



YOUR HEALTH COMES FIRST

ANNUAL REPORT 2019

Advanced training
fellowships in child and
adolescent Psychiatry

Return agreements

Short-term visiting
fellowships

Research project funding

Scientific sessions

Fundación
Alicia Koplowitz

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Alicia Koplowitz Foundation

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Ms. Alicia Koplowitz
Chairwoman

Letter from the Chairwoman

I write these lines at a time when we are all living through a tragedy unknown before now, which has struck us by surprise and has completely changed the way we live and interact with each other.

Never before had we found ourselves in a state of severe lockdown like the one currently lasting two months. And if adults are finding it difficult to cope, its effect on our children and adolescents, experts say, will be of unforeseeable consequences. These experts tell us that post-traumatic stress conditions are expected in children and adolescents due to information overload about the unbearable effects of the pandemic, the loss of close relatives such as grandparents with no possibility of farewell or mourning, family, social and school isolation, the increase in cases of physical and sexual abuse in the household setting, abuse, aggravation of the symptoms of children previously diagnosed with ASD, ADHD or other diseases, due to this drama that they are experiencing so directly, often without understanding the reason for it or its significant impact on their normal daily life... What they are starting to be aware of is the economic impact that they are going to suffer or are already suffering directly, as well as the social impact that is making them aware of their situation of inequality with respect to other classmates; situations such as the difficulty of accessing ICT (Information and Communication Technologies), which would allow them to continue as others with their classes online, medical consultations, video calls with close relatives or friends, etc. All of this will be equally harmful for the mental health of our children and adolescents, and its consequences will persist over time, so we are told by the specialists.

As a result, from the retrospective vision of 2019 in which we celebrated the 25th anniversary of the Foundation, I would like to convey to all, as in 2019 in which the Foundation continued to support the Child and Adolescent Mental Health Support Programme through its two-year Advanced Training Grants in centres in the United Kingdom, Sweden and the United States, the 6- to 12-month Short-Term Visiting Fellowships in any centre in the world with accredited training programmes in child and adolescent psychiatry, the 12-month Return Agreements in any centre in Spain to help encourage job placement of interns, the Scientific Sessions as a meeting forum for major national and international experts in the field and free access, the ongoing support for Research Projects not only in Psychiatry/ Child and Adolescent Psychology, but also in Neurosciences and Neuropaediatrics, sponsorships of different scientific events, etc., the Foundation will step up its efforts in 2020 to try to meet all the demands that are already being raised, and to extend them if needed. The Alicia Koplowitz Foundation has always been and will be with our children and adolescents trying to help and cover part of that forgotten space that is child and adolescent mental health.

I would like to thank everyone working at the Foundation for their support, which is hugely valuable.

Best wishes,

Alicia Koplowitz.



At the service of children and adolescents

Fundación Alicia Koplowitz

Contributing to improving the mental health of children and adolescents is the objective that has guided the steps of the Alicia Koplowitz Foundation since its establishment in 2003. To this end, it boasts a strong medical-scientific area tasked with the challenge of reinforcing the academic and clinical training of professionals across four fields: child and adolescent psychiatry, psychology, neurosciences and neuropaediatrics.

One of the Foundation's key annual milestones are the Scientific Sessions that draw hundreds of specialists of national and international importance to share experiences and pool research results. The 2019 sessions were dedicated to an extremely topical issue and one of utmost concern to parents and educators: the impact of social networks and information technologies on child and adolescent mental health.

In addition, the Foundation bestows various fellowships throughout the year, both for capacity-building among professionals in the field and to conduct research projects either in Spain or at leading international institutions. The fellowships are the following:

- The two-year Advanced Training Fellowships allow beneficiaries to train in child and adolescent psychiatry and psychology at the centres in the United States, United Kingdom and Sweden with which the Foundation has signed collaboration agreements. They are also targeted at training in neuropaediatrics.
- The Pre-Doctoral Fellowships are intended for research projects that serve as the basis for doctoral theses.
- The Short-Term Visiting Fellowships at any world centre of recognised prestige are designed to expand on academic, clinical or methodological training for up to 12 months or to collaborate in research projects.
- Research Project Grants worth €50,000 are available for Spanish investigators working at Spanish sites to apply for.

Some 300 professionals have benefited from these incentives to date and have joined the Association of Child and Adolescent Mental Health Scientists-Alicia Koplowitz Foundation, whose purpose is to promote fluid communication among members and to share knowledge.

Medical/Scientific Activity



Advanced Training Fellowships

New aid for two years' training in foreign centres

The Foundation awarded five Advanced Training Fellowships in 2019, in its 16th Call, in the framework of the Child and Adolescent Mental Health Support Programme launched in 2005. This means that 70 professionals have now undertaken two years' training at the foreign centres that have signed a collaboration agreement with the Foundation to provide fellows with personalised training, research and clinical care programmes.

The Advanced Training Fellowships cover the following training areas:

- Advanced Training Fellowships in Child and Adolescent Psychiatry and Psychology.** They are awarded to work at centres in the United Kingdom, United States and Sweden. To mentor the fellows and track compliance with the specialist programme, the destination centre appoints one or more tutors (usually one per area: research tutor, clinical tutor and training tutor) with whom they meet regularly. In addition, a Spanish tutor, who is a former intern at the centre and member of the Association of Child and Adolescent Mental Health Scientists-Alicia Koplowitz Foundation, also holds regular meetings with both fellows and their tutors at the destination centre, usually via teleconference.
- Advanced Training Fellowships in Neuropaediatrics.** Neuropaediatrics is not officially recognised as an independent speciality in Spain nor as a subspeciality of paediatrics or neurology. The Spanish Society for Paediatric Neurology (SENEP) is the body that accredits neuropaediatric centres and specialists. To be a full SENEP member, candidates must demonstrate resident training (four years in paediatrics or neurology), two years' training in neuropaediatrics at an accredited hospital and two or more papers at SENEP meetings or congresses on which they are the lead author. Therefore, to facilitate access to official qualifications in Spain, the Alicia Koplowitz Foundation offers two-year stays at recognised foreign centres for training in neuropaediatrics. The choice of centre is up to the candidate, who must submit a customised project, including rotations that deliver on the specific objectives of the training programme in the dedicated training area of paediatric neurology in Spain. The fellow is further supported by a Spanish tutor appointed by the Foundation and a member of the Association of Child and Adolescent Mental Health Scientists-Alicia Koplowitz Foundation.

- **Predoctoral Fellowships in Child and Adolescent Mental Health.** The centres that offer an ongoing research project on existing databases to do a doctoral thesis include the Karolinska Institutet Department of Clinical Neuroscience, Child and Adolescent Psychiatry Research Center, Stockholm (Sweden), whose director is Prof David Mataix-Cols, and the Utrecht University Neuroscience Division in Utrecht (Netherlands), under the direction of Prof Jim van Os. The end result must be three publications in indexed international journals based on the original research studies that will lead to the defence of a doctoral thesis at a Spanish university via the International Doctorate. The research projects proposed by the destination centres for the 2019-2021 programme are as follows:
 - *Educational and Occupational Outcomes in Anxiety, Trauma and Stressor-related Disorders.* Directors: Prof David Mataix-Cols and Dr Lorena Fernández de la Cruz.
 - *Perinatal and Other Environment Risk Factors for Anxiety, Trauma and Stressor-related Disorders.* Directors: Prof David Mataix-Cols and Dr Lorena Fernández de la Cruz.

- *Study of Psychosis and Affective Liability in Children, Adolescents and Transition Psychiatry Populations (Age 12-25 Years).* Director: Prof. Jim van Os.

The Selection Committee consisted of Dr María Dolores Picouto, a child psychiatrist and Alicia Koplowitz Foundation former fellow; Dr María Dolores Moreno, president of the Association of Child and Adolescent Psychiatry; Dr María Concepción Guisasola, scientific coordinator of the Alicia Koplowitz Foundation; and Dr Gisela Sugranyes, a child and adolescent psychiatrist and Alicia Koplowitz Foundation former fellow.

Following the evaluation of the quality of the applicants' merits and the personal interview in Spanish and English by the Selection Committee, the Advanced Training Fellowships were awarded to four psychiatrists and a psychologist. They are as follows:

Advanced Training Fellowships



Víctor Pereira Sánchez

CENTRE: *Centre: NYU Langone Health,
Bellevue Hospital Center,
New York University (USA).*

Julio David Vaquerizo Serrano

CENTRE: *Institute of Psychiatry,
Maudsley King's College,
University of London (UK).*



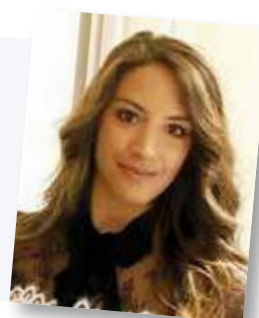
Teresa Gómez Alemany

CENTRE: *Hassenfeld Children's Hospital,
Bellevue Hospital Center,
New York University, USA.*



Mireia Solderdelcoll Arimany

CENTRE: *Institute of Psychiatry,
Maudsley King's College,
University of London (UK).*



Ana Pascual Sánchez

CENTRE: *Imperial College London
(UK).*





Víctor Pereira Sánchez

A graduate of Medicine from the University of Navarre (2008-2014) and doctor specialising in psychiatry at Clínica Universidad de Navarra (2015-2019). He has received ongoing medical training at numerous local, regional, national and international courses and congresses, some of which he spoke at.

He is an active member of psychiatric associations and working groups at the national and international levels. Of note is his current engagement with the World Network of Psychiatric Trainees (WNPT) and the Research Task Force of the European Psychiatric Association –Early Career Psychiatrists’ Committee (EPA-ECPC). He is completing his doctoral thesis on biomedical research at the University of Navarre with a neuroimaging project for attention deficit hyperactivity disorder (ADHD).

ACTIVITY DURING THE FELLOWSHIP

Clinically, he rotates with the first-year child psychiatry fellows. He worked in the Child and Adolescent Psychiatry referral service between September and December 2019.

In terms of training, he participated in the first-year fellows’ teaching programme in child psychiatry, which included a weekly paper and five classes on various subjects (psychopathology, psychopharmacology, personal wellbeing, parental training, etc.). In addition, in the second half of 2019, he attended a number of congresses in the United States, including that of the American Academy of Child & Adolescent Psychiatry in Chicago, the Institute on Psychiatric Services in New York and the Flux Conference, also in New York.

His research focuses on the work of his doctoral thesis on functional neuroimaging in ADHD children and adolescents, under the title *Changes in Functional Connectivity Networks at Rest in Children and Adolescents with ADHD*. It is supervised by Drs César Soutullo and Pilar de Castro-Manglano at Clínica Universidad de Navarra, with the direct international supervision in New York of Dr Francisco Xavier Castellanos and the collaboration of the Center for the Developing Brain at the Child Mind Institute in New York. The thesis is in the process of analysis and writing up of results.

Julio David Vaquerizo Serrano

A graduate of Medicine from the University of Alcalá and doctor specialising in psychiatry from the Hospital General Universitario Gregorio Marañón, where he completed a 12-month training pathway in child and the adolescent psychiatry. He holds a Master's degree in Legal Psychiatry from the Complutense University of Madrid, is an expert in affective disorders from the University of Alcalá and an expert in child and adolescent psychiatry from the University of Barcelona.



He has worked at the Puente de Vallecas Mental Health Centre (Madrid), participating in various programmes to treat adolescent disorders, as well as at the La Pradera de San Isidro Infanto-Juvenil Day Hospital (Madrid). He has also engaged in clinical and research activity in the Genetics and Mental Health clinic at Hospital Gregorio Marañón in Madrid and undertaken specific training in mental health in children and adolescents in London.

He has actively participated in different scientific conferences and congresses and contributed to several publications both nationally and internationally.

ACTIVITY DURING THE FELLOWSHIP

His clinical activity at King's College London takes place at the National Adoption and Fostering Clinic, part of the South London and Maudsley NHS Foundation Trust, a national service for young people and their adoptive families. His work consists of a comprehensive and thorough assessment of cases, coordination of the different actors involved and the writing of clinical reports. He also collaborates in a service evaluation project.

From a teaching standpoint, he has joined the King's College Child-Youth Psychiatry Residents' Academic Training programme and attends weekly seminars and training sessions on

psychotherapy, child and adolescent psychiatry and psychosis. He has also been trained in the ADOS-2 diagnostic tool for autism.

As for his research activity, he is part of Prof Philip McGuire's laboratory in the Department of Psychosis at King's College. In particular, he has been linked to the international EU-GEI project, the main objective of which is the identification of genetic and environmental interactions and the risk of psychosis. He has also engaged with Dr Paolo Fusar-Poli on programmes on mental health risk-prediction models and psychosis prevention in children and adolescents.



Teresa Gómez Alemany

A graduate of Medicine and General Surgery from the University of Barcelona (2007-2013), she completed her residency in Psychiatry at the Benito Menni Mental Health Care Complex in Barcelona (2015-2019). During the specialised training programme, she participated as a member of the Board of Directors of the European Federation of Psychiatry Trainees responsible for the child and adolescent psychiatry working group (2016-2019).

She has received various international mentions and recognitions, such as the Ellen Violett International Fellowship, awarded by American Woman Psychiatry (San Diego, 2017); the Early Career Psychiatrist Scholarship from the European Psychiatry Association (Prague, 2019); and the Fellowship Award from the Japanese Society of Psychiatry and Neurology (Kobe, 2018).

ACTIVITY DURING THE FELLOWSHIP

Clinical activity during her time at Hassenfeld Children's Hospital, Bellevue Hospital Center consisted of clinical rotations in the clinic's consulting and liaison department.

Her work in training activities is summarised by her participation in the advanced child and adolescent psychiatry training programme and attendance at weekly clinical conferences and case discussion meetings, as well as her 2019 attendance at the American Psychological Association (APA) congress in Chicago, where she presented a poster on the off-label use of psychopharmacological drugs in child and adolescent patients in Europe. She also teaches the Columbia University master's in Global Health and

has begun the procedures to do the same at New York University.

In the field of research, she participates in the Regional Network for Mental Health Research in Latin America (RedeAmerica) through Columbia University's Global Mental Health Department and the Institute for Healthcare Improvement's outreach project on SQUIRE guidelines, which help health professionals write and communicate their knowledge with safety and quality. She also helps with new treatments for autism spectrum disorders in children and adolescents and a psychiatric crisis programme.

In addition, she has links to the NGO Committee on Mental Health Inc, which works with the UN.

Mireia Solerdelcoll Arimany

A graduate of Medicine and Surgery from the University of Barcelona, she specialised in psychiatry at Hospital Clínic de Barcelona (2015-2019). During her residency she took a training pathway focused on child and adolescent psychiatry and worked a five-month rotation at Zucker Hillside Hospital in New York. As a result of this collaboration, she is conducting a study on the identification and early characterisation of the prodromal clinical symptoms of bipolar disorder.

She has actively engaged in both the clinical and scientific meetings of the Specific Care Program for Incipient Psychotic Disorder (SCP-IPD). This led her to collaborate in research projects focused on the identification of biomarkers of psychosis risk syndrome.

In terms of science outreach, she has published four indexed articles and several communications at national and international congresses and participated as a speaker in symposia, especially with speeches on the psychopathological characteristics of children in care.



ACTIVITY DURING THE FELLOWSHIP

As a fellow at King's College London, she is practising her clinical activity at Lambeth Child and Adolescent Mental Health Service (CAMHS), part of the team specialising in Attention Deficit Hyperactivity Disorder. She is also involved in the assessments and weekly supervision of clinical cases.

Academically, she has joined the South London and Maudsley NHS Foundation Trust (SLaM) training programme for child and adolescent psychiatry residents, which includes training in psychotherapy and research. She has also completed a course on the Autism Diagnostic Observation Schedule-2 (ADOS-2) tool and attended a workshop on clinical

research methods run by the European College of Neuropsychopharmacology (ECNP) and other refresher courses. In addition, she works on the master's in Child and Adolescent Mental Health at King's College London.

As for her research activity, she has joined the English and Romanian Adoptees (ERA) study, led by professors Michael Rutter and Edmund Sonuga-Barke. She is currently working on a longitudinal study of the persistence of neurodevelopmental disorders in adulthood and the long-term effects of early institutionalisation, both clinically and functionally.



Ana Pascual Sánchez

A graduate of Psychology from the University of Salamanca in 2014, she was a collaborative fellow with the Department of Personality, Evaluation and Psychological Treatment in the last year of her degree. She is a PhD student at the same university. She specialised in Clinical Psychology at Hospital Universitario Ramón y Cajal in Madrid (2015-2019).

Dr Pascual performed her external rotation at the Brief Therapy Center & Strategic Family Therapy Center of the Mental Research Institute in Palo Alto, California, as well as specific rotations at a child and adolescent mental health and personality disorders centre. She has complemented her training with different dedicated courses, such as one on psychopathology and psychotherapy run by the Spanish Society for Child and Adolescent Psychiatry and Psychotherapy and an experts' course in child and adolescent psychiatry run by the Autonomous University of Barcelona.

