

**COST Action CA16102: European Network on
Individualized Psychotherapy Treatment of Young People
with Mental Disorders**

Progress Report from GP3 (1.5.2019-30.4.2020)

1. Meetings during the GP3

1.1 MC meetings

Face-to-face, Krakow, Poland - September 18, 2019

1.2 CG meetings

Skype – May 4, 2019

Skype – June 7, 2019

Skype – August 30, 2019

Face-to-face, Krakow, Poland - September 17, 2019

Skype – October 11, 2019

Skype – November 8, 2019

Skype – December 6, 2019

Skype – January 17, 2020

Skype – February 14, 2020

Skype – March 6-7, 2020

Skype – April 24, 2020

1.3 WG meetings

WG1:

Skype - May 6, 2019

Face-to-face, Valetta, Malta - June 10-11, 2019

Skype - August 14, 2019

Face-to-face, Krakow, Poland - September 17-18, 2019

Skype - October 25, 2019

Skype - November 22, 2019

Skype - December 19, 2019

Skype - January 13, 2020

Face-to-face, Bucharest, Romania - February 1-2, 2020

Skype - March 17, 2020

Skype - April 16, 2020

Skype - April 30, 2020

WG2:

Skype – June 4, 2019

Face-to-face, Krakow, Poland - September 17-18, 2019

Skype – January 31, 2020

Face-to-face, Porto, Portugal - February 13-14, 2020

Zoom – February 27, 2020

Zoom – March 25, 2020

Zoom – March 31, 2020

Zoom – April 4, 2020

Zoom – April 20, 2020

WG3:

Face-to-face, Krakow, Poland - September 17-18, 2019

Face-to-face, Seville, Spain - November 28-29, 2019

Skype - March 19, 2020

Skype - April 2, 2020

WG4:

Skype – July 12, 2019

Face-to-face, Vienna, Austria – September 5, 2019

Face-to-face, Krakow, Poland - September 17-18, 2019

Skype – October 11, 2019

Skype – November 8, 2019

Face-to-face, London, UK - January 30-31, 2020

Skype – February 14, 2020

Skype – March 6, 2020

Skype – March 27, 2020

Skype – April 24, 2020

WG5:

Skype – May 3, 2019

Skype – June 21, 2019

Face-to-face, Vienna, Austria - September 5, 2019

Face-to-face, Krakow, Poland - September 17-18, 2019

Skype – October 25, 2019

Skype – November 15, 2019

Skype – December 6, 2019

Skype – January 24, 2020

Face-to-face, Zagreb, Croatia - February 20-21, 2020

Skype – March 20, 2020

Skype – April 24, 2020

1.4 Training schools

Face-to-face, Vienna, Austria - September 2-4, 2019

Face-to-face, Krakow, Poland - September 16-17, 2019

1.5 STSM's

- One application accepted 21.2.2020
 - Emma Motrico, Spain to Vrije University, Netherlands: Systematic review of health measures
 - The grant was not used since the applicant received other funding
- One application rejected

1.6 ITC Conference Grants

- One application accepted 12.6.2020
 - Tamara Prevendar: The 50th International Annual SPR Meeting, 3-6 July 2019, Buenos Aires, Argentina
- One application rejected

2. TREATme objectives and Grant Agreement Period Goals

2.1 TREATme objectives

The main aim of TREATme is to establish a sustainable, multidisciplinary network of researchers focusing on individualized psychotherapy for young people with mental disorders. The purpose of the network is to integrate the European research community focusing on adolescents and young adults and to connect and leverage current and future national research investments, in order to help address the major societal challenge of mental health and well-being in the young. The Action reviews the state of the art and identifies putative specific markers and mechanisms of change in different psychotherapy modalities, as well as suitable psychotherapy process and treatment measures, and study designs.

TREATme objectives coincide with the following ROAMER priorities:

1. Research into mental disorder prevention, mental health promotion and interventions for mental disorders in children, adolescents and young people.
2. Focus on the development and causal mechanisms of mental health symptoms, syndromes and well-being.
3. Developing and maintaining international and interdisciplinary research networks and shared databases.
4. Developing and implementing better interventions for mental health and well-being.
5. Reducing stigma and empowering service users and carers in decisions about mental health research.
6. Health research that addresses quality of mental health care.

