

Management Committee Meeting 10 12 October 2023 | Online Meeting

2nd Semester GP4



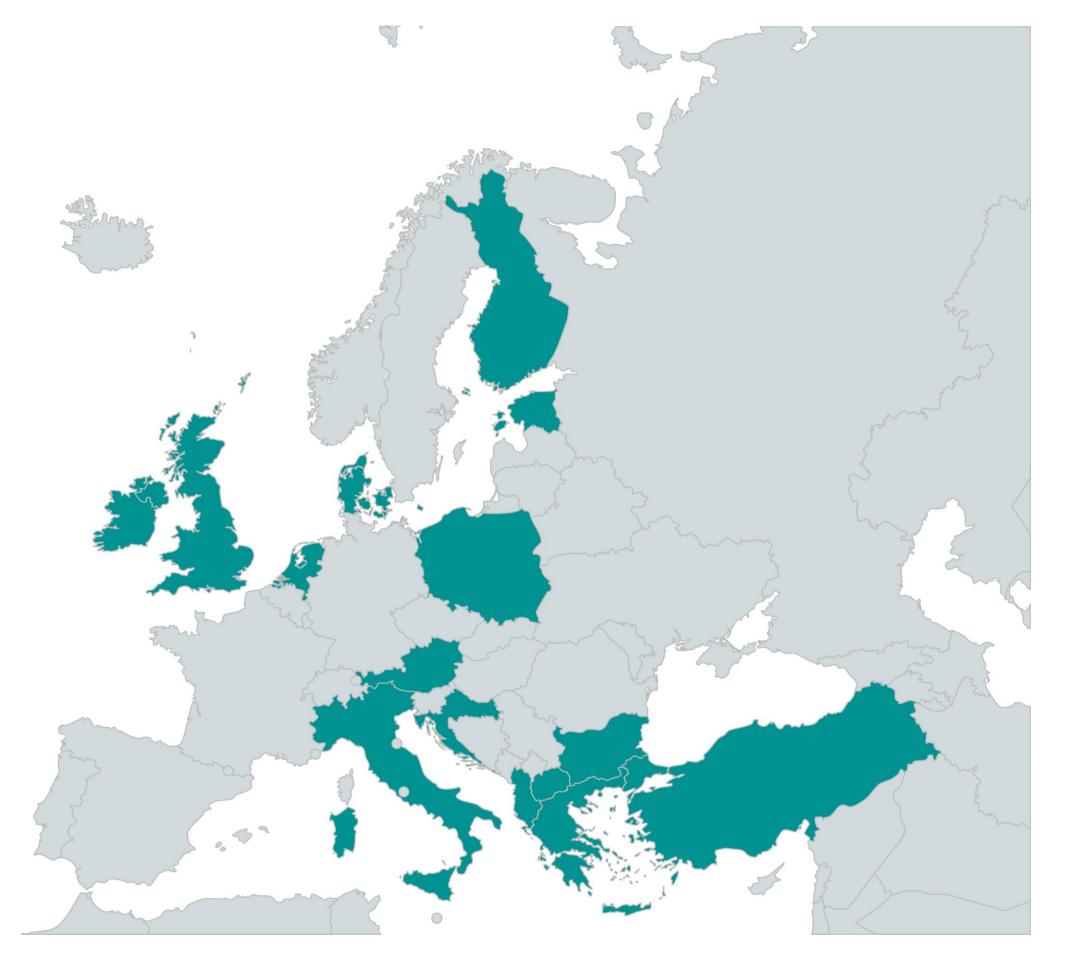




1.

Welcome to Participants, verification of the quorum and adoption of the agenda





15 Attending (48%) 16 Not Attending (52%)

Albania Belgium

Austria Bosnia & Herzegovina

Bulgaria Cyprus Croatia France

Denmark Germany

Estonia Israel
Finland Latvia
Greece Malta

Ireland Norway
Italy Portugal
Netherlands Serbia

North Macedonia Slovenia

Poland Spain

Turkey Sweden

United Kingdom Switzerland

Ukraine

51% Needed for Quorum (16 countries)

15 countries (48%)



Countries attending



COST Action CA18138: "Research Innovation and Sustainable Pan-European Network in Peripartum Depression Disorder" Management Committee Meeting Draft Agenda 12/10/2023 at 13:00:00 Virtual, N/A, Portugal N/A, N/A, Portugal

- 1. Welcome to participants, verification of the quorum and adoption of agenda
- 2. Information to the MC
 - a) Recap of the minutes of the last meeting, e-votes and matters arising since the last meeting
 - b) Core Croup: report from the Core Group, including delegated decisions
 - e) Budget status: summary from the Grant Holder.
 - f) Update from the COST Association (if representative is present)
- 3. Follow up and discussion on the
 - b) Implementation of the COST Excellence and Inclusiveness Policy
 - c) Grant Awarding by the Action
 - d) Progress of each working group
 - e) Science Communication Plan
 - f) Progress on MoU Objectives, WG tasks, deliverables, and Goals for the current GP.
- 4. Planning
 - c) Upcoming activities
- 5. Monitoring and Reporting to the COST Association
- 6. AOB
- 7. Summary of MC decisions
- 8. Reflections and farewell



2. Information to the MC



2a.

Recap of the Minutes of the last meeting, e-votes and matters arising since the last meeting



Online Meeting, 11/May/2023

Minutes of the Nineth Management Committee Meeting of COST Action CA18138: "Riseup-PPD: Research Innovation and Sustainable Pan-European Network in Peripartum Depression Disorder"

Please vote!

https://drive.google.com/file/d/1Pq8J7v1bSAmWHb97n4dk3zmLmJOKn-sh/view?usp=sharing



e-VOTES since the last meeting

- Implementation of the Stakeholder meeting with EU institutions to be held on October 10th in Brussels as an activity of our WBP, and its encoding on the e-COST system (approved on 10/07/2023);
- Reallocation of 1500€ from "Multimedia Content" to the reimbursement of two Action members
 for their participation on the Stakeholder meeting with EU institutions to be held on October
 10th in Brussels (approved on 10/07/2023);
- Reallocation of underspent budget from Open-Access publications to the payment of Graphic Recording services on the Second Riseup-PPD International Conference (September 21 and 22, Bulgaria) (approved on 08/08/2023);



e-VOTES since the last meeting

- Reallocation of underspent budget from Open-Access publications to reimburse Klaus
 Ebert for his attendance of the Second Riseup-PPD International Conference
 (approved on 26/08/2023);
- Invitation of Klaus Ebert to attend the Second Riseup-PPD International Conference (approved on 26/08/2023);
- Underspent Budget Reallocation Proposal Virtual Mobility Grants (approved on 13/09/2023).



Other Matters Arising since the last meeting

- 15/05/2023 Open Call for the Training School in Cost-Effectiveness Analysis in Health (Hybrid; online and Sofia, Bulgaria)
- **26/05/2023** Workshop on Maternal Mental Health Week in Portugal: Reaching out to Clinicians and Service Users (online)
- 30/05/2023 Workshop on Maternal Mental Health Week in Serbia: Reaching out to Clinicians and Service Users (online)
- May 2023 Updated Riseup-PPD Publication Committee Guidelines (https://drive.google.com/file/d/1k7Z9yWPttQTN44rmPzNy7PYdQiJFzAxx/view?usp=sharing)
- 07/06/2023 Workshop on Maternal Mental Health Week in Ecuador : Reaching out to Clinicians and Service Users (online)



Other Matters Arising since the last meeting

- 21/06/2023 Open call for two Virtual Mobility Grants
 (https://drive.google.com/file/d/1JjaSUryQP11e2CkYq7deqrL6dXrP42KT/view?usp=sharing)
- 04/07/2023 Council Implementing Decision 2022/2056 on measures for the protection of the Union budget against breaches of the principles of the rule of law in Hungary
- 06/07/2023 Results announcement of the 9th European Riseup-PPD Training School
- 18/08/2023 to 31/08/2023 Public consultation period of the Evidence-based Clinical Practice Guidelines for Prevention, Screening, and Treatment of Peripartum Depression
- 11/09/2023 Announcement of the Scientific Program of the Riseup-PPD Second International Conference
- 18/09/2023 to 20/09/2023 Riseup-PPD 9th European Training School in in Cost-Effectiveness Analysis in Health



Other Matters Arising since November 2022

- 19/09/2023 Open call for two Virtual Mobility Grants
 (https://drive.google.com/file/d/1YY5cEKtxjzXSMzbily76HTwrhsF9TEfy/view?usp=sharing)
- 21/09/2023 Agreement with the Journal of Psychosomatic Obstetrics & Gynecology to publish the Conference Proceedings – Second Riseup-PPD International Conference;
- 21/09/2023 to 22/09/2023 Riseup-PPD Main Meeting (7th Semester) and Second Riseup-PPD International Conference (WG6-led) (Sofia, Bulgaria);
- 04/10/2023 Decision by COST Association to cover up to 5,000 EUR of travel reimbursements to the Guidelines dissemination event to be held in the EU parliament Brussels;
- 11/10/2023 Workshop on Maternal Mental Health Week in Albania: Reaching out to Clinicians and Service Users (online)



2b.

Core Group: report from the Core group, including delegated decisions



Core group meetings

- 04 May 2023 (online)

(minutes: https://drive.google.com/file/d/1DglbDu1C3MYiDxlB5bR-o3zlHcP1ieZ-/view?usp=sharing)

- 01 June 2023 (online)

(minutes: https://drive.google.com/file/d/1Yic9kcHWwrpZjDZLSGEHKLXyfe2m7-10/view?usp=sharing)

• 06 July 2023 (online)

(minutes: https://drive.google.com/file/d/1UF2oIxhYFCmG6m73-yAo4VocCYPogxqC/view?usp=sharing)

28 July 2023 (online)

(minutes: https://drive.google.com/file/d/1UmkB4r-u358HBezBv49ArM3vX5yZS_MF/view?usp=drive_link)

22nd September 2023 (in person)

(minutes: https://drive.google.com/file/d/1AK75QzwMMPpS8hyCVubgUKC2Ndq42MzH/view?usp=drive_link)

12 October 2023 (online)

(minutes available soon)



Delegated Decisions to the Core group

- Defined the program and open the call of the 9th European Riseup-PPD's Training School in Cost-Effectiveness Analysis in Health (https://drive.google.com/file/d/11eykl7muH_LIP-pdSTvgB8AdX1ENZ-mg/view?usp=drive_link)
- Prepared and submitted the COST Innovators Grant (CIG) application rejected

(https://drive.google.com/file/d/1Y1m12HVv2n5OR9Lzd4jm6qjZk0bsndxW/view?usp=sharing)

CIG Committee comments: Whilst the importance of the general area of activity is acknowledged, the proposal lacked a clear plan of how to deliver change. The highly regulated healthcare contexts in which this application would operate and the target audience for this solution should be more carefully considered.



Delegated Decisions to the Core Group

- Defined the scientific program for the Second Riseup-PPD International Conference (Scientific Committee)
- Prepared the needed resources online and on-site for the Second International Conference (Organizational Committee);
- Prepared the content of the dissemination materials;
- Prepared the final version of the Riseup-PPD Evidence-based Clinical Practice Guidelines for Prevention, Screening, and Treatment of Peripartum Depression;
- Approved the WG4 leaflet on Ethics in PPD;



Delegated Decisions to the Core Group

- Approved two publications for funding:
 - Effectiveness of interventions for the prevention of perinatal depression: An umbrella review of systematic reviews and meta-analysis General Hospital Psychiatry
 (https://doi.org/10.1016/j.genhosppsych.2023.03.007)
 - Abstracts from the COST Action Riseup-PPD 2nd International Conference "Knowledge and Implementation Gaps in Peripartum Depression: Innovation and Future Directions" - Journal of Psychosomatic Obstetrics & Gynecology
- Approved one Virtual Networking Support Grant and four Virtual Mobility Grants applications and respective reports.



2e.
Budget Status:
Summary from the
Grant Holder





Budget status: summary from the Grant Holder







Total Budget GP4	Start Date	End Date	Total Expenditure GP4	% Execution
174 000,00 €	01.11.2022	14.10.2023	140 468,94 €	80,73%





Growing ideas through networks **Total Budget Total Expenditure** GP4 GP4 GP4 174 000,00 € 140 468,94 € **Total costs for all activities** 151 304,35 € 127 597,25 €

Meetings

Training Schools

Dissemination

Other expenses

FSAC (max 15%)

Mobility of Researchers and Innovat

75 880,00 €

36 526,00 €

7 874,35 €

31 024,00 €

22 695,65 €

68 154,20 €

33 567,20 €

10 874,35 €

15 001,50 €

12 871,69 €







Meetings	68 154,20 €
Guidelines Development Group Meeting - Seville	15 300,62 €
Riseup-PPD Main Meeting (7th Semester) and Second Riseup-PPD International Conference	e - Sofia 52 853,58 €

Training Schools33 567,20 €Training School on Infant's Neurodevelopment Assessment - Seville17 190,85 €Training School in Cost-Effectiveness Analysis in Health - Sofia16 376,35 €







Mobility of Researchers and Innovators Virtual Networking Support Grant Ana Margarida	10 874,35 € 3 874,35 €
VMG Eleni Vousoura - Establishing global collaboration through preparatory meetings for the 2nd Riseup-PPD International Conference	1 000,00€
VMG Laurence Bosteels-Vanden Abeele - Promoting Awareness and Stakeholder Engagement for Clinical Guidelines : Prevention, Diagnosis, Assessment, and Treatment of PPD	1 000,00€
VMG Sandra Nakić Radoš - Preparation of the Guidelines' dissemination event at the EU premises	1 500,00€
VMG Ana Ganho - Preparation of multimedia content to disseminate the Evidence Based Clinical Practice Guidelines for Prevention, Screening and T	1 500,00€
STSM Ana Pereira - Development of Village2Care Project: An online program for the screening and early intervention on Post-Partum Depression (PPD)	1 000,00€
STSM Ana Gomes - Development of the Village2Care Project: An online program for the screening and early intervention in Post-Partum Depression	1 000,00€











2f. Update from the COST Association



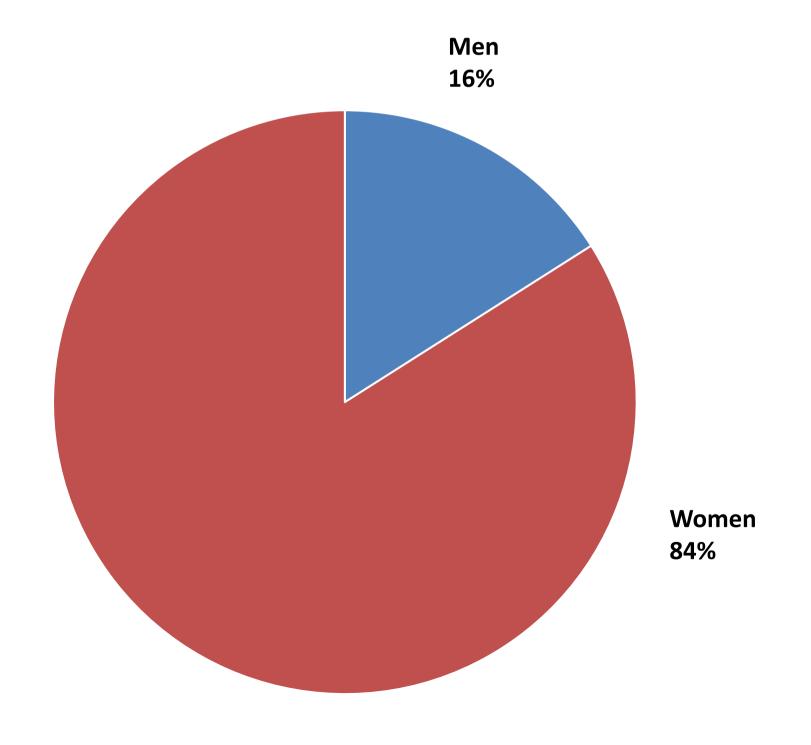
Follow up and Discussion on the...



3b. Implementation of the COST Excellence and Inclusiveness Policy

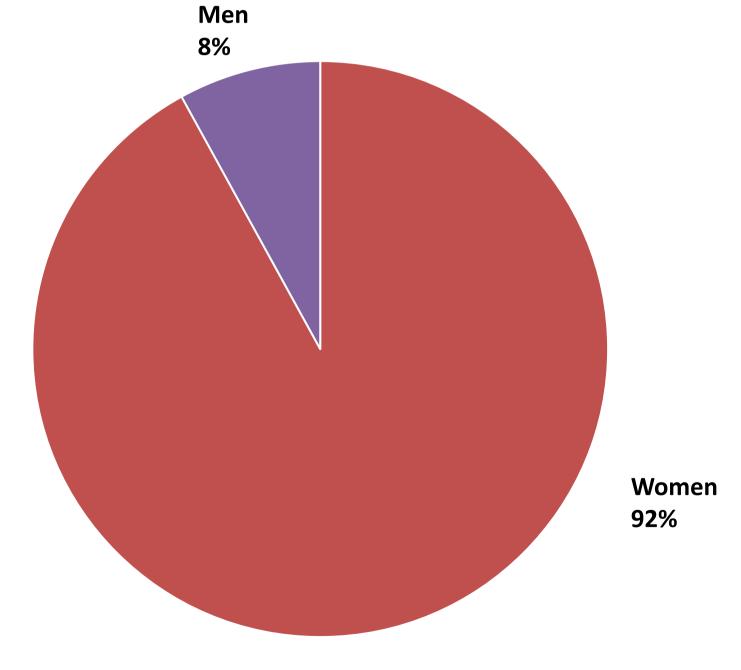


3b. Implementation of COST Policies: MC Gender Balance



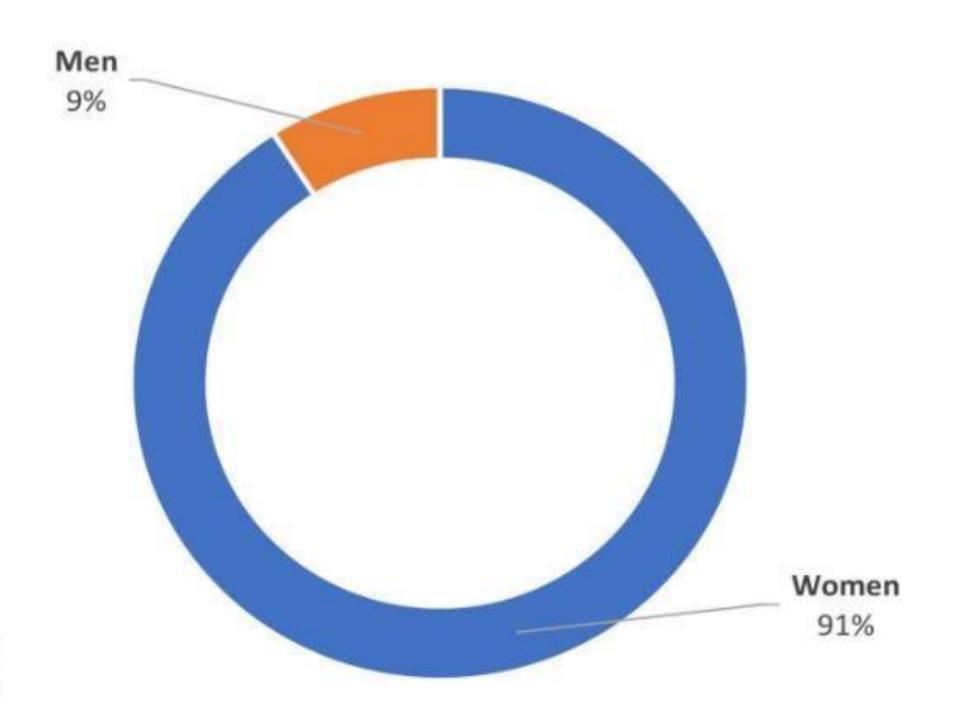


3b. Implementation of COST Policies: All Leadership Positions Gender BalanceMen





3b. Implementation of COST Policies: Gender Balance of Mandatory Leadership Positions



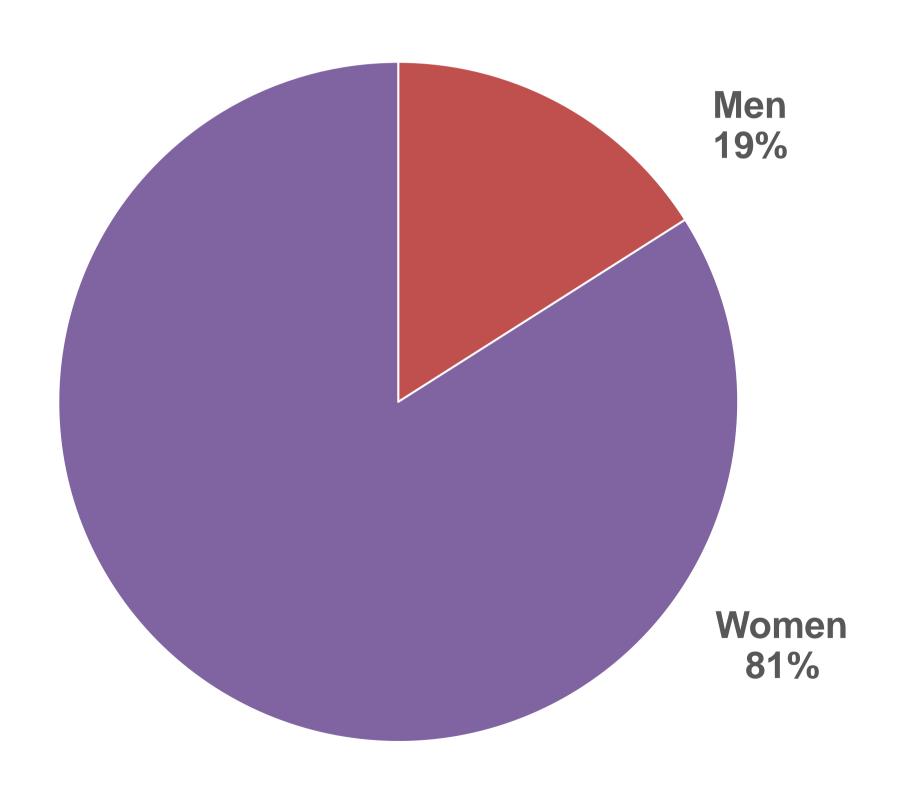
COST Indicatory Target:



To dedicate 50 per cent of Mandatory Leadership positions to female researchers.