She has worked as a teacher on postgraduate courses and received several awards (the extraordinary degree award and end of residence award). She is also the author of several scientific publications and book chapters, as well as more than 60 papers at congresses.

ACTIVITY DURING THE FELLOWSHIP

She develops her clinical activity at Westminster Child and Adolescents Mental Health Service, with teams specialising in emotional disorders and neurodevelopmental disorders, as well as collaborating with the referral team at St Mary's Hospital.

From an academic viewpoint, she has joined the training programme for child and adolescent psychiatry residents at St Mary's Hospital, which includes different areas of relevance in child and adolescent mental health (psychopharmacology, evidence-based therapies, family treatment and psychodynamic therapies). She has also taken the ADOS-2 autism spectrum disorder assessment course and plans to expand her training with

specific courses on parents of children with behavioural problems or therapies to promote emotional regulation in adolescents.

She is developing her research activity at Imperial College London as a clinical research fellow. She has joined the Child and Adolescent Mental Health team, under the supervision of Dr Dasha Nicholls. She has initially collaborated on a project aimed at analysing variables associated with cyberbullying. She also plans to join a project aimed at clarifying the mechanisms associated with the development of impulsive behaviours, such as self-harm and binge-eating episodes.

Return Agreements

An opportunity to leverage international experience

In 2019, the Foundation kept up the proposition for Return Agreements, the aim of which is to offer Advanced Training fellows the opportunity to temporarily join a Spanish hospital. In so doing, they can bring the knowledge they gained at some of the most prestigious international training and research centres to bear in Spain, while also facilitating job placements in the field they specialised in.

The 2019 beneficiary was Laura Sevilla Cermeño, an Advanced Training fellow at the

Child and Adolescent Psychiatry Research Centre, Department of Clinical Neuroscience/ Karolinska Institutet in Stockholm, Sweden, from 2017 to 2019. Hospital General Universitario Gregorio Marañón, Madrid, is the centre she joined on her return to Spain after the fellowship. She had already performed specific rotations in child and adolescent psychiatry at the hospital before taking up her fellowship in Stockholm.



Gregorio Marañón General University Hospital. Madrid



Laura Sevilla Cermeño

A graduate of Medicine and Surgery from Madrid Complutense University and a specialist in Psychiatry from Hospital Universitario de Getafe in Madrid. She has undertaken dedicated training in child and adolescent psychiatry through various rotations, one at the Child and Adolescent Psychiatry Department of Hospital General Universitario Gregorio Marañón. She is the former beneficiary of an Alicia Koplowitz Foundation Advanced Training Fellowship in Child and Adolescent Psychiatry (2017-2019) which saw her train at the Child and Adolescent Psychiatry Research Centre, Department of Clinical Neuroscience/Karolinska Institutet in Stockholm, Sweden. She is currently doing the 12-month Return Agreement at Hospital General Universitario Gregorio Marañón and will soon defend her doctoral thesis which focuses on the study of insomnia in Obsessive Compulsive Disorder (in children and adolescents and the general population), as well as other BDD-related disorders. As a result of her scientific activity, she has so far published four articles in indexed journals with a high impact factor and is currently engaged in the preparation of many others.

ACTIVITY DURING THE FELLOWSHIP

On her return to Hospital General Universitario Gregorio Marañón, Dr Sevilla joined the clinical care providers at the Adolescent Hospitalisation Unit, where she develops diagnostic evaluations and the therapeutic plan for patients admitted to it. She also participates in the various clinical and literature sessions conducted at the hospital's Child and Adolescent Psychiatry department, as well as in its research meetings. In this way, she collaborates in a department where care and research activities are integrated.

In addition, she keeps up her collaboration with the Swedish team at the Child and Adolescent Psychiatry Research Centre, Department of Clinical Neuroscience/Karolinska Institutet. She is currently focusing on completing her doctoral thesis with European Mention. She is also involved in various research projects on Tourette Syndrome, Body Dysmorphic Disorder and Post-Traumatic Stress Disorder.

Short-Term Visiting Fellowships

Training in top international centres

The Alicia Koplowitz Foundation awarded six Short-Term Visiting Fellowships in 2019 for specialisation and research into Child and Adolescent Psychiatry, Psychology or Neuroscience and Neuropaediatrics. The fellows perform their specialisation in universities and hospitals in Austria, the United States, the United Kingdom and Sweden.

This is the twelfth call for this type of aid, the aim of which is to promote training and research in international centres of recognised prestige. One hundred and sixteen professionals have benefited from these calls so far.

Short-Term Visiting Fellowships have a maximum duration of 12 months and an endowment of between €3,000 and €4,000 per month, depending on the country of destination. Candidates may choose foreign universities, hospitals and research centres with programmes in line with the Foundation's project.

At the end of the fellowship, the beneficiaries must present a certificate accrediting the centre they did their stay at and a report detailing and justifying all the activities they engaged in (publications, participation in congresses, courses, etc.).



University of Pittsburgh Medical Center

These were the six fellows in 2019:



María Andreu Pascual

CENTRE *Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center, Pittsburgh (USA).*
Eight months.

Olga Santesteban Echarri

CENTRE: *Department of Psychiatry and Psychotherapy, Clinical Division of Social Psychiatry, Medical University of Vienna (Austria).*
Four months.



Fernando Aguirregomoscorta Menéndez

CENTRE *Denver Health, Colorado (USA).*
Six months.

Jana Domínguez Carral

CENTRE: *Evelina London Children's Hospital, King's College London (UK).*
Twelve months.



Daniel Natera de Benito

CENTRE *Great Ormond Street Hospital for Children, London (UK).*
Twelve months.

Alba Vilaplana Pérez

CENTRE: *Psychiatry Research Center, Karolinska Institutet, Stockholm (Sweden).*
Twelve months.



María Andreu Pascual

María Andreu Pascual holds a degree in medicine and surgery from the University of Valencia (2006-2012). A specialist in Psychiatry, she completed her residency in Xàtiva, Valencia (2013-2017). During her time there she was involved in activities related to child psychiatry, and most of her rotations (Imperial College London, Women's College Toronto, family therapy, hospitalization of adolescents, etc.) were also related to this interest. During those years she participated in communications, worked on the publication of articles and book chapters and did a Master's in Mental Health at the University of Elche, with a subspecialty in child psychiatry. From 2017 to 2019 she benefited from the Alicia Koplowitz Foundation Advanced Training Fellowship for further education in child and adolescent psychiatry at the Western Psychiatric Institute and Clinic, University of Pittsburgh Medical Center, Pittsburgh (USA). During her stay she was partially involved in research tasks in child bipolar disorder and presented a poster at the American Academy of Child and Adolescent Psychiatry (AACAP) in Seattle, winning the award for the best research poster in October 2018.



CENTRE

The UPMC Western Psychiatric Institute and Clinic is one of America's leading academic centres in mental health and addiction. As part of the University of Pittsburgh Medical Center and in partnership with it, it has rolled out a behavioural health network that includes centres from different regions across the country. The Institute specialises in the treatment of many mental disorders, including anxiety, eating disorders (anorexia and bulimia nervosa) and various addictions. Some of its most important programmes are targeted at children and adolescents. For adolescents, it specialises in preventing and treating suicidal behaviours, depression and interpersonal violence issues, providing outpatient consultation and counselling services to young people aged 13 to 18. For the treatment of eating disorders, it has a 20-bed hospital unit managed by a multidisciplinary team, as well as partial hospitalisation and outpatient programmes.

ACTIVITY

Dr Andreu is doing her Short Stay Fellowship at the same Pittsburgh institution where she completed her Advanced Fellowship. Most of her activity therefore involves concluding the research projects she began during her previous time at the centre. In addition, one day a week she works in clinical care in the first psychotic episode unit and attends resident training programmes. To date she has collaborated in the development and publication of an original article on first psychotic episodes and started a second project on sexual and physical abuse in children with child bipolar disorder. She also engages in the referrals supervision programme for women and perinatal psychiatry.



Olga Santesteban Echarri

A graduate of Psychology from the University of Deusto, she subsequently completed master and doctoral studies at the Rovira i Virgili University. Dr Santesteban specialised in clinical psychology with a residency at Hospital Universitario Institut Pere Mata. She conducted her postdoctoral studies at the University of Calgary (Canada) with a grant from the Canadian Institute of Health Research (CIHR), working in the research programme for young people at high-risk mental states for psychosis or severe mental illness. She is the author of multiple scientific publications and has been awarded various prizes for her research work. She is interested in developing new technologies to facilitate the assessment, monitoring and treatment of mental health symptoms in children and adolescents.

CENTRE

The Medical University of Vienna (Austria) is one of the largest medical research centers in Europe. Successor to the Medical School of the University of Vienna, which was founded in 1365, it includes the General Hospital of Vienna, the largest hospital in Europe, and comprises 31 institutes and clinics, as well as 12 departments. One is the Department of Psychiatry and Psychotherapy. Dr Santesteban completed a fellowship in one of its two divisions, Social Psychiatry, underlying the importance of social and cultural factors in the treatment of mental disorders.

ACTIVITY

During her time at the Medical University of Vienna (Austria), Dr Santesteban collaborated with virtual reality teams in child and adolescent mental health and first-episode psychosis. Her main project was the adaptation and implementation of a mobile application (SOMO) developed during her postdoctoral course at the University of Calgary. SOMO monitors social functioning in young people at high-risk mental states for psychosis and first-episode psychosis. The specific objectives of the project were to: 1) translate SOMO into German and back-translate into English; 2) adapt, implement and validate SOMO in an Austrian population; 3) confirm that SOMO is acceptable, feasible and safe for an Austrian cohort of young adults with ARMS and FEP; and 5) determine an appropriate sample size for a larger study to test its effectiveness in maintaining social functioning after treatment. The project will continue until 60 participants have been recruited. Doctors from the Medical University's Early Episodes of Psychosis and Child and Adolescent departments are collaborating with the recruitment. The Vienna and Calgary teams will write up the results in the form of a scientific paper at the conclusion of the study.

Fernando Aguirregomoscorta Menéndez

A graduate of Medicine from the University of the Basque Country, he completed his residency at Hospital Universitario de Basurto (Bilbao). He dedicated the last year of his residency exclusively to Child and Adolescent Psychiatry at the Adolescent Hospitalisation Unit, outpatient clinics and referrals. He also performed an external rotation at the Day Hospital – San Agustín Therapeutic Educational Centre in Leganés (Madrid). He has experience in support therapy and dialectical behaviour therapy with adolescents, both in groups and individually. He has completed training courses in the area of Child and Adolescent Mental Health organised by Hospital de Basurto, CIBERSaM and the Spanish Association of Child and Adolescent Psychiatry (AEPNYA), of which he is a member. He is the author of several presentations at congresses, as well as publications in journals, in both cases at national and international levels. He has engaged in international research projects such as EUGEN and FemNAT. He works for Osakidetza, the Basque Public Health Service.



CENTRE

Denver Health, founded as a municipal hospital in 1860, is a public medical hub providing integrated services to the residents of Denver (Colorado), regardless of financial or legal status and whether or not they are insured. According to its own estimates, every year it transfers an uncompensated \$246 million to Denver citizens. The main hospital, with 522 beds, specialises in, among other disciplines, detoxification from psychoactive substances, a widespread problem in the state of Colorado because of the opioid crisis and the legalisation of marijuana. Denver Health also has a very good reputation for its emergency services.

ACTIVITY

During his time at Denver Health, he participated in the STEP programme providing psychotherapeutic and psychopharmacological treatment to adolescents with problems arising from the use of psychoactive substances (marijuana and others), including dual pathology. In addition to observation work and supervised therapy in the programme, he had access to other areas of the Denver Health hub specialising in the treatment of substance use disorders, such as the dedicated addiction referral team, the addiction treatment centre (which includes opioid replacement therapies) and the network of health centres sited in Denver educational centres, where students are offered comprehensive healthcare, including mental health.



Jana Domínguez Carral

A graduate of Medicine from the University of Cantabria, she completed her residency at Hospital Universitario Marqués de Valdecilla (Santander). She is a neuropaediatrician at the Parc Taulí University Hospital in Sabadell (Barcelona), with specific attention to paediatric patients with complex epilepsies. She is also the coordinator of the multidisciplinary group on diagnosis, treatment and follow-up of patients with Angelman syndrome in the Minority Cognitive-Behavioural Diseases of a Genetic Basis unit. She has specific training in neuropaediatrics according to the programme of the Spanish Society of Neuropaediatrics, with rotations in the hospitals Niño Jesús, in Madrid, and Sant Joan de Deu, in Barcelona, and has attended courses and performed specific rotations related to complex childhood epilepsies.

CENTRE

The Evelina London Children's Hospital in London (UK) is a hospital in the NHS public health care system. Opened in 1869, it is one of two children's hospitals in the UK capital. It treats more than 95,000 children each year, of which 1,000 have neonatal problems. It has 215 beds (including 30 intensive care beds), 53 neonatal units, an outpatient treatment department and a hospital school. The Evelina is recognised as a reference hospital in cardiac surgery, nephrology and neurology.

ACTIVITY

The purpose of the training stay at the Complex Epilepsies unit of the Evelina London Children's Hospital is to improve training for the comprehensive management of paediatric patients with refractory epilepsies, with a particular interest in those requiring complex diagnostic studies and/or non-pharmacological therapeutic alternatives. In line with the previously designed training plan, Dr Domínguez attends complex epilepsy clinics two to four times a week with different team professionals, and assesses patients with these diseases admitted to hospital. She also participates in the multidisciplinary meetings where treatment options are decided, some of which are held at other sites in London, such as Great Ormond Street Hospital or King's College Hospital. She is further expanding her training in the interpretation of video-EEG, attending neuroradiology sessions to improve the management of neuroimaging techniques and collaborating in some of the research projects of the complex epilepsy team.

Daniel Natera de Benito

A graduate of Medicine from the University of Salamanca, his PhD from the University of Barcelona for his doctoral thesis on congenital myasthenic syndrome earned him a cum laude/excellent grade. He is a neuropaediatrician specialising in the diagnosis and treatment of neuromuscular diseases. He performs his care and research activity at the Neuromuscular Diseases unit of Hospital Sant Joan de Déu, Barcelona. In the 2017 call, he was awarded a Rio Hortega Contract from the Carlos III Health Institute. Dr Natera is also the co-author of 25 scientific articles published in indexed journals and book chapters and a regular reviewer of articles in neurology journals.



CENTRE

Great Ormond Street Hospital for Children in London (UK) was founded in 1852 and was the first UK hospital to offer a dedicated service for children. Originally private, it became part of the British public health system in 1948. It has 389 beds and 63 clinical specialties. One of its most renowned specialties is neurosurgery: the hospital performs 60% of operations on children with epilepsy in the UK. It receives around 280,000 patients every year, both for hospital treatment and in outpatient clinics. More than half come from outside London.

ACTIVITY

Dr Natera is spending most of his time at Great Ormond Street analysing genetic variants of uncertain significance in patients with neuromuscular diseases without a genetic diagnosis, the primary objective of the fellowship. Detected variants must be analysed following exome or genome sequencing of these patients. It is done using public databases that provide information on variant frequency and tissue expression. He is also following the previously designed training plan. He attends and actively engages in clinical consultations for neuromuscular diseases, specifically those reserved for patients pending genetic diagnosis or which are highly complex cases. He is also involved in regularly scheduled sessions of magnetic resonance imaging in patients with neuromuscular diseases, muscle biopsy, complex clinical cases and updates in neuromuscular diseases.



Alba Vilaplana Pérez

After graduating in psychology from the University of Valencia in 2007, she obtained a Eurodyssée grant to work at a reception centre in Grenoble (France). On her return, she joined the children's section of the Valencia Ministry of Social Wellbeing. She worked as the psychologist responsible for the Alcoy Meeting Point, part of the Valencia Justice Ministry, while doing two masters: one in Secondary Education Teaching and the other in Advances in Clinical Psychology. She has been a specialist in Clinical Psychology since 2017. During her four-year residency at Hospital Lluís Alcanyís de Xàtiva (Valencia), she completed stays at Hospital de la Ribera, Hospital de Día Infanto-Juvenil de Castellón, the INTRA-TP Institute for the Treatment of Trauma and Personality Disorders centres in Galicia and the Roberto

Clemente Center in New York. At the same time, she took part in different research projects and continued training in family and systemic therapy, EMDR and techniques for the evaluation and treatment of childhood diseases.

CENTRE

The Psychiatry Research Centre of the Karolinska Institutet in Stockholm (Sweden) conducts research in fields such as depression, anxiety, personality disorders, abuse and suicide. Its Child and Adolescent Psychiatry programme focuses on autism, ADHD, abnormal gender development, OCD, self-injurious behaviour and functional abdominal pain in children, among other conditions. One of its most innovative areas of development is internet-based cognitive behavioural therapy.