2.1.1 How have the working groups advanced the TREATme objectives coinciding with the ROAMER priorities?

WG 1 has collected practically all existing empirical studies about interventions for mental health disorders in adolescents and young people (priority 1) and developed and maintained an international and interdisciplinary research network with a shared database (priority 3).

WG2 has successfully maintained an international and interdisciplinary network of researcher and clinicians by working together on screening more than 5000 publications about mediators and theories of change in psychological intervention research with regard to the age range of 11 until 30 years. The group has established two data base researches using the PRISMA statement to lead the formulation of research questions and the search string. The group will provide the most comprehensive systematic review about change theories in psychological treatments for young people available and will base recommendations to improve treatments and research on this vulnerable age group based on all existing knowledge in this topic. WG2 expects that conclusions from the data base will not only improve treatment and research but will also reduce stigma because changes after treatment will be thoroughly documented and thus counteract attitudes of resistance to change in this age group that may be an important barrier to care.

WG3 has advanced developing and maintaining international and interdisciplinary research networks and shared databases, by meeting and planning for joint research work.

WG4 has advanced research into mental disorder prevention, mental health promotion and interventions for mental disorders in children, adolescents and young people by working on a nearly published systematic review on approaches to engaging young people in digital mental health interventions.

WG5 has shared Information about the TREATme objectives and relevance of mental health in children and adolescents. WG5 is also working hard to include the other WGs in the dissemination of Action activities.

2.1.2 What are the major outcomes, impacts and successes of the WG's so far?

WG1 has conducted a comprehensive systematic review identifying practically all relevant existing empirical studies about interventions for mental health disorders in adolescents and young people and have, further, identified those studies that report predictors and/or moderators of treatment outcome. WG1 has registered the review in the PROSPERO database and submitted the protocol of the review to a peer-reviewed journal.

WG2 was able to work collaboratively and has 20 very active members from 14 different countries. WG has established a shared scientific working definition of mediator and theories of change and are highly reliable in extracting data from existing studies on that topic. WG has meanwhile identified 400 studies that meet our inclusion criteria. WG has established an extraction file to extract relevant and reliable information from the identified studies working in transnational pairs together. WG has registered 4 study protocols of systematic reviews that are aimed to write in GP4 and has submitted a study protocol of the general procedure to BMJopen. Furthermore, WG has agreed on good scientific practices considering sharing the workload and acknowledging scientific contributions in authorship guidelines. WG2 also decided to share the data set as an open access data base after the end of GP4.

WG3 has had several successful meetings, and a joint research paper is under way.

WG4 has submitted a publication for TREATme and has collaborative publications across WG members. Involvement of young people in the co-design of the quality standards. Building on the work of the network through development of future research ideas.

WG5 has disseminated knowledge about TREATme via social media, newsletter, videos and website. WG5 had stakeholder meetings with clinicians, youth mental health professionals, teachers and peers/affected adolescents/young adults (ZETA movement) to share knowledge and collaborate on youth mental health. WG5 provided training on data management.

2.2 Grant Agreement Period Goals

The following GAPG's have been set for GP3:

GAPG1: Do a systematic review on predictors and moderators of treatment outcome in psychotherapy with adolescents and young people suffering from either depression or anxiety. The information gathered through the work of the group will be disseminated through the TREATme website and directly to clinicians and other stakeholders

GAPG2: To prepare no less than three further systematic reviews on predictors and moderators of treatment outcome in psychotherapy with adolescents and young people, one of which will focus on either anxiety or depression whereas the others will focus on other major diagnostic groups.

GAPG3: Do a systematic review on mediators used to explain treatment outcome in psychotherapy with adolescents to summarize existing knowledge in order to identify and suggest putative age specific mechanisms of change and conceptual and/or empirical gaps in designing treatment of young people and disseminate information. Publish reports from WGs through the Action's website.

GAPG4: Disorder specific reviews will be carried out for the three major mental disorders in adolescents: depression, anxiety and externalizing disorders to summarize knowledge on mechanisms of change for these major diagnoses. Publish reports from WGs through the Action's website.

GAPG5: Do a systematic review on measures of working alliance for young people, and to rate the measures we find with the COSMIN risk of bias tool. Disseminate knowledge on age specific measures.

GAPG6: Co-design quality standards for age specific study design with young people. Publish results on the Action's website.