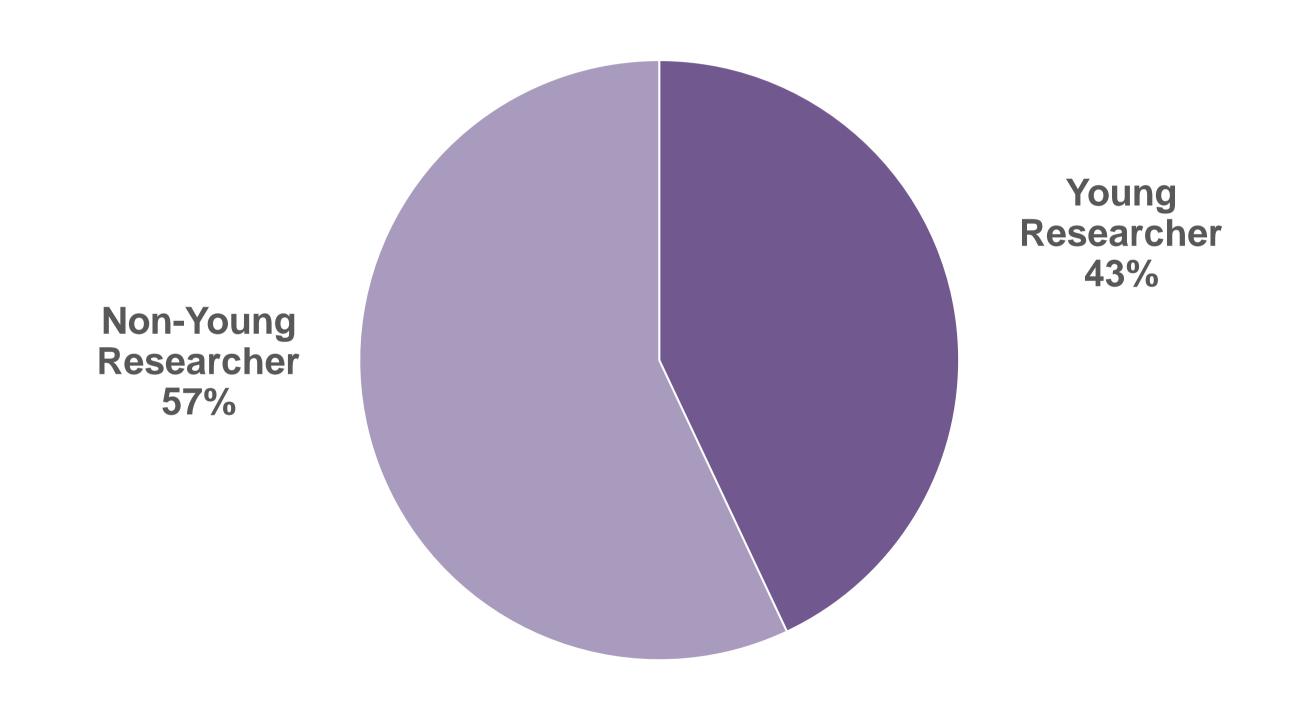


3b. Implementation of COST Policies: Action as a whole Gender Balance



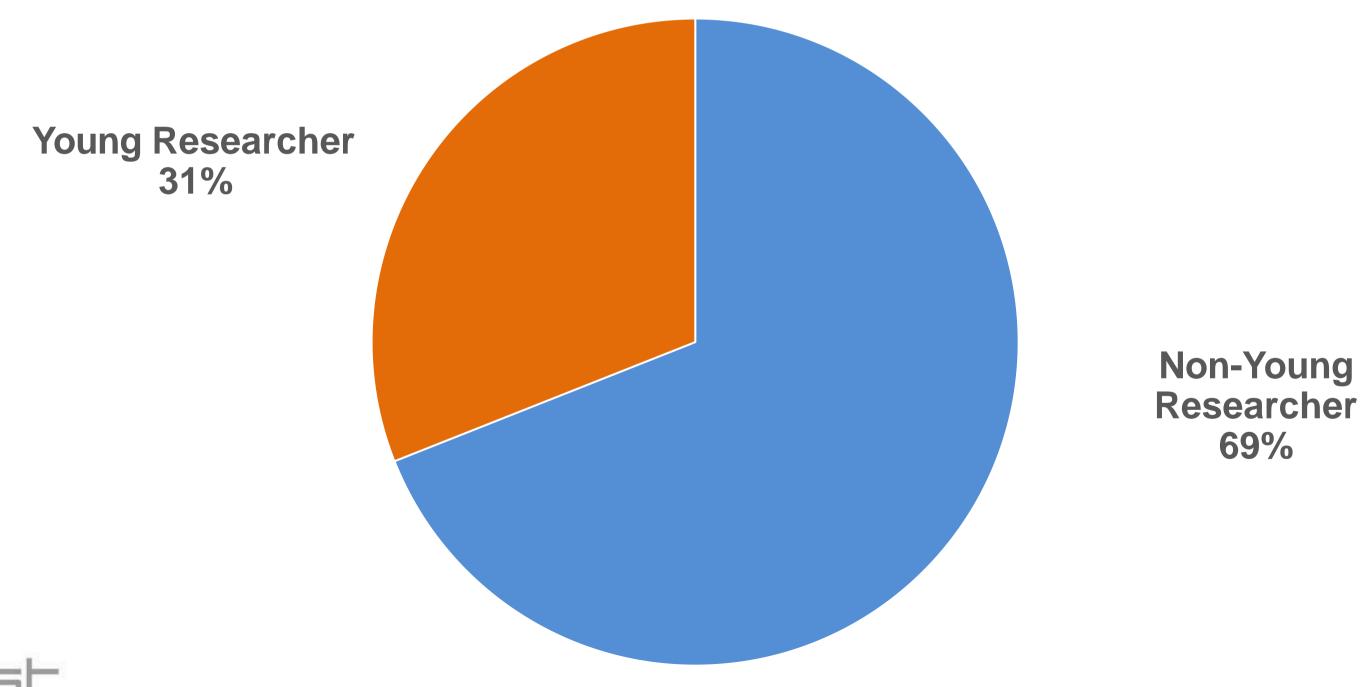


3b. Implementation of COST Policies: Young Researchers



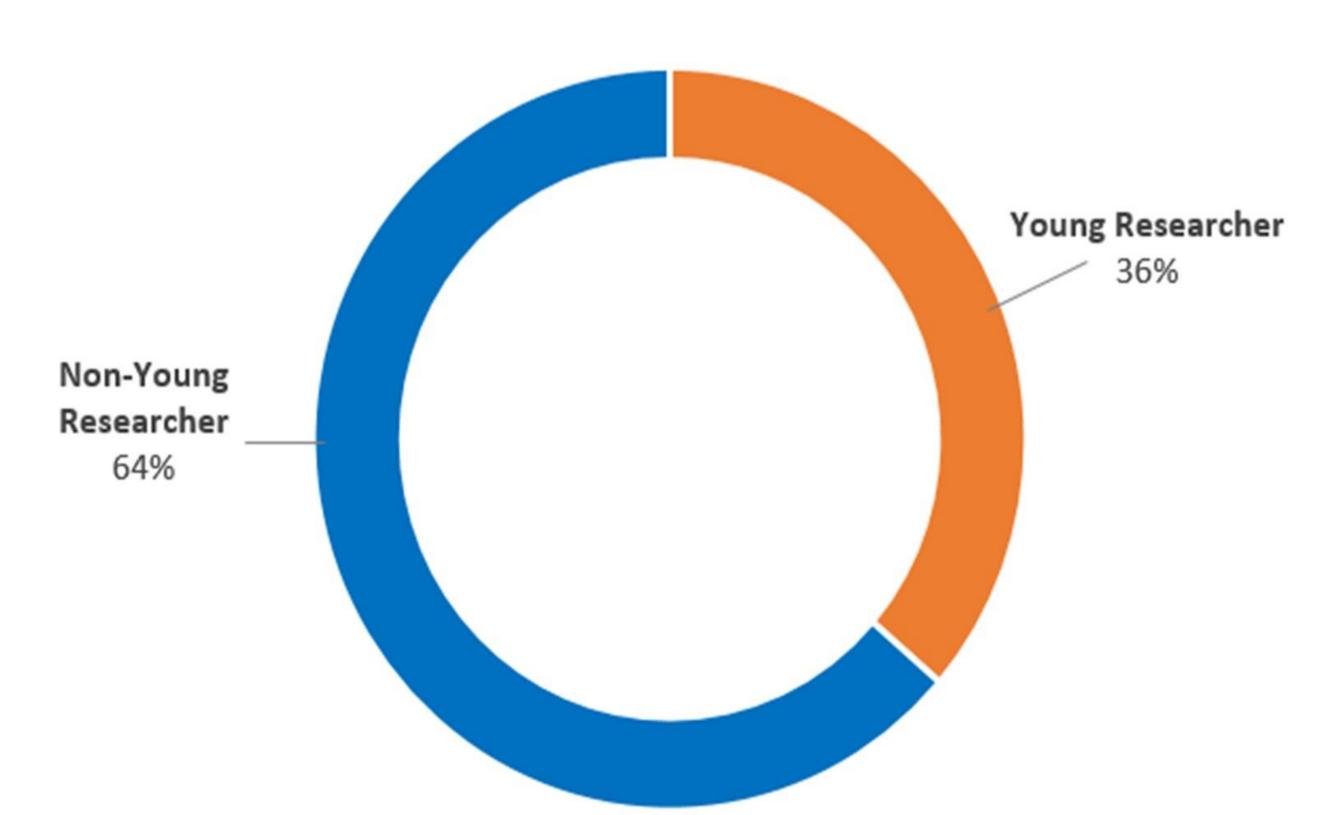


3b. Implementation of COST Policies: Young Researchers in all Leadership Positions





3b. Implementation of COST Policies: Young Researchers in Mandatory Leadership Positions

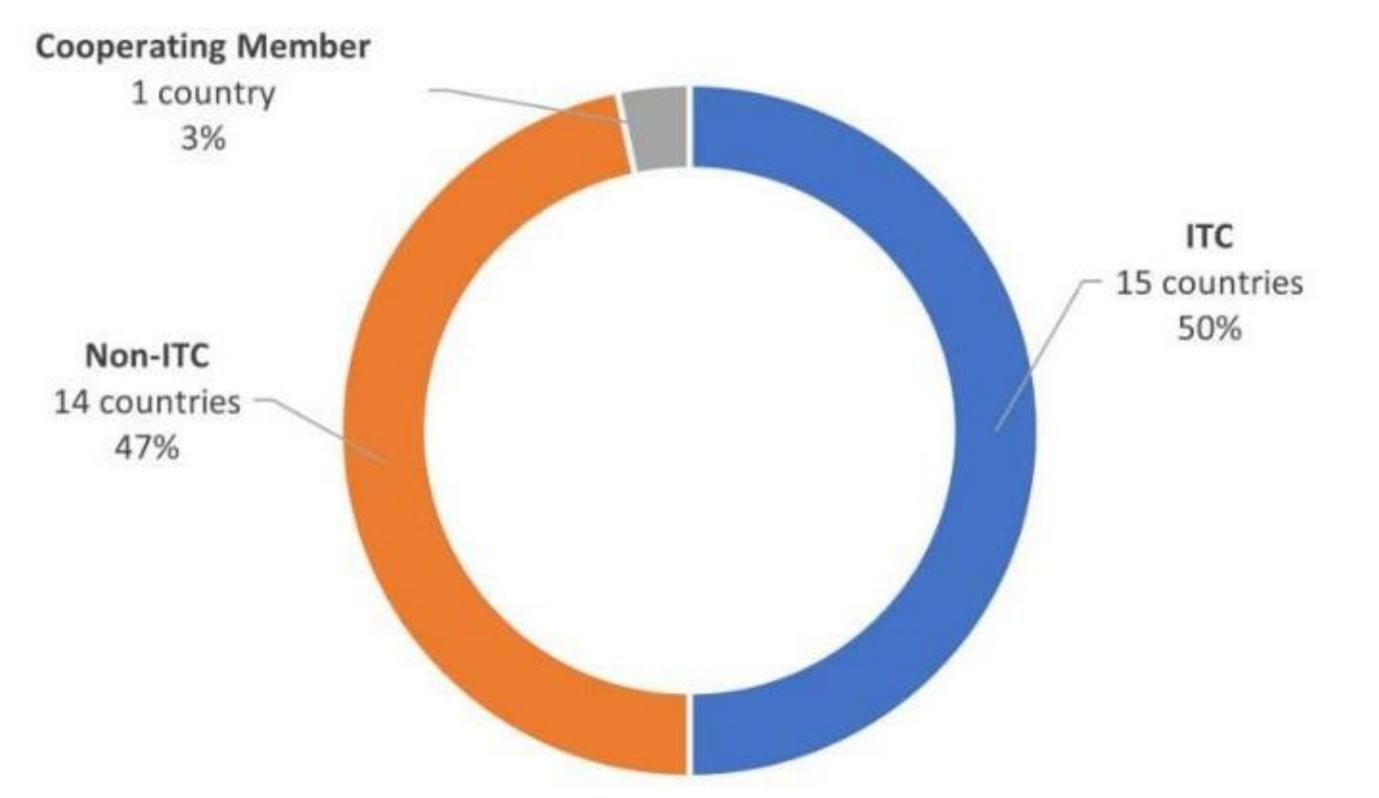


COST Indicatory Target:



To dedicate 20 per cent of Mandatory Leadership positions to Young Researchers.

3b. Implementation of COST Policies: ITC Inclusiveness

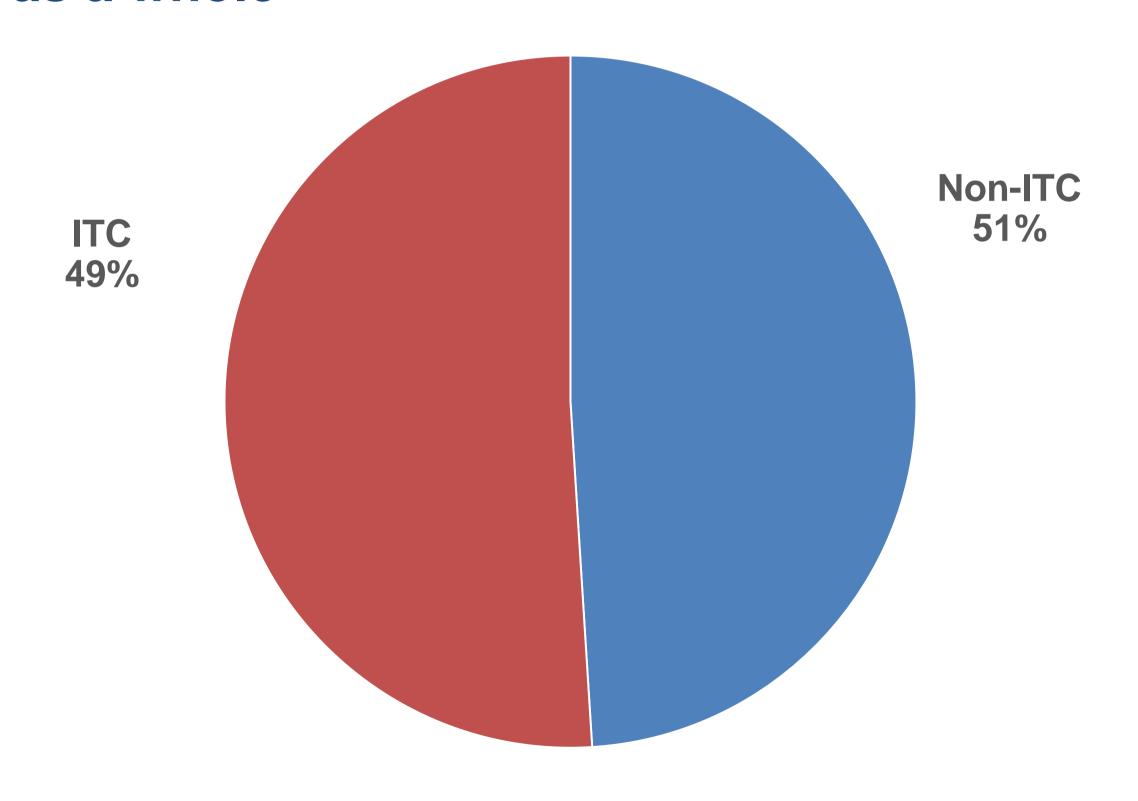


COST Indicatory Target:



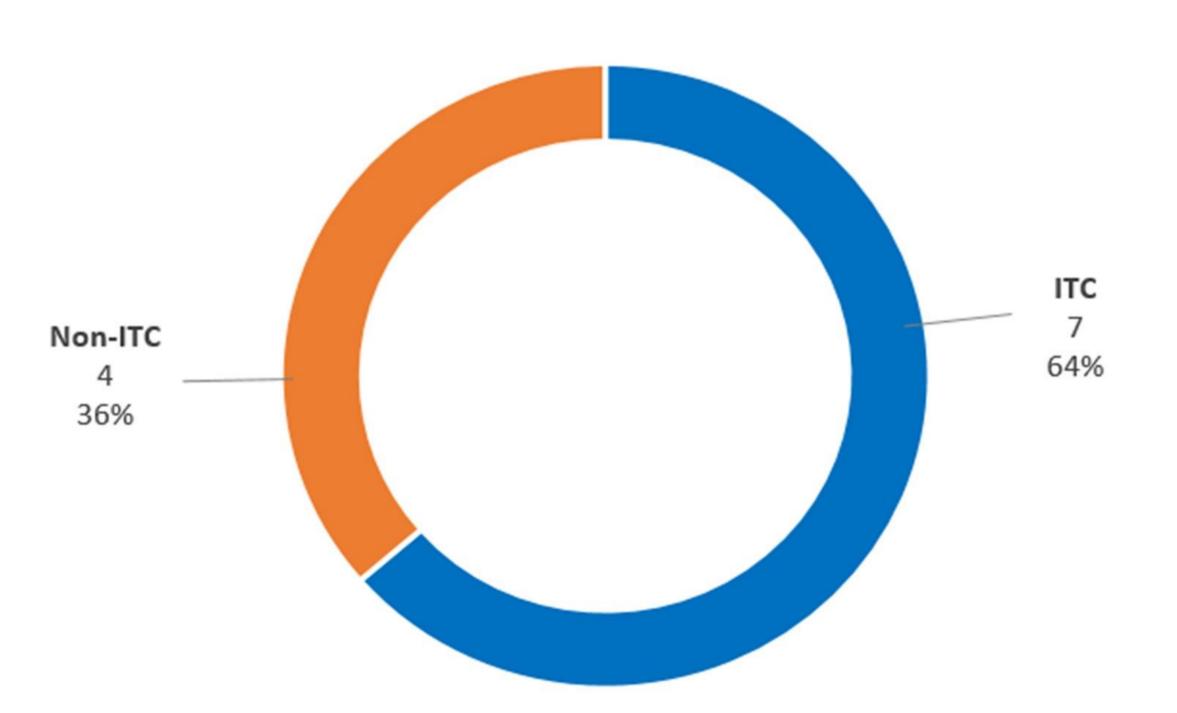
To include Researchers and Innovators from the greatest possible variety and range of COST Members in the Actions, at the very minimum from 12 distinct Inclusiveness Target Countries.