ACTIVITY

Alba Vilaplana obtained an Alicia Koplowitz Foundation Advanced Training Fellowship for the 2017-2019 period and subsequently extended her stay at the Psychiatry Research Center of the Karolinska Institutet when she was awarded a Short Stay Fellowship. This has allowed her to complete her research projects on the consequences of the educational trajectory of anxiety and trauma disorders, which will form part of her doctoral thesis in a compendium of articles. Throughout this time, she has been part of the research team headed by David Mataix-Cols. She has also performed clinical work in the different child and youth units specialising in trauma and emotional instability, development of gender identity, psychotic and affective disorders, and in units specialising in obsessive-compulsive disorder, tics and Tourette syndrome, body dysmorphic disorder and psychiatric autoimmune disorders.

Promoting knowledge in psychiatry, psychology, neuroscience and neuropaediatrics

Last year, the Alicia Koplowitz Foundation awarded eight other grants to research projects in the areas of psychiatry, psychology, neuroscience and neuropaediatrics. These grants are part of their Child and Adolescent Mental Health Support Programme.

A total of 74 projects were received, of which 39 belonged to the psychiatry area, 22 to the neuroscience area and 13 to the neuropaediatrics area. The highest-rated projects in the assessments were:



Neuroscience

Influence of TRPA1 polymorphisms on pain prevalence and its biopsychosocial characteristics in children with spinal cord injury: Identification of genetic protective and risk factors

Principal Investigator: **Dr. Julián Taylor Green**

Team: Dr. Beatriz Huidobro Labarga
Dr. Inmaculada Castillo Aguilar
Dr. Ángel Manuel Gil Agudo

Centre: National Paraplegic Hospital, Toledo

Neurobiology of depression in adolescence: Comparison of efficacy of various antidepressant treatments in male and female rats

Principal Investigator: **Dr. M. Julia García Fuster**

Team: Dr. Fernando Yáñez Gómez
Cristian Bis Humbert
Elena Hernández Hernández

Centre: University Institute for Health Sciences Research (IUNICS),
University of the Balearic Islands (UIB), Palma de Mallorca

The balance between oxytocin and relaxin-3 in the configuration of the neuronal networks underlying autism spectrum disorders and other social behavioural disorders

Principal Investigator: **Dr. Francisco Olucha Bordonau**

Team: Dr. Francisco Ros Bernal
Dr. Esther Castillo Gómez
Dr. Marta Miquel Salgado-Araujo

Centre: School of Health Sciences, Jaume I University, Castellón de la Plana

Neuropaediatrics

School-aged epilepsy study: Cognitive difficulties in academic performance and prognostic biomarkers

Principal Investigator: **Dr. Sergio Aguilera Albesa**

Team: Dr. Iñaki García de Gurtubay
Dr. Pilar Luna Lario
Dr. Carmen Espinós Armero

Centre: Navarre Hospital Complex, Navarre Health Service, Pamplona

Psychiatry

First Steps: A randomised pilot study for the implementation of the Incredible Years® parenting program in preschoolers with autism and language delay in Spain

Principal Investigator: **Dr. Laia Villalta Macià**

Co-principal investigators: Dr. Fátima Valencia Agudo
Dr. Marina Romero González

Centre: Sant Joan de Déu Hospital, Barcelona.
Gregorio Marañón University General Hospital, Madrid
Regional University Hospital, Malaga

OCD spectrum: Predictive models of disorders related to obsessive compulsive disorder in Spanish adolescents

Principal Investigator: **Dr. José Antonio Piqueras Rodríguez**

Team: Dr. Agustín E. Martínez González
Dra. Tiscar Rodríguez Jiménez
Dr. Juan Carlos Marzo Campos

Centre: Miguel Hernández University, Elche, Alicante

Psychiatry

Urine oxidative stress and inflammation biomarkers of extreme preterm neonates: A predictive role in the development of autism spectrum disorders

Principal Investigator: **Dr. Laura Pina Camacho**

Principal co-investigator: **Dr. Ana Cristina García Blanco**

Team: Dr. Máximo Vento Torres
Dr. Dorotea Blanco Bravo
Dr. Consuelo Chafer Pericás

Centre: Gregorio Marañón University General Hospital, Madrid
La Fe Health Research Institute, Valencia

Building resilience to online victimisation in adolescents by using intelligent interventions

Principal Investigator: **Dr. Esther Calvete Zumalde**

Team: Dr. Liria Fernández González
Dr. Izaskun Orue Sola
Dr. Ainara Echezarraga Porto

Centre: University of Deusto, Bilbao



Influence of TRPA1 polymorphisms on pain prevalence and its biopsychosocial characteristics in children with spinal cord injury: Identification of genetic protective and risk factors

Principal Investigator

Dr. Julián Taylor

Graduated in Physiology from the University of Sheffield and PhD in Neurophysiology and Neuropharmacology from the University of Nottingham, both in the United Kingdom.

His research focuses on sensory-motor mechanisms related to chronic complications as a result of spinal cord injury. He is a member of the International Association for the Study of Pain and a founding member of the Castile-La Mancha Pain Society. He is conducting clinical projects at the National Paraplegic Hospital in Toledo to understand how chronic pain can be diagnosed and treated in children with spinal cord injury. Together with his collaborator, Dr. Beatriz Huidobro, he was awarded by the Chair of Child Pain of Rovira i Virgili University and by the Grünenthal Foundation.

PROJECT SUMMARY

The development of pain after spinal cord injury (SCI) exerts a high biopsychosocial impact on patients and could have a prevalence of up to 86%. In Spain, research on pain in childhood SCI is a priority. The Spanish Children's Pain Network (REDIN) recommends the use of questionnaires to assess the psychological impact of pain in children, but there is no validation in Spanish. Cold sensitivity below and at the level of spinal cord injury could be a factor linked to the development of neuropathic pain (NP), reflecting the sensitivity of the residual spinothalamic tract.

The objectives of the project, conducted in children aged 7 to 18 years old with SCI, are:

1. To define the clinical characteristics,

prevalence and biopsychosocial impact of pain, using standard questionnaires and new validation in Spanish.

2. To determine the influence of polymorphisms in the TRPA1 gene (rs11988795 and rs13255063) on NP and cold sensitivity.

3. To establish polymorphisms in the TRPA1 gene (rs11988795 and rs13255063) and sensitivity of the spinothalamic tract to painful cold as potential predictors of NP.

If the relationship of polymorphisms in the TRPA1 gene to early development of sensitivity to cold and NP is confirmed, early prevention and treatment protocols may be developed, with a positive impact on the well-being of these patients.



Neurobiology of depression in adolescence: Comparison of efficacy of various antidepressant treatments in male and female rats

Principal Investigator

Dr. M. Julia García-Fuster

Lecturer in Pharmacology at the University of the Balearic Islands. Degree in Chemistry and Biochemistry and PhD in Biochemistry from the University of Barcelona. After more than five years of her post-doctoral stay in the United States, she returned to Spain in 2011 with a Ramón y Cajal contract

to begin her career as principal investigator. She is currently head of the neuropharmacology research group at the University Institute of Health Sciences Research (IUNICS) of the University of the Balearic Islands, which forms part of the Health Research Institute of that autonomous region (IdISBa). Their studies focus on evaluating the immediate and long-term impact of various drugs of abuse when administered during the adolescent stage, as well as potential pharmacological treatments (mainly antidepressants) to alleviate these effects.

PROJECT SUMMARY

Major depression is one of the most commonly observed affective disorders in young people, with an estimated prevalence of 2-8% in children and 5-6% in adolescents. The treatment of choice includes, whenever possible, a psychological approach, though the administration of antidepressant drugs is also widely used. However, in some children or adolescents with depressive disorders, the use of antidepressants may increase the risk of suicidal thoughts and/or behaviours. The main problem when selecting an antidepressant drug to be administered during adolescence is the lack of studies conducted for this population subgroup.

The project aims to assess the differential

efficacy of several antidepressant treatments administered during adolescence in an animal model showing a prodepressive phenotype, and incorporating the gender perspective, given the lack of pre-clinical studies and the high incidence of depression in women. Four study drugs with differentiated mechanisms of action, three newer (cannabidiol, ketamine, nortriptyline) and fluoxetine as reference drug (given the safety and benefit profile seen in adolescents), are considered. Neuronal adaptations (hippocampal neurogenesis) associated with antidepressant-induced behavioural changes during adolescence will also be evaluated according to the sex of the animal.



The balance between oxytocin and relaxin-3 in the configuration of the neuronal networks underlying autism spectrum disorders and other social behavioural disorders

Principal Investigator

Dr. Francisco E. Olucha Bordonau

PhD in Biological Sciences from the University of Valencia. Lecturer in Morphological Sciences and Human Anatomy and Embryology at said university until 2014 and at the Jaume I University of Castellón since then. He has completed training at the New York University, Florida

Atlantic University (both in the U.S.) and the Florey Institute of Neuroscience and Mental Health of the University of Melbourne (Australia). He is a specialist in neuroanatomy and devotes his research efforts to peptidergic control of emotional and cognitive behaviour. He is a member of the Council of the Mediterranean Neuroscience Society and was a driver of the Euromediterranean Master in Neuroscience and Biotechnology.

PROJECT SUMMARY

Early postnatal development is an essential phase in the configuration of the adult nervous system. Knowledge of the factors that determine the precise organization of connections between the neuronal types that support cognitive and emotional functions is essential to understand the pathologies of mental developmental disorders. Agents that modulate emotional and social behaviour include a peptidergic system of the brainstem, the nucleus incertus, which uses relaxin-3 as a neurotransmitter peptide which activates the G-protein coupled receptor, RXFP3. Previous studies have enabled us to conclude that this system modulates emotional behaviour.

The project seeks to determine the system's development pattern in parallel with the configuration of emotional and additional behaviours, and to determine whether the development of these projections determines the end of system maturation. The interaction between relaxin-3 and oxytocin signalling will also be investigated, since previous studies indicate that neurons modulating emotional and social behaviour express both the oxytocin receptor and RXFP3. The results derived from the project will allow us to know the participation of the relaxin-3/RXFP3 signalling system in the development of emotional and social behaviours and its potential therapeutic potential in mental developmental disorders.



School-aged epilepsy study: Cognitive difficulties in academic performance and prognostic biomarkers

Principal Investigator

Dr. Sergio Aguilera Albesa

Paediatrician, paediatric neurologist and PhD in Medicine and Neuroscience from the University of Navarre. He completed his residency and training in neuropaediatrics at the University Clinic of Navarre. He worked as a paediatric neurologist at Txagorritxu Hospital in Vitoria-Gasteiz for

two years. He joined the Department of Paediatrics of Navarre Hospital Complex in 2009. In 2010, he obtained a permanent position by public competitive examination and has since carried out his clinical, teaching and research activity in the Navarre Health Service. He is an associate professor at the University of Navarre and has been a guest lecturer at the Public University of Navarre and San Carlos University of Guatemala. He coordinates the Paediatric Neurology Clinical Research Group of the Navarrabiomed-Miguel Servet Foundation Research Centre. He has published and participated in over 40 publications in scientific journals and 10 book chapters. He has been part of the research team of six national research projects on neurodegenerative diseases affecting the cerebellum or basal ganglia and biomarkers.

PROJECT SUMMARY

Epilepsy is one of the most common paediatric chronic diseases. Cognitive difficulties associated with academic performance problems occur regularly during the school stage. Many factors have been linked to these difficulties, including age, seizure frequency, medication and the presence of brain injury. However, there are no known prognostic biomarkers for these patients. Very recently, epigenetic factors have been identified, such as microRNAs, whose peripheral expression could allow differentiation of subgroups of patients with epilepsy of different origin or clinical course. The aim of the project is to seek the correlation between a microRNA signature and clinical, cognitive and school learning variables in a population sample of children presenting with epilepsy during school age (6-15 years). We therefore

intend to conduct a cross-sectional case-control study in which patients with onset of epilepsy in that age range will be assessed for cognitive performance (attention, executive functions, memory, language, praxies, cognition and social communication, intellectual quotient) and academic performance (comprehension, reading, writing and mathematics), while also taking samples to identify microRNAs. For the validation of potential peripheral biomarkers, an analysis of ROC curves (area under the curve >0.8) will be included and an age- and sex-matched control group will be recruited.

Identification of a microRNA signature that correlates to clinical, cognitive, and academic performance variables could allow for its prognostic use in patient subgroups with school age epilepsy.



First Steps: A randomised pilot study for the implementation of the Incredible Years® parenting program in preschoolers with autism and language delay in Spain

Principal Investigator

Dr. Laia Villalta Macià

She graduated in Medicine from the Autonomous University of Barcelona (UAB) and specialised in psychiatry at the Hospital de la Santa Creu i Sant Pau of the same city. She is a systemic family therapist working in the psychotherapy area after completing the Master's degree at the Family Therapy School of Sant Creu i Sant Pau Hospital-UAB. She has focused her career on child and adolescent psychiatry. She obtained her specialist training in the specialisation programme in child and adolescent psychiatry at St. Mary's Hospital London within the public health system of the United Kingdom through an Advanced Training Fellowship from the Alicia Koplowitz Foundation (2013-2015). She is co-author of different articles focusing on the impact of childhood sexual abuse on the mental health of young people, in collaboration with different research groups from internationally renowned centres, such as Imperial College London, University College London and Kings College London (Mood Clinic and Trauma Clinic). She currently works at Sant Joan de Déu Hospital in Barcelona, where she treats children with preschool developmental problems and their families, as well as young people exposed to abusive sexual situations.



Co-Principal Investigator

Dr. Fátima Valencia Agudo

Degree in Psychology from the University of Oviedo and PhD in Clinical Psychology and Health from the Autonomous University of Barcelona. Clinical Psychologist (PIR) by Asturias Central University Hospital (HUCA) and specialist in Child and Adolescent Psychology through an Advanced Training Fellowship from the Alicia Koplowitz Foundation at Imperial College London (2014-2016). She holds the qualifications of specialist in Neuropsychology from Miguel de Cervantes European University, and expert in Brief Psychotherapy with children and adolescents from San Jorge University and a Master's degree in Autism Spectrum Disorders from the latter centre. She is a therapist accredited in *Video-feedback Intervention to Promote Positive Parenting and Sensitive Discipline (VIPP-SD)* by the University of Leiden (The Netherlands) and has received training in autism diagnostic tools: ADOS (Tavistock centre), ADI-R, at the University of Valencia. She works as a clinical psychologist at the Adolescent Unit of the Child and Adolescent Psychiatry Department of Gregorio Marañón University General Hospital in Madrid.



Co-Principal Investigator

Dra. Marina Romero González

She holds a degree in Medicine and Surgery from the University of Granada and specialised in psychiatry at Regional University Hospital in Málaga. She earned a PhD in medicine with international/European mention at the University of Malaga. She is a specialist in Child and Adolescent Psychiatry from King's College London (UK), where she also completed her Master's degree in Research and Clinical Neuroscience in Child and Adolescent Psychiatry through an Advanced Training Fellowship from the Alicia Koplowitz Foundation (2014-2016). She holds the degree of expert in "Attention Deficit Hyperactivity

Disorder Throughout Life" from the University of Alcalá de Henares and accredited training in the use of diagnostic tests for Autism Spectrum Disorder (ADOS/ADI-R). She works as an attending psychiatrist and as coordinator of the Comprehensive Autism Spectrum Disorder Care Process at the Child and Adolescent Mental Health Unit of the Malaga Maternity and Children's Hospital and is a clinical tutor with practical clinical training activity at the Human Physiology Department of the Medical School of the University of that same city.

PROJECT SUMMARY

Caring for children with neurodevelopmental difficulties is a major stressor for parents. Early interventions aimed at improving parenting have a greater potential to sustain lasting effects on child development and parental psychopathology. The *Incredible Years-ASDLD*® parenting program is a group intervention widely implemented in international public health systems, which has proven its effectiveness and efficiency in treating preschool children with neurodevelopmental difficulties.

The project is a randomised pilot trial with the primary objective of assessing the feasibility of implementing this program in Spain. The aim is to determine the

acceptability and satisfaction levels of parents and, as a secondary aim, to establish the preliminary efficacy in reducing parental stress and behavioural difficulties in children. The *Incredible Years – ASDLD* intervention will be carried out in three Spanish public health hospitals, recruiting a total of 72 patients diagnosed with ASD or preterm infants with subsequent language delay, who will be randomised to the intervention arm or the usual treatment arm. This is intended as a first step in the generalisation of the programme within the public health network, as well as for future controlled studies demonstrating its efficacy.



OCD spectrum: Predictive models of disorders related to obsessive compulsive disorder in Spanish adolescents

Principal Investigator

Dr. José Antonio Piqueras

University lecturer in the area of Personality, Evaluation and Psychological Treatments of the Department of Health Psychology of Miguel Hernández University of Elche, where he is a member of the research group Analysis, Intervention and Applied Therapy with Children and Adolescents (AITANA) and the PROEMA Excellence Network. He has extensive experience in research focused

on the assessment and treatment of two-dimensional mental health (well-being and distress) in childhood and adolescence. His research activity (more than 20 projects and contracts) is focused on the assessment (mostly online) and psychological treatment of two-dimensional mental health, including, on the one hand, problems of distress and maladjustment (suicide, emotional disorders, social anxiety, separation anxiety and related obsessive compulsive disorder, such as body-focused repetitive behaviours) and, on the other, well-being (mental health, socio-emotional skills and emotional intelligence). This has resulted in substantial scientific production, with more than 130 research articles published.