GAPG7: Create and extend a collaborative youth panel and involve Young Persons in dissemination tasks as part of WG5.

GAPG8: Disseminate updates on working group activities via website, social media, and the newsletter.

GAPG9: Create a COST Action Data Management Plan (DMP).

GAPG10: Cooperation between ECI and experienced researcher preparing for the sustainability of the Action; strengthen ECI's leadership in the Action, prepare ECIs for future research leadership, and plan for an international, cooperative PhD program.

2.2.1 What were the Grant Agreement Period Goals set for each WG, and did they manage to achieve them?

The Grant Agreement Period Goals of WG1 were GAPG1 and 2. WG1 has come a long way in achieving both goals but is not quite there yet. WG1 has identified all studies reporting predictors and moderators of treatment outcome in psychotherapy with adolescents and young people within a large number of psychiatric diagnoses and are currently extracting the information. WG1 expects to submit the studies mentioned to peer-reviewed journals in GP4.

WG1 has reported preliminary results of the work of WG1 at the International Meeting of the Society of Psychotherapy Research in Buenos Aires, July 2019 and at the Joint UK & European SPR chapters Conference in Krakow, September 2019, and will report further results at the 28th

European Congress of Psychiatry, July 2020. The presentations from these meetings are accessible on the website of TREATme (<https://www.treat-me.eu/dissemination/presentations/>).

The Grant Agreement Period Goal of WG2 were GAPG3 and 4. WG2 has reached them partly by finishing the first stage screening of the reviews and creating a shared extraction file as well as by registration of the planned reviews in PROSPERO and by submitting a review study protocol.

The Grant Agreement Period Goal of WG3 was GAPG5. The work is not ready yet, but about halfway through.

The Grant Agreement Period Goal of WG4 was GAPG6. Draft of the quality standards have been developed and published on the website through a blog on the website.

The Grant Agreement Period Goals of WG5 were GAPG7, 8, 9, 10. GAPG7 was achieved with regard to the starting a collaboration with the "ZETA movement" (youth organization with individuals with experience of mental health issues) and the formation of a Youth Advisory Board to disseminate knowledge about youth mental health via videos and texts. GAPG8 was achieved through regular updates via website and social media. GAPG9 was partly achieved, workshop on Data Management has been conducted and general principles for data management for TREATme have been formulated at the WG5 meeting in Zagreb; but no DMP for TREATme has been created as each WG wanted to manage their data by their own and data collection will be ongoing after the last GP. GAPG10 was partly achieved; submission of a grant application for an international, cooperative PhD program and a special issue involving ECIs on individualized youth psychotherapy.

2.2.2 What have been the major difficulties WG's have faced in their work, and how will they address them in the last GP?

WG1 has set very ambitious goals, which presuppose a high degree of dedication and coordination. WG has continuously improved the coordination of the work, which has led to a higher level of productivity and a higher success rate in meeting the deadlines set out. This approach to ensuring the workflow of the group will be continued into GP4.

WG2 wanted a high quality and recency of the data, so they decided to conduct another search and did thorough quality checks with every fifth random screening. Some pairs needed to learn the inclusion criteria again and had to redo their screening. Two raters quit the WG2 for personal reasons and also contributed to a delay in the process. WG2 will address these problems by stricter deadlines, increased meeting frequency and more time for training in interrater reliability. WG2 has also shared the responsibility on different members aside from the leader and vice leaders.

WG3 has found it difficult to get such a large group of people to agree on how to do the work, and also to keep the same set of criteria for inclusion/exclusion while going through abstract screening.

WG4 has found it challenging to plan the TS for the final GP given the uncertainty around travel and physical distancing and how the aims of the TS can translate to online delivery, as it was intended to be a highly interactive TS.

WG5 experiences difficulties on dissemination since the analyses and publications are still on-going. The HP publicist quit his job, and it took one year before a new one took on the position.

3. Deliverables

3.1 Deliverable 1

Systematic reviews on existing knowledge in order to identify and suggest putative age specific markers for treatment of young people and disseminate information through the Action's website.

Status: Partly delivered

Explanation: WG1 has obtained preliminary findings, which have been disseminated on the website, but the final results have not reported yet. Several dissemination activities have been delivered (conference presentations) and more dissemination activities (conference posters) and papers are in the pipe line. Also other dissemination activities delivered by WG members during the whole period.