3b. Implementation of COST Policies: ITC Inclusiveness of the Action as a whole





3b. Implementation of COST Policies: ITC Leadership Inclusiveness



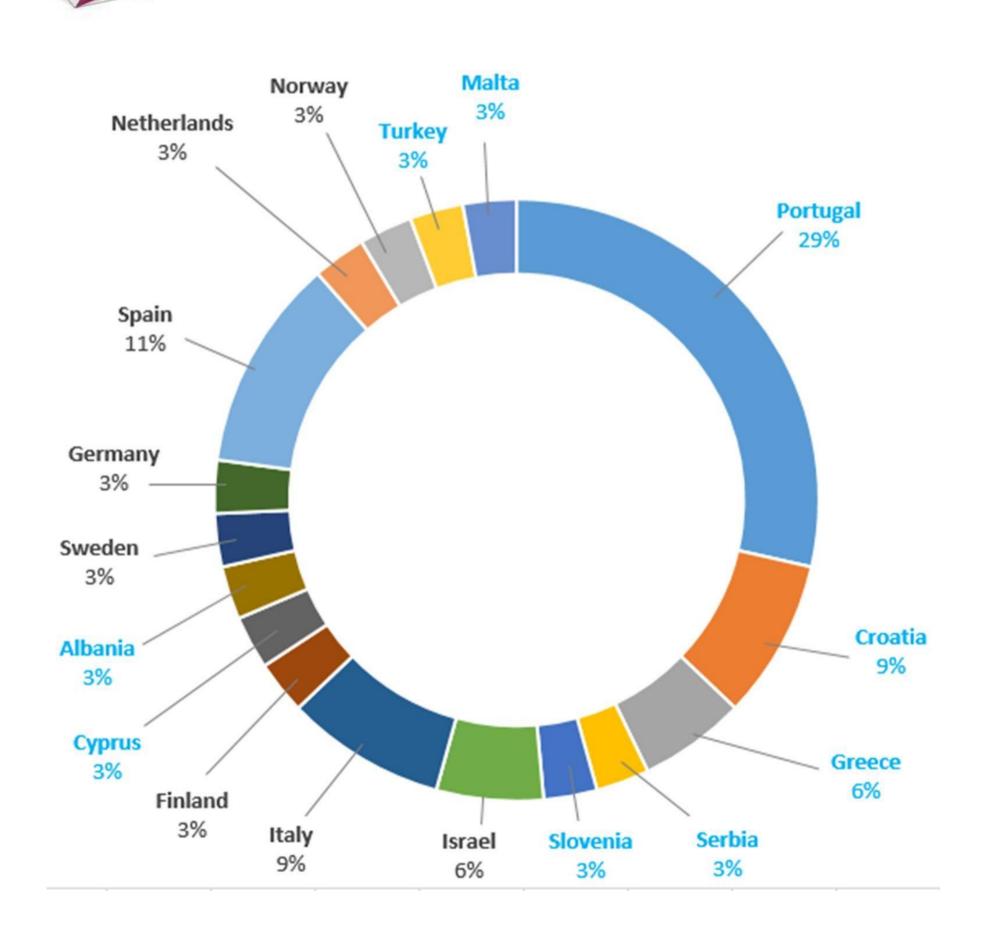
COST Indicatory Target:



To dedicate at least 3 Mandatory Leadership positions to researchers based in Inclusiveness Target Countries.



3b. Implementation of COST Policies: Geographical Balance Leadership



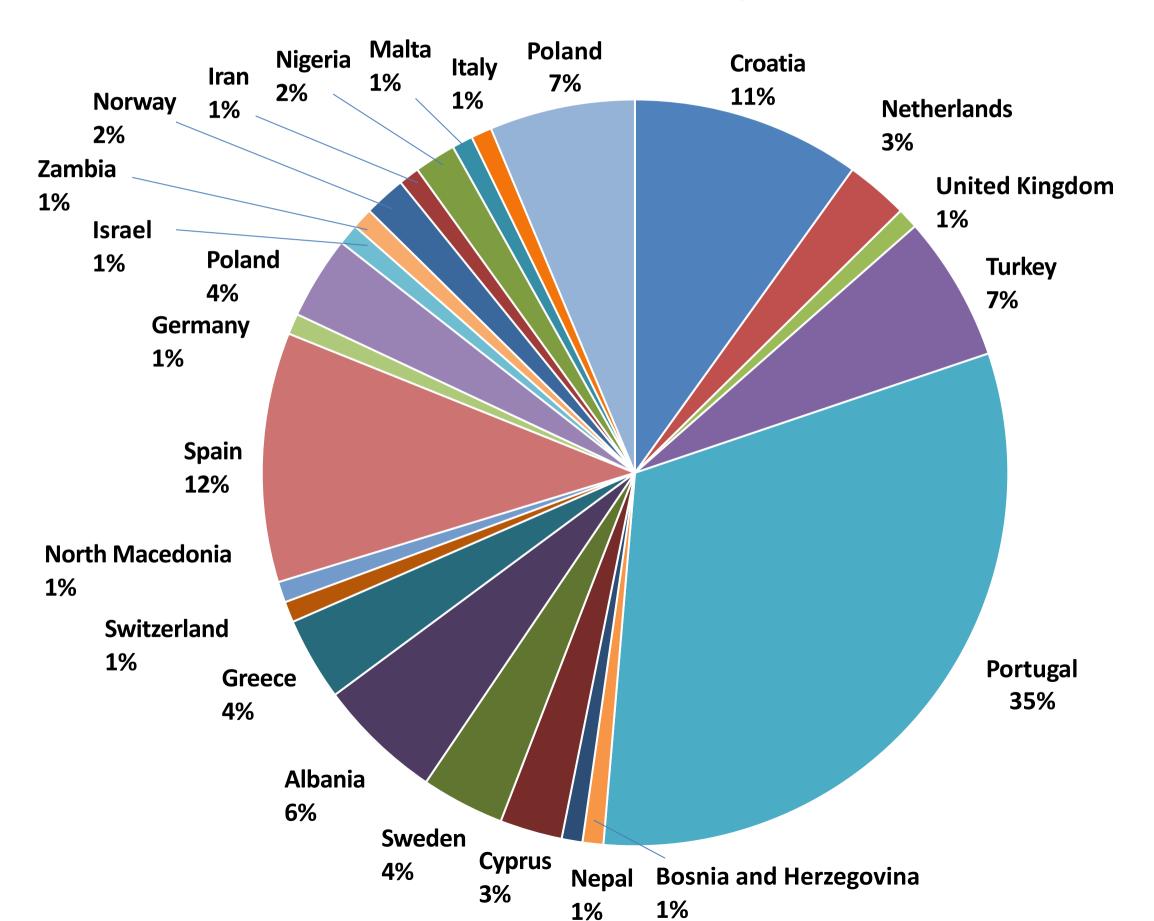
ITC Countries Not Represented:

- Bosnia and Herzegovina;
- Bulgaria;
- Estonia;
- Latvia;
- North Macedonia;
- Poland.

Non-ITC Countries Not Represented:

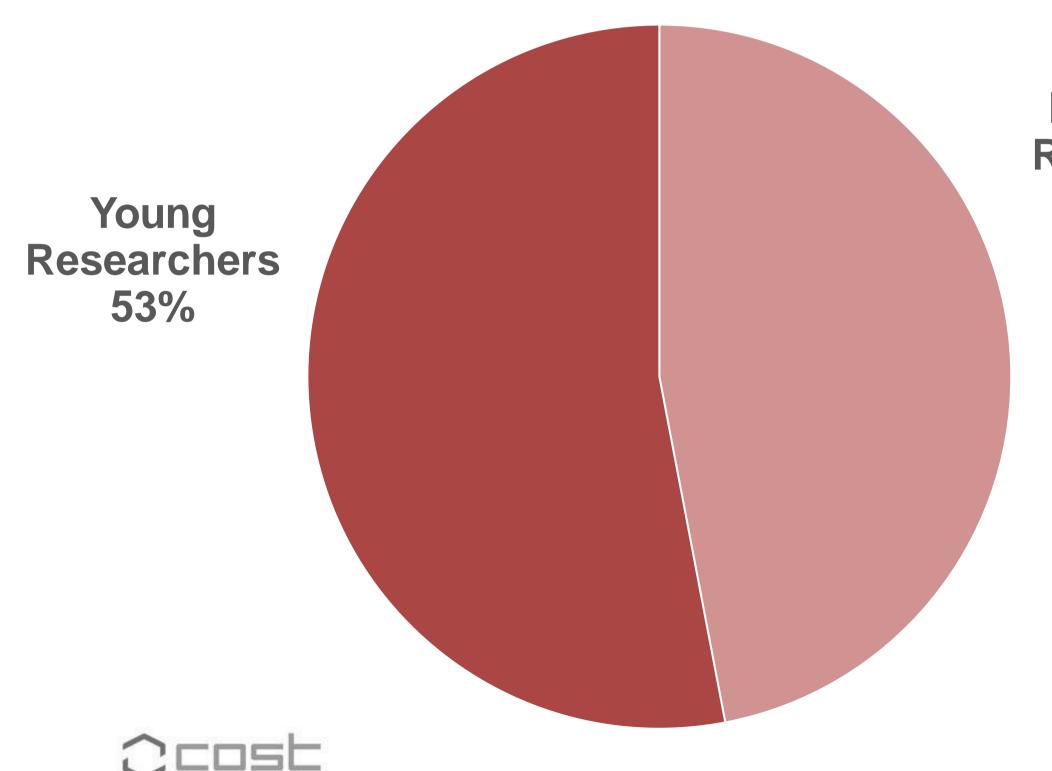
- Austria;
- Belgium;
- Denmark;
- France;
- Ireland;
- Switzerland;
- United Kingdom;
- USA;
- Canada;
- Australia.

3b. Implementation of COST Policies: Geographical Balance across Networking Tools – Trainees





3b. Implementation of COST Policies - Young Researchers balance across Networking Tools



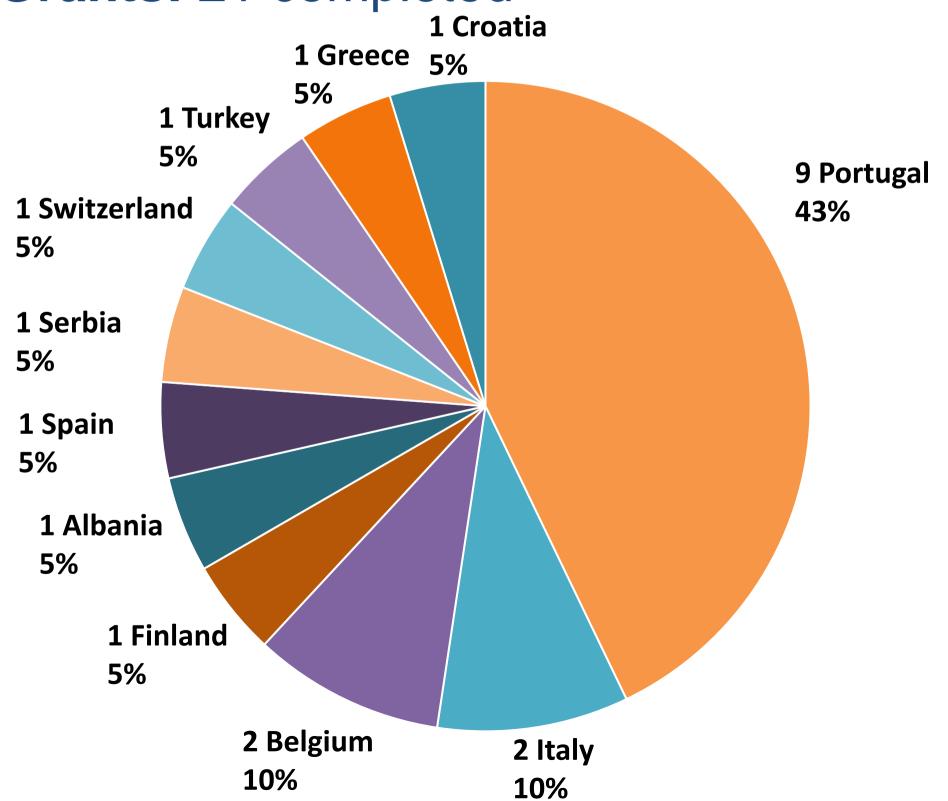
Non-Young Researchers 47%

COST Indicatory Target:



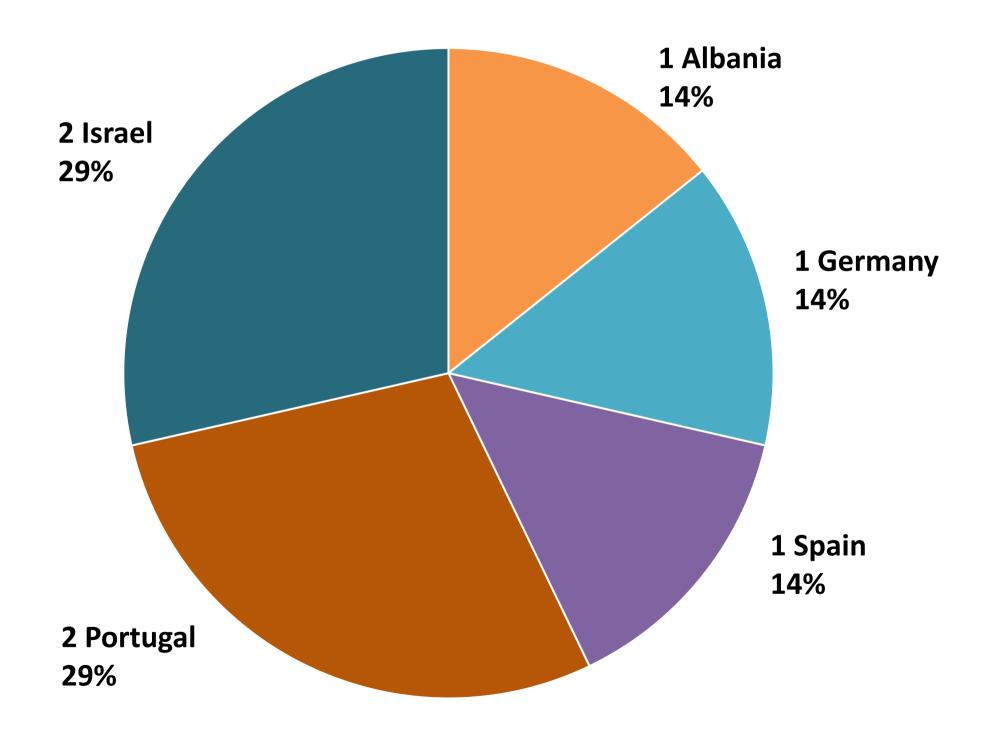
To have 40 per cent of participations to networking activities by Young Researchers

Geographical Balance across Networking Tools – Virtual Mobility Grants: 21 completed



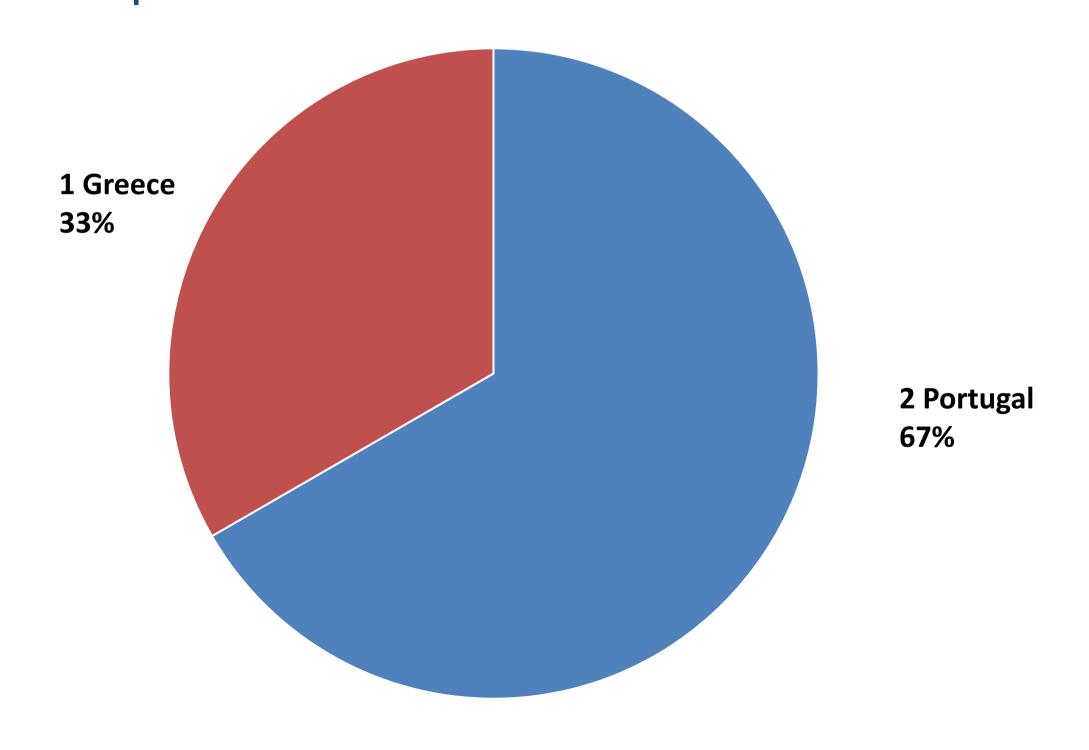


Geographical Balance across Networking Tools - Short-Term Scientific Missions: 7 completed



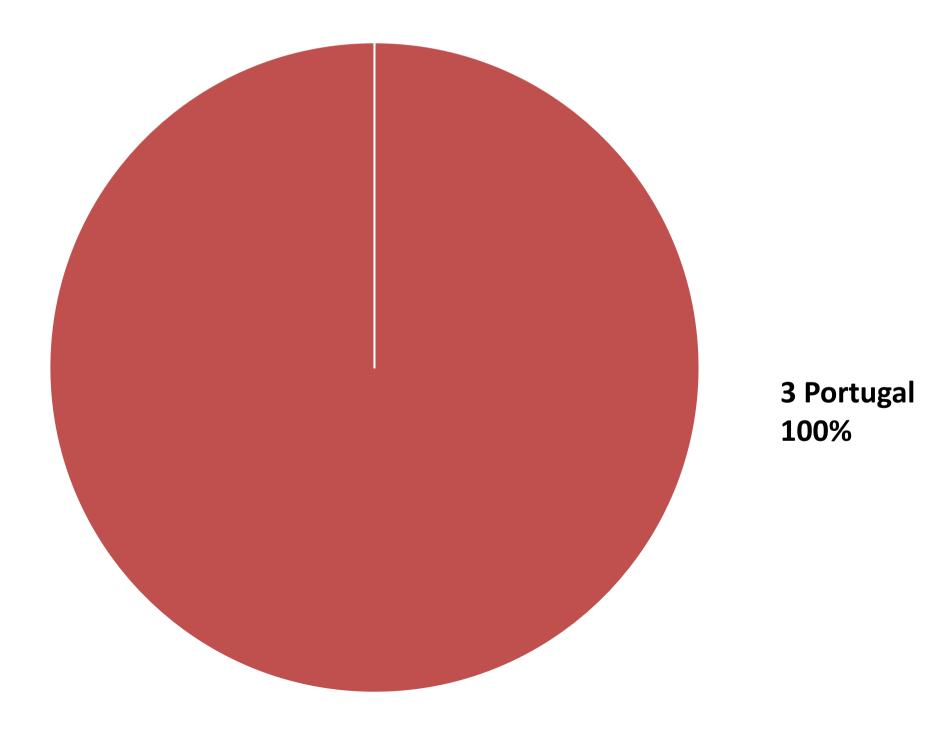


Geographical Balance across Networking Tools – ITC Conference Grants: 3 completed





Geographical Balance across Networking Tools – Virtual Networking Support Grants: 3 completed





3c. Grant Awarding by the Action





Agenda "Grant Awarding by the Action"

Grant Award Coordinator:

Prof. dr Katarina Savić Vujović

Department of pharmacology, clinical pharmacology and toxicology, Faculty of Medicine, University of Belgrade



- In the period 21.06.2023.-14.10.2023.