PROJECT SUMMARY

It is intended to examine risk and protective factors for certain disorders related to OCD, such as trichotillomania and excoriation disorder. Both are considered to be body-focused repetitive behaviours (BFRBs), a new nosological entity included in the latest version of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).

The importance of working on these disorders lies in the scarcity of studies in the literature focused on adolescents. These behavioural changes start in adolescence and worsen with anxiety-depressive symptoms, resulting in high disability in those suffering from it. This is the first

study focused on these symptoms to be conducted in Spain, for which, over a period of approximately 18 months, one thousand adolescents from the province of Alicante and the Region of Murcia will provide data on the symptoms characteristic of these disorders, as well as other variables, such as emotional regulation or sensory reactivity. This is expected to provide results that enable a better understanding of the occurrence of these symptoms, in order to shed light on prevention of the abovementioned disorders and the occurrence of comorbid symptoms.



Urine oxidative stress and inflammation biomarkers of extreme preterm neonates: A predictive role in the development of autism spectrum disorders

Principal Investigator

Dr. Laura Pina Camacho

PhD in Medicine and specialist in Psychiatry, with training in Spain, France and the United Kingdom. She carries out her clinical, teaching and research activity at the Child and Adolescent Psychiatry Service of Gregorio Marañón University General Hospital (IiSGM, and CIBERSAM Group G01) and collaborates as honorary lecturer with the Child and Adolescent Psychiatry Department of the Institute of Psychiatry, Psychology and Neuroscience (IoPPN) of King's College London, in the United Kingdom, after enjoying an Advanced Training Fellowship from the Alicia Koplowitz Foundation between 2013 and 2015. Her main line of research focuses on the pathophysiological bases of neurodevelopmental disorders, such as early onset psychosis or autism spectrum disorders, as well as on the study of predictors of risk of occurrence/prognosis in these disorders.



Co-Principal Investigator

Dr. Ana García Blanco

Specialist in Clinical Psychology and PhD in Cognitive Neuroscience (extraordinary prize) from the University of Valencia, with training in the US, Italy and the United Kingdom. She carries out her clinical and research activity at the La Fe Health Research Institute and is an associate professor at the University of Valencia. She has participated as principal investigator in two regional and two national projects aimed at monitoring preterm newborns and the study of the pathophysiological bases involved in the onset and course of autism spectrum disorders.

PROJECT SUMMARY

Preterm newborns are at a high risk of developing neuropsychiatric disease in childhood. There is a subgroup at risk of differentially progressing to autism spectrum disorders (ASD).

The aim of this project is to identify a profile of biomarkers of oxidative stress (protein, DNA and lipid oxidation

products) and increased inflammatory activity (prostaglandins, chlorine tyrosine, nitrotyrosine) in minimally invasive samples (urine). It is estimated that a cohort of 70 extreme preterm infants will be recruited over two years. The predictive value of such biomarkers for the further development of ASD will be assessed.



Building resilience to online victimisation in adolescents by using intelligent interventions

Principal Investigator

Dr. Esther Calvete Zumalde

PhD in Psychology. Lecturer at the University of Deusto on subjects related to research methodology and psychological treatments. She directs Deusto Stress Research, a research unit focused on stress resilience and vulnerability factors, whose studies address emotional and behavioural problems in adolescents. Her research includes identifying risk and protective factors for problems such as violent behaviour, depression, and self-injury. She is the author of more than

150 publications on problems during adolescence and associate editor of various international journals, including *Mindfulness and International Journal of Cognitive Therapy*.

PROJECT SUMMARY

Victimisation is a recognised risk factor for numerous mental health problems in childhood and adolescence. Traditional forms of victimisation are now combined with online victimisation, which can take many formats and harm the mental health of victims. Numerous interventions have been developed to reduce Internet victimisation and its impact on health, with very modest results in adolescents.

The project is based on an established line of research in psychology, focused on the development of interventions through a set of rigorous techniques that address specific psychological processes to help adolescents thrive in various life settings. The goal is to design and assess the

effectiveness of an intelligent intervention, based on the idea that people can change to prevent online harassment behaviour, and to improve the mental health of adolescents exposed to harassment. For this, an intervention will be designed and tested in an experimental study with parallel groups randomised by clusters, in a sample of approximately 600 adolescents. The effects of the intervention on harassment and victimisation behaviours, symptoms of depression, anxiety, eating problems, and self-harm will be evaluated, as well as the moderating effect of the intervention on the longitudinal relationship between victimization and psychological symptoms.



Jueves 24 y viernes 25
Octubre 2019

XIV Jornadas Científicas

Impacto de las redes sociales
y las tecnologías de la comunicación (TIC)
en la salud mental infanto-juvenil



Auditorio Torre de Cristal de la Mutua Madrileña
Paseo de la Castellana, 33
(entrada por Pº Eduardo Dato, 20)
Madrid

14th Scientific Sessions “Fundación Alicia Koplowitz” Organising Committee

Dr. Itziar Baltasar Tello

Child and Adolescent Psychiatrist, “Hospital General Universitario Gregorio Marañón”.

ExFellow of Fundación Alicia Koplowitz (2013-2015), University of Pittsburgh Medical Center, Pittsburgh, United States of America.

Dr. Marta Casanovas Espinar

Child and Adolescent Psychiatrist, “Centro de Salud Mental Infanto-Juvenil de Les Corts i Sarrià-Sant Gervasi, CHM Les Corts”.

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Chairperson of the Association of Child and Adolescent Mental Health Scientists -Alicia Koplowitz Foundation.

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Dr. María Concepción Guisasola Zulueta

Doctor of Medicine and Surgery.

Scientific Coordinator. Alicia Koplowitz Foundation.

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ExFellow of Fundación Alicia Koplowitz (2012-2014). Columbia University Medical Center-New York Psychiatric Institute, New York, United States of America.

Orygen, The Centre of Excellence in Youth Mental Health, Melbourne, Australia (2015).

Impact of social networks and information and communications technology (ICT) on child and adolescent mental health

Between 2017 and 2018, the Scientific Sessions of the Alicia Koplowitz Foundation were dedicated to mental health in the different developmental stages of children and adolescents.

After the end of that cycle, the Foundation decided to address another highly topical question in 2019, e.g. the impact of social networks and communications technology on child and adolescent mental health, which in recent years has been the cause of growing concern for professionals and parents.

The sessions met, as usual, leading specialists in the subject and were used to discuss the results of the most recent research on the matter.

This time, the stage was the Auditorium Torre de Cristal of Mutua Madrileña, in the Paseo de la Castellana, a large and comfortable space that accommodated the more than 500 people who attended the event.

An overview of the participants' presentations and professional history is provided below.



THURSDAY 24 OCTOBER • Presentation

Dr. Olga Santesteban Echarri

Clinical Psychologist, MD in Psychology, former Advanced Training fellow of the Alicia Koplowitz Foundation at Columbia University (2012-2014), USA, and Short Internship fellow at Orygen, Melbourne (Australia), and Medical University of Vienna (Austria), during her work as a researcher at the University of Calgary (Canada) (2017-to-date) has developed two own pilot projects with mobile technology

for two applications aimed at adolescents and young people with high-risk mental states to develop psychosis. During her time at the Medical University of Vienna (2019), she participated in the SOMO (Social Monitoring) application to monitor social functioning in an Austrian population of young people with high-risk mental states (HRMS) of psychosis and a first episode of psychosis (FEP).



THURSDAY 24 OCTOBER • Table 1

Analysis of language and content in social networks: prevention programmes for children and adolescents



SPEAKERS

Dr. Saray Zafra Cremades

Criminologist, Master in Criminal Research and specialist in Juvenile Suicide Prevention, she is a doctoral student on Human Language Technologies at the University of Alicante. Dr. Varela has conducted research on social networks and machine learning in the prevention of juvenile suicide in Spain and on good practice in actions with young populations and addictive neobehaviours.



Dr. Manuel Gómez Guadix

Dr. Gómez holds a degree in Psychology from the University of Granada and a doctorate from the Autonomous University of Madrid, where he is currently a lecturer. It has over 70 publications in national and international scientific journals. Expert in cyberbullying and cyberpsychology. His research lines focus on the study and prevention of different forms of online victimization and on promotion of responsible ICT use.



MODERATOR

Dr. Marta Rapado

Neuropsychologist of the Department of Child and Adolescent Psychiatry at Hospital Universitario Gregorio Marañón in Madrid. The project *Combination of treatment with N-acetyl cysteine (NAC) and cognitive training to promote changes in behavioural and neural activation patterns underlying cognitive deficit in adolescent psychosis*, co-directed by Dolores Picouto, received in 2018 one of the research grants awarded by the Alicia Koplowitz Foundation.

Analysis of feelings based on the content extracted from social networks: the particular case of the Life! Platform of the University of Alicante

Dr. Saray Zafra Cremades

Analysis of feelings is a branch of artificial intelligence responsible for application of techniques for understanding human language in its multiple expressions. To do this, we rely on one of its most famous disciplines: machine learning. Through this, we have developed a system that is able to detect the level of suicidality of a message or post previously written on social networks, although it is not limited to that. The technique used could contribute to detect other behaviours, such as bullying or mobbing, provided it is adapted to the specific needs of each phenomenon.



Prevention of online grooming of minors: assessment of a pilot programme in the school setting

Dr. Manuel Gómez Guadix

Online grooming of minors (manipulation and embroidery carried out by an adult through ICT to achieve sexual contents or interactions) is an increasing and worrying phenomenon. In the study, the conclusions of which were set out by Dr. Gómez Guadix, a programme to prevent online grooming of children aged 12 to 14 years was designed and implemented. The workshop consisted of work with several practical cases through active dynamics. The programme was applied in the classroom to an experimental group, which was compared to a control group that received no intervention. Both completed pre- and post-treatment measures. The results of this pilot study suggested that, after implementation of the programme, the experimental group showed a significant increase in adequate and adapted knowledge and attitudes with regard to online grooming, while no changes were seen in the



control group. This study is a first step in the prevention of risk behaviours for grooming and online sexual victimization.



THURSDAY 24 OCTOBER • Table 2

Abuse of information technology (ICT) in children and adolescents

SPEAKERS

Dr. Eva Varela Bondelle

Psychiatrist. Dr. Varela completed her external rotation at the Department of Child and Adolescent Psychiatry of Hospital Clínic in Barcelona, where she works at the Child and Adolescent Psychiatric Hospitalization Unit and the Adolescent Addictive Behaviours Unit. She has recently taken her first steps in the field of research and started her doctoral thesis project, focusing on behavioural addictions in adolescents, specifically on the treatment of Internet addiction. In June 2019, she received the research award from the Spanish Association of Child and Adolescent Psychiatry (AEPNYA).

José Moreno Ortiz

General Health Psychologist. He holds a master in integrative humanistic psychotherapy, and is an expert in family intervention and child and adolescent therapy, psychopathology and psychodiagnosis, abuse and gender violence, family mediation and conflict resolution, intervention with trauma and dissociation, as well as a specialist in clinical and psychoanalytical psychotherapy. He has specific training in body psychotherapy and gambling therapy. He has over fourteen years of experience in the area of children and family in both private practice and in the Social Services of the City Council and the Community of Madrid. He works as a director in the Public Service for the Care of Families and Adolescents with Technological Addictions (SAAT) and as psychotherapist in private practice.

Dr. Moreno has collaborated with different psychotherapy institutes, training professionals in family intervention and mediation. He is a member of the teaching staff of the International University of La Rioja (UNIR).

MODERATOR

Dr. Rosa Calvo

Doctor of Psychology and degree in Pedagogy from the Complutense University. Responsible for the Unit of Eating Disorders (UTCA) of Hospital Universitario Santa Cristina, Madrid. She directs the research *Neurobiological correlates of impaired body image (FRMN)*, which is carried out simultaneously at Hospital Santa Cristina and Hospital General Universitario Gregorio Marañón in Madrid.

Addiction to new technologies and secluded adolescents

Dr. Eva Varela Bondelle

Use of the Internet and new technologies has significantly expanded around the world over the past two decades, especially among adolescents and young adults. In this population group, the Internet and electronic devices are part of daily life, and it is often difficult to determine where the boundary between normality and disease lies. Moreover, addiction to the Internet or video games is often associated to isolation, social impairment, loss of motivation, mood changes, decreased concentration, or sleep disturbances.

These symptoms, especially social seclusion, are common to the early stages of some mental disorders that typically begin in adolescence, such as psychotic disorders, major depression, social phobia, or the so-called *hikikomori*. That is, social seclusion in this population group may suggest the presence of addiction to the Internet or a risk factor for its development.



In any case, coexistence of an excessive use of the Internet and social isolation should be a warning sign that requires adequate diagnosis and intensive intervention to prevent the potential negative impact on all areas of functioning of the adolescent.



Psychological intervention in children and adolescents for a healthy use of ICT. An integrative perspective

José Moreno Ortiz

There is a growing need for families and society at large to learn about and acquire tools on the healthy use of electronic devices. Technology is already embedded in our daily lives, and our use of them is not harmless. There are a number of functional and dysfunctional consequences that vary depending on how devices are used. Technology itself needs not be dangerous, although we already know that in some cases it is made in such a way that it can promote dependence. However, what will determine the consequences of its use will be how we manage it as individuals, as families and as society.

The Moreno Ortiz lecture focused on various tools to be considered in an intervention aimed at promoting a functional and healthy



use of technology by children and adolescents. It was shown that it is possible to prepare both prevention and treatment work, and different ways of focusing this type of intervention were considered.



THURSDAY 24 OCTOBER • Keynote address

Relationship of microbiota and brain. Influence on the mental health of children and adolescents: anxious-depressive symptoms, obesity, and autism spectrum disorders

SPEAKER

Dr. Silvia Gómez Senent



Degree of Medicine and Surgery, University of Valencia. Dr. Silva specialised in Hospital Universitario La Paz in Madrid, where she has worked as assistant physician in the Gastroenterology Department since 2007 and as head of the Unit of Gastrointestinal Functional Disorders since 2015. She holds a master's degree in gut microbiota and is an expert in oesophageal diseases and in mindfulness in clinical and social intervention (currently ongoing). Dr. Silva is a principal investigator in five clinical trials on microbiota and intestinal permeability as related to various diseases (irritable bowel syndrome, constipation, rosacea, autism spectrum disorders, attention deficit hyperactivity disorder).

MODERATOR

Dr. María Dolores Picauto González



Child and Adolescent Psychiatrist at the Adolescent Unit of Hospital General Universitario Gregorio Marañón in Madrid. Between 2008 and 2010 she was a fellow of the Alicia Koplowitz Foundation at St Mary's Hospital of the Imperial College London (United Kingdom).

Dr. Silvia Gómez Senent

For a long time, the brain has been considered the only organ important for understanding the biology of neuropsychiatric disorders. Recently, this approach is changing to include the bowel, the gut-brain axis (GBA). This is a continuous and two-way system that communicates the enteric nervous system (ENS) and the cognitive and emotional centres of the brain. A key modifier of the GBA is gut microbiota. The intestinal microorganisms and their genes (collectively called the intestinal microbiome) are transferred from the mother to the baby at birth and continue to mature during the first years of life before achieving some stability. Throughout life, this stability is susceptible to a variety of factors (e.g. host genetics, diet, stress, drugs, and diseases).

With the new DNA sequencing techniques, we can now easily investigate the composition of the microbiome, that is, the genome of gut microbiota. These techniques provide new avenues to investigate the role played by the gut in behaviour and mental health.

The attention deficit hyperactivity disorder (ADHD) is a common neurodevelopmental disorder, but the underlying pathophysiological mechanisms of ADHD remain unclear. Both gut microbiota and dietary patterns have been recognized to have an impact on brain function and behaviour.

Recent advances in the fields of immunology and genetics, as well as the rapid increase in knowledge of the effects of immune processes on brain functions, have drawn attention to the correlation between psychiatric disorders and immune system dysfunctions. Low-grade chronic neuroinflammation appears to play a key role in forming a basis for an interaction between psychological stress, gut microbiota, and major depressive disorder.

In addition to psychiatric diseases, there are increasing studies supporting the influence of gut microbiota on metabolic diseases. In particular, use of germ-free animals and microbiota transplantation have shown that gut microbiota may play a causative role in development of obesity and associated metabolic disorders, and lead to the identification of several mechanisms.

In humans, differences in microbiota composition, functional genes, and metabolic activities are seen between obese and thin individuals, suggesting a contribution of gut microbiota to these phenotypes. Finally, evidence linking intestinal bacteria to host metabolism may allow for developing new therapeutic strategies based on modulation of gut microbiota to treat or prevent obesity.



