

Knowledge resulting from the Action will be disseminated via our website, newsletter and social media to the academic and clinical community as well as to policy makers and other stakeholders (WG5), in order to match of mental health research to the needs of young people in Europe: the availability of empirically informed individualized mental health care.

For more details, see MoU (<https://www.cost.eu/actions/CA16102/>) and TREATME website ([www.treat-me.eu](http://www.treat-me.eu)).

## TREATME Strategic Statement on Knowledge Dissemination and Public & Patients Involvement

- 1) We are committed to actively involve adolescents and young people in order to have their views and suggestions reflected in decisions taken over the course of the Action and in the dissemination of results.
  - a. We will create a collaborative youth panel, and involve YP in dissemination tasks as part of WG5 team
  - b. We will actively network with international and national youth representatives
- 2) We are also committed to Open Science and Data protection international regulations.
- 3) We are also committed to promote young researchers, especially in a gender-balanced way, and we support and involve researchers in ITC countries.

## TREATME Dissemination Levels, Target Groups, Objectives and Dissemination Tools

### International & European Level

Target Group		Objective	Ways to reach Target Audience
<b>Expert Networks Partners</b>	Existing COST Actions on related domains European/International expert groups	<ul style="list-style-type: none"> <li>- To disseminate our existence, our initiatives and outputs</li> <li>- To exchange information regarding training and other opportunities offered both by TREATME and by the partners</li> </ul>	<ul style="list-style-type: none"> <li>- Personal contacts of TREATME members also belonging to other COST actions and networks via our website</li> <li>- Exchanging newsletters among members</li> <li>- Dissemination in Social Media &amp; Webpage</li> <li>- Possibility of linking webpages of related COST actions</li> </ul>
<b>Youth associations</b>	<a href="https://mepeurope.eu/">https://mepeurope.eu/</a> European youth mental health	<p>Creating collaborative networks for:</p> <ul style="list-style-type: none"> <li>- "Snow bowling dissemination / collaboration" – among adolescents and young people</li> <li>- Involving YP representatives as members of the TreatMe Youth Collaborative Board</li> <li>- Further involvement to be discussed and decided together with these institutions</li> <li>- Combine mental health issues with larger issues (e.g., environmental problems)</li> </ul>	<ul style="list-style-type: none"> <li>- Personal contacts of TREATME members (email, meetings and events)</li> <li>- Promotion videos on YouTube, disseminated on social media</li> <li>- Special number of the Newsletter</li> <li>- Invitation of young people and members of the MEP to politicians</li> </ul>
<b>Policy decision-makers</b>	EU decision makers and influence groups	<ul style="list-style-type: none"> <li>- To influence politically on the importance of mental health</li> <li>- To give input to the new research agenda for the follow-up of Horizon 2020</li> </ul>	<ul style="list-style-type: none"> <li>- White paper</li> <li>- Attending policy meetings in EU</li> <li>- Special number of the Newsletter</li> <li>- Ongoing dissemination of processes and results through the Newsletter, website, twitter, and Facebook</li> <li>- Letter to the central institution of the H2020 organization</li> </ul>

<b>Scientific and professional bodies</b>	European Psychotherapy Training institutes (see also 'Timeline and Responsibilities')	<ul style="list-style-type: none"> <li>- To disseminate our existence, our initiatives and outputs</li> <li>- To exchange information regarding training and other opportunities offered both by TREATME and by the partners</li> </ul>	<ul style="list-style-type: none"> <li>- Conference papers</li> <li>- e-mail contacts</li> <li>- Disseminate TREATME newsletter among members</li> <li>- Invite to link our websites</li> </ul>
<b>Scientific community</b>		<ul style="list-style-type: none"> <li>- To disseminate resulting knowledge according to Open Science guidelines</li> <li>- To publish results and establish special issues in journals</li> </ul>	<ul style="list-style-type: none"> <li>- Data management plan</li> <li>- Data repository of open data bases</li> <li>- Possible journals to establish a special section (frontiers in Psychology, Int. J Envir. Health Public Health)</li> </ul>
<b>Young Researchers</b>	Potential Grantees	<ul style="list-style-type: none"> <li>- To disseminate our existence, our initiatives and outputs</li> <li>- To consolidate international critical mass, attracting highly prepared young researchers for the field</li> <li>- To frame future research on knowledge resulting from the Action</li> <li>- Preparing and submitting grant applications</li> </ul>	<ul style="list-style-type: none"> <li>- Conference papers and publications</li> <li>- Special number of the Newsletter</li> <li>- Newsletter sent to Directors of PhD Programs related to Youth Mental Health</li> <li>- Promotion videos on youtube, disseminated on social media</li> <li>- Creating advanced training programs</li> <li>- Preparing collaborative funding applications for advanced training programs (International Doctorate)</li> </ul>

## National & Local Level

	<b>Target Group</b>	<b>Objective</b>	<b>Ways to reach Target Audience</b>
<b>Policy makers</b>	Ministry of health		
<b>Scientific &amp; Professional bodies</b>	Scientific bodies for youth mental health Accrediting organization that are licensing psychotherapist and counseling persons, universities and research centers	- Inclusion of young people	News on conferences, training , arguments, information about e.g., results of WGs to MEP (Model of European Parliament)
<b>Universities and Research</b>	Academic body	- Disseminate training opportunities	News on training opportunities, grants, grant applications, calls for papers,
<b>ZETA movement (Young people against Stigma)</b>	Young people (11-18), school children	- Disseminate information about mental health and prevention possibilities	Animated videos, text versions, peer video, expert video, share information in schools face to face