- VNSG − 1
- STSM-2
- VM 4



Virtual Networking Support Grant (VNSG)

Applicant: Ana Margarida Ferreira, University of Coimbra Coimbra

- Start date 21/06/2023
- End date 13/10/2023

- Awarded amount EUR 3874.35



Short-Term Scientific Mission (STSM)

- Applicant: Ana Isabel Gomes, Faculdade de Psicologia, Universidade de Lisboa Lisboa
- Development of the Village2Care Project: An online program for the screening and early intervention in Post-Partum Depression
- Start date 12/09/2023
- End date 16/09/2023
- Host institution Medizinische Fakultät Carl Gustav Carus (Institute and Policlinic of Occupational and Social Medicine, Clinic and Policlinic für Psychotherapy and Psychsomatic Medicine) Dresden, DE Host contact Susan Garthus-Niegel Awarded
- amount EUR 1000.00



Short-Term Scientific Mission (STSM)

- Applicant : Ana Maria Pereira Faculdade de Psicologia, Universidade de Lisboa Lisboa
- Development of Village2Care Project: An online program for the screening and early intervention on Post-Partum Depression (PPD)
- Start date 11/09/2023
- End date 16/09/2023
- Host institution Medizinische Fakultät Carl Gustav Carus (Institute and Policlinic of Occupational and Social Medicine, Clinic and Policlinic für Psychotherapy and Psychsomatic Medicine) Dresden, DE Host contact Professor Susan Garthus-Niegel
- Awarded amount EUR 1000.00



- Applicant: Laurence Bosteels-Vanden Abeele, Make Mothers Matter EU delegation Bruxelles
- Promoting Awareness and Stakeholder Engagement for Clinical Guidelines: Prevention, Diagnosis, Assessment, and Treatment of PPD
- Requested start date 04/08/2023
- Requested end date 22/09/2023
- Start date 03/08/2023
- End date 21/09/2023
- Awarded amount EUR 1000.00



- Applicant: Eleni Vousoura National and Kapodistrian University of Athens, Athens
- Establishing global collaboration through preparatory meetings for the 2nd Riseup-PPD International Conference
- Requested start date 03/08/2023
- Requested end date 15/09/2023
- Start date 03/08/2023
- End date 14/09/2023
- Awarded amount EUR 1000.00



- Applicant: Ana Ganho-Ávila UNIVERSIDADE DE COIMBRA Coimbra
- Preparation of multimedia content to disseminate the Evidence Based Clinical Practice Guidelines for Prevention, Screening and T

- Start date 03/10/2023
- End date 14/10/2023
- Awarded amount EUR 1500.00



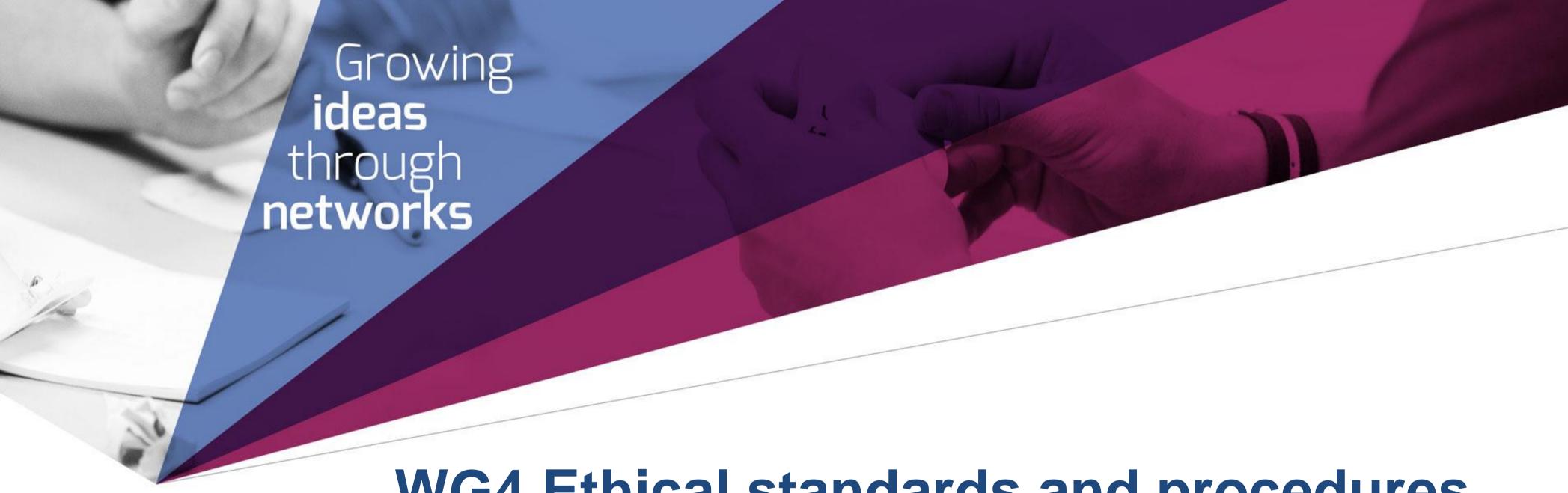
- Applicant: Sandra Nakić Radoš Catholic University of Croatia Zagreb
- Preparation of the Guidelines' dissemination event at the EU premises

- Start date 03/10/2023
- End date 14/10/2023
- Awarded amount EUR 1500.00



3d. Progress of each Working Group Subgroup Task Force





WG4 Ethical standards and procedures for clinical research in PPD

MC Member meeting October 12, 2023

Susanne Uusitalo





Main deliverables of WG4

- Two workshops (per GP; 1 per ITC aiming at reaching a minimum of 8 ITC members)
- Systematic review (publication)
- The last workshop: Workshop on ethical aspects of PPD-related HTAs in Sofia, Bulgaria, September 2023
- A leaflet for clinical researchers and research participant, partly based on the publication



In the fourth period:

- Two workshops: in March in Sevilla, Spain and in connection with the 2nd Riseup-PPD conference in Sofia, Bulgaria, September, 2023
- WG4 Meetings with the active members: Anna Axelin, Deirdre Daly, Irena Bartels, Mickie de Wet, Semra Pinar, and Susanne Uusitalo
- Work on the ethics infographic leaflet for clinical research in PPD
- Participation in the guidelines group's work.



FOR RESEARCH PARTICIPANTS

Do you know your rights as a research participant?



INFORMED CONSENT

You have the right to be informed and understand the nature of the study, its risks, and its benefits before you agree to participate.



VOLUNTARY PARTICIPATION

Participation in any research study is completely voluntary. You have the right to withdraw at any time without any negative consequences.



CONFIDENTIALITY

Your personal information and responses will be kept confidential and used only for the purposes stated in your consent form.



RESPECT AND DIGNITY

You have the right to be treated with respect and dignity during the entire research process.



ACCESS TO DATA

You have the right to know how your data is processed in accordance with the relevant regulatory framework for your region.



RESEARCH IN DEPRESSION DURING PREGNANCY AND POSTPARTUM







FOR RESEARCHERS

Have you considered the researcher/participant dynamic?



Trust between the researcher and participant is crucial at all stages of the research process. Ensure transparency and clear communication to foster trust.



PARTICIPANT UNDERSTANDING

മ്മ Ensure participants fully understand the nature of the study, its risks, benefits, and that participation is voluntary and the participants have the right to withdraw at any time. Misunderstandings can occur, which could affect your results.



PARTICIPANT MOTIVATION

Understand that participants may be motivated by various reasons to participate, including perceived benefits of participation and the desire to contribute to society. Remember to be aware of negative motivations such as coercion.



ACCESSIBILITY

Make the study as accessible as possible. Participants favour interventions that are convenient and minimise their time commitment and travel-related costs.



RETENTION STRATEGIES

Plan for and implement different retention strategies according to the particular circumstances of the participants.



The ethics leaflet: the status (on Tue 10th at noon)

- English version ready
- Translations: Albanian. Bosnian, Finnish, Flemish, Latvian, Portuguese, Serbian, Spanish, Turkish, Ukranian
- Forthcoming: Croatian, Estonian, French, Maltese, Polish, Austrian German, German
- Hopefully coming: Bulgarian Danish, Dutch, Greek, Modern Hebrew, Italian, Macedonian, Norwegian, Swedish
- The pictures are still work in progress.



CHECKLIST FOR RESEARCH PARTICIPANTS

Befor	e you agree to participate in a research study,
make	sure:
	You understand the purpose of the study.
	You understand the potential risks and benefits.
	You know that participation is voluntary and you can withdraw from the study at any time.
	You know how your personal information will be protected.
	You feel comfortable asking questions and have had all your questions answered.
	You know how your data is being processed in the study.
	You feel respected and treated with dignity.
	You understand what is expected of you during the study.
	You know who to contact if you have any concerns or questions during the study.
	You have received a copy of the consent form for your records.
	You understand that participating in the study is not a replacement for your current treatment. Participating in research might not always result in improving your mental health.
	You have considered the potential benefits of participation, including gaining support, resources, and learning opportunities.
	You have considered the potential risks and costs involved in participating in the study such as time commitment and travel and childcare costs.



RESEARCH IN
DEPRESSION DURING
PREGNANCY AND
POSTPARTUM







CHECKLIST FOR RESEARCHERS

Bef	ore initiating a research study, make sure:
	You have a clear understanding of the ethical issues involved in perinatal mental health research and have obtained all the necessary ethical approvals and permits.
	You have a plan to ensure the confidentiality and privacy of participant data.
	You have a process for participants to ask questions and express concerns throughout the study.
	You understand that you have a responsibility to withdraw any participant from the study when their participation results in unacceptable harm. You have a duty to guide those participants to health care services when needed.
	You have developed a clear and understandable informed consent form that outlines the purpose, risks, and benefits of the study and all the information that is relevant for the participant.
	You have developed strategies for participant retention, keeping their particular circumstances in mind.
	You have a plan to treat all participants with equal respect and dignity throughout the research process.
	You have a process for dealing with participant data and information requests in compliance with your region's regulatory framework.
	You have strategies to ensure that participants understand that the study is not a replacement for their current treatment.
	You have considered the potential for participants to view the study as a gateway to gaining support and resources and have addressed this in your communication and study design.





WG1: Prevention and treatment strategies for perinatal depression Final summary

Online Final MC meeting – 12th October 2023

Rena Bina (leader) and Ana Uka (co-leader)





WG1 structure

WG1: Prevention and treatment strategies for perinatal depression

Subgroup 3C:

Intervention

strategies - Non-

invasive

neuromodulation

Leader: Ana Ganho-

Ávila (Portugal)

Leader: Rena Bina(Israel) | **Co-Leader:** Ana Uka (Albania)

Subgroup 1:

Definition and diagnosis criteria for perinatal depression

Leader: Mijke van den Berg (Netherlands)

Subgroup 2:

Prevention strategies and professional help-seeking Leader: Rena Bina (Israel)

Subgroup 3: Intervention strategies for perinatal depression

Subgroup 3A:

Intervention strategies – Psychopharmac ological

Leader: Angela Lupattelli (Norway)

Subgroup 3B: Intervention strategies – **Psychological**

Leader: Maria de la Fé Rodriguez (Spain)

Subgroup 4:

Cost-effectiveness Leader: Gulcan Tecliri (Turkey)

Subgroup 5:

Task-force on severe outcomes of perinatal depression: maternal suicide & infanticide

> **Leader:** Alessandra Bramante (Italy)



WG1: Prevention and Treatment strategies in PPD			
Objectives	Synthesize current knowledge concerning diagnosis criteria and strategies for prevention and treatment of PPD, including knowledge about well-established interventions and new lines of research, its cost-effectiveness and organizational impact.		
Tasks	i) Review the state-of-the-art concerning diagnosis criteria, prevention, and treatment; ii) Identify other knowledge gaps; iii) Combine the available evidence and address the gaps in the field; iv) Discuss new research ideas aiming for coordinated future projects in collaboration, focusing on novel effective procedures needed to support decision making on the selection of cost-effective programs; v) Propose guidelines for prevention and clinical intervention; vi) Provide training to researchers and health professionals working in perinatal settings.		



Milestones	 WG Meetings 3 TSs for researchers in systematic reviews/meta-analysis, principles and practice in clinical trials, and cost-effectiveness analysis in health; 2 TSs for health professionals in prevention of perinatal mental health disorders, and evidence-based PPD interventions; 2 Short Term Scientific Missions (STSMs) in clinical training; 2 Workshops (1 for primary care professionals; 1 for undergraduate students) Identify the gaps in the field and discuss new future projects in collaboration
Deliverables	 Report addressing the definition and diagnosis criteria of PPD, current needs and future directions for prevention, management and treatment of Peripartum Depression Disorder (consensus) Publication of systematic reviews/meta-analysis results in prevention and treatment strategies for Peripartum Depression Disorder Proposals for concrete regional guidelines for prevention, clinical diagnosis, and treatment of PPD



WG1 members

Mijke-Lambregtse van den Berg (The Netherlands)

Patrícia Moreno (Spain)

Emma Motrico Martinez (Spain)

Erilda Ajaz (Albania)

Burcu Akik (Turkey)

Gisele Apter (France)

Alessandra Bramante (Italy)

Andri Christoforou (Cyprus)

Pelin Dikmen (Turkey)

Julien Dubreucq (France)

Olympia Evagorou (Cyprus)

Maria de la Fé Rodriguez-Munoz

(Spain) Camellia Hancheva (Bulgaria)

Sandra Nakić Radoš (Croatia)

Kristiina Uriko (Estonia)

Maja Žutić (Croatia)

1 Rena Bina (Israel) (Leader)

- 2 Ana Uka (Albania) (Co-Leader)
- 3 Rivka Tuval-Mashiach (Israel)
- 4 Ana Fonseca (Portugal)
- 5 Sónia Conejo-Céron (Spain)
- 6 Nilam Shakeel (Norway)
- 7 Raquel Costa (Portugal)
- 8 Deniz-Oztekin (Turkey)
- 9 Huynh-Nhu (Mimi) Le (USA)
- 10 Heather Hadjistavropoulos (Canada)
- 11 Emma Motrico Martinez (Spain)
- 12 Catarina Barata (PT)
- 13 Angelos Kassianos
- 14 Agnes Higgins (Dublin)
- 15 Rita Van Damme (Gent, Belgia)
- 16 Ruveyde Aydin (Turkey)
- 17 Magdalena Chrzan-Dętkoś (Poland)
- 18 Tamara Walczak-Kozłowska (Poland)

19 Venus Mahmoodi (USA)

Gülcan Tecirli - Türkiye

Ana Ganho-Avila - Portugal

Annette Bauer - United Kingdom

Elizabeth Camacho - United

Kingdom

Eva Lassemo - Norway

Greg Sheaf - Ireland

Inês Ribeiro - Portugal

Julien Dubreucq - France

Mehtap Çakmak Barsbam - Türkiye

Nurettin Öner - Türkiye

Pedro L. Ferraira - Portugal

Roser Palau - Spain



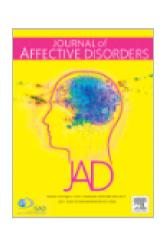






Journal of Affective Disorders

Volume 274, 1 September 2020, Pages 167-173



Review article

Emerging issues and questions on peripartum depression prevention, diagnosis and treatment: a consensus report from the cost action riseup-PPD



Ana Fonseca ^a Ana Ganho-Ávila ^b, Mijke Lambregtse-van den Berg ^c, Angela Lupattelli ^d, Maria de la Fé Rodriguez-Muñoz ^e, Pedro Ferreira ^f, Sandra Nakić Radoš ^g, Rena Bina ^h

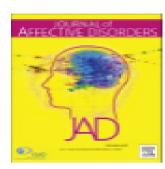
Journal of Affective Disorders 291 (2021) 294-306



Contents lists available at ScienceDirect

Journal of Affective Disorders

journal homepage: www.elsevier.com/locate/jad



Review article



Effectiveness of psychological interventions in the treatment of perinatal depression: A systematic review of systematic reviews and meta-analyses

Mariana Branquinho ^a, María de la Fe Rodriguez-Muñoz ^{b,*}, Berta Rodrigues Maia ^e, Mariana Marques ^{a,d}, Marcela Matos ^a, Jorge Osma ^e, Patricia Moreno-Peral ^f, Sonia Conejo-Cerón ^f, Ana Fonseca ^a, Eleni Vousoura ^g

- * University of Coimbra, Center for Research in Neuropsychology and Cognitive and Behavioral Intervention (CINEICC), Coimbra, Portugal
- b Faculty of Psychology, Universidad Nacional de Educación a Distancia, Spain
- ^c Universidade Católica Portuguesa, Faculty of Philosophy and Social Sciences, Centre for Philosophical and Humanistic Studies, Portugal
- d Coimbra Hospital and Universitary Centre (CHUC), Portugal; Institute of Psychological Medicine (IPM), Coimbra, Portugal
- * Universidad de Zaragosa and Instituto de Investigación Sanitaria de Aragón, Spain
- ^f Institute of Biomedical Research in Málaga, Málaga, Spain
- 8 Department of Psychiatry, Eginition Hospital, University of Athens, Greece

ARTICLE INFO

Keywords:
Effectiveness
Depression
Perinatal
Psychological interventions
Systematic review

ABSTRACT

Background: Perinatal depression is a high prevalent mental health problem with serious consequences. Evidence about effective psychological interventions in treating perinatal depression has been increasing, but it lacks a comprehensive synthesis of findings.

Methods: A systematic review of systematic reviews and meta-analyses concerning the effectiveness of psychological interventions in treating perinatal depression (depression during pregnancy and the first 12 months postpartum) in adult women was conducted. The electronic databases MEDLINE (PubMed), PsycINFO, The Cochrane Library, Web of Science and Prospero were searched, on May 2020, using a combination of keywords. Data were independently extracted by two authors and a synthesis of the results was presented. Methodological quality was independently assessed by two authors, using AMSTAR-2.

