

TREATme

COST ACTION

DISSEMINATION AND
PUBLIC & PATIENT
INVOLVEMENT PLAN

DOCUMENT HISTORY

| Date | Person | Action | Status | Circulation |
|-------------------------|--|---|---------------|-------------|
| January – February 2019 | ► Célia Sales, University of Porto ► Henriette Löffler-Stastka, Medical University of Vienna | Producing first draft based on WG5 inputs | draft | WG5 |
| March - April 2019 | ► Randi Ulber, University of Oslo ► Elina Kanellopoulou ► Stefanie Schmidt, University of Bern | Second draft based on feedback | draft | Core Group |
| April 2019 | ► Célia Sales ► Pedro Filipe Gomes (design) | Final review | Final version | |

This document should be cited as:

Sales, C.M.D, Löffler-Stastka, H., Kanellopoulou, E., Schmidt, S., Dahl, H., Pietrabissa, G., Prevendar, T., Gomes, P., COST Action TREATme, & Ulberg, R. (2019). Dissemination and Public & Patient Involvement Plan for TREATme European Network on Individualized Psychotherapy Treatment of Young People with Mental Disorders (COST CA 16102). E-print available at www.treat-me.eu.

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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 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).



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.
 - a. We will create a collaborative task force for the creation a COST Action Data Management Plan (DMP), with experts on Data Management (<https://www.inesctec.pt/en/projects/tail#about>)
 - b. To our knowledge this will be the first DMP developed for a COST Action, which is in itself a research activity in the emergent field of Open Science technology

TREATme DISSEMINATION LEVELS, TARGET GROUPS, OBJECTIVES AND DISSEMINATION TOOLS

International & European Level

| Target Group | | Objective | Ways to reach Target Audience |
|---|--|--|--|
| Expert Networks Partners | <ul style="list-style-type: none"> ▶ existing COST Actions on related domains; ▶ European/ International expert groups. | <ul style="list-style-type: none"> ▶ to disseminate our existence, our initiatives and outputs; ▶ to exchange information regarding training and other opportunities offered both by TREATme and by the partners. | <ul style="list-style-type: none"> ▶ personal contacts of TREATme members also belonging to other COST Actions and networks via our website; ▶ exchanging newsletters among members; ▶ dissemination in Social Media & Webpage; ▶ possibility of linking webpages of related COST Actions. |
| Youth associations | <ul style="list-style-type: none"> ▶ https://mepeurope.eu/ ▶ European youth mental health. | <p>Creating collaborative networks for:</p> <ul style="list-style-type: none"> ▶ "snow bowling dissemination / collaboration" – among adolescents and young people; ▶ involving YP representatives as members of the TREATme Youth Collaborative Board; ▶ further involvement to be discussed and decided together with these institutions. | <ul style="list-style-type: none"> ▶ personal contacts of TREATme members (email, meetings and events); ▶ promotion videos on YouTube, disseminated on social media; ▶ special number of the Newsletter. |
| Policy decision-makers | <ul style="list-style-type: none"> ▶ EU decision makers and influence groups | <ul style="list-style-type: none"> ▶ to influence politically on the importance of mental health. | <ul style="list-style-type: none"> ▶ White paper; ▶ attending policy meetings in EU; ▶ special number of the Newsletter; ▶ ongoing dissemination of processes and results through the Newsletter, website, twitter, and Facebook. |
| Scientific and professional bodies | <ul style="list-style-type: none"> ▶ European Psychotherapy Training institutes (see also 'Timeline and Responsibilities'). | <ul style="list-style-type: none"> ▶ to disseminate our existence, our initiatives and outputs; ▶ to exchange information regarding training and other opportunities offered both by TREATme and by the partners. | <ul style="list-style-type: none"> ▶ Conference papers; ▶ e-mail contacts; ▶ disseminate TREATme newsletter among members; ▶ invite to link our websites. |
| Scientific community | | <ul style="list-style-type: none"> ▶ to disseminate resulting knowledge according to Open Science guidelines. | <ul style="list-style-type: none"> ▶ data management plan; ▶ data repository of open data bases. |
| Young Researchers | <ul style="list-style-type: none"> ▶ potential Grantees | <ul style="list-style-type: none"> ▶ to disseminate our existence, our initiatives and outputs; ▶ to consolidate international critical mass, attracting highly prepared young researchers for the field; ▶ to frame future research on knowledge resulting from the Action. | <ul style="list-style-type: none"> ▶ conference papers and publications; ▶ special number of the Newsletter; ▶ newsletter sent to Directors of PhD Programs related to Youth Mental Health; ▶ promotion videos on youtube, disseminated on social media; ▶ creating advanced training programs; ▶ preparing collaborative funding applications for advanced training programs (International Doctorate). |