3.2 Deliverable 2

Systematic reviews on existing knowledge in order to identify and suggest putative age specific mechanisms of change in treatment of young people and disseminate information / publish reports from WGs through the Action's website.

Status: Partly delivered

Explanation: WG2 has finished the screening of two searches successfully and has submitted the registration of the review protocols in PROSPERO and has submitted a protocol study to a peer-reviewed open access Journal (BMJOpen). WG has not succeeded in finishing the extraction and writing up the results in GP3.

3.3 Deliverable 3

Systematic reviews on assessment tools on the use of appropriate and validated process and outcome measures.

Status: Partly delivered

Explanation: WG has finished the search and abstract screening process for the first review, but the task is huge, and the process is continuing in the GP4 as expected.

3.3 Deliverable 4

Systematic reviews to disseminate existing knowledge on age specific research designs in youth psychotherapy.

Status: Partly delivered

Explanation: The first systematic review on how to involve young people in digital mental health interventions has nearly been published. WG has finalised the protocol for the second systematic review, which they have begun. WG has developed a draft of the quality standards for co-producing psychotherapy research with young people to be used in this review.

3.3 Deliverable 5

Identify the most appropriate method for implementation of knowledge in each participating country in order to harmonize participants' national networks due to differences in the state-of-the-art, and national priorities.

Status: Partly delivered

Explanation: In GP3, dissemination of results was enhanced using social media and published via the website and videos. Additional tools, such as videos, were incorporated at the WG-meeting in Vienna and Zagreb. In the next GP, more results of the WGs will be available so that they can be disseminated via these new tools. Stakeholder meetings were started and will be enhanced as soon as final results are available; data management tools have been taught and will be used to store data.

4. Outputs / achievements

4.1 Co-authored Action publications where TREATme members (at least 3 from 3 different countries) have participated. How many Action members and from which countries were contributing? Topic, form (paper, poster, other), time and place of publication? Please evaluate also the relevance of the publication to TREATme.

- Liverpool S, Mota CP, Sales CMD, Čuš A, Carletto S, Hancheva C, Sousa S, Cerón SC, Moreno-Peral P, Pietrabissa G, Moltrecht B, Ulberg R, Ferreira N, Edbrooke-Childs J. (6 action members – Portugal, Bulgaria, Estonia, Spain, Norway, UK). Engaging Children and Young People in Digital Mental Health Interventions: Systematic Review of Modes of Delivery, Facilitators, and Barriers. *J Med Internet Res* 2020;22(6):e16317. DOI: 10.2196/16317
 - Relevance: Product of the TREATme initiative.
- Moreno-Perala P, Bellóna JA, Huibers MJH, Mestre JM, García-López LJ, Taubner S, Rodríguez-Morejón A, Bolinski F, Sales CMD, Conejo-Cerón S. (7 action members - Spain, Netherlands, Germany, Portugal). Mediators in psychological and psychoeducational interventions for the prevention of depression and anxiety. A systematic review. *Clinical Psychology Review*, 2020;76,1-19.
 - Relevance: Product of the TREATme initiative.
- Voursoura E, Gergov V, Tulbure BT, Camilleri N, Saliba A, Garcia-Lopez LJ, Podina IR, Prevendar T, Chiarenza GA, Debbané M, Löffler-Stastka H, Markovska-Simoska S, Milic B, Torres S, Ulberg R & Poulsen S. (16 action members - Greece, Finland, Romania, Malta, Spain, Croatia, Italy, Austria, Mecedonia, Portugal, Norway, Denmark). Predictors and moderators of outcome of psychotherapeutic interventions for mental disorders in young people: Protocol for systematic reviews. Submitted to *BMJ Open*.
 - Relevance: Product of the TREATme initiative.

4.2 Co-authored Action presentations where TREATme members (at least 3 from 3 different countries; unless directly presenting TREATme) have participated. How many Action members and from which countries were contributing? Topic, form (conference presentation, other), time and place, target audience? Please evaluate also the relevance of the presentation to TREATme.