Results: Seven systematic reviews were included and reported, overall, the effectiveness of psychological interventions in decreasing depressive symptoms in women in the perinatal period, both short and long-term. CBT



Clínica y Salud (2022) 33(3) 127-135



Clínica y Salud

https://journals.copmadrid.org/clysa



Good Practices in Perinatal Mental Health for Women during Wars and Migrations: A Narrative Synthesis from the COST Action Riseup-PPD in the Context of the War in Ukraine

Magdalena Chrzan-Dętkoś^a, Maria F. Rodríguez-Muñoz^b, Liudmyla Krupelnytska^c, Olha Morozova-Larina^c, Alyona Vavilova^c, Helena García López^d, Natalia Murawaska^a, and Sandra Nakić Radoš^e

^aUniversity of Gdansk, Poland; ^bUniversidad Nacional de Educación a Distancia, Spain; ^cTaras Shevchenko National University of Kyiv, Ukraine; ^dUniversity of Maryland Global Campus, Europe Site; ^eCatholic University of Croatia, Croatia

ARTICLE INFO

ABSTRACT

Article history: Received 8 July 2022 Accepted 20 September 2022 *Background:* Since February 24th, 2022, the beginning of Russia's aggression against Ukraine, more than 80,000 women were expected to give birth. Therefore, understanding the impact of war on the perinatal health of women is an important requisite to improve perinatal care. This narrative synthesis has two main purposes: on one hand, it aims to summarize the current evidence available based on perinatal health outcomes and care among perinatal women; on the other, it attempts





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Liudmyla Krupelnytska ⊠ krup_lyudmyla@knu.ua

SPECIALTY SECTION

This article was submitted to Health Psychology, a section of the journal Frontiers in Psychology

RECEIVED 27 January 2023
ACCEPTED 14 February 2023

The impact of the war in Ukraine on the perinatal period: Perinatal mental health for refugee women (pmh-rw) protocol

Maria F. Rodríguez-Muñoz 1, Magdalena Chrzan-Dętkoś 2, Ana Uka 3, Helena S. García-López 4, Liudmyla Krupelnytska 5*, Olha Morozova-Larina 5, Alona Vavilova 5, Antonina Molotokas 5, Natalia Murawska 1, and Huynh-Nhu Le 6

¹Faculty of Psychology, Universidad Nacional de Educación a Distancia, Madrid, Spain, ²Institute of Psychology, University of Gdańsk, Gdańsk, Poland, ³Research Center for Sustainable Development and Innovation, Beder University College, Tirana, Albania, ⁴University of Maryland Global Campus (Europe Site), Rota, Spain, ⁵Taras Shevchenko National University of Kyiv, Kyiv, Ukraine, ⁶George Washington University, Washington, DC, United States





Internet Interventions

Volume 26, December 2021, 100471

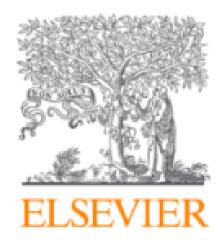


Effectiveness of web-based and mobile-based psychological interventions to prevent perinatal depression: Study protocol for a systematic review and meta-analysis of randomized controlled trials

Emma Motrico ^a 🙎 🖂 , <u>Sonia Conejo-Cerón ^{b c}, Carmen Martín-Gómez ^d,</u> <u>Irene Gómez-Gómez ^a 🖂 , Ana Fonseca ^e 🖂 , <u>Patricia Moreno-Peral ^{b c}</u></u>

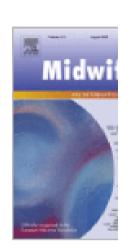


Completed Tasks *Manuscripts Published*



Midwifery

Volume 111, August 2022, 103365



Review Article

Frontline health professionals' perinatade depression literacy: A systematic review

Mariana Branquinho ^a ∠ ⋈, Nilam Shakeel ^b ⋈, Antje Horsch ^c ⋈,

Ana Fonseca ^d ∠ ⋈

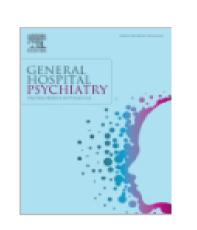


Completed Tasks *Manuscripts Published*



General Hospital Psychiatry

Volume 82, May–June 2023, Pages 47-61



Effectiveness of interventions to prevent perinatal depression: An umbrella review of systematic reviews and meta-analysis

Emma Motrico ^a Q M, Rena Bina ^b, Angelos P. Kassianos ^{c d}, Huynh-Nhu Le ^e, Vera Mateus ^{f k}, Deniz Oztekin ^g, Maria F. Rodriguez- Muñoz ^h, Patricia Moreno-Peral ^{i j l}, Sonia Conejo-Cerón ^{i j}



Completed Tasks *Manuscripts Published*

Clinical practice guidelines with recommendations for peripartum depression: A European systematic review [PDF] wiley.com

E Motrico, P Moreno-Peral, K Uriko, C Hancheva, M Brekalo, E Ajaz, G Apter, A Bramante...

Acta Psychiatrica Scandinavica, 2022 Wiley Online Library

Objective

This study aims to systematically review all Clinical Practice Guidelines (CPGs) with recommendations for peripartum depression in European countries.



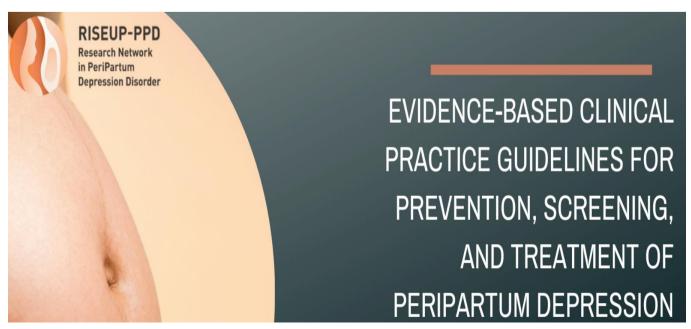
Uncompleted Tasks *Manuscripts to be Published*

Manuscripts:

- 1) Paternal peripartum depression: Emerging issues and questions on prevention, diagnosis and treatment. A consensus report from the cost action Riseup-PPD. Under review
- 2) Diagnosis of peripartum depression disorder: a state-of-the-art approach from the COST Action Riseup-PPD. Submitted
- 3) Effectiveness of the third wave cognitive behavior therapy for peripartum depression treatment a systematic review. Under review
- 4) Seeking help for perinatal depression and anxiety: A systematic review of systematic reviews from an interdependent perspective. Under review

Contribution to the Riseup-PPD clinical guidelines











1. Conference presentation- The International Marce Society Biennial Scientific Conference (October, 2020)

- Emerging issues and questions on perinatal depression prevention, diagnosis and treatment: A consensus report from the COST Action RISEUP-PPD
- Bina, R., Fonseca, A., Ganho-Ávila, A., van den Berg, M., Lupattelli, A., de la Fe Rodríguez Muñoz, M., Ferreira, P. Nakic Rados, S.



1. Conference presentation- 41st Society for Reproductive and Infant Psychology (SRIP) Annual Conference, SRIP Annual Conference (8-10 September, 2021)

- Seeking help for perinatal depression and anxiety: A systematic review of systematic reviews.
- Bina, R., Uka, A., Costa, R., & Tuval-Mashiach, R.



1. Conference presentation- 41st Society for Reproductive and Infant Psychology (SRIP) Annual Conference, SRIP Annual Conference (8-10 September, 2021)

- Effectiveness of interventions for the prevention of perinatal depression: A systematic review of systematic reviews and metaanalyses
- Conejo-Cerón, S., Huynh-Nhu, L., Oztekin, D., Bina, R., Mateus, V., Kassianos, A.,
 Moreno-Peral, P., Rodríguez Muñoz, M. F., Barata, C., & Motrico, E.



1. Conference presentation- 22nd WPA World Congress of Psychiatry, Bangkok. Thailand (August, 2022)

- Effectiveness of interventions for the prevention of perinatal depression: A systematic review of systematic reviews and metaanalyses
- Conejo-Cerón, S., Huynh-Nhu, L., Oztekin, D., Bina, R., Mateus, V., Kassianos, A.,
 Moreno-Peral, P., Rodríguez Muñoz, M. F., Barata, C., & Motrico, E.



2. Symposium presentation-the 2nd RISEUP-PPD International Conference

- Emerging issues in peripartum depression diagnosis and treatment [Moderators: Rena Bina and Ana Uka]:
- Subgroup 1: Peripartum depression disorder diagnosis: is there anything specific about it?
- Sandra Nakić Radoš, Burcu Kömürcü Akik, Maja Žutić, Maria F. Rodriguez-Muñoz, Kristiina Uriko, Emma Motrico, Patricia Moreno, Gisele Apter, Mijke Lambregtse-van den Berg



- Subgroup 1: Paternal peripartum depression: emerging issues and questions on prevention, diagnosis and treatment. A consensus report from the cost action Riseup-PPD
- Kristiina Uriko, Andri Christoforou, Emma Motrico, Patricia Moreno-Peral, Burcu Kömürcü Akik, Maja Žutić, Mijke P. Lambregtse-van den Berg



- Subgroup 3B: Effectiveness of the third wave cognitive behavior therapy for peripartum depression treatment - a systematic review
- Rodriguez-Muñoz, M.F, Nakić Radoš, S., Uka, A., Marques, M., Maia, B. R., Matos, M., Branquinho, M., Aydın, R., ; Mahmoodi, V., Magdalena Chrzan-Dętkoś, Tamara Walczak-Kozłowska and Liakea, I.



- **Subgroup 3C:** Complementary and alternative therapies to treat peripartum depression in pregnant or postpartum women: an umbrella review of systematic reviews and meta-analyses
- <u>Dubreucq J</u>, Kamperman AM, Al-Maach N, Bramer WM, Pacheco F, Ganho-Avila A & Lambregtse-van den Berg M.P.



- Subgroup 4: Scoping review of cost-effectiveness evidence for interventions in peripartum depression
- Gülcan Tecirli, Mehtap Çakmak Barsbay, Ana Ganho Avila, Roser Palau, Ines Ribeiro, Pedro Lopes Ferreira, Greg Sheaf, Eva Lassemo, Elizabeth Camacho, Nurettin Öner And Annette Bauer









Training Schools

- 1. Training school in Principles and Practices in Clinical Trials (23-25/11/2020, Online)
- 2. Training school in Peripartum Mental Health Disorders Prevention for Health Professionals (27-29/4/2022, Tirana, Albania)
- 3. Training school in Cost-Effectiveness Analysis in Health (18-20/9/2023, Sofia, Bulgaria)









Completed Tasks *Riseup-PPD Grants*

1. Short Term Scientific Mission (2021-10-01 - 2021-10-09) (1 STSM)

Grantee name: Ana Uka (Albania)

STSM title: A systematic review of systematic reviews focusing on barriers and facilitators of formal help seeking for women with perinatal depression and anxiety.

Host institution: Institute of Public Health, University of Porto, Porto, Portugal

2. Short Term Scientific Mission (2022-07-24 - 2022-07-30) (3 STSMs)

Grantee names: Ana Uka (Albania); Rena Bina (Israel), Rivka Tuval-Mashiach (Israel)

STSM title: A systematic review of systematic reviews focusing on barriers and facilitators of formal help seeking for women with perinatal depression and anxiety.

Host institution: Institute of Public Health, University of Porto, Porto, Portugal



Completed Tasks *Riseup-PPD Grants*

- 1. Grantee name: Ana Uka (Albania)
- Title: Preparations meetings for the Training School for health professionals in prevention of per variation of the bill professionals in prevention of pervention of the bill professionals in prevention of the bill professional bill professionals in prevention of the bill professionals in the bill profession of the bill professionals in prevention of the bill profession of the bill profe
- 2. Grantee name: Sandra Nakić Radoš (Croatia)
- **Title:** Preparation of the Guidelines' dissemination event at the EU premises. 03/10/2023 to 14/10/2023
- 3. Grantee name: Ana Ganho Avilla
- **Title:** Preparation of multimedia content to disseminate the Evidence Based Clinical Practice Guidelines for Prevention, Screening and Treatment of Peripartum Depression. 03/10/2023 to 14/10/2023
- 4. Grantee name: Gulcan Tecirli
- **Title:** Scoping Review Finalization on Cost Effectiveness of Interventions on Peripartum Depression. 10/10/2022 to 14/10/2022



Growing ideas through the same through the sam





Work stemming out of WG1's work:

- EU Horizon 2023 application: EMPOWER: European mHealth-based Personalized Prevention of peripartum depression in parents
 - Leaders: Mijke van den Berg Lambregtse and Alkistis Skalkidou
- Cost Innovators Grant proposal [not accepted]: Enhancing mental healthcare utilization for peripartum depression
 - Leader: Rena Bina, Co-leader: Maria de la Fe Rodriguez
- Chanse Call Proposal[submitted]: "Enhancing maternal mental wellbeing during crises: From COVID-19 pandemic to the war in Ukraine and beyond (MumsUp)"
 - Leader: Emma Motrico (Spain)
 - Associated partners Raquel Costa (Portugal), Ana Uka (Albania), Rena Bina (Israel)
- Data Collection Completed: "The Perinatal Mental Health for Refugee Women (PMH-RW) **Project**"
 - Leaders: Maria de la Fe Rodriguez-Munoz; Magdalena Chrzan-Detkos; Ana Uka
- TREASURE COST Action (to start November 9th, 2023) A number of members from WG1 are also members within this CA. 93

Thank you!







WG2 "Assessment approaches and methods in PPD"
Updates May-October 2023
Online MC meeting, 12th October 2022

Ilaria Lega (Leader) & Alkistis Skalkidou (Co-leader)





WG2 Activities May-October 2023

- CONTRIBUTION TO THE RISEUP PPD GUIDELINE
- SUBGROUP 4 NEUROPHYSIOLOGICAL CORRELATES OF THE IMPACT OF PPD
 - 1. Paper "Neurophysiological correlates of cognitive, social and emotional development of infants and children of mothers diagnosed with peripartum depression disorder: a systematic review and meta-analysis" by Sara Cruz, Raquel Guiomar, Vera Mateus and Ana Osório
 - -> major revision after first submission ongoing, the authors will resubmit it by the end of October
 - 2. SR on "Tools and methods used to assess maternal interpersonal functioning in the context of peripartum depression" by Vera Mateus, Ana Osório, Helena Moreira, Helga O. Miguel, Joana Baptista, Mariana Sousa and Sara Cruz
 - -> preliminary results presented in Sofia; ongoing work, 39 papers included, 149 to be reviewed



WG2 Activities May-October 2023

SUBGROUP 3 - BIOMARKERS FOR WOMEN WITH PPD

 Paper "A systematic review on the association between inflammatory biomarkers and perinatal depression" by Ana Conde, Anabela Silva Fernandes, Alkistis Skalkidou, Emma Fransson, Ana Raquel Mesquita, Bárbara Figueiredo, Rafael A. Caparros-Gonzalez, Margarida Marques -> resubmitted to PLOS Medicine after a second revision

• SUBGROUP 2 - SCREENING FOR PPD

- 1. Survey "State of the art on screening of PPD in the Countries participating in the Riseup-PPD Cost Action" by Ilaria Lega, Tjaša Stepišnik,, Edith Agius, Claire Zerafa, Carmen Martin Gomez, Carolina Toscano, Alkistis Skalkidou -> results presented in Sofia; first draft of a paper planned to be written by the end of October
- 2. SR on "Women's perspectives regarding perinatal depression screening" by Carmen Martin Gomez, Colin Martin, Rita Van Damme, Kristiina Uriko, Tjaša Stepišnik Perdih, Alkistis Skalkidou, Goce Kalcev, Carolina Toscano, Helena Moreira, Claire Zerafa, Ilaria Lega -> preliminary results presented in Sofia; ongoing work, 119 full texts to be reviewed



WG2 Symposium 2nd Riseup-PPD International Conference

Sofia University
"St. Kliment Ohridski", Bulgaria

FRIDAY, 22 SEPTEMBER

11.30 - 13.00 SYMPOSIUM 6 (WG2) A MULTIPROFESSION

A MULTIPROFESSIONAL PERSPECTIVE ON PERINATAL DEPRESSION: INFLAMMATORY BIOMARKERS, MATERNAL INTERPERSONAL FUNCTIONING AND SCREENING

Moderator: Alkistis Skalkidou (Sweden)

Tools and methods used to assess maternal interpersonal functioning in the context of peripartum depression

Vera Mateus, University of Coimbra, Portugal

A systematic review on the association between inflammatory biomarkers and perinatal depression

Ana Conde, Portugalense University, Portugal

State of the art on screening of perinatal depression and other perinatal mental disorders in the Countries participating in the Research Network of Peripartum Depression Disorders (Riseup-PPD) Cost Action

Ilaria Lega, Italian National Institute of Health, Italy

A systematic review on women preferences on screening for perinatal depression: preliminary results

Colin Martin, University of Suffolk, United Kingdom





Life is a journey.
The best stops are the special persons





CA 18138 Riseup-PPD

Anna-Lisa Schuler/Vera Mateus







1. WG structure & organization

Updates



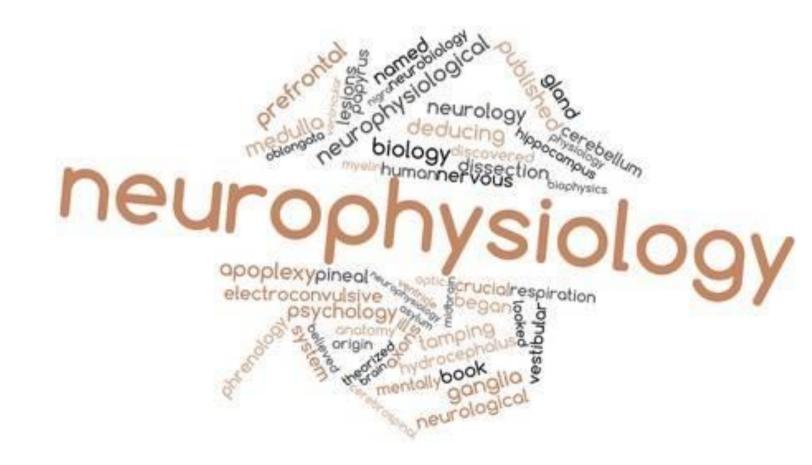


WG 3 participants

- We are now:
 - 35 participants
 - With diverse backgrounds and expertise

WG1 WG2 WG6









2. Current status of work





Deliverable: Dissemination

Symposium at the Brain Stimulation Conference 2023:

"A neglected condition: NIBS approaches for depressive symptoms during pregnancy and breastfeeding"

- Anna-Lisa Schuler, Co-Chair (WG3)
- Ana Ganho-Ávila, Co-Chair (WG3)
- André Brunoni (WG3)
- Martin Tik (WG3)



Deliverable: Dissemination

Poster at the Brain Stimulation Conference 2023:

"TMS for peripartum depression: a meta-analytical study to explore a DLPFC target"

Raquel Guiomar, Maria Vasileiadi, Mónica Sobral, Manya Rezaeian, Francisca Pacheco, Vera Mateus, Johanna Pozo-Neira, Roser Palau-Costafreda, Ana Weidenauer, Martin Tik, Helena Moreira, Ana Ganho-Ávila & Anna-Lisa Schuler



Deliverable: Dissemination

Poster at the OHBM meeting 2023:

"Crossmodal ALE comparison between Peripartum Depression and Major Depressive Disorder"

Mónica Sobral, Raquel Guiomar, Maria Vasileiadi, Manya Rezaeian, Francisca Pacheco, Vera Mateus, Johanna Pozo-Neira, Roser Palau-Costafreda, Ana Weidenauer, Martin Tik, Helena Moreira, Ana Ganho-Ávila & Anna-Lisa Schuler



- 22 March 2023 (Seville, Spain)

Workshop on sensory processing and infant neurodevelopment Speaker: Helga Miguel

Workshop included in the Training School on Infant's Neurodevelopment Assessment (WG2-led)



 Colaboration in the scientific organization of the Training School on Infant's Neurodevelopment Assessment (WG2-led) – 22-24 March 2023, Seville (Spain)

- Sessions led by WG3 members at the Training School
 - Neurodevelopment Assessment in Infancy (Presenter: Sara Cruz)
 - Potentialities of functional near-infrared spectroscopy in neurodevelopment assessment (Presenter: Vera Mateus)
 - EEG data collection and analysis procedures in assessing neurodevelopment in pediatric populations (Presenter: Anna-Lisa Schuler)



Deliverable: <u>Symposium (WG3-led)</u>

2nd Riseup-PPD International Conference, 21-22 Sept 2023, Sofia (Bulgaria)

Symposium: Implications of Neuroimaging and Brain Stimulation in the Context of Peripartum Depression

- Mónica Sobral: PPD-specific Tasks for Brain Imaging and Cognitive Testing
- Anna-Lisa Schuler: A Comprehensive Meta-Analysis on Neural Correlates of PPD
- Martin Tik: Sex-specific responsiveness to TMS
- Marie-Anne Vanderhasselt: Combining tDCS and psychotherapy for the treatment of depression
- Ana Ganho: Perspectives on tDCS treatment in PPD



Deliverable: <u>Symposium (WG3-led)</u>

- ECBS 2024, Lisbon
- Abstract submitted: Raquel Guiomar et al.