**THURSDAY 24 OCTOBER • Alicia Koplowitz Foundation
Fellows Conference**

Cyberbullying and traditional bullying. Associations to physical health, psychopathology and upbringing in a sample of secondary education students in the United Kingdom



SPEAKER

Dr. María Martínez Hervés

Degree in Medicine and Surgery, Autonomous University of Madrid. Dr. Martínez specialised in general psychiatry and completed her last year of training in child and adolescent mental health devices in Galicia and the United Kingdom. She enjoyed a two-year fellowship from the Alicia Koplowitz Foundation at Imperial College London, where she participated in a research project on cyberbullying and traditional bullying, for which she received two awards from the Royal College of Psychiatrists of the United Kingdom. She works as a child and youth consulting psychiatrist and clinical leader of an acute adolescent unit in northern London, and has developed her own assertive community team.



MODERATOR

Dr. Marta Casanovas Espinar

Child and Adolescent Psychiatrist at the Child and Adolescent Mental Health Centre of Les Corts and Sarrià-Sant Gervasi. Between 2014 and 2016 she was a fellow of the Alicia Koplowitz Foundation at St Mary's Hospital, Imperial College London.

Cyberbullying and traditional bullying. Associations to physical health, psychopathology and upbringing in a sample of secondary education students in the United Kingdom

Dr. María Martínez Hervés

The concept of adolescence has evolved with history, and many know those born in this millennium as the Net Generation. Traditional bullying is an old concept, but it has only gained relevance as an international problem over the last four decades. There is a consensus definition and many studies on the impact of this phenomenon on multiple psychosocial aspects of children and adolescents. There are even longitudinal studies that show a psychosocial impact even 40 years after suffering it.

The Internet did not appear until 1983, and cyberbullying is therefore considered a recent

phenomenon. The first published research on this phenomenon is from 2002, when most social networks did not yet exist. Since 2010, there has been a clear increase in the number of studies on cyberbullying and its psychosocial impact. There are several problems with studies of cyberbullying, which clearly affects the prevalence and impact results and makes them inconsistent. There is no consensus definition of cyberbullying, and most studies are not conducted in conjunction with an assessment of the impact of traditional bullying. The vast majority of victims of cyberbullying are at the same time victims of traditional bullying. The question we ask ourselves is: are the effects of cyberbullying more severe than those of traditional bullying?



THURSDAY 24 OCTOBER • Table 3

Use of new information technology (ICT) in the prevention and assessment of the mental health of children and adolescents

SPEAKERS

Dr. Eulàlia Hernández i Encuentra



Doctor of Psychology, Autonomous University of Barcelona (UAB). Associate lecturer of Psychology and Education studies and coordinator in education, empowerment and health participation at the eHealth Center of the Universitat Oberta de Catalunya (UOC). Her contact with information and communication technology began in 1995 as an online teacher at the UOC and in 1997 as a researcher in an R&D project to create a virtual campus at the UAB. In 2003 she joined the PSiNET (psychology, health and network) research group of the UOC and has since participated in projects linked to ICT promotion of health and quality of life in different groups, with an applied objective and in collaboration with different public and private organisations. Dr. Hernández complements her academic activity with psychoeducational interventions in children and adolescents.

Dr. Itziar Baltasar Tello



Degree of Medicine and Surgery, University of Valencia. She specialised in psychiatry at Complejo Hospitalario Universitario Infanta Cristina in Badajoz. Dr. Baltasar enjoyed scholarships from the Alicia Koplowitz Foundation at the Jiménez Díaz Foundation and the Short-term Adult Hospitalization Unit of Hospital General Universitario Gregorio Marañón, both in Madrid, and at the Child and Adolescent Psychiatry Fellowship at the Western Psychiatric Institute and Clinic of the University of Pittsburgh, Pennsylvania (USA).

MODERATOR

Dr. Dolores Moreno Pradillo



Doctor of Medicine from the Autonomous University of Madrid and Master in Legal Psychiatry from the Complutense University, of which she is an associate lecturer. She heads the Adolescent Unit of Hospital General Universitario Gregorio Marañón and is the chairperson of the Spanish Association of Child and Adolescent Psychiatry.

Use of ICT for prevention of anxiety in adolescents

Dr. Eulàlia Hernández i Encuentra

According to the available evidence, there are various cognitive-behavioural programs that are effective for the treatment of anxiety. Despite the high prevalence of anxiety, its interference with daily life, the use of services and resources it requires, and its early occurrence, a much lower percentage of these interventions are aimed at prevention. Technology-mediated prevention programmes, intended to counteract the barriers posed by in-person treatment (access, stigmatisation, cost, monitoring, etc.), are even more scarce, and most of them are adaptations of previous programmes that change or combine the way they are implemented, benefiting little from the potential offered by technology, and particularly the Internet, in terms of monitoring and ecological validity.



The presentation analysed some available programmes, identifying their components and potentialities.



Ecological momentary assessment (EMA) and mood disorders in children and adolescents

Dr. Itziar Baltasar Tello

Use of mobile devices is increasingly common among children and adolescents. 69.8% of 10-15 year-olds have a mobile phone, and more than 90% of them have Internet access. Data collection in research studies through clinical interviews has multiple limitations, such as the long time interval between them and the recall bias.

Because on this, monitoring techniques such as Ecological Momentary Assessment (EMA), which allows for high frequency data collection in real time and in the patient's environment, have been used. There are several groups of studies depending on how data are collected: a) through a website or app, b) completing questionnaires with the help of reminders, and c) using telephone call protocols.

The work presented by the speaker included a systematic review of scientific articles in which symptoms were monitored by EMA in adolescents with affective disorders. This methodology was helpful to assess the association of use of social networks and depressive symptoms, the response to drug treatment in depression and anxiety, and the association between affection and sleep, as well as for monitoring emotions and how they vary over time, among other things. Data on acceptance/satisfaction, reliability, and limitations of use of EMA were also reviewed.

Within the MEMind project, preliminary data were presented on the use of EMA in patients and caregivers who perform monitoring in mental healthcare centres, and also a project that uses EMA for monitoring adolescents with type 1 diabetes mellitus and comorbid depressive disorder.



FRIDAY 25 OCTOBER • Table 4

Use of information technology (ICT) and virtual reality for screening and diagnosis of mental disorders in children and adolescents

SPEAKERS

Dr. María C. Tejerina-Arreal



Doctor of Psychology from the University of Murcia and Master in Public Health from the University of Columbia, New York (USA). She has extensive research experience in different national and foreign institutions and as a clinical psychologist in the network of mental healthcare centres of the Murcian Health Service. She is a lecturer at the School of Psychology of the University of Murcia (on leave) and a member of the expert committee for psychiatric reform of this autonomous community.

Dr. Amanda Díaz



Doctor of Psychology from the Universitat Jaume I, where she completed two master courses: one in Psychopathology, Health and Neuropsychology and another in General Health Psychology. Her main line of research focuses on application of information and communication technology (ICT) to promote mental health and well-being. She is a post-doctoral researcher in the area of personality, evaluation and psychological treatments of the Department of Basic and Clinical Psychology and Psychobiology of the Jaume I University and a member of the research group "Laboratory of Psychology and Technology", an international leader in the application of ICT in the field of clinical psychology and health.

MODERATOR

Dr. María de Gracia Domínguez Barrera



Child and Adolescent Consultant Psychiatrist at the West London NH Trust. She was a fellow of the Alicia Koplowitz Foundation at St Mary's Hospital, Imperial College London. She chairs the Association of Child and Adolescent Mental Health Scientists of the Alicia Koplowitz Foundation.

The value of Dawba (Development and Well-Being Assessment) in screening for diagnosis of mental health disorders in children aged 12 to 17 years

Dr. María C. Tejerina-Arreal

Standardised diagnostic tools offer the possibility of valid and reliable detection of different mental disorders. Specially designed for children and adolescents, the DAWBA, as a diagnostic identification tool, may allow for more rapid access to treatment of this population, particularly in those types of disorders more difficult to diagnose for clinicians. Its value to assess the results after treatment or clinical intervention has also been shown.

The speaker described what DAWBA is and how it works, and presented a review of the most relevant results of its use in epidemiological studies in the general population and in those including clinical population referred to child and adolescent mental health services. He



also referred to the results of use of DAWBA in groups of children and adolescents with specific diagnoses.



Use of virtual reality, augmented reality and the Internet for the treatment of emotional and eating disorders

Dr. Amanda Díaz

Incorporation of information and communication technology (ICT) in psychological treatments has significantly increased in recent years. One of the main goals of this advance has been to improve people's health status and to provide help to everyone who needs it. Within ICT, different systems have been developed ranging from the Internet to other highly immersive systems with virtual reality (VR) or augmented reality (AR), in order to provide tools to solve the various psychological problems.

Some of these ICT-based systems, developed and validated by the research group Laboratory of Psychology and Technology, were discussed in the presentation, together with their applicability in various psychological



disorders, such as specific phobias, emotional disorders or eating disorders.



FRIDAY 25 OCTOBER • Table 5

Future of information technology (ICT) for the treatment in mental health of children and adolescents

SPEAKERS

Dr. Concepción López Soler



Doctor of Psychology, specialist in clinical psychology. Lecturer at the University of Murcia, where she heads the Department of Personality, Evaluation and Psychological Treatments. Head of the Child and Adolescent Clinical Psychology Unit of Hospital Virgen de la Arrixaca. The main lines of research of Dr. López include: paediatric and adolescent clinical psychology, evaluation and treatment of post-traumatic reactions in minors, and evaluation, diagnosis and treatment of behavioural disorders. She has published several books and numerous articles in scientific journals on clinical issues in children and adolescents.

Dr. M. Ángeles Mairena García de la Torre



Doctor of Psychology, specialist in clinical psychology. She completed a two-year stay (2007-2009) at New York University with an Advanced Training in Clinical Psychology fellowship from the Alicia Koplowitz Foundation. Since 2010 she has worked as a clinical psychologist at Hospital Sant Joan de Déu in Barcelona, where she has been part of the paediatric units of Mother and Child Mental Health (referral), Autism Spectrum Disorder, and Attention Deficit Hyperactivity Disorder. Her clinical work focuses on assessment and intervention in autism spectrum disorder. She is a research psychologist at Fundació Sant Joan de Déu and collaborates with the research team of the Department of Information and Communication Technology of Pompeu Fabra University in Barcelona.

MODERATOR

Dr. Marina Romero González



Child and Adolescent Psychiatrist at the Child and Adolescent Mental Health Unit of Hospital Materno Infantil in Malaga. Post-doctoral researcher at the Department of Neuroscience (CIMES) of University of Malaga. She was a fellow of the Alicia Koplowitz Foundation at King's College in London.

EMMA-Child: Virtual reality system for the treatment of psychological disorders in children

Dr. Concepción López-Soler

Today, boys and girls are digital natives, and their attraction to new technology is increasing. Some techniques for treating post-traumatic reactions are especially aversive, both for therapists and for people in therapy. The EMMA-Child (Engaging Media for Mental Health) virtual reality system is a great tool for improving exploration of past events and experiences related to stressful and traumatic



situations, and to provide new, gratifying experiences. Its use in children with anxiety, depression, grief and/or post-traumatic stress problems is a great therapeutic resource. EMMA-Child allows exposure and elaboration of trauma with less suffering, increasing treatment adherence and the therapeutic link, in wards who have suffered complex trauma.

Virtual reality as a mediator of experiences that favour social behaviours in children with ASD

Dr. M. Ángeles Mairena García de la Torre

Game-based interventions using technology promote motivation and learning processes in children with autism spectrum disorder (ASD). In this area, virtual reality and full-body interaction video games have been shown to be useful for mediating experiences that promote social behaviour in children with ASD. A pilot study showed the feasibility of a virtual reality video game to promote social initiation behaviours in children with ASD aged four to six years, according to data from an observation scale.

A study to assess the effectiveness of a new virtual reality video game to mediate social behaviours in children with ASD aged eight



to twelve years is ongoing. In addition to the observation scale, physiological measures are collected. In parallel, work is underway to create virtual reality games that can be played in natural contexts, such as schools, in order to promote generalisation of learning and intervention in a natural context. Finding new forms of treatment that are attractive to children with ASD may be beneficial to complement other therapies and interventions.



FRIDAY 25 OCTOBER • Keynote address

Improving the mental health of our young people: the role of communication and information technology

SPEAKER

Dr. Cristina Botella Arbona



Doctor of Psychology by the University of Valencia and a full professor since 1992, she is currently an emeritus professor at Jaume I University. She has been principal investigator in over 40 research projects, has published over 300 articles in scientific journals, and has presented over 400 papers at national and international congresses. Dr. Botella has researched for over 25 years the possibilities that ICT (virtual reality, augmented reality, Internet, mobile devices) can offer to clinical psychology.

MODERATOR

Dr. María Luisa Lázaro García



Head of the Child and Adolescent Psychiatry and Psychology Department of the Neuroscience Institute of Hospital Clínico in Barcelona. Researcher of the Institut d'Investigacions Biomèdiques August Pi i Suñer and the Centro de Salud Biomédica en Red en Salud Mental (CIBERSAM). Associate professor at University of Barcelona.

Improving the mental health of our young people: the role of communication and information technology

Dr. Cristina Botella Arbona

Many studies show an alarming prevalence among young people of different mental disorders such as depression, panic disorder, agoraphobia or other phobias, generalised anxiety, behavioural disorders, etc. These disorders have a significant impact because they result in a significant disease burden, decrease quality of life, and increase vulnerability to the development of other serious disabling diseases, as well as having a

significant economic impact on society (career, family cost, low productivity).

It has also been shown that most psychiatric disorders in adulthood start in childhood and adolescence. Prevention and treatment of mental disorders in this population is therefore crucial. According to the World Health Organisation, prevention should also include promotion and development of a person's strengths to reduce their vulnerability to mental disorders.



14th Scientific Sessions



To address these problems, there are evidence-based psychological treatments for which the different information and communication technologies, especially the Internet, are of great help. However, these treatments do not reach everyone who needs them.

Dr. Botella Arbona reviewed the progress made so far, the strengths and weaknesses of this area of research, and proposed a number of future lines of work that would enable us to achieve effective and sustainable health promotion and disease prevention tools for our young people.



The great media echo of the Scientific Sessions

As occurred with previous editions, the media devoted extensive space to the 2019 Scientific Sessions, from presentation to closure. Both the print press and radio and television also covered the sessions. Not only

the national media, but also the regional and local media contributed to bring to the attention of professionals who could not attend the sessions live and the general public what was said there.



Sponsorships

The Foundation engaged in the following initiatives in 2019::

- **National Hospitalised Child Day sponsored by the Atresmedia Foundation,** 13 May.
- **63rd Congress of the Spanish Association of Child and Adolescent Psychiatry (AEPNYA),** 30 May to 1 June, Exhibitions and Congresses Palace, Oviedo.
- **Pan-Hispanic Dictionary of Medical Terms,** prepared by the Foundation of the Royal National Academy of Medicine of Spain.
- **14th Scientific Sessions of the Alicia Koplowitz Foundation,** 24 and 25 October, Mutua Madrileña Torre de Cristal Auditorium, Madrid.





Asociación de Científicos
Fundación Alicia Koplowitz

Association of Child and Adolescent Mental Health Scientists - Alicia Koplowitz Foundation

In 2019, with the Alicia Koplowitz Foundation as a Patron Member for another year, the Association of Child and Adolescent Mental Health Scientists-Alicia Koplowitz Foundation continued its activity through the Working Groups, which again increased

both their tasks and the number of members involved, who have worked to achieve their objectives in a totally selfless and disinterested manner and who, in December 2019, rose to a total of 85 members.

Scientific Area

It was coordinated by Ana Belén Calvo, Doctor in Psychology, Director of the Master in Health Psychology of UNIR and PI for several research projects. Among its members, Irene Esteban-Cornejo (Communications Area liaison officer), Gisela Sugranyé (Board of Directors liaison officer), Laura Pina Camacho, Lorena Chanes, Room Regina, Juan Salvador Nacher Rosello, Hilary Blasco Fontecilla, Julia García Fuster, Carmen Morcillo, Pilar de Castro and Xenia Morales.