National & Local Level

| | Target Group | Objective | Ways to reach Target Audience |
|---|--|--|--|
| Policy makers | <ul style="list-style-type: none"> ▸ Ministry of Health | | |
| Scientific & Professional bodies | <ul style="list-style-type: none"> ▸ Scientific bodies for youth mental health; ▸ accrediting organization that are licensing psychotherapist and counseling persons, universities and research centers. | <ul style="list-style-type: none"> ▸ Inclusion of young people | <ul style="list-style-type: none"> ▸ News on conferences, training, arguments, information about e.g., results of WGs to MEP (Model of European Parliament) |
| Universities and Research | <ul style="list-style-type: none"> ▸ Academic body | <ul style="list-style-type: none"> ▸ disseminate training opportunities | <ul style="list-style-type: none"> ▸ News on training opportunities, grants, grant applications, calls for papers |

TIMELINE AND RESPONSIBILITIES

| Action | Responsible person (WG5) | Starting point | Iteration |
|---|------------------------------|--|---------------|
| inform via press release; | Pedro | May 2019 | |
| COST Action partners - telling we exist - newsletter; | Célia, Pedro | | |
| inform and connect partners in COST Action on evidence base research in clinical health research; | Tamara | | |
| inform and connect partners from COST Action on problematic use of internet; | Célia | | |
| Collection of dissemination of output from the WG leaders and ITC/STSM coordinator and dissemination of TRAINING OPPORTUNITIES ONLINE (fb, twitter) - newsletter, social media, homepage; | Steffi, Gary, Pedro, Hanne | January 2019 | every 3 month |
| Collection of dissemination of output from the WG leaders and ITC/STSM coordinator and dissemination of OUTPUTS OF TREATme (WG meetings, etc.) - website, and newsletter; | Célia, Randi, Hanne | January 2019 | |
| involve youth associations discussing findings, disseminate Action plan (MEP); | Henriette, Hanne | January May 2019 reinforcement | |
| involve youth associations discussing findings, disseminate Action plan (EU youth mental health); | Célia | January 2019 | |
| contact policies, decision makers on EU level (white paper); | Randi, Alexandrovic | December 2018 | March |
| contact scientific boards on EU level (European Psychiatric Association - EPA, Training Institutes Chamber - EFTA, European Psychoanalytic Federation - EPF); | Henriette | | every 3 month |
| interview with a politician or decision maker; | Célia, Hanne, Henriette, all | | |
| contact scientific boards on national level (Austrian Society of Psychiatry, Psychotherapy, psychosomatics - ÖGPP, training institutes...); | Henriette, all | throughout 2018 | every 3 month |
| contact Federation of European Psychodrama Training Institutes (FEPTO, GSE, Society for Psychotherapy research - SPR); | Célia, Hanne, Henriette, all | February 2019 | |
| contact and inform ministry of health/accreditation institution, training institutes, official bodies; | all | throughout 2018 | February |
| contact PhD-Program directors; | all | February 2019 update Mailing list | |
| Mailing list update. | Tamara | February 2019 | |



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

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://www.psychotherapyresearch.org/mpage/news_09_2018

► https://www.meduniwien.ac.at/hp/ulg-psychotherapieforschung/news/singleview/?tx_ttnews%5Btt_news%5D=4941&cHash=2c277be9cfb9628f0d89fcd900318cfe