Deliverable: Scientific Publications (excerpt 2023)

- Tik, M., Vasileiadi, M., Woletz, M., Linhardt, D., Schuler, A. L., Williams, N., & Windischberger, C. (2023). Concurrent TMS/fMRI reveals individual DLPFC dose-response pattern. *NeuroImage*, 120394.
- Galimberti, A., Tik, M., Pellegrino, G., & Schuler, A. L. (2023). Effectiveness of rTMS and tDCS treatment for chronic TBI symptoms: A systematic review and meta-analysis. *Progress in Neuro-Psychopharmacology and Biological Psychiatry*, 110863.
- Vasileiadi, M., Woletz, M., Linhardt, D., Grosshagauer, S., Tik, M., & Windischberger, C. (2023). Improved brain stimulation targeting by optimising image acquisition parameters. Neurolmage, 276, 120175.
- Chen, L., Klooster, D. C., Tik, M., Thomas, E. H., Downar, J., Fitzgerald, P. B., ... & Baeken, C. (2023). Accelerated Repetitive Transcranial Magnetic Stimulation to Treat Major Depression: The Past, Present, and Future. *Harvard review of psychiatry*, 31(3), 142-161.
- Tik, M., Woletz, M., Schuler, A. L., Vasileiadi, M., Cash, R. F. H., Zalesky, A., ... & Windischberger, C. (2023). Acute TMS/fMRI response explains offline TMS network effects—An interleaved TMS-fMRI study. *NeuroImage*, *267*, 119833.
- Wu, G. R., & Baeken, C. (2023). Normative modeling analysis reveals corpus callosum volume changes in early and mid-to-late first episode major depression. *Journal of Affective Disorders*, 340, 10-16.
- Vanderhasselt, M. A., Sanchez-Lopez, A., Pulopulos, M., Razza, L. B., De Smet, S., Brunoni, A. R., ... & Allaert, J. (2023). Prefrontal transcranial direct current stimulation over the right prefrontal cortex reduces proactive and reactive control performance towards emotional material in healthy individuals. *International Journal of Clinical and Health Psychology*, 23(4), 100384.
- Bikson, M., Ganho-Ávila, A., Datta, A., Gillick, B., Joensson, M. G., Kim, S., ... & Unal, G. (2023). Limited output transcranial electrical stimulation 2023 (LOTES-2023): Updates on engineering principles, regulatory statutes, and industry standards for wellness, over-the-counter, or prescription devices with low risk. Brain Stimulation, 16(3), 840-853.





Thank you for your attention!









Work Group 5

Data sharing and data management in PPD October 12, 2023





Set of Deliverables for Work Group 5:

• Establish the framework for a pan-European PPD database, according to the defined procedures on data quality control, data collection, and management.

Tasks:

- Establish a framework to build a pan-European database in PPD, incorporating regulatory, legal, ethical and patient governance, to be adopted by in future research;
- Define procedures on data quality control, and data collection and management in biostatistics;
- Training of researchers in data management plans, central databases, and statistical analysis;
- Bridge biostatistics and mental health research, promoting intergroup abilities to foster translational and applied knowledge.



Group Members - 12.10.2023

Denmark:

Trine Munk-Olsen, Aarhus University
Vibe Frokjaer, Copenhagen University Hospital

• Germany:

Andreas Mayr, Universität Bonn.

Mahmoud Mohamed, German Research Centre for Artificial Intelligence.

Thomas Kneib, University of Göttingen.

Spain:

Ana Bouzas, University of Santiago de Compostela.

Carmen Rodríguez Domínguez, University of Loyola.

Francisco Gude-Sampedro, University of Santiago de Compostela.

Irene Gómez-Gómez, University of Loyola.

Sara Domínguez-Salas, University of Loyola

Portugal:

Ana Margarida Neves, University of Coimbra.

Bruno de Sousa, University of Coimbra.

Cátia Pesquita, University of Lisbon,

Daniel Faria, LASIGE.

Mariana Moura-Ramos, University of Coimbra.

Raquel Costa, ISPUP – University of Oporto.

Rui Martins, University of Lisbon.

Turkey:

Neriman GÜDÜCÜ, Kırklareli University Faculty of Health Sciences Cumhuriyet, Turkey



1st Grant period, Year 1, 1 November 2019 - 30 April 2020:

- Workshop in Data Science in Health: How to select Optimal Cutpoints Presentation by Alice Deleure A. Matos and Francisco Gude on September 10th, Coimbra – Portugal.
- Training School on Systematic Reviews and Meta-Analysis Invited Experts: Mahmoud Mohamed, Óscar Lado-Baleato, and Bruno de Sousa. September 11-13, Coimbra – Portugal.
- Report on Workgroup 5 reflections on objectives, tasks, organization, and interaction with the other workgroups.
- Elaboration of a questionnaire for workgroup leaders and co-leaders (WGs 1, 2 and 3) regarding, research goals, type and volume of data, and sharing data.
- The questionnaire and the results are available in the WG5 folder at the Working Groups Materials in the Riseup-PPD Google Drive.



2nd Grant period, Year 2 – May 1st, 2020 – March 15th, 2021:

Organization of the group into 3 tasks forces: Methodology, Data Management and Data Ethics. These tasks forces focused their work on the following subjects:

- 1. Documentation of statistical and computational methodologies, including software.
 - (a) Report on existing methodology guidelines and existing software tutorials.
- 2. General collection of information provided in national guidelines for data handling and sharing. There are two directions to take when considering collaboration with other research institutions:
 - (a) Share personal data or pseudonymous data directly.
 - (b) Conduct joint studies on aggregated results based on local analyses.

Both require applying to rules, namely the challenge of working with the GDPR (General Data Protection Regulation).

3. Establish ethical data analysis guidelines.

3rd Grant period, Year 3 – 1 November 2021 - 31 October 2022:

■ Training School (2.5 days) on "Data management and Data analysis – Analysis of Questionnaire Data in PPD with R", Faculty of Social Sciences, University of Gdańsk July 13-15, 2022.

Trainers: Daniel Faria, LASIGE, Faculdade de Ciências da Universidade de Lisboa; Andreas Mayr, University of Bonn; Carla Díaz Louzao, University of Santiago.

•STSM grant to Andreas Mayr, University of Bonn - Introductory Workshop on Statistical Modelling in R (7 participants), October 3-4.



4th Grant period, Year 4 – 1 May 2022 - 30 September 2023:

- Symposium on "Taking care of data in PPD research: management, sharing and analysis" presented at the 2nd RISEUP-PPD International Conference, September 21-22, Sofia, Bulgaria.
 - 1) The challenge of ethics in the use of artificial intelligence in mental health research.
 - 2) Research data management and DMPs in the context of PPD.
 - 3) When sharing data is impossible: Alternative ways to conduct international PPD collaborations
 - 4) Methodological aspects concerning the development and validation of clinical prediction models for PPD with a focus on statistical learning.
- This will set the path for the Final Report proposing a framework for quality of data and data sharing among participant countries which will result on the proposal of the following two papers:
 - "Developing clinical prediction models for mental illnesses methodological points to consider" potentially to be submitted to Psychological Reports (https://journals.sagepub.com/home/PRX).
- "Data management and data sharing in PPD research. Different ways to conduct international
 - collaborations" potentially to be submitted to Ethics & Behavior (https://www.tandfonline.com/journals/hebh20).





Thanks!

Obrigado!







Task Force: Perinatal Mental Health & COVID-19 Pandemic





12th October 2023

Task Force Structure

- Leader: Emma Motrico (Spain).
- Co-Leader: Ana Mesquita (Portugal).
- Members: Ethel Felice (Malta), Vera Mateus (Brazil), Alessandra Bramante (Italy), Mauro Mauri (Italy), Sandra Nakic (Croatia), Goce Kalcev (North Macedonia).



Task Force Objectives (First meeting 16th April 2020)

- 1) Identify documents, protocols and policies from different countries concerning provision of safe care and mental health in delivery and the postpartum in face of COVID-19, in collaboration with Devotion Cost Action (CA18211).
- 2) Collect and select the best practices that could contribute to reduce the negative impact of COVID19 safety measures (in health facilities) and promote mental health support to pregnant women, new mothers and their families'.
- 3) Involve scientific and professional societies from different fields at national and international level.
- 4) Support the development of research activities aimed at evaluating and promoting women's needs in terms of mental health practices and health care services.
- 5) Support the development of research activities aimed at evaluating the impact of these practices on quality of parenting and child developmental outcomes.



Objective 2. Best practices

Development of a protocol to Best Practices in Perinatal Mental Health During COVID-19
 Questionnaire for Key Experts on Perinatal Mental Health since COVID-19 Pandemic Collaboration with DEVOTION (COST Action 18211) – available online

Registration in Clinical Trials - NCT04779775

Paper publication - Radoš, S. N., Motrico, E., Mesquita, A. M., Ganho-Avila, A., Vousoura, E., & Lalor, J. (2022). Changes in perinatal mental healthcare during the COVID-19 pandemic: a protocol for a collaborative research study between the COST actions RISEUP-PPD and DEVOTION. BMJ open, 12(7), e052411. https://doi.org/10.1136/bmjopen-2021-052411



Objective 4 & 5. Development of research activities: women, parenting and children.





Main Contributors per country

- Spain: Emma Motrico , María Fe Rodriguez, Sara Domínguez-Salas, Diego Gómez-Baya
- Portugal: Ana Mesquita , Raquel Costa, Ana Ganho-Avila
- Israel: Rena Bina, Drorit Levy
- Brazil: Vera Mateus, Ana Osório
- Chile: Yolanda Contreras-García, Mercedes Carrasco-Portiño,
 Sandra Saldivia
- Albania: Erilda Ajaz, Ana Uka

- Argentina: María Fernanda González, Marina Mattioli
- Bulgaria: Camellia Hancheva
- Cyprus: Andri Christoforou, Eleni Hadjigeorgiou
- France: Gisele Apter, Emmanuel Devouche
- Greece: Eleni Vousoura
- Malta: Ethel Felice, Rachel Buhagiar
- UK: Claire A Wilson
- Turkey: Pelin Dikmen-Yildiz



Outputs international data

- 15 Published manuscripts in JCR journals
 - 6 published in 2023

2023

The impact of COVID-19 on breastfeeding rates: An international cross-sectional study. (2023)

Ganho-Ávila A, Guiomar R, Sobral M, Pacheco F, Caparros-Gonzalez RA, Diaz-Louzao C, Motrico E, Domínguez-Salas S, Mesquita A, Costa R, Vousoura E, Hadjigeorgiou E, Bina R, Buhagiar R, Mateus V, Contreras-García Y, Wilson CA, Ajaz E, Hancheva C, Dikmen-Yildiz P, de la Torre-Luque A.

Midwifery. 2023 Feb 12;120:103631. doi:10.1016/j.midw.2023.103631. Epub ahead of print. PMID: 36822049; PMCID: PMC9922537.

A cross-country study on the impact of governmental responses to the COVID-19 pandemic on perinatal mental health. (2023)

Mesquita A, Costa R, Bina R, Cadarso-Suárez C, Gude F, Díaz-Louzao C, Dikmen-Yildiz P, Osorio A, Mateus V, Domínguez-Salas S, Vousoura E, Levy D, Alfayumi-Zeadna S, Wilson CA, Contreras-García Y, Carrasco-Portiño M, Saldivia S, Christoforou A, Hadjigeorgiou E, Felice E, Buhagiar R, Hancheva C, Ajaz E, Uka A, Motrico E.

Sci Rep. 2023 Feb 16;13(1):2805. doi:10.1038/s41598-023-29300-w. Erratum in: Sci Rep. 2023 Mar 3;13(1):3611. PMID: 36797263; PMCID: PMC9933810.



Outputs international data

- 15 Published manuscripts in JCR journals
 - 6 published in 2023

Factors Associated with Post-Traumatic Stress Symptoms in Pregnant and Postpartum Women. (2023)

Motrico E, Galán-Luque T, Rodríguez-Domínguez C, Gómez-Gómez I, Domínguez-Salas S.

J Womens Health (Larchmt). 2023 Feb 14. doi:10.1089/jwh.2022.0400. Epub ahead of print. PMID: 36787455.

Maternity care changes and postpartum mental health during the COVID-19 pandemic: a Spanish cross-sectional study. (2023)

Fuente-Moreno M, Garcia-Terol C, Domínguez-Salas S, Rubio-Valera M, Motrico E.

J Reprod Infant Psychol. 2023 Jan 29:1-16. doi:10.1080/02646838.2023.2171375. Epub ahead of print. PMID: 36710435.



- 15 Published manuscripts in JCR journals
 - 6 published in 2023

Women's perinatal depression: Anhedonia-related symptoms have increased in the COVID-19 pandemic.

Costa R, Pinto TM, Conde A, Mesquita A, Motrico E, Figueiredo B.

Gen Hosp Psychiatry. 2023 Sep-Oct;84:102-111. doi: 10.1016/j.genhosppsych.2023.06.007. Epub 2023 Jun 23.

PMID: 37419029 Free PMC article.

Relationship between social support and perinatal depression during the COVID-19 pandemic.

Kovacheva K, de la Fe Rodríguez-Muñoz M, Gómez-Baya D, Domínguez-Salas S, Motrico E.

J Reprod Infant Psychol. 2023 Jul 6:1-14. doi: 10.1080/02646838.2023.2230585. Online ahead of print.

PMID: 37415285



- 15 Published manuscripts in JCR journals
 - + 2 accepted with revisions

Raquel Costa, Ana Mesquita, Emma Motrico, Sara Domínguez-Salas, Pelin Dikmen-Yildiz, Sandra Saldivia, Eleni Vousoura, Ana Osorio, Claire A Wilson, Rena Bina, Drorit Levy, Andri Christoforou, Maria Fernanda González, Camelia Hancheva, Ethel Felice & Tiago Miguel Pinto. *Unmet needs in mental healthcare for women with clinically significant symptoms of perinatal depression and/or anxiety*" to the Acta Psychiatrica Scandinavica.

Ana Mesquita*, Raquel Costa*, Pelin Dikmen-Yildiz, Susana Faria, Gabriela Silvestrini, Vera Mateus, Eleni Vousoura, Claire A Wilson, Ethel Felice, Erilda Ajaz, Eleni Hadjigeorgiou, Camellia Hancheva, Yolanda Contreras-García, Sara Domínguez-Salas, Emma Motrico, Isabel Soares and Susan Ayers." *Changes to women's childbirth plans during the COVID-19 pandemic and posttraumatic stress symptoms: a cross-national study*" Archives of Women's Mental Health



13 oral communications + 1 poster presentation
 5 presented in 2023

Raquel Guiomar

2nd RISEUP-PPD International Conference Sofia, Bulgaria

SYMPOSIUM 3 - ADVANCES IN THE IMPACT OF COVID-19 PANDEMIC ON PERINATAL MENTAL HEALTH: UPDATE OF RISEUP-PPD COVID-19 INTERNATIONAL STUDY

Overview of the main results on the impact of COVID-19 pandemic on perinatal mental health: Riseup-PPD-COVID-19 international cross-sectional study - *Emma Motrico*

Changes to women's childbirth plans during the COVID-19 pandemic and posttraumatic stress symptoms: a cross-national study – *Ana Mesquita*

Mental healthcare among women with clinically significant symptoms of perinatal depression and/or anxiety – *Raquel Costa*The impact of COVID-19 on breastfeeding rates: results from the Riseup-PPD COVID-19 international cross-sectional study

- ■13 oral communications + 1 poster presentation
 - ■5 presented in 2023

European Conference on Developmental Psychology (ECDP 2023) – Turku, Finland

Infants' negative emotionality: The role of maternal distress and of early life affective touch experiences – Ana Mesquita

New research project submitted

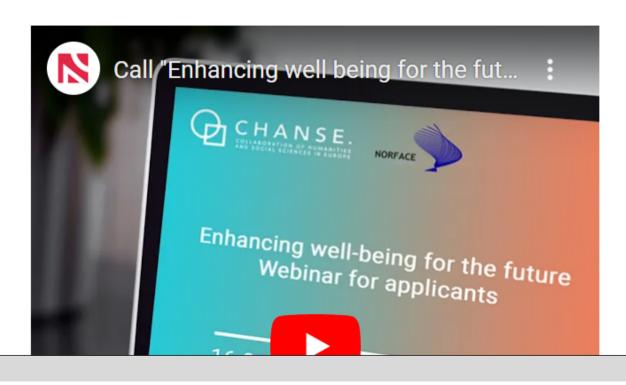


ABOUT NEWS CALLS FUNDED PROJECTS ACTIVITIES

Enhancing well-being for the future

Call: Enhancing well-being for the future (ongoing evaluation)

On 26 May 2023, CHANSE – Collaboration of Humanities and Social Sciences in Europe and NORFACE– the New Opportunities for Research Funding Agency Cooperation in Europe, announced a call for international social science research projects on: Enhancing well-being for the future.



New research project submitted







ENHANCING MATERNAL MENTAL WELLBEING DURING CRISES: From the COVID-19 pandemic to the war in Ukraine & beyond - MumsUp -

•Principal Investigators: Emma Motrico (Spain), Alkistis Skalkidou (Sweden), Sandra Nakić Radoš (Croatia), Claire Wilson (the UK), Andreas Mayr (Germany), and Magdalena Chrzan-Dętkoś (Poland).





Thank you







Mariana Moura Ramos





Guidelines Development Group Activities

Guideline Development Group main aim:

Development of an European framed, Evidence Based Guidelines, to support mental health professionals and other health care professionals that care for women intending to get pregnant, pregnant women or women in the postpartum to support shared decision-making regarding interventions in PPD



Guidelines for the management of PPD





Topic selection

Guidelines for the management of PPD



Topic selection

Forming Guideline development group



The Guideline Development Group



Alkistis
Skalkidou
Professor of
obstetrics and
gynecology
SWEDEN



Ana Ganho
Ávila
Clinical
Psychologist,
researcher
PORTUGAL



Ana Uka
Counselling
Psychologist,
Researcher
ALBANIA



Angela Lupatelli
Professor in
Pharmacoepidemi
ology and drugs in
pregnancy
NORWAY



Greg Sheaf
Information
specialist
IRELAND



Ilaria Lega Psychiatrist, researcher ITALY



Laurence
Bosteels-vanden
Abeele
Patient
representative
BELGIUM



Maria de la Fe Rodriguez-Muñoz Professor Clinical Psychology SPAIN



Mariana Moura
Ramos
Clinical
Psychologist,
researcher
PORTUGAL



Mijke P.
Lambregtse-van
der Berg
Psychiatrist, Child
& adolescent
psychiatrist
THE
NETHERLANDS



Rena Bina
Researcher in
Social Work
ISRAEL



Sandra Nakić
Radoš
Clinical
Pychologist,
researcher
CROATIA



Sarah Kittel-Schneider Adult Psychiatrist IRELAND



Susanne
Uusitalo
Ethicist
FINLAND





The Guidelines Key Topics

Prevention

• Are preventive interventions effective in preventing depression in **pregnancy** and in the **postpartum**?