- Gergov V, Milic B, Prevendar T, Voursoura E, Poulsen S & Loeffler-Stastka H. (5 action members - Finland, Austria, Croatia, Greece, Denmark). Effectiveness and predictors of psychotherapeutic interventions for young people with psychotic disorders. *Society for*

Psychotherapy Research 5th joint European & UK Chapters Conference, Krakow, September 2019

- Relevance: Product of the TREATme initiative.
- Gergov V, Voursura E, Tulbure B & Poulsen S. (4 action members - Finland, Greece, Romania, Denmark). How to do a systematic review on the moderators of psychotherapeutic interventions? 50th International Annual SPR Meeting, Buenos Aires, 3-6 July 2019.
 - Relevance: Product of the TREATme initiative.
- Löffler-Stastka H. Discussants: Poulsen S, Ioannou Y & Sales C. (4 action members - Austria, Denmark, Cyprus, Portugal): Psychotherapy for adolescents and young people: What does research tell us so far? Society for Psychotherapy Research 5th joint European & UK Chapters, Krakow, 11 September 2019.
 - Relevance: Product of the TREATme initiative.
- Prevendar T, Poulsen S, Voursura E, Loeffler-Stastka H, Milic B, Torres S, Markovska S, Saliba A, Poznyak E & Gergov V. (9 action members - Croatia, Denmark, Greece, Austria, Portugal, Macedonia, Malta, Finland). Evidence-based psychotherapeutic interventions for youth with mental disorders. 50th International Annual SPR Meeting, Buenos Aires, 3-6 July 2019.
 - Relevance: Product of the TREATme initiative.
- Sacco R, Camilleri N, Saliba E, Voursura E, Saliba A, Vella Fondcaro D, Löffler-Stastka H, Poulsen S, Chiarenza G, Ulberg R, Gergov V, Prevendar T, Torres S, Tudor Tulbure B, Garcia-Lopez LJ, Hochgerner M, & Markovska-Simoska S. (13 action members - Malta, Greece, Austria, Denmark, Italy, Norway, Finland, Croatia, Portugal, Romania, Spain, Macedonia). Evidence-based psychotherapeutic interventions for young people with substance use disorders: a systematic literature review. 28th European Congress of Psychiatry, Madrid, 4-7 July 2020.
 - Relevance: Product of the TREATme initiative. Poster submitted.
- Saliba A, Markovska-Simoska S, Camilleri N, Löffler-Stastka H, Prevendar T, Voursura E, Tudor Tulbure B, Poulsen S, Ulberg R, Chiarenza G & Gergov V. (11 action members - Malta, Macedonia, Austria, Croatia, Greece, Romania, Denmark, Italy, Finland). Evidence-based psychotherapeutic interventions for young people with Autism Spectrum Disorder: a systematic literature review. 28th European Congress of Psychiatry, Madrid, 4-7 July 2020.
 - Relevance: Product of the TREATme initiative. Poster submitted.
- Vella Fondacaro D, Camilleri N, Voursura E, Hochgerner M, Poulsen S, Torres S, Cosmoiu, A, Saliba A, Sacco R, Saliba E, Ulberg R, Gergov V, Tudor Tulbure B, Prevendar T, Markovska-Simoska S, Chiarenza G, Garcia-Lopez LJ, Löffler-Stastka H. (13 action members - Malta, Greece, Austria, Denmark, Portugal, Norway, Finland, Romania, Croatia, Macedonia, Italy, Spain). Evidence-based psychotherapeutic interventions for young people with mood disorders: a systematic review. 28th European Congress of Psychiatry, Madrid, 4-7 July 2020.
 - Relevance: Product of the TREATme initiative. Poster submitted.

- Vousoura E, Gergov V, Tulbure B, Podina I & Poulsen S. (5 action members - Greece, Finland, Romania, Denmark). Moderators of psychotherapeutic interventions for young people: What do we know so far? 50th International Annual SPR Meeting, Buenos Aires, 3-6 July 2019.
 - Relevance: Product of the TREATme initiative.

4.3 Projects and proposals resulting from Action activities where TREATme members (at least 3 from 3 different countries) are involved. How many Action members and from which countries were contributing? Title, proposer(s), funder etc.? Please evaluate also the relevance of the project/proposal to TREATme.