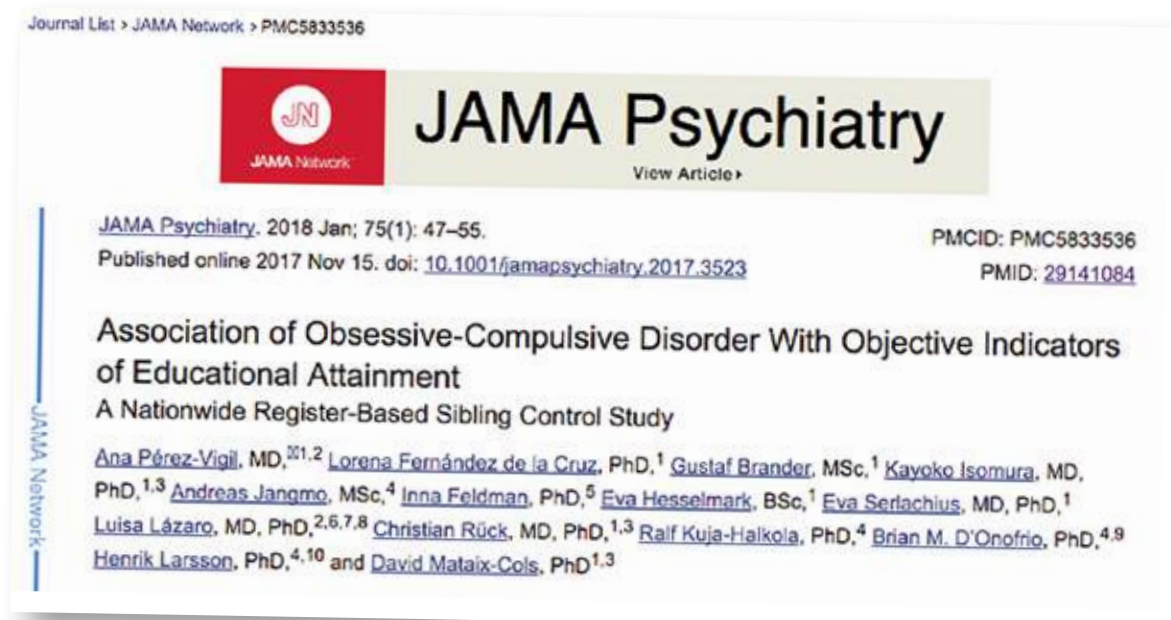
Projects and lines of work carried out in 2019 included:

- **1st edition of the Alicia Koplowitz Award for the best scientific article in 2018.**

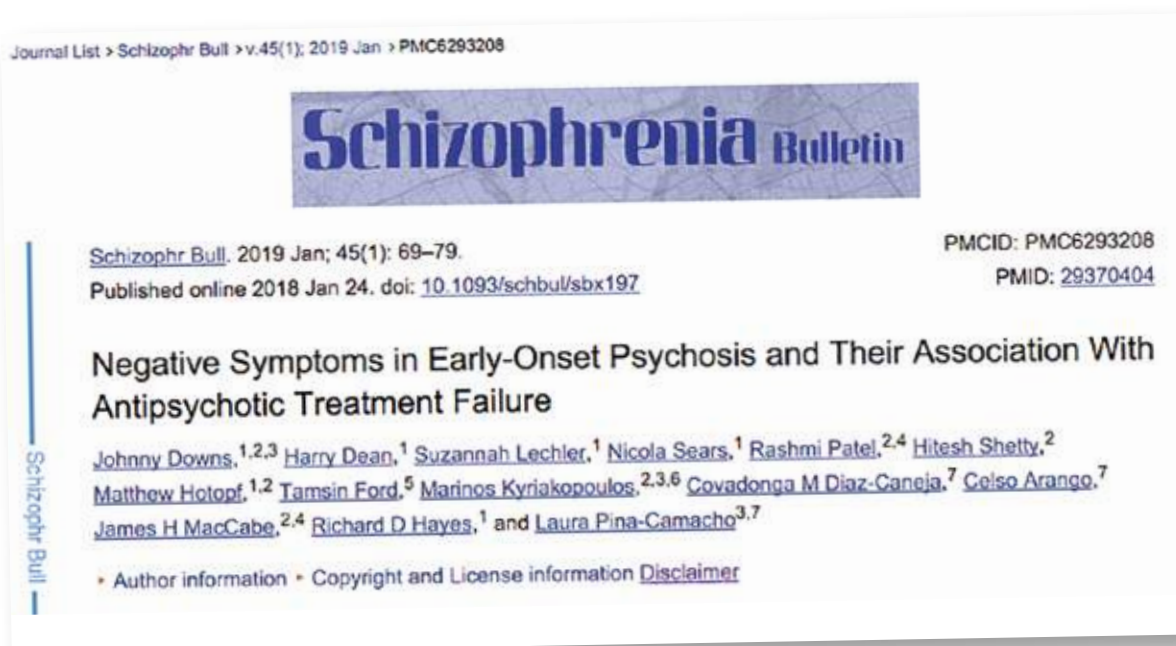
Participants in the initial development of the project: Juan Salvador Nacher Rosello (Director of Biological Sciences and Assistant Professor of Cell Biology. Neurobiology Unit. University of

Valencia); Julia García Fuster (lecturer at the School of Biology of the University of the Balearic Islands-UIB); Dr. Laura Pina Camacho (child and adolescent psychiatrist). Gregorio Marañón University Hospital, Madrid); Dr. Gisela Sugranyes (psychiatrist in the Reference Unit of Child and Adolescent Psychiatry and Psychology, Hospital Clínic of Barcelona/August Pi i Sunyer Biomedical Research Institute; Dr. Ana Calvo (Doctor of Psychology. School of Health Sciences. International University of La Rioja).

At the 5th General Members' Meeting in 2018, a working subgroup representing the Scientific Area proposed creating an annual award for the scientific excellence of one of its members, with the aim of promoting their scientific activity. In July 2019, the Evaluation Committee was set up



Association of Child and Adolescent Mental Health Scientists



and the prize was awarded during the 14th Scientific Sessions of the Alicia Koplowitz Foundation by its Chairperson, Alicia Koplowitz, ex aequo to the members Ana Perez Vigil (Hospital Clinic of Barcelona) and Laura Pina (Gregorio Marañon General University Hospital, Madrid).

• **Partnering with the Association of Child and Adolescent Mental Health (ACAMH) in the UK.**

The members who developed this project were Lorena Chanes (Doctor of Neurosciences, Autonomous University of Barcelona-UAB); Dr. Regina Sala (child and adolescent psychiatrist, East London NHS Trust, UK), Dr. Gisela Sugranyes and Dr. Ana Calvo.

The project was developed at the proposal of Dr. Carmen Morcillo (Child and Adolescent Psychiatrist, Southern Health NHS Foundation Trust, UK) and Dr. Regina Sala was the result of a dialogue of

several months between ACAMH and our Association.

Its aim was to support scientific training of members and build links with related associations. The first activity offered was selected based on the survey conducted with members in January 2019 via email and social media, where the conference *Attachment & Early Intervention: Improving emotional wellbeing and relationships in the family, and at school*, by Emmanuel Miller, got the most votes.

The conference addressed the importance of attachment and early intervention and was held in London on 8 March 2019 and all members were able to access it online, both live and deferred. A survey was then sent to members to obtain feedback on the 2019 experience and guide the design of a new activity in collaboration with ACAMH by 2020. Members continued to have access to the content of the



The Association
for Child and Adolescent
Mental Health

'Attachment & Early Intervention' 2019 Emanuel Miller National Conference



Matt Kempen
Marketing Manager for ACAMH
Posted on 5 June 2019





0 comments

The 2019 Emanuel Miller Memorial Lecture and National Conference focused on 'Attachment & Early Intervention: Improving emotional wellbeing and relationships in the family, and at school'

conference seminars via the web for one year.

• 2020 Members' Meeting.

Dr. Laura Pina Camacho, Julia García Fuster, Aixa Morales (Doctor of Biological Sciences). Cajal Institute), Lorena Chanes, Dr. Gisela Sugranyes and Dr. Ana Calvo. The Scientific Area has organised the next 2020 Members' Meeting.

A working subgroup was set up for the activity throughout 2019 and the programme began to be designed. As a novelty, the members of the Scientific Area proposed that the attendees could present posters and/or oral communications, encouraging scientific exchange among members.

• III Workshop for Residents on Research Methodology.

Participants in the project: Dr. Gisela Sugranyes and Dr. Ana Calvo as collaborators in the Continuing Education Area project. The project itself was led by Dr. Daniel Ilzarbe (Child and Adolescent Psychiatrist, Hospital Clínic, Barcelona).

Since the creation of the Scientific Area, emphasis has been placed on the need to promote training in research methodology for Resident Medical Interns/Resident Psychologist Interns (MIR/PIR) in Spain. Given the positive experience of the Continuing Education Area in the development of the Resident Workshop, it has been proposed to incorporate an extraordinary edition of the Residents Workshop, focusing on research in Child and Adolescent Psychiatry and Clinical Psychology, in 2021. Based on the first experience, the biannual holding of this activity will be assessed.

Communications Area

Throughout 2019, the Working Group of Communications of the Association of Child and Adolescent Mental Health Scientists–Alicia Koplowitz Foundation continued to be coordinated by Dr. Olga Santesteban and, as in 2018, Dr. Gonzalo Salazar, a psychiatrist and an advanced training fellow at King's College (London, UK), contributed to updating and maintaining the Association's website. A new addition to the working group was Dr. Víctor Pereira, psychiatrist and advanced training fellow at Bellevue Hospital (New York, USA). Finally, Dr. María Concepción Guisasola, Scientific Coordinator of the Alicia Koplowitz Foundation, facilitates the link between the Communications Area, the Board of Directors of the Association and the Alicia Koplowitz Foundation.

The website devotes a space for each line of action (Continuing Education Area, Scientific Area, Clinical Area and Service Development, and Communications Area), where updated material of interest can be found. Due to the large volume of activities carried out over the past year, each work area now has a designated liaison officer to communicate directly with the Communications Area and facilitate interaction among members and with networks outside of the Association. Liaison members collaborate for one year and their commitment is voluntarily renewed

The website provides the general public with a variety of material of interest on child and adolescent mental health and the neurosciences. In addition, the private members' area includes information on annual meetings, member meetings, scientific conferences, workshops for residents, scientific webinars, training courses and funding requests.

As in previous years, during the period 2018-2019, the activity on social networks where the Association is present (LinkedIn, Twitter and Facebook) experienced high growth. From these social media, the latest scientific news was published, as well as refresher training suggestions, training and employment offers and information on partnerships with other scientific groups in the field of child and adolescent mental health and the neurosciences. The dynamism and immediacy of the information shared on social networks makes them particularly attractive. We have a strong base of followers which grows day by day. Both our members and the general public with an interest in this field interact and benefit from the information shared daily on our webpages. In addition, the social networks reflect the changes and new proposals made on the website, unifying all the information.

PRÓXIMOS EVENTOS 2019



PREMIO A LA INVESTIGACIÓN
ALICIA KOPLOWITZ

25 OCTUBRE 2019
MADRID



V ENCUENTRO-
COLOQUIO SOCIOS

OCTUBRE 2019
MADRID



XIV JORNADAS
CIENTÍFICAS FundAK

24-25 OCTUBRE 2019
MADRID



Asociación de Científicos en Salud Mental del Niño y Adolescente Fundación Alicia Koplowitz

Con la presente Newsletter queremos dejar reflejados los eventos de la Asociación de Científicos en Salud Mental del Niño y Adolescente – Fundación Alicia Koplowitz acontecidos durante el primer semestre del año 2019 y aquellos en los que socios de la Asociación han tenido gran presencia. Asimismo, queríamos aprovechar la ocasión para invitaros a los próximos hechos del segundo semestre del año 2019.


II TALLER DE RESIDENTES

El 23 de marzo de 2019 tuvo lugar en el Ilustre Colegio Oficial de Médicos de Madrid el II Taller de Psiquiatría y Psicología del Adolescente para Residentes MIR/PIR. El taller cubrió cuatro sesiones teórico-prácticas y actividades prácticas en formato de role-play: 1) Entrevista y formulación en Psiquiatría del Niño y el Adolescente; 2) Trastornos afectivos; 3) Conducta autolesiva e ideación suicida; 4) Trastornos de la Conducta Alimentaria; y 5) Diagnóstico diferencial: "oigo voces". El taller organizado por el grupo de trabajo del Área de Formación Continuada contó con los docentes: Itziar Baltasar Tello, Marina Fábrega Ribera, Ainoa Mateu Mullor, Fátima Valencia Agudo, y Daniel Ilzarbe Simorte. El 100% de asistentes consideraron el taller útil, siendo la mejor sesión la del diagnóstico diferencial "oigo voces". Los comentarios recogidos tras el taller fueron muy positivos: "Lo más útil ha sido el formato práctico y con role-playing, así como la cercanía de los ponentes"; "He conseguido conceptos claros y clave para iniciarme en el manejo de adolescentes".




PRÓXIMOS EVENTOS

2020




**CONVOCATORIA
CURSOS FORMATIVOS**

FEBRERO 2020




**III TALLER DE
RESIDENTES**

MARZO 2020 MÁLAGA



**V ASAMBLEA
GENERAL**

JUNIO 2020 CÁDIZ




Asociación de Científicos
Fundación Alicia Koplowitz



La Newsletter refleja los eventos de la Asociación de Científicos en Salud Mental del Niño y Adolescente – Fundación Alicia Koplowitz acontecidos durante el segundo semestre del año 2019 y aquellos en los que socios de la Asociación han tenido gran presencia.

V ENCUENTRO DE SOCIOS

El 23 de octubre 2019 se celebró el V Encuentro de Socios de la Asociación de Científicos Fundación Alicia Koplowitz con título: “Aspectos Éticos en Salud Mental del Niño y el Adolescente” en el Hotel Barceló Emperatriz de Madrid. El Encuentro, coordinado por Marina Romero del Área Clínica y de Desarrollo de Servicios, se inició con una reunión presencial por grupos de trabajo de los socios asistentes. A continuación, la Dra. Lorena Chanes hizo una introducción a los aspectos éticos en la salud mental del niño y el adolescente, dando paso a las dos ponencias del encuentro de socios (i) “La medicalización de la vida: ¿realidad o ficción?” presentada por Sabel Gabaldón; y (ii) “Incorporar la perspectiva del usuario” presentada por la Dra. María J. Portella. Finalmente, Marina Romero moderó la mesa redonda “Diálogo abierto sobre aspectos éticos del diagnóstico en psiquiatría infanto juvenil” con todos los ponentes. Durante estas sesiones se contó con la participación activa de los socios asistentes, aportando reflexiones y preguntas para los ponentes.



VISIBILIDAD & APERTURA

Continuous Education Area

This Area, due to the large volume of work it carries out, has been subdivided into several sections which are headed by:

Itziar Baltasar

(co-coordinator - Fellowship Advice Section)

Daniel Ilzarbe

(co-coordinator – Resident Section)

Ainoa Mateu

(Co-Coordinator - Training Courses Section)

Alba Vilaplana Pérez

(Communications Area liaison officer)

María de Gracia Domínguez

(Board of Directors liaison co-officer)

Dolores Moreno

(Board of Directors liaison officer)

And it has eight other members who work actively towards the attainment of their objectives (Marta Rapado, Marina Fábrega, Fatima Valencia, Ana Pérez Vigil, Alba Ancochea, Laura Maria Sevilla, Rafaela Caballero and Azucena Díez)

The Continuing Education Area is aimed at enhancing and facilitating the training process of different professional groups closely related to the Association: 1) MIR (Psychiatry)/PIR (Clinical Psychology) Residents. 2) Fellows in Advanced Training Fellowships in Child and Adolescent Psychiatry and Psychology/Pre-doctoral Fellowships and Short Stay Fellowships. 3) Professionals (psychiatrists, clinical psychologists and neuroscientists) receiving research project support, speakers from the Scientific Sessions or members

of the evaluation committees and who are members of the Association.

The projects developed by the Area over the 2019/2020 academic year were as follows:

FOR MEMBERS

- **Grant for training courses.** According to the work line of the Continuing Education Area, the Association of Child and Adolescent Mental Health Scientists-Alicia Koplowitz Foundation wanted to continue offering its members scholarships for courses that allow for their continuing education and professional development, both in the clinical and research areas. To this end, the Association made available to members 15 grants of up to €400 to enrol in courses scheduled throughout 2019. The Area Selection Committee assesses grant applications and awards grants.