Screening

• Is screening effective in detecting and/or reducing PPD symptoms?

Treatment

- Which treatment interventions in pregnancy and in the postpartum period are effective in treating PPD?
- Psychological interventions
- Pharmacological Interventions
- Non-Invasive Brain Stimulation
- Complementary and Alternative treatment interventions

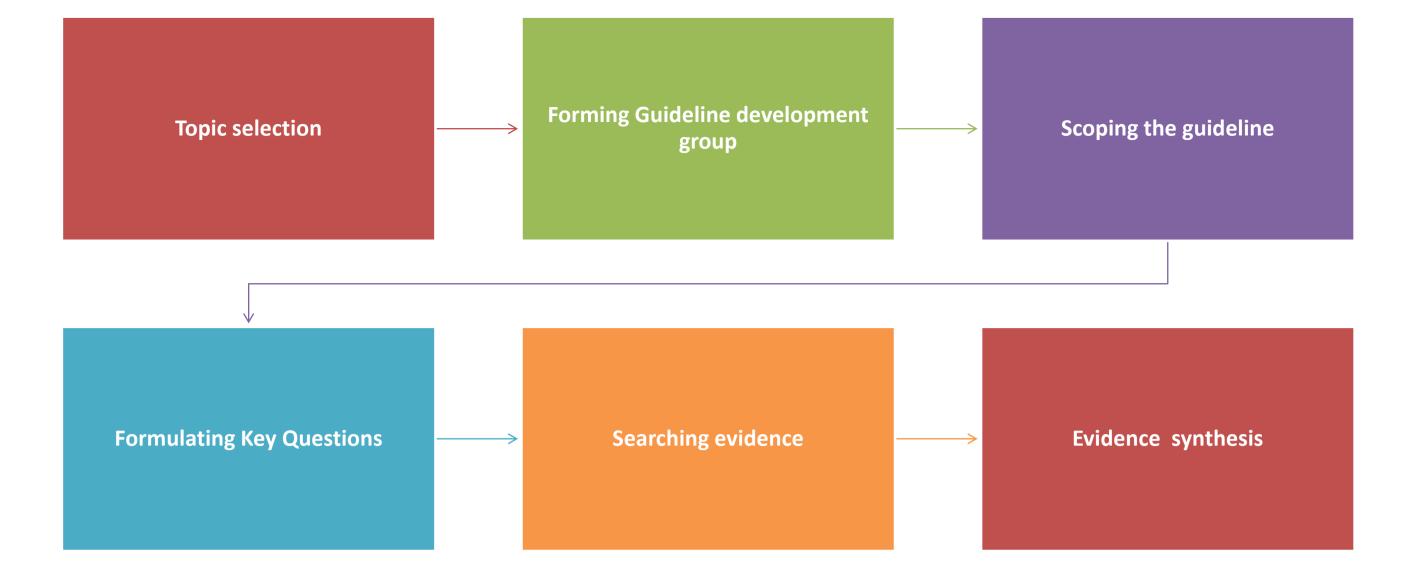




Online meetings
 In presence meeting – Tirana, Brussels



RiseupPPD
Memorandum of
Understanding





Evidence search and sinthesis

Prevention • Group 1

Screening

• Group 2

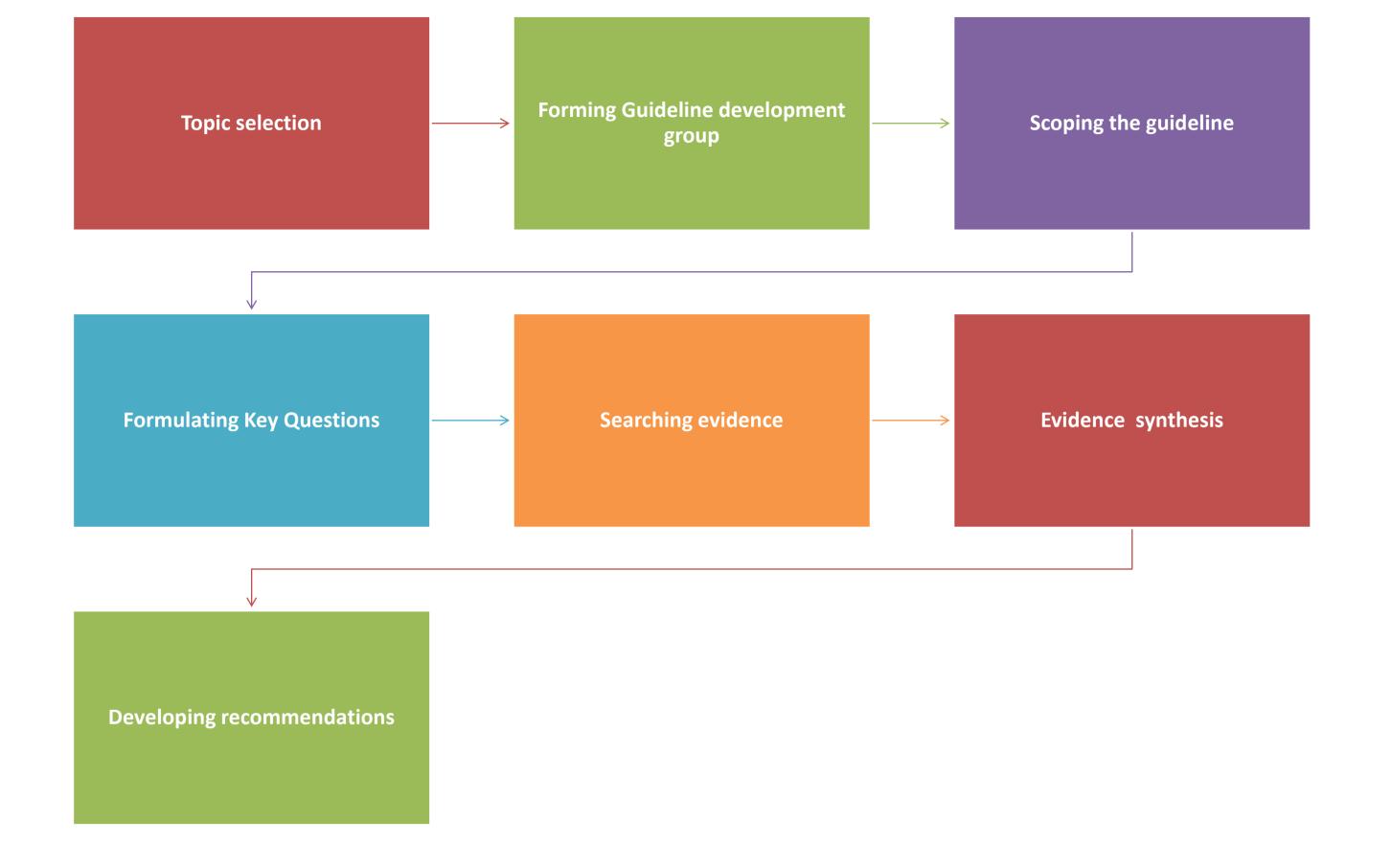
Data Extration
Selection of abstracts
Selection of full texts
Analysis of the data

Treatment

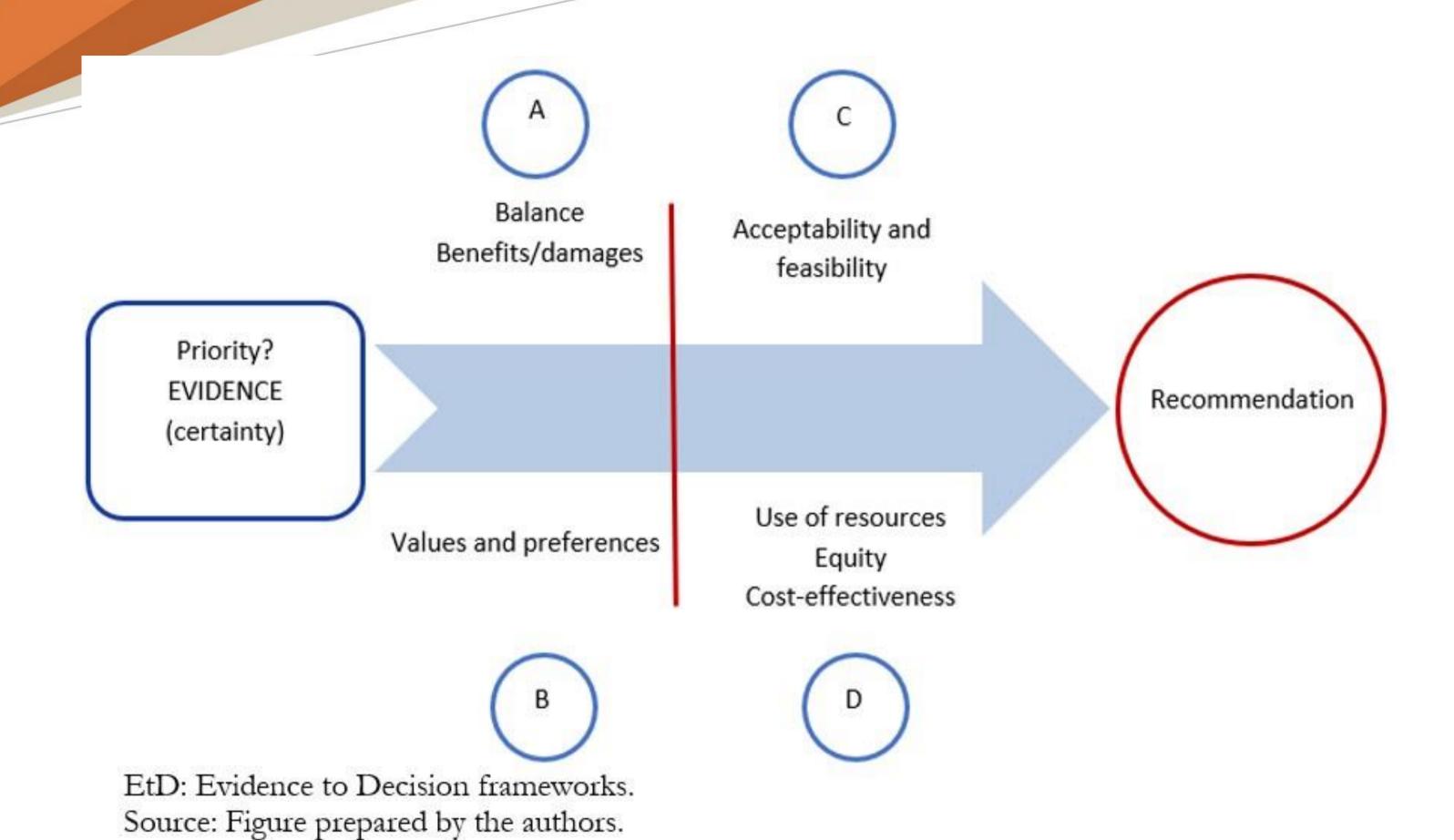
- Which treatment interventions in **pregnancy** and in the **postpartum** period are effective in treating PPD?
- Psychological interventions Group 3
- Pharmacological Interventions Group 4
- Non-Invasive Brain Stimulation Group 5
- Complementary and Alternative treatment interventions Group 5



RiseupPPD
Memorandum of
Understanding









44 Recommendations

Prevention

Screening

Psychological tretment

Pharmacologocal treatment

NIIBS

CATS

2 Strong

4 Weak 2 No rec 1 strong 1 weak 1 strong 2 weak

5 strong

2 strong 3 weak

3 no rec

9 weak7 no rec

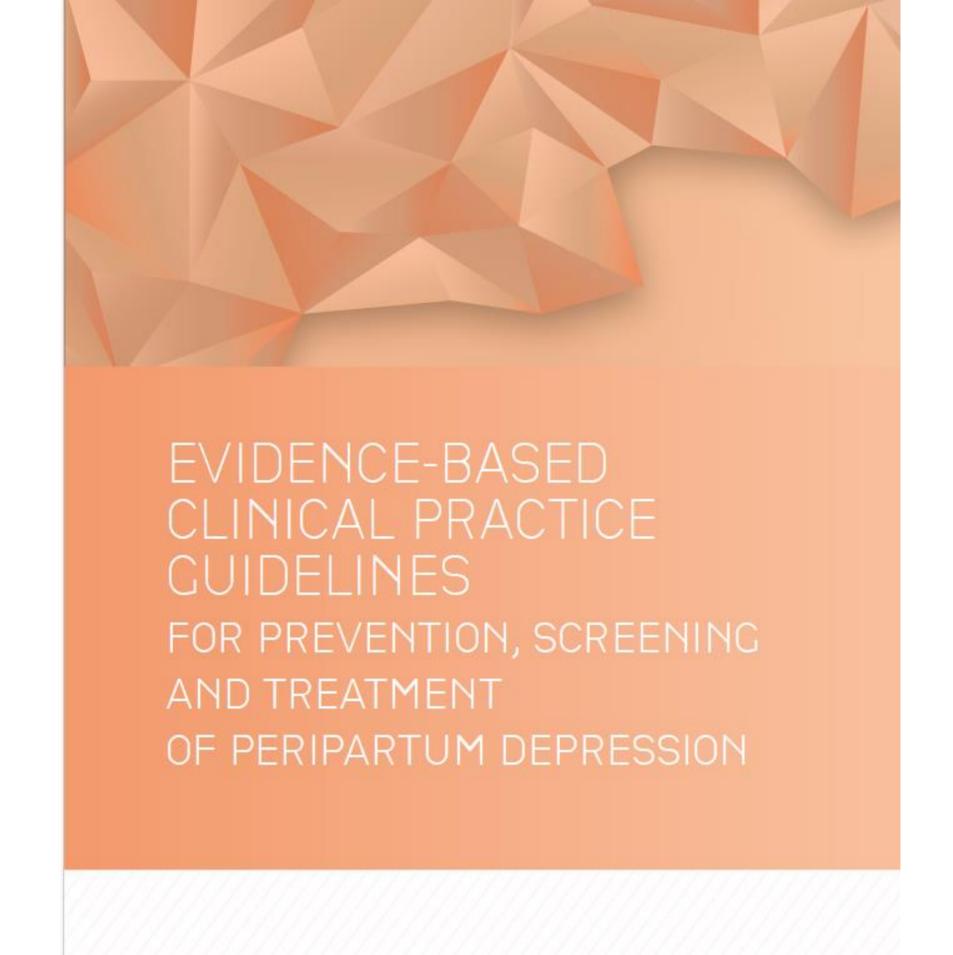


RiseupPPD
Memorandum of
Understanding

Guidelines for the management of PPD













3e. Science Communication Plan





WG6 - Science Communication Plan

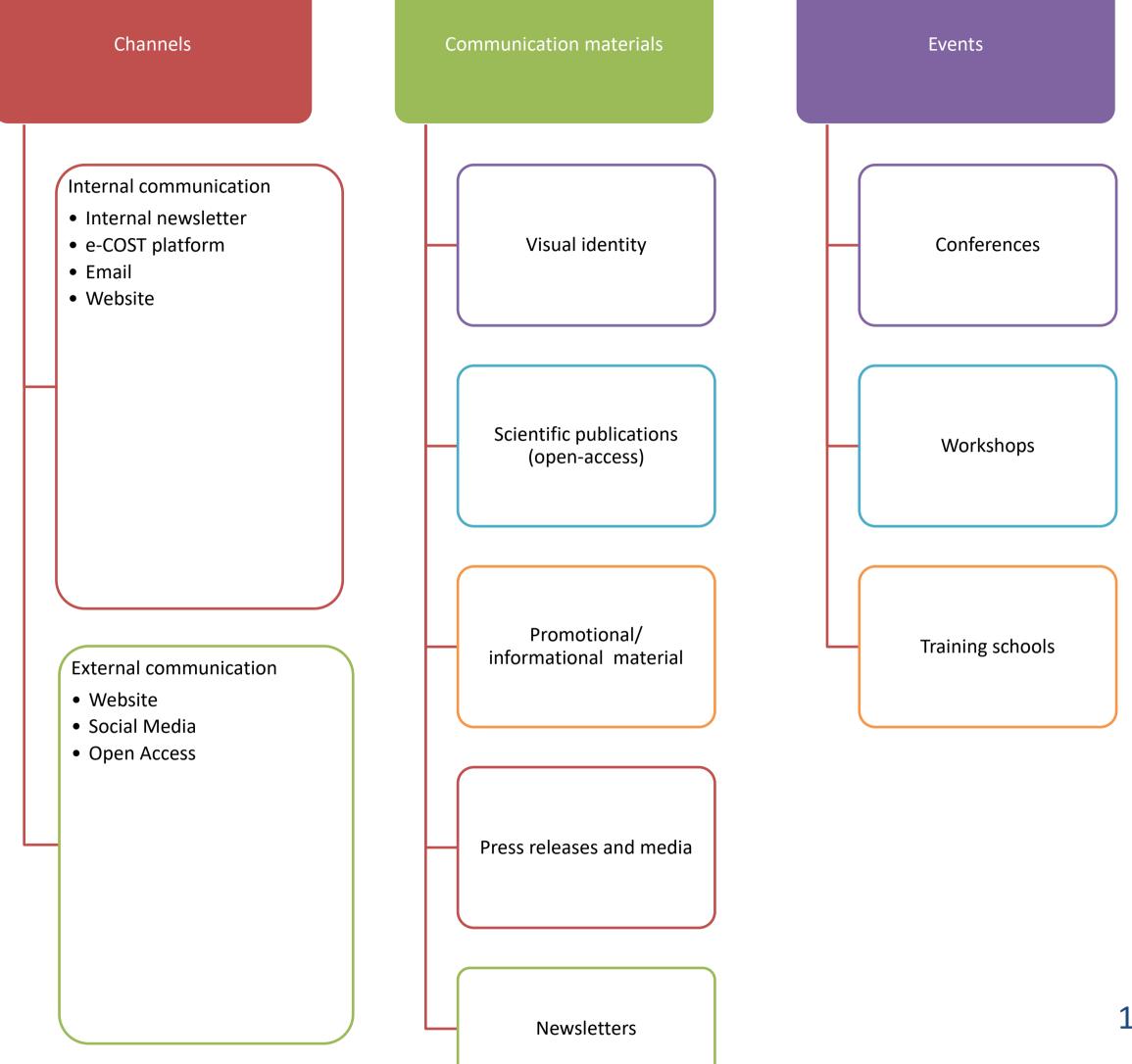
Ana Mesquita & Eleni Vousoura

MC Meeting, October 12, 2023





Overview of Communication Channels, Tools, and Events





Monitor the following KPI's

KPIs	Projection	Impact Y4
Number of visits to project's website	1000 clicks	1.030 clicks 81.700 impressions *New conference website1,005 visits
Media coverage (e.g. articles published in press/online, interviews etc.)	4	Statement by MMM, supported by Riseup-PPD Press release at COST website Article by Sandra Nakic Rados for World Maternal Mental Health Day Press release Riseup-PPD Clinical Guidelines (pending)



Monitor the following KPI's

KPIs	Projection	Impact Y4
Number of recipients/subscribers of the Action's newsletter.	500	968 subscribers
Number of conferences and workshops organized	5 + 11	1 Training school and 2 workshops in Seville (Spain), 2 workshops in Sofia, Bulgaria, and 7 local workshops
Number of informational/ promotional material disseminated	5 outputs	4 newsletters 1 greeting card 26 IC videos on demand 6 leaflets of local workshops 30 conference teasers Illustrations from the conference WG4 leaflet Clinical guidelines (full document and pocket version) Clinical guidelines Video