- Björn Philips (Sweden): internet-delivered psychological treatments for adolescents with depression (2017). TREATme members from UK, Sweden, and Norway participate. <https://kavlifondet.no/en/2018/12/nok-57-million-to-research-on-internet-delivered-treatments-for-depressed-adolescents>
 - Funding received from Kavli Trust
 - Relevance: This is a youth psychotherapy study with strict RCT design. The research questions includes identifying moderators and mediators of change as well as developing new treatment methods. The study concerns individualized youth psychotherapy.

4.4 Other directly TREATme related outputs / achievements where at least one WG member is involved. How many Action members and from which countries were contributing? Describe the details and evaluate the relevance of the output to TREATme.

- Camilleri N, Chiarenza GA, Cosmiou A, Debbané M, Garcia-Lopez LJ, Gergov V, Girini K, Hochgerner M, Löffler-Stastka H, Markovska-Simoska S, Milic B, Podina IR, Poulsen S, Prevendar T, Sacco R, Saliba A, Saliba E, Torres S, Tudor Tulbure B, Ulberg R, Vella Fondacaro D & Vousoura E. (15 action members - Malta, Italy, Switzerland, Spain, Finland, Austria, Macedonia, Romania, Denmark, Croatia, Portugal, Norway, Greece). Predictors and moderators of psychotherapy outcome for mental disorders in young people: Protocol for a systematic review. PROSPERO 2020 CRD42020166756. Available from: https://www.crd.york.ac.uk/prospero/display_record.php?ID=CRD42020166756
 - Relevance: Product of the TREATme initiative.

5. Dissemination and exploitation of Action results

5.1 Web-based dissemination Actions

- Newsletter: September 19, 2019
- TREATme's input to the drafted strategic plan for Horizon Europe Co-design 2021-2024
- Videos were recorded on interviews with TREATme members at the meeting in Vienna September 2019
- WG4 wrote a blog from WG meeting published on Action website
- All TREATme activities are published regularly on the website and social media (Twitter, Facebook)

5.2 Dissemination contacts or meetings for example with stake holders, policy makers, researchers, clinicians and young people etc. Form of activity, participants, outcome?

- Julian Edbrooke-Childs (UK): Presented at Maximising Digital Opportunities in Mental Health 0-25 years on “Opportunities of Digital”. (London, 2020). The event was specifically for clinicians and young people.
- Luis-Joaquin Garcia-Lopez, Vera Gergov, Randi Ulberg (Spain, Finland, Norway): Input the next Horizon Europe program (written)
- Vera Gergov (Finland): Attended 27.9.2019 a CRISP –network seminar "Mental Health in All Policies – How to make progress in EU?" (<https://mieli.fi/fi/network-seminar-citizenship-recovery-and-inclusive-society-partnership-27th-september-crisp>). The seminar was a side event of Finland’s Presidency of the Council of the European Union. At the seminar TREATme was shortly introduced in the general discussion to all participants (stakeholders, policymakers, clinicians, public), and discussed more deeply in person with some policymakers.
- Vera Gergov (Finland): Sent on 9.10.2019 "White Paper: Input for the Upcoming European Health Program" and "TREATme Input to the drafted strategic plan for Horizon Europe Co-design 2021-2024" to the Director of Development of MIELI Mental Health Finland, Kristian Wahlbeck, and to the project manager of Mental Health Consortium Finland, who has subsequently become a MEP and a member in the EU Mental Health Coalition, Alviina Alametsä.
- Henriette Löffler-Stastka (Austria): Collaboration with Model European Parliament
- Tamara Prevendar (Croatia): Disseminating information about the work of TREATme to Association of Psychotherapy Societies of Croatia, Croatian local SPRISTAD group.
- Stefanie Schmidt (Switzerland): Meetings with relevant stakeholders - youth organizations in Switzerland: Pro Juventute (organization for youth mental health), Berner Gesundheit; Swiss Red Cross
 - Meetings with leading persons of the respective institution, information about TREATme and its goals
- Stefanie Schmidt (Switzerland): Stakeholder meeting, University of Bern, meeting with clinicians (ca. 150 persons), information about relevance of youth mental health and mediators, 29th Feb 2020
- Stefanie Schmidt (Switzerland): Stakeholder meeting with Zeta Movement - NGO of affected adolescents on how to implementing knowledge about mental health in adolescence
- Svenja Taubner (Germany): Newsletter of the European Society of the Study on Personality Disorders about Mechanisms of Change in Personality Disorders