FOR FELLOWS

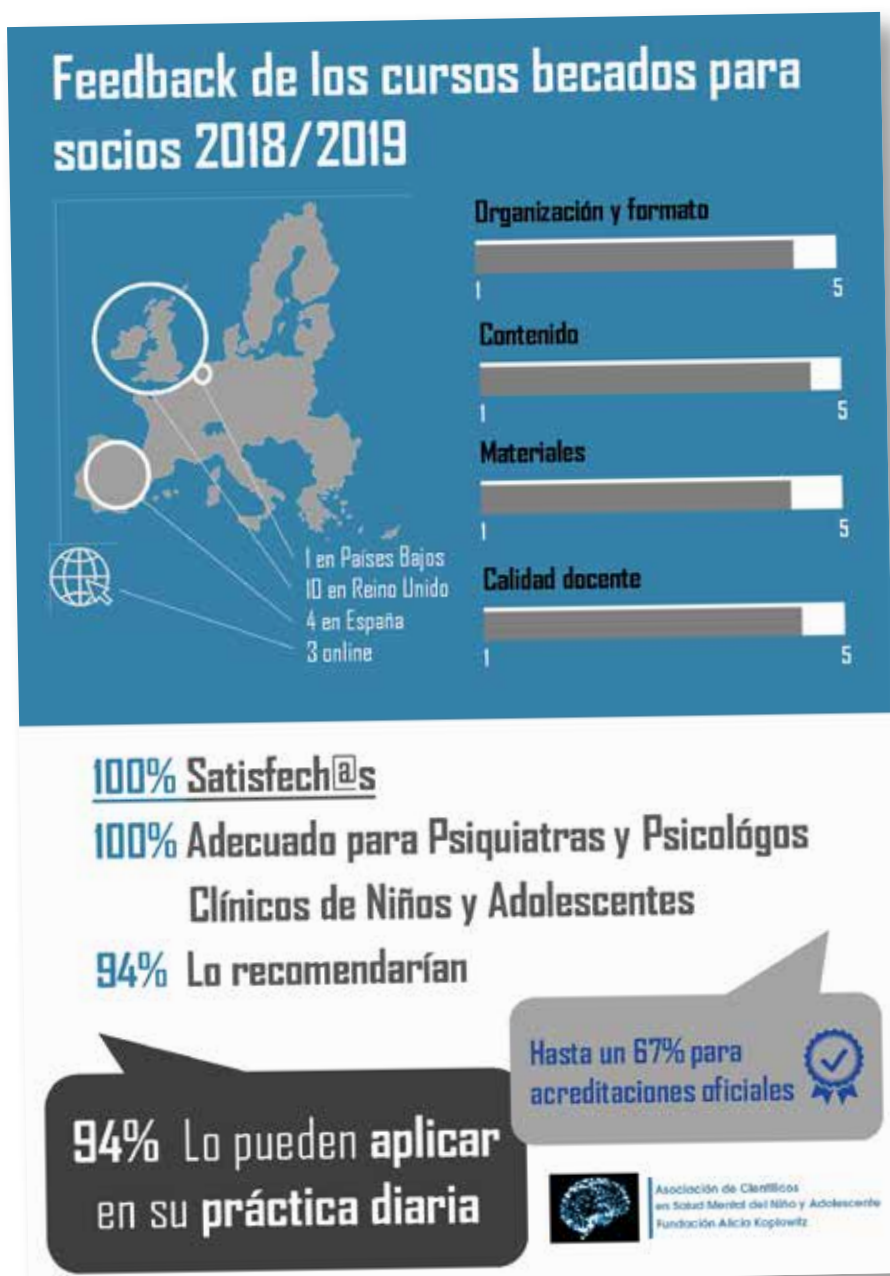
- **Update of documents.** The working group focused on updating supporting documents for foreign fellowships (e.g. survival guidelines). Short versions of these documents were also produced with the general information on each training programme so that they could be posted online and made accessible to any interested party.
- **Collection of feedback from Alicia Koplowitz Foundation advanced training fellowships.** Having obtained the results of the first SurveyMonkey survey from the

Association of Child and Adolescent Mental Health Scientists

advanced training fellows, four 4 years later we are conducting the second online survey (using SurveyMonkey again) to get feedback on the current situation of the fellows. The Association would like to facilitate feedback from fellows to

highlight the strengths of fellowships and possible improvement ideas.

- **Promoting communication between fellows.** The group is promoting the interrelationship between new fellows in the different destination countries.



FOR RESIDENTS

•2nd Workshop for MIR/PIR Residents.

The workshop offered 35 places for resident medical interns in psychiatry or clinical psychology at a hospital in Spain with an interest in child and adolescent mental health. The objectives were to improve the knowledge and skills of future professionals in this field, to discuss diagnostic and clinical management strategies that are practical for training residents and applicable in their work environment, and to facilitate the creation of a potential communication

and work network among interested residents. In the 2019 edition, doctors Itziar Baltasar Tello, Ainoa Mateu Mullor, Fátima Valencia Agudo and Daniel Ilzarbe Simorte participated as speakers. All participating residents were very satisfied with the workshop, particularly with its practical component. The group proposed facilitating access to the workshop to the residents of the different Spanish provinces. At the 2020 Members' Meeting, it was approved to alternate different provinces of the Spanish geography, starting with the 2020 workshop to be held in Malaga.



Clinical and Service Development Area

In 2019, the Working Group continued to be coordinated by Marina Romero, with Marta Carulla Roig as the Communications Area liaison officer, Laia Villalta as the Board of Directors liaison officer, and Marta Casanovas, Lorena Chanes and María Andreu as members thereof.

With regard to the objective set since its creation, work began throughout the year on the following projects:

- **List of validated scales.** Participants in the project: Dr. Marta Casanovas (child and adolescent psychiatrist at the CSMIJ in Sarrià, Barcelona), Dr. Maria Andreu (child and adolescent psychiatrist, Advanced training fellow at Western Psychiatric Institute, University of Pittsburgh Medical Center, USA) and Dr. Marta Carulla (child and adolescent psychiatrist, Hospital Sant Joan de Déu, Barcelona).

The project focuses on the creation of a directory of gold standard validated scales (diagnostic tests of maximum reliability) in child and adolescent mental health to make it available to Association members. Relevant changes were made to this project in 2019, modifying the objectives and linking them to a logistics compatible with the group's availability. To optimise the search and recruitment of scales, a SurveyMonkey questionnaire (online survey) was sent to members at the end of 2019.

Thus, all information required for subsequent analysis and grouping of scales by disease was collected during 2019, so that the list was planned to be created in 2020. To this end, a working group was formed to perform a search for the validation articles for each scale, a link for which will be added to the directory. Finally, once the directory is created, a strategy of dissemination and visibility will be implemented through the Association's website.

- **Incredible Years Programme.** Project leaders: Dr. Laia Villalta and Dr. Marina Romero. The objective was to enhance the application of scientific evidence-based clinical programmes for members who carry out their usual practice in areas where these programmes are not routinely implemented. In this regard, the possibility of subsidising the official material of clinical programmes offered in the training courses subsidised annually by the Association was organised.

To incentivise the project, given the limited number of requests, an email was sent reminding members of the possibility of being accredited with the training courses and subsequently being able to request the material. In 2020, the proposal is again made to request the material as an annual loan to implement the programme in clinical practice.

• **5th Members' Meeting.** In 2019, the Meeting was organised by the Clinical and Service Development Area (see the section on annual members' meetings).

• **Application for grants for the implementation of clinical programmes,** led by Dr. Marta Carulla, in collaboration with the other members of the working group. The initiative emerged within the Clinical and Service Development Area in 2019 with the aim of launching it in 2020. The objectives were three:

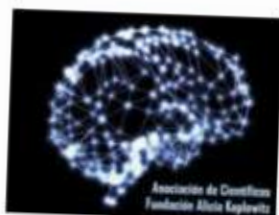
- 1) To provide the child and adolescent mental health professionals with greater training and experience in a specific area where they have been working for some time and wish to explore further through clinical rotations in other Spanish or foreign centres.
- 2) To develop new care programmes in the centre of origin thanks to clinical stays in national or international reference centres with experience in these fields.
- 3) To share and disseminate the knowledge acquired during the grant to all members. The aim was for the member receiving the

help to prepare a report/presentation on the most relevant aspects of their stay to present it online or in-person to the other members. This, in addition to sharing knowledge, was intended to foster the creation of ties between members interested in the same clinical areas.

The grant was intended as a starting point for organising national and international clinical working groups on specific areas of child and adolescent psychiatry and psychology taking advantage of the connection between professionals working in the same area or specialty. This could facilitate the joint conduct of multicentre research studies and good clinical practice guidelines, or the exchange and sharing of new clinical views.

During the second half of 2019, the working group drafted the proposal for the initiative, established the basis for the grants and prepared the timeline for its launch and implementation in 2020, as well as the plan for dissemination to members.

Association of Child and Adolescent Mental Health Scientists



Asociación de Científicos en Salud Mental del Niño y Adolescente Fundación Alicia Koplowitz

ENCUENTRO-COLOQUIO DE SOCIOS 2019

Tema: "Aspectos éticos en salud mental del niño y del adolescente"

Hotel Barceló Emperatriz, calle López de Hoyos 4, 28006 Madrid
23 de octubre de 2019

16.00–16.50 h	REUNIÓN – GRUPOS DE TRABAJO
16.50–17.00 h	Llegada e inicio Encuentro de Socios
17.00–17.20 h	<p>Introducción</p> <p>Ponente: Lorena Chanes Puiggrós. Doctora en Neurociencia. Profesora Ayudante Doctora-Profesora Serra Hünter. Departamento de Psicología Clínica y de la Salud, Universitat Autònoma de Barcelona.</p> <p>Moderadora: Laia Villalta. Psiquiatra del Niño y del Adolescente. Hospital Sant Joan de Déu. Ex-becaria de la Fundación Alicia Koplowitz (2013-15), St. Mary's Hospital-Imperial College London; 2016, Institute of Psychiatry, King's College London. Londres. Reino Unido.</p>
17.20–18.20 h	<p>Tema: "La medicalización de la vida: ¿realidad o ficción?"</p> <p>Ponente: Sabel Gabaldón Fraile. Psiquiatra. Servicio de Psiquiatría y Psicología, Hospital Sant Joan de Déu, Barcelona. Máster en Bioética.</p> <p>Moderadora: Marta Casanovas. Psiquiatra del Niño y del Adolescente. Centro de Salud Mental Infanto-Juvenil de Les Corts y Sarrià-Sant Gervasi, CHM Les Corts. Ex-becaria de la Fundación Alicia Koplowitz (2014-16), St. Mary's Hospital, Imperial College, Londres, Reino Unido.</p>
18.20–18.40 h	Descanso/café-refrescos
18.40–19.40 h	<p>Tema: "Incorporar la perspectiva del usuario"</p> <p>Ponente: María J Portella Moll. Neuropsicóloga y doctora en Neurociencia. Coordinadora del Grupo de Investigación de Psiquiatría Clínica, Hospital de la Santa Creu i Sant Pau, Barcelona. Autora del libro Mundos Invisibles, sobre el espectro autista desde la perspectiva de una neurocientífica madre de un niño con diagnóstico de TEA.</p> <p>Moderadora: Marta Carulla. Psiquiatra infanto-juvenil. Hospital Sant Joan de Déu. Ex-becaria de la Fundación Alicia Koplowitz (2016), Department of Clinical Neuroscience, Child and Adolescent Psychiatry Research Center, Karolinska Institutet.</p>
19.40–20.30 h	<p>Tema: "Diálogo abierto sobre aspectos éticos del diagnóstico en psiquiatría infanto-juvenil"</p> <p>Mesa redonda con todos los ponentes.</p> <p>Moderadora: Marina Romero. Psiquiatra infanto-juvenil. Hospital Materno Infantil de Málaga. Ex-becaria de la Fundación Alicia Koplowitz (2014-16). Institute of Psychiatry, Psychology and Neuroscience. King College London, Londres, Reino Unido.</p>
Cena de socios y ponentes – Fortuny Restaurante & Club, calle Fortuny 34, 28010 Madrid 20.45 h.	

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Web: <http://www.asociaciondecientificos-fundak.org/>

ANNUAL MEMBERS' MEETINGS

5th General Assembly

The 5th General Assembly of the Association of Child and Adolescent Mental Health Scientists-Alicia Koplowitz Foundation was held in Oviedo on 30 May 2019. At the opening ceremony, the general secretary, Dr. Laia Villalta, highlighted that the number of members has increased year by year, along with their geographical diversification, since they are distributed throughout several Spanish autonomous communities and abroad. In addition, almost half of all members are actively involved voluntarily in some working group.

The Chair, Dr. María de Gracia Domínguez explained the Assembly's new discussion format, which was organised around three

spaces for reflection in three different groups led by each of the coordinators of the work areas: Clinical and Service Development Area, Scientific Area and Continuing Education Area.

During the Assembly, the current and future challenges of each area were discussed, as well as different aspects related to the dissemination of the work carried out in each project. Attendees rotated in each area to increase the contribution of views from outside the group and from different professional profiles to enrich the debate. The key points discussed were then shared and the coordinators of each group summarised the content provided by the members.



5th Members' Meeting



The Members' Meeting-of the Association of Scientists-Alicia Koplowitz Foundation, held in Madrid on 23 October 2019, was coordinated by Dr. Lorena Chanes and Dr. Marina Romero, in collaboration with the other members of the group. The meeting's reference topic was ethical issues in child and adolescent mental health.

Before the start of the discussions, the different working groups that form the focus of the Association's activity (from the Scientific, Communications, Continuing Education, Clinical and Service Development Areas) met to discuss the ongoing projects and their future prospects.

As part of the speeches, Dr. Lorena Chanes gave an introduction on ethical aspects in

child and adolescent mental health before turning to speeches i) on the medicalisation of life, given by Dr. Sabel Gabaldón, and ii) about the user's perspective, by Dr. Maria J. Portella. Finally, Dr. Marina Romero moderated a round table on ethical aspects of diagnosis in child and adolescent psychiatry. Attending members were actively involved during the sessions, who provided reflections and exchanged views with the speakers.

Following the Meeting, the conclusions of the discussions were compiled, and a letter was written to be published in the editorial of journal of the Spanish Association of Child and Adolescent Psychiatry (AEPNYA) during 2020.



Association of Child and Adolescent Mental Health Scientists





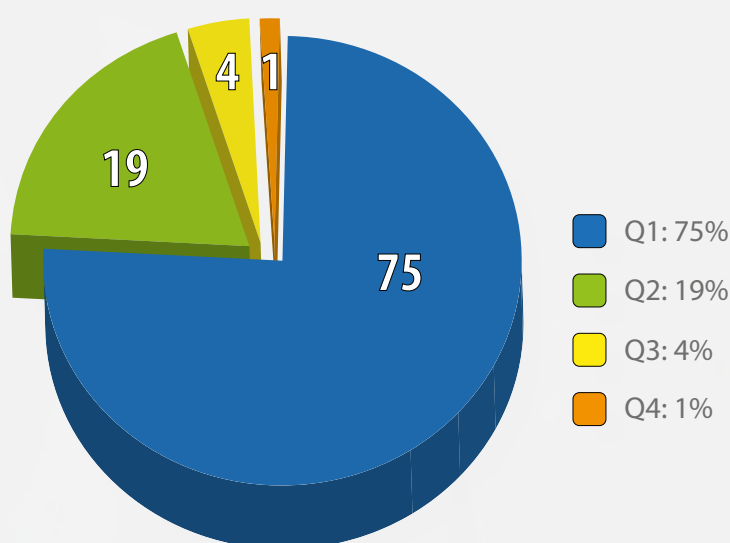
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Scientific production

A total of **90 articles** were published in 2019, as a result of the Scientific Activity of the Research Projects carried out by the Advanced Training Fellows as well as by the Short-term Visiting Fellows.

Percentiles of published articles

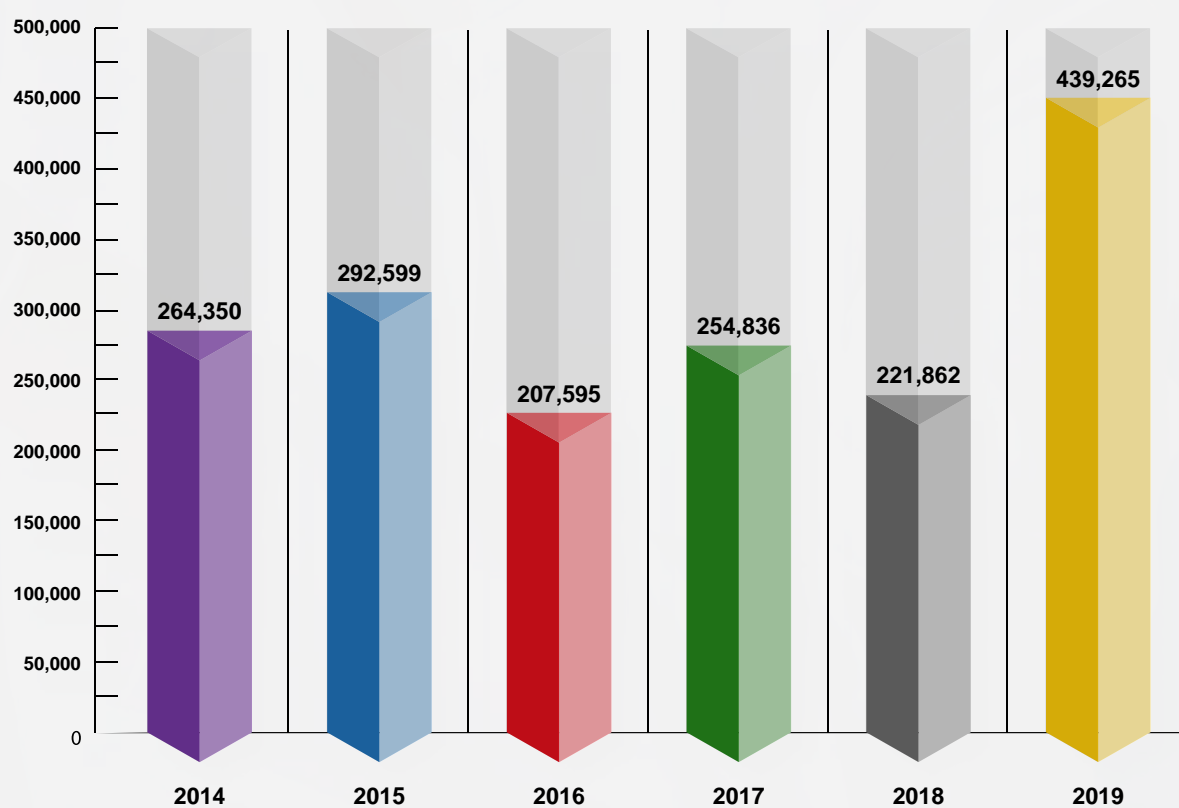


Distribution according to the quartiles of the journals

The Scientific Production as a result of **Foundation Alicia Koplowitz** sponsorship in 2019 amounted to **90 articles** indexed in the Web of Science with a total impact factor of **439,265**.