## Timeline and Responsibilities

<b>Action</b>	<b>Responsible person (WG5)</b>	<b>Time point</b>	<b>Iteration</b>
Inform via (local universities’-/training institutes’-/hospitals’-) press release	Steffi, Hanne → All Treatme members	January 2021	Every 6 months
Newsletter	Celia, Pedro	Nov. 2020	Every 6 months
Inform and connect partners in cost action on evidence base research in clinical health research, inform and connect partners from cost action on problematic use of internet	Tamara, Celia	Sept. 2020	At the end of action
Collection of dissemination of output from the WG leaders, all	Henriette, Steffi, Hanne, Vera,	October 2020	Every month



members and ITC/STSM coordinator and dissemination of training opportunities online (fb, twitter) - newsletter, social media, homepage	Tamara		
Interviews with TREATme Members	Tamara, Randi, Giada, all WG5	November 2020	At th end of action
Webinars with TREATme Members for a broader audience	All WG 5 members	December 2020	At the end of action
Interview with a politician	Henriette, all WG 5 member		
Contact CaFTR and integrating TREATme with CaFTR	Stig, Steffi, Hanne, Randi, Vera, all WG 5 mmbrrs/CG	Ongoing	After the end of the action
Contact scientific boards on EU level (European Psychiatric Association - EPA, Training Institutes Chamber - EFTA, European Psychoanalytic Federation - EPF)	Henriette	Juli 2020	Every 6 months
Contact scientific boards on national level (e.g., Austrian Society of Psychiatry, Psychotherapy, Psychosomatics - ÖGPP, training institutes...)	Henriette, all WG5 members	October 2020	Every 3 months
Contact and inform ministry of health/accreditation institution, training institutes, official bodies	all	Ongoing	At the end of the action

## Monitoring and Evaluation

Regular skype conferences of all members of WG5 ensure the ongoing dissemination progress, as reports of each member are discussed.

Other Working Groups and the Management committee are informed regularly within MC meetings (e.g. Krakow, Sept. 2019).

Short news reporting contacted institutions posted on TREATme homepage and on social media (e.g., report on postulation for more research initiatives in the field of psychotherapy and youth mental health, that was stated on the homepage of the European Psychiatric Association in their Winter Newsletter 2018, etc.).

Short News reporting the contact to the Model of European Parliament (MEP) about inclusion of the topic on youth mental health can be seen at their homepage.

Inclusion of WG5-members in action plans of other related (research) projects ensure quality measurement and evaluation (e.g., inclusion of a WG5 member into the SPRISTAD study: the Society for Psychotherapy Research Interest group on training started a collaborative study of the development in psychotherapy trainees - the study aims to track progressive changes over time in trainees, so the collaboration of a WG5 member ensures monitoring of the results e.g. in Austria and Germany, as trainees also treat young people and the trainees themselves are monitored) see also [https://www.meduniwien.ac.at/hp/ulg-psychotherapieforschung/news/singleview/?tx\\_ttnews%5Btt\\_news%5D=3505&cHash=597bb44f95b3366e22a0ac66169275de](https://www.meduniwien.ac.at/hp/ulg-psychotherapieforschung/news/singleview/?tx_ttnews%5Btt_news%5D=3505&cHash=597bb44f95b3366e22a0ac66169275de)

The SPR newsletter provides country reports and includes ongoing activities including the progress of TREATme (see for example [https://cdn.ymaws.com/www.psychotherapyresearch.org/resource/resmgr/eu-spr/eu-spr\\_newsletter\\_02\\_2019.pdf](https://cdn.ymaws.com/www.psychotherapyresearch.org/resource/resmgr/eu-spr/eu-spr_newsletter_02_2019.pdf)

Or [https://www.meduniwien.ac.at/hp/ulg-psychotherapieforschung/news/singleview/?tx\\_ttnews%5Btt\\_news%5D=4941&cHash=2c277be9cfb9628f0d89fcd900318cfe](https://www.meduniwien.ac.at/hp/ulg-psychotherapieforschung/news/singleview/?tx_ttnews%5Btt_news%5D=4941&cHash=2c277be9cfb9628f0d89fcd900318cfe)

And for 2021 and ongoing <https://www.psychotherapyresearch.org/page/SPRCaFTR>

To ensure sustainability of the action four special issues for collaborative publication of TREATme members are established:

[https://www.mdpi.com/journal/ijerph/special\\_issues/sustain\\_network](https://www.mdpi.com/journal/ijerph/special_issues/sustain_network) (open till 30 Sept.2020)

[https://www.mdpi.com/journal/ijerph/special\\_issues/emotional\\_intelligence\\_cognitive\\_development\\_mental\\_health\\_children\\_adolescents](https://www.mdpi.com/journal/ijerph/special_issues/emotional_intelligence_cognitive_development_mental_health_children_adolescents) (open till 30th Nov. 2020)

<https://www.frontiersin.org/research-topics/16288/individualized-psychotherapy-treatment-of-young-people-with-mental-disorders> (Submission Deadlines: 15 December 2020 for Abstract, 28 February 2021 for Manuscript)

[https://www.mdpi.com/journal/ijerph/special\\_issues/Individualized\\_Interventions](https://www.mdpi.com/journal/ijerph/special_issues/Individualized_Interventions)

(open till 31<sup>st</sup> Dez. 2021)