- Svenja Taubner (Germany): Semi-Plenary Talk about the Work of WG2 during the Annual Meeting of the Society for Psychotherapy Research in July 2019 in Buenos Aires, Argentina
- Svenja Taubner (Germany): Reports on the Work of TREATme during all European Chapter Meetings of the Society of Psychotherapy Research in the GP3
- Randi Ulberg (Norway): Presenting TREATme for researchers, user representatives (PPI) and clinicians at Department of psychiatry, Diakonhjemmet Hospital, Norway (March 2019).
- Randi Ulberg (Norway): Presenting TREATme for trainees in psychiatry at Akershus University Hospital, Norway (November 7, 2019)
- Randi Ulberg (Norway): Presenting TREATme on 2 day seminar organized by the Norwegian medical association. The seminar's focus was on psychotherapy supervision for specialists in child- and adolescent psychiatry. Location: Lillestrøm, Norway (February 6-7, 2020).
- Randi Ulberg (Norway): Presenting TREATme's main focus on the need for research in the field of youth psychotherapy in a 3-day seminar for experienced psychotherapy supervisors in child- and adolescent psychiatry. Organized by the committee of psychotherapy in the Norwegian association of child – and adolescent psychiatry. Location: Sem hovedgaard, Norway (October 20-22, 2019).
- Randi Ulberg (Norway): Presenting TREATme with focus on the need for more knowledge about personalized youth psychotherapy, moderators, mediators, and study design. Organized by the committee of psychotherapy in the Norwegian association of child – and adolescent psychiatry. Location: Sem hovedgaard, Norway (January 19-21, 2020).

5.3 Dissemination meetings funded by the Action

- Vera Gergov's and Eleni Voursoura's participation at The 50th International Annual SPR Meeting, 3-6 July 2019, Buenos Aires, Argentina was funded as Dissemination Activity of TREATme.
- John Ogrodniczuk's participation as a Keynote speaker at The 5th joint European & UK Chapters SPR Conference, September 2019, Krakow.

5.4 Difficulties experienced especially concerning dissemination and implementing the Action

Most analyses/publications are on-going/not available yet, so it is difficult to disseminate information before the extraction of the main results. There will be more results to be disseminated in the future. Covid-19 has made physical meetings impossible.

6. Future directions

6.1 Main goals of WG's work for the last GP

6.1.1 WG1

To publish the protocol of a systematic review on predictors and moderators of treatment outcome in psychotherapy with adolescents and young people suffering from a range of psychiatric disorders in a peer reviewed scientific journal.

To submit one or more systematic reviews on predictors and moderators of treatment outcome in psychotherapy with adolescents and young people to peer reviewed scientific journals.

To submit a systematic review of the outcome of psychotherapy for adolescents and young people with psychotic disorders to a peer reviewed scientific journal.

6.1.2 WG2

Finish the data extraction and write 4 reviews on theories of change and mediators of change in psychological treatment with adolescents and young adults focusing on age specific mediators as well as related to specific mental problems such as Borderline Personality Disorder, Externalizing Disorders and Trauma.

6.1.3 WG3

To finish the systematic review on measurement of working alliance in youth, and to start 1-2 more reviews on other measurement topics.

6.1.3 WG4

To finish and publish the first review, develop the co-produced guidelines for designing and delivering psychotherapy research with young people, and begin the second review.

6.1.4 WG5

Using additional dissemination tools to disseminate the main results, press release and additional newsletter.

6.2 Main goals for the future of TREATme

1. Members of the TREATme researcher network have through the COST grants had a valuable opportunity to make acquaintanceship and connect with researcher among people not collaborating before. The main thing is to continue the work and keep up the good work on individualized youth psychotherapy.
 - One option is to continue to collaborate in the WGs and keep the structure with monthly CG meetings.
2. The WGs have turned in to research groups and will probably continue working together and have collaborative projects.
 - The goal is to keep collaborating on publications that are direct outcomes of TREATme, and possible other research topics.
 - The aim is also to apply funding for other collaborative projects.

3. TREATme will continue as a part of the Child, Adolescent and Family therapy Research (CAFTR) special interest group in the Society for Psychotherapy Research (SPR).
 - TREATme members can join the CAFTR mailing list.
 - TREATme members aim to arrange webinars and TREATme panels on SPR conferences.