MENTALIN

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2nd Riseup-PPD International Conference Knowledge a in Peripartum Innovation ar

THE ROL



JANE FISHER (Moderator)

Clinical and Health Psychologist

Monash Unive



ANNET BAUEF

Assistant Profes Research Fel

London School of and Political



EVIDENCE-BASED
CLINICAL PRACTICE
GUIDELINES
FOR PREVENTION, SCREENIN
AND TREATMENT
OF PERIPARTUM DEPRESSIO

















nd Riseup-PPD

International Conference

Knowledge and Implementation Gaps in Peripartum Depression: Innovation and Future Directions

Sofia University "St. Kliment Ohridski", Bulgaria

21-22 September 2023 GE

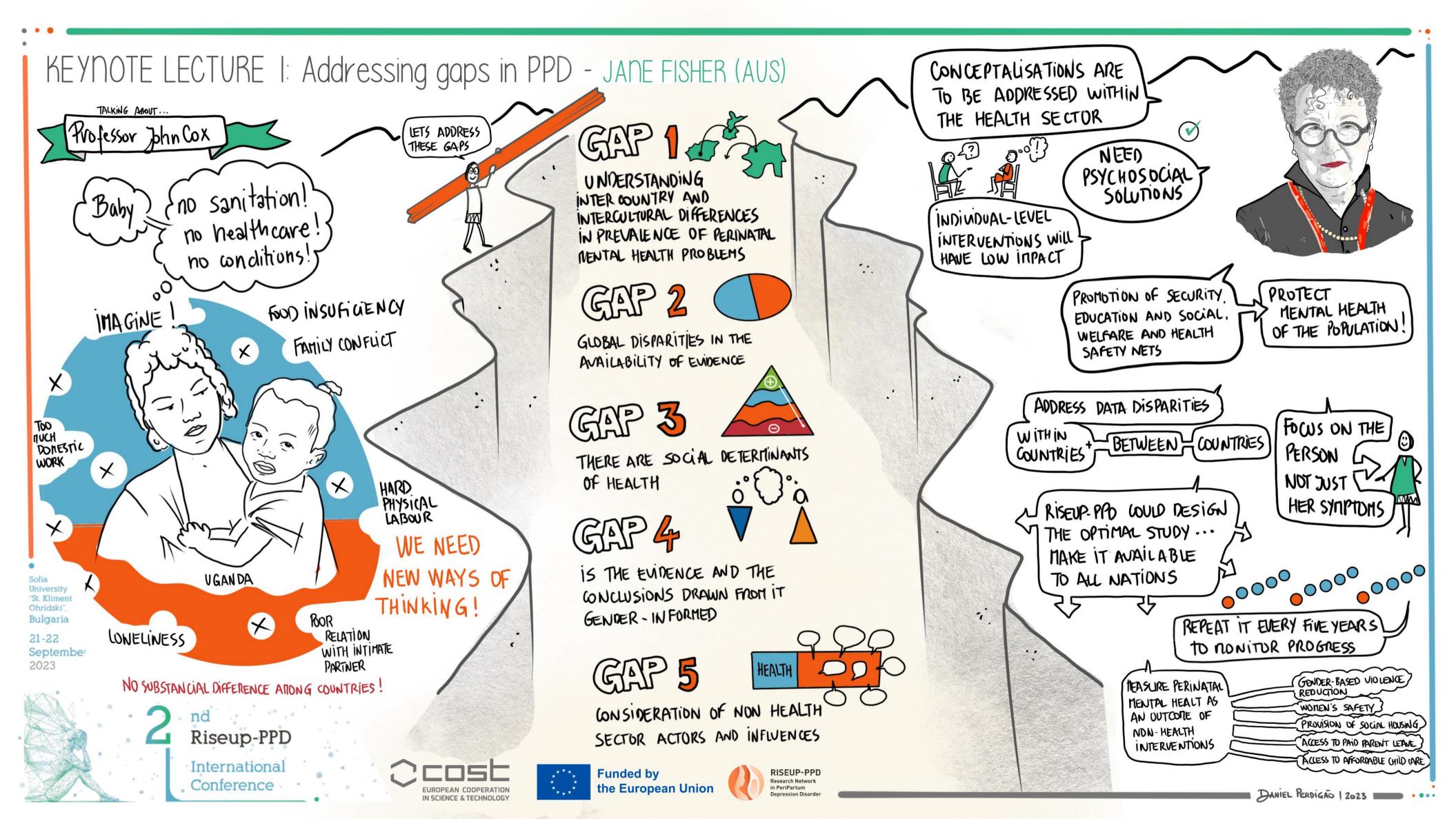
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Athens
2 Valestra Str. 8.168 Syngrou A
17671 Kalishou, Athens, Greece
14, 11+30210 3290260,
En others illinistratesette ce



Clinical Guidelines Video Promotion



Monitor the following KPI's

KPIs		Projection	Impact	
Number o account.	f followers on the Action's Twitter (X)	500 followers	518 followers	
Number o account.	f followers on the Action's Facebook	500 followers	722 followers	
Number o	f followers on the Action's LinkedIn account.	200 followers	227 followers	
Number o	f followers on the Instagram account, likes ssions	200 followers	208 followers	
Number o or events	f presentations of the Action at conferences	4	20	
Number o	f scientific publications	3	12	

Next steps

- Reaching out to policy makers, clinicians/health providers, and service users with output from clinical guidelines and WGs
 - Press release
 - Communication of translated pocket version of the Clinical Guidelines to national organizations and policy makers
 - EU parliament meeting





SAVE THE DATE

Launch of the Evidence-based Guidelines for
Prevention, Screening and Treatment of Peripartum Depression (PPD)
by the COST Action RiseUp-PPD

Host MEP Maria Noichl (S&D)

Supporting women with depression before, during and after pregnancy

1 in 5 women will develop mental health problems during pregnancy or within the first year postpartum.

This event will address the extent of the problem and debate the best way forward.

Speakers:

- MEP Maria Noichl (S&D)
- MEP Evelyn Regner (S&D)
- MEP Istvan Ujhelyi (S&D)
- MEP Estella Dura (S&D) (Tbc)
- MEP Radka Maxová (S&D)
- Sandra Cerdas S&D (Tbc)
- EU Commission DG Health (Tbc)

- Prof. Ana Ganho Ávila
- Lena Yri Engelsen
- Prof. Anette Bauer
- Prof. Mariana Moura Ramos
- Prof. Sandra Nakić Radoš
- Prof. Alain Gregoire
- Laurence Bosteels

Date: November 7th 2023 **Time:** 12.30-14.00 CET

Venue: European Parliament, Brussels **Type of Meeting:** in person & webstream

Registration: here









Thank you!

- Mónica Sobral
- Margarida Ferreira
- Laurence Vanden Abeele Bosteels
- Maja Žutić
- Vera Mateus
- Alexia Karain
- Raquel CostaAna and Sandra!







Thank you!

eleni.vousoura@gmail.com

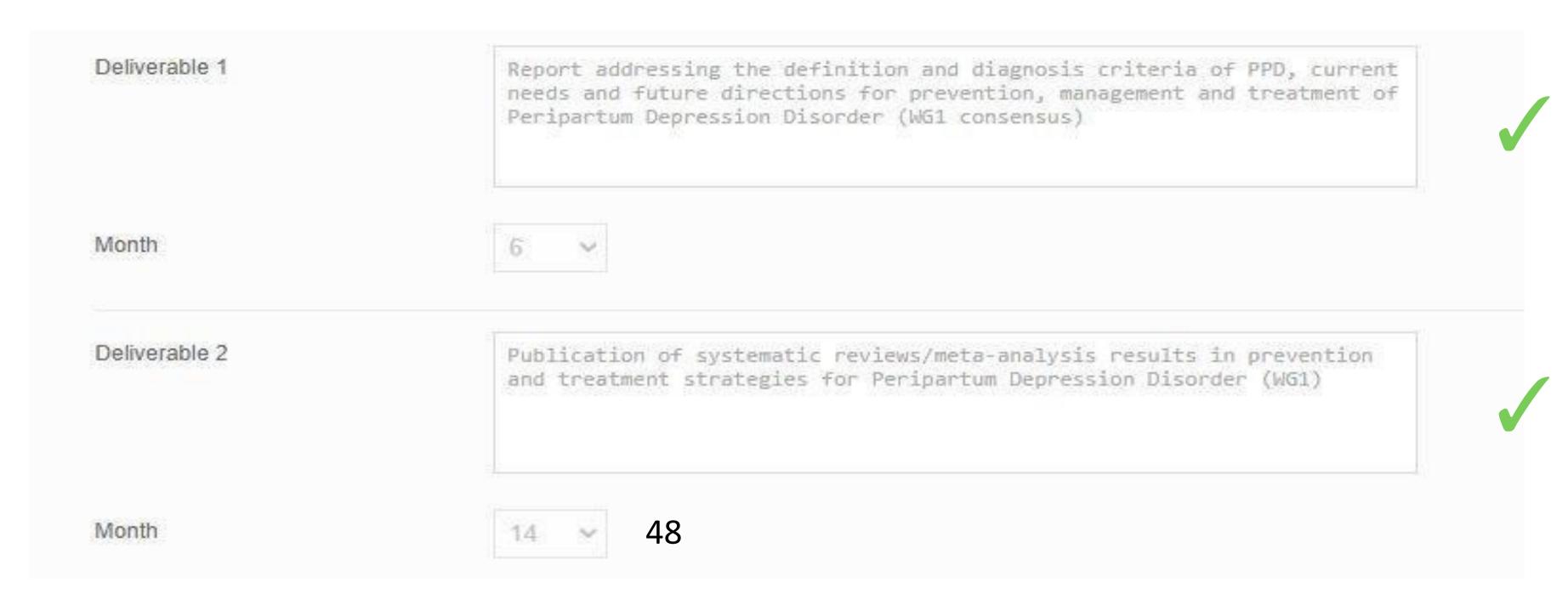




3f.

Progress on MoU Objectives, WG Tasks, deliverables and Goals for the current GP

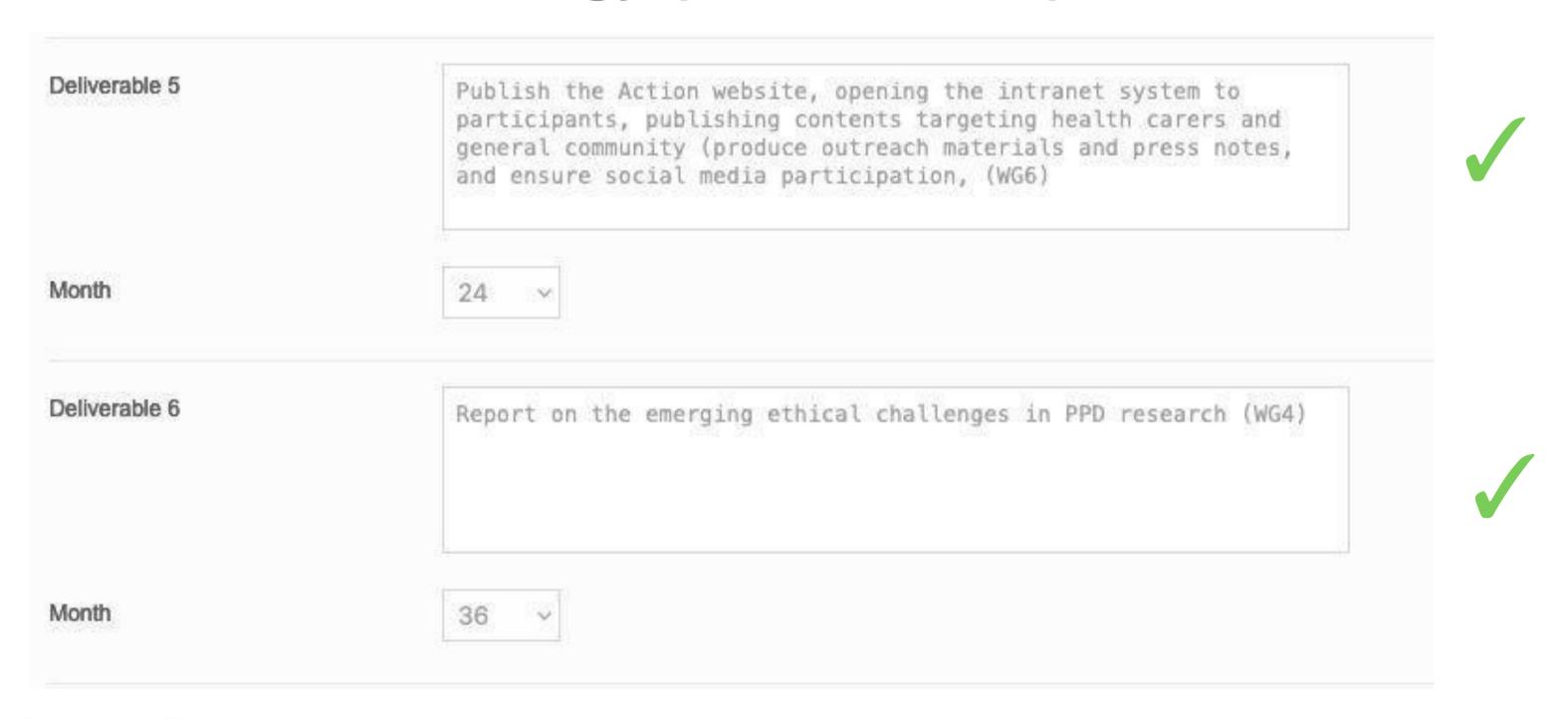




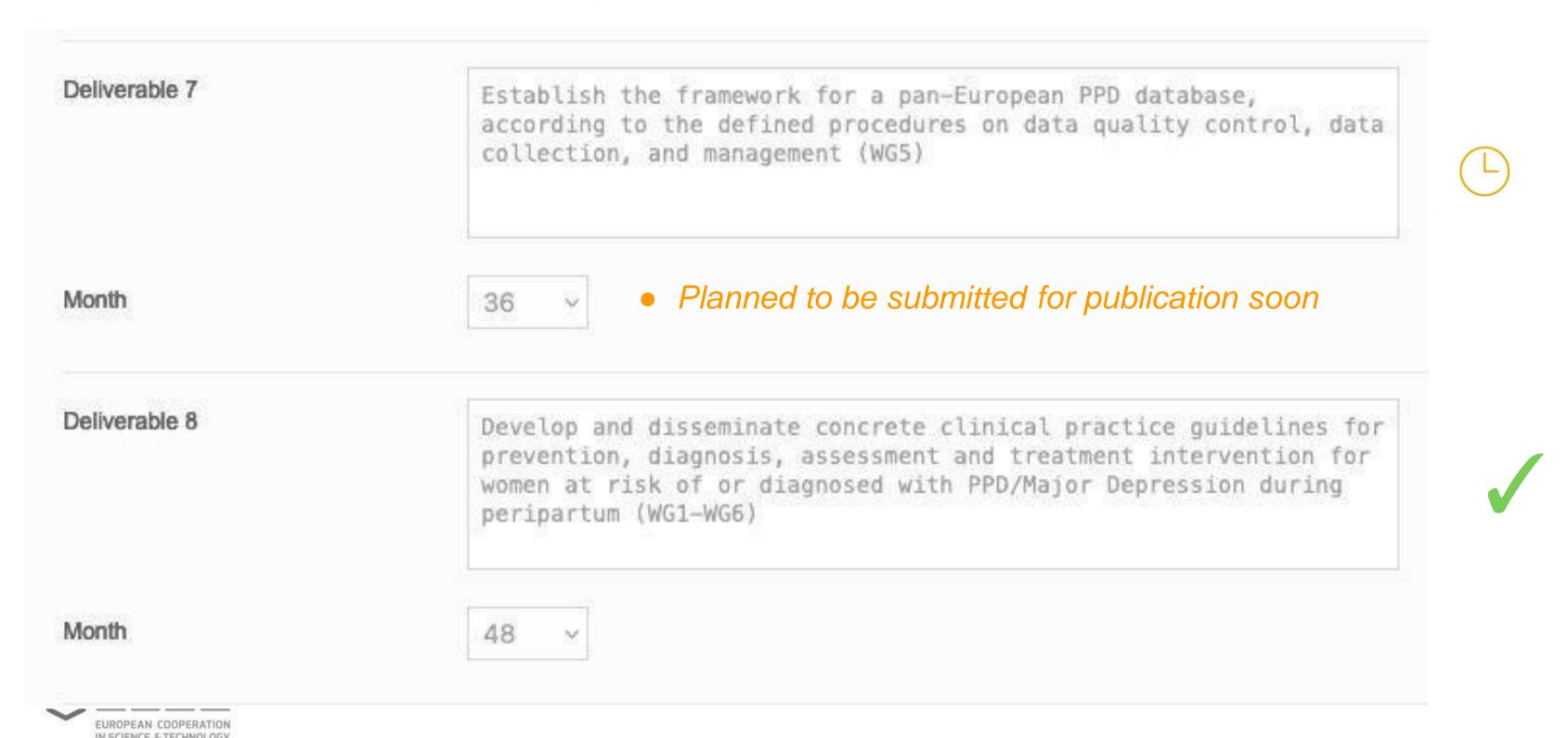




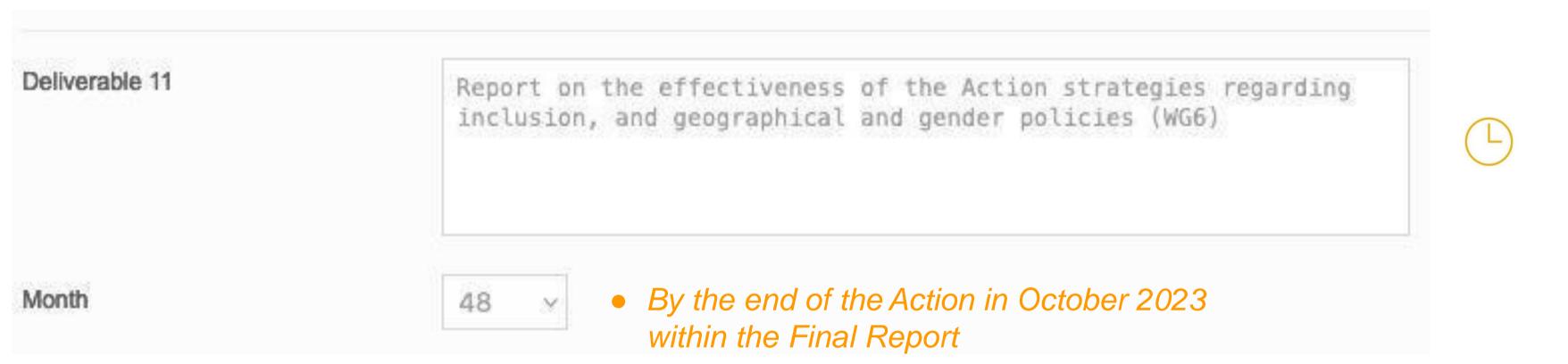














4.
Planning
Upcoming activities



5.
Monitoring and Reporting to the COST Association



Preparation of the Final Achievement Report

- The Final Achievement Report must be completed and submitted by 13/11/23.
- Contributions from the Action members will be required in the following sections:
 - Action Publications: publications that are on any topic related to Riseup-PPD, are co-authored by at least two participants of the Action and for which the networking was necessary;
 - **Dissemination/Other Activities:** Any event out of the Action where Riseup-PPD outputs/activities were promoted;
 - **Proposal Projects:** any EU/national/regional project/proposal that is on any topic related to Riseup-PPD and that resulted from the Action activities and involves at least one participant of the Action, and for which the Riseup-PPD networking was necessary.

This information is being collected by all **WG leaders/co-leaders**. The **CG members** along with the **Action Chair/co-Chair** will complete the Final Achievement Report in due time.



6.
Any Other
Business (AOB)



7. Summary of MC decisions



6. Summary of MC Decisions

Minutes of the 9th Management Committee Meeting (11 May 2023)



8. Reflections and farewell