2014	2015	2016	2017	2018	2019
264,350	292,599	207,595	254,836	221,862	439,265


Impact factor by Year of Publication





-  Romero S, Santamarina-Perez P, Mendez I, Leslie SM, Picado M, Font E, Moreno E, Martinez E, Morer A, Packer MM, Singh MK. [Baseline neurofunctional predictors of improvement in self-harming behaviors in adolescents before and after group therapy.](#) EUROPEAN NEUROPSYCHOPHARMACOLOGY. 2019. 29;S248-S249
FI: 4.468
Q1
-  Caballero L, Soto-Montenegro ML, Hidalgo-Figueroa M, Casquero-Veiga M, Mico JA, Desco M, Berrocoso E. [The early antidepressant-like effect of deep brain stimulation: Patterns of activity and their modulation by analgesics](#) EUROPEAN NEUROPSYCHOPHARMACOLOGY. 2019. 29; S365-S365
FI: 4.468
Q1
-  Downs J, Dean H, Lechler S, Sears N, Patel R, Shetty H, Hotopf M, Ford T, Kyriakopoulos M, Diaz-Caneja CM, Arango C, MacCabe JH, Hayes RD, Pina-Camacho L. [Negative Symptoms in Early-Onset Psychosis and Their Association With Antipsychotic Treatment Failure.](#) Schizophr Bull. 2019 Jan 1;45(1):69-79
FI: 7.289
Q1
-  Fraguas D, Díaz-Caneja CM, Pina-Camacho L, Umbricht D, Arango C. [Predictors of Placebo Response in Pharmacological Clinical Trials of Negative Symptoms in Schizophrenia: A Meta-regression Analysis](#) Schizophr Bull. 2019 Jan 1;45(1):57-68
FI: 7.289
Q1
-  Garaigordobil M, Jaureguizar J, Bernarás E. [Evaluation of the effects of a childhood depression prevention program.](#) J Psychol. 2019;153(2):127-140
FI: 1.43
Q2
-  Paya, CA, Ripoll MG, Salgado-Pineda P, Gallego C, Prats C, Arias B, Salvador R, Pomarol-Clotet E, McKenna P, Fatjo-Vilas M. [Evidence of NR1 gene effect on schizophrenia age at onset and brain activity.](#) EUROPEAN NEUROPSYCHOPHARMACOLOGY. 2019. 29; 1233-1234
FI: 4.468
Q1


-  Calvo A, Delvecchio G, Altamura AC, Soares JC, Brambilla P. Gray matter differences between affective and non-affective first episode psychosis: A review of Magnetic Resonance Imaging studies Special Section on "Translational and Neuroscience Studies in Affective Disorders" Section Editor, Maria Nobile MD, PhD. This Section of JAD focuses on the relevance of translational and neuroscience studies in providing a better understanding of the neural basis of affective disorders. The main aim is to briefly summaries relevant research findings in clinical neuroscience with particular regards to specific innovative topics in mood and anxiety disorders. *J Affect Disord.* 2019 Jan 15;243:564-574
FI: 4.084
Q1
-  Porcacchia P, Álvarez de Toledo P, Rodríguez-Baena A, Martín-Rodríguez JF, Palomar FJ, Vargas-González L, Jesús S, Koch G, Mir P. [Abnormal cerebellar connectivity and plasticity in isolated cervical dystonia.](#) *PLoS One.* 2019 Jan 25;14(1):e0211367
FI: 2.776
Q2
-  Esteban-Gonzalo L, Turner AI, Torres SJ, Esteban-Cornejo I, Castro-Piñero J, Delgado-Alfonso Á, Marcos A, Gómez-Martínez S, Veiga ÓL. [Diet quality and well-being in children and adolescents: the UP&DOWN longitudinal study.](#) *Br J Nutr.* 2019 Jan;121(2):221-231
FI: 3.319
Q2
-  Esteban-Cornejo I, Mora-Gonzalez J, Cadenas-Sanchez C, Contreras-Rodriguez O, Verdejo-Román J, Henriksson P, Migueles JH, Rodriguez-Ayllon M, Molina-García P, Suo C, Hillman CH, Kramer AF, Erickson KI, Catena A, Verdejo-García A, Ortega FB. [Fitness, cortical thickness and surface area in overweight/obese children: The mediating role of body composition and relationship with intelligence.](#) *Neuroimage.* 2019 Feb 1;186:771-781
FI: 5.812
Q1
-  Esteban-Cornejo I, Rodriguez-Ayllon M, Verdejo-Roman J, Cadenas-Sanchez C, Mora-Gonzalez J, Chaddock-Heyman L, Raine LB, Stillman CM, Kramer AF, Erickson KI, Catena A, Ortega FB, Hillman CH. [Physical Fitness, White Matter Volume and Academic Performance in Children: Findings From the ActiveBrains and FITKids2 Projects](#) *Front Psychol.* 2019 Feb 12;10:208
FI: 2.129
Q2


-  García-Cabrerizo R, Bis-Humbert C, García-Fuster MJ. [Methamphetamine binge administration dose-dependently enhanced negative affect and voluntary drug consumption in rats following prolonged withdrawal: role of hippocampal FADD](#) Neurotoxicology. 2018 May;66:1-9
FI: 4.223
Q1
-  Ferrer M, García-Esteban R, Iñiguez C, Costa O, Fernández-Somoano A, Rodríguez-Delhi C, Ibarluzea J, Lertxundi A, Tonne C, Sunyer J, Julvez J. [Head circumference and child ADHD symptoms and cognitive functioning: results from a large population-based cohort study](#). Eur Child Adolesc Psychiatry. 2019 Mar;28(3):377-388
FI: 3.74
Q1
-  Moreno C, Zuddas A. [Re-thinking treatment targets in child and adolescent psychiatry](#) Eur Child Adolesc Psychiatry. 2019 Mar;28(3):289-291
FI: 3.74
Q1
-  Ivashko-Pachima Y, Maor-Nof M, Gozes I. [NAP \(davunetide\) preferential interaction with dynamic 3-repeat Tau explains differential protection in selected tauopathies](#) PLoS One. 2019 Mar 13;14(3):e0213666
FI: 2.776
Q2
-  Bernaras E, Jaureguizar J, Garaigordobil M. [Child and Adolescent Depression: A Review of Theories, Evaluation Instruments, Prevention Programs, and Treatments](#) Front Psychol. 2019 Mar 20;10:543
FI: 2.129
Q2
-  Linares D, Aguilar-Lleyda D, López-Moliner J. [Decoupling sensory from decisional choice biases in perceptual decision making](#). Elife. 2019 Mar 27;8. pii: e43994
FI: 7.551
Q1
-  Migueles JH, Cadenas-Sanchez C, Rowlands AV, Henriksson P, Shiroma EJ, Acosta FM, Rodriguez-Ayllon M, Esteban-Cornejo I, Plaza-Florido A, Gil-Cosano JJ, Ekelund U, van Hees VT, Ortega FB. [Comparability of published cut-points for the assessment of physical activity: Implications for data harmonization](#) Sci Rep. 2019 Dec 3;9(1):18235
FI: 3.631
Q1


-  Díaz-Caneja CM, Schnack H, Martínez K, Santonja J, Alemán-Gomez Y, Pina-Camacho L, Moreno C, Fraguas D, Arango C, Parellada M, Janssen J. [Neuroanatomical deficits shared by youth with autism spectrum disorders and psychotic disorders](#). Hum Brain Mapp. 2019 Apr 1;40(5):1643-1653
FI: 4.554
Q1
-  Cabanas-Sánchez V, Higuera-Fresnillo S, DE LA Cámara MÁ, Esteban-Cornejo I, Martínez-Gómez D. [24-h Movement and Nonmovement Behaviors in Older Adults. The IMPACT65+Study](#). Med Sci Sports Exerc. 2019 Apr;51(4):671-680.
FI: 4.478
Q1
-  Katsu-Jiménez Y, Vázquez-Calvo C, Maffezzini C, Halldin M, Peng X, Freyer C, Wredenberg A, Giménez-Cassina A, Wedell A, Arnér ESJ. [Absence of TXNIP in Humans Leads to Lactic Acidosis and Low Serum Methionine Linked to Deficient Respiration on Pyruvate](#). Diabetes. 2019 Apr;68(4):709-723
FI: 7.199
Q1
-  Pérez-Vigil A, Mittendorfer-Rutz E, Helgesson M, Fernández de la Cruz L, Mataix-Cols D. [Labour market marginalisation in obsessive-compulsive disorder: a nationwide register-based sibling control study](#). Psychol Med. 2019 Apr;49(6):1015-1024
FI: 5.641
Q1
-  Amorós R, Murcia M, González L, Soler-Blasco R, Rebagliato M, Iñiguez C, Carrasco P, Vioque J, Broberg K, Levi M, Lopez-Espinosa MJ, Ballester F, Llop S. [Maternal copper status and neuropsychological development in infants and preschool children](#) Int J Hyg Environ Health. 2019 Apr;222(3):503-512
FI: 4.379
Q1
-  Hutson TH, Kathe C, Palmisano I, Bartholdi K, Hervera A, De Virgiliis F, McLachlan E, Zhou L, Kong G, Barraud Q, Danzi MC, Medrano-Fernandez A, Lopez-Atalaya JP, Boutillier AL, Sinha SH, Singh AK, Chaturbedy P, Moon LDF, Kundu TK, Bixby JL, Lemmon VP, Barco A, Courtine G, Di Giovanni S. [Cbp-dependent histone acetylation mediates axon regeneration induced by environmental enrichment in rodent spinal cord injury models](#). Sci Transl Med. 2019 Apr 10;11(487)
FI: 17.2
Q1


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Penzol MJ, Salazar de Pablo G, Llorente C, Moreno C, Hernández P, Dorado ML, Parellada M. [Functional Gastrointestinal Disease in Autism Spectrum Disorder: A Retrospective Descriptive Study in a Clinical Sample](#). Front Psychiatry. 2019 Apr 10;10:179
 FI: 3.161
 Q2
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

Cabanas-Sánchez V, Martínez-Gómez D, Esteban-Cornejo I, Pérez-Bey A, Castro Piñero J, Veiga OL. [Associations of total sedentary time, screen time and non-screen sedentary time with adiposity and physical fitness in youth: the mediating effect of physical activity](#). J Sports Sci. 2019 Apr;37(8):839-849
 FI: 2.811
 Q1
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Krieger V, Amador-Campos JA, Però-Cebollero M. [Interrater agreement on behavioral executive function measures in adolescents with Attention Deficit Hyperactivity Disorder](#) Int J Clin Health Psychol. 2019 May;19(2):141-149
 FI: 3.317
 Q1
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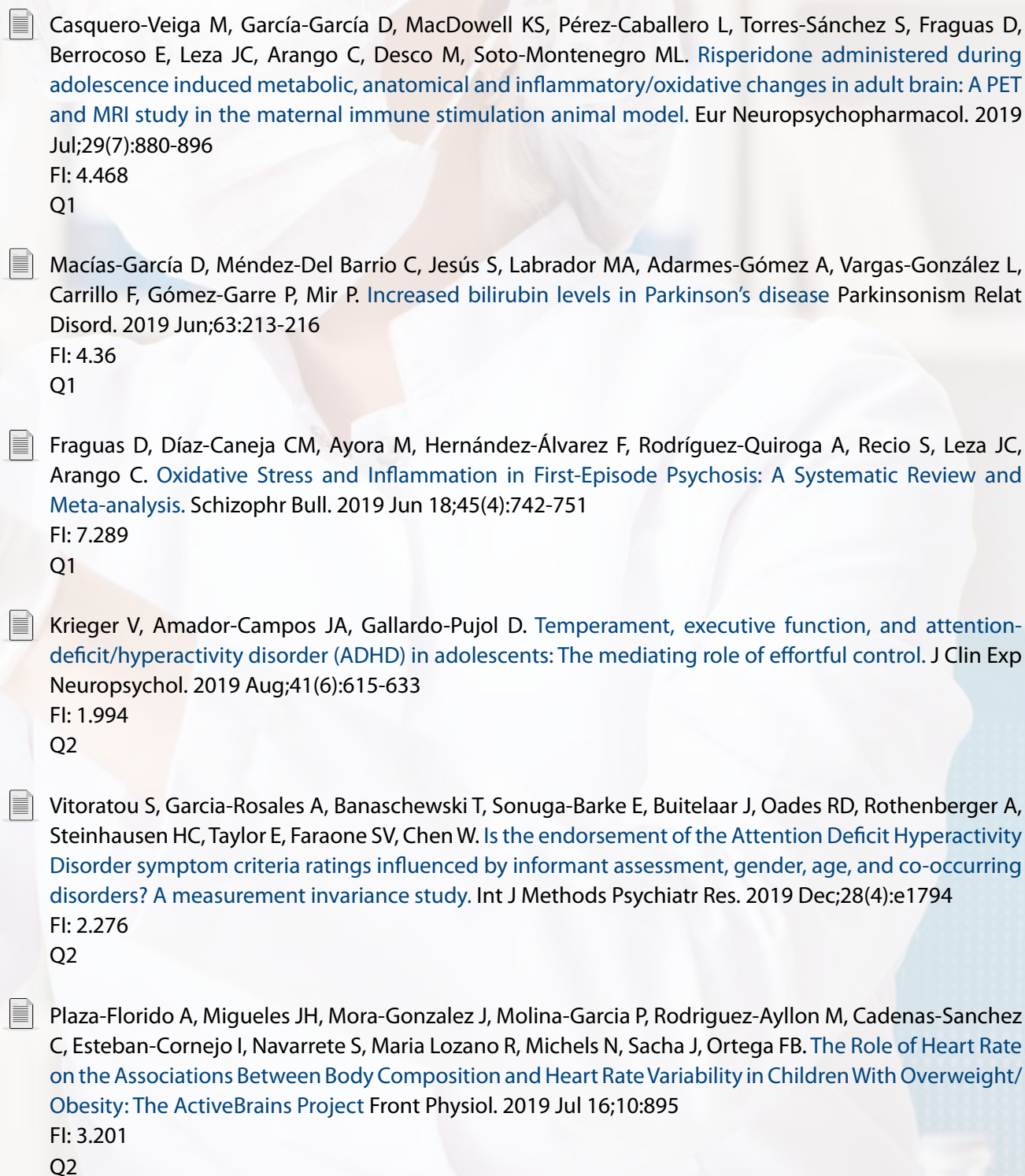






Estrada-Prat X, Álvarez-Guerrico I, Batlle-Vila S, Camprodon-Rosanas E, Martín-López LM, Álvarez E, Romero S, Elices M, Pérez V. [Sleep alterations in pediatric bipolar disorder versus attention deficit disorder](#). Psychiatry Res. 2019 May;275:39-45
 FI: 2.208
 Q2
- 







Madrigal I, Rabionet R, Alvarez-Mora MI, Sanchez A, Rodríguez-Revenga L, Estivill X, Mila M. [Spectrum of clinical heterogeneity of beta-tubulin TUBB5 gene mutations](#). Gene. 2019 May 5;695:12-17
 FI: 2.638
 Q2
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Plaza-Florido A, Migueles JH, Mora-Gonzalez J, Molina-Garcia P, Rodriguez-Ayllon M, Cadenas-Sanchez C, Esteban-Cornejo I, Solis-Urra P, de Teresa C, Gutiérrez Á, Michels N, Sacha J, Ortega FB. [Heart Rate Is a Better Predictor of Cardiorespiratory Fitness Than Heart Rate Variability in Overweight/Obese Children: The ActiveBrains Project](#). Front Physiol. 2019 May 7;10:510.
 FI: 3.201
 Q2



-  Via E, Calvo A, de la Serna E, Blazquez A, Moya J, Lazaro L, Andres-Perpina S, Plana MT, Flamarique I, Martinez E, Pariente J, Moreno E, Bargallo N, Castro-Fornieles J. [Fronto-Striatial Circuits in Adolescent Anorexia Nervosa Before and After Symptom and Weight Improvement: A Cross-Sectional and Follow-Up Resting-State fMRI Study](#). *Biopsych*.2019. 85;10;S237-S238
FI: 11.501
Q1
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


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
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

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-  Arijia V, Hernández-Martínez C, Tous M, Canals J, Guxens M, Fernández-Barrés S, Ibarluzea J, Babarro I, Soler-Blasco R, Llop S, Vioque J, Sunyer J, Julvez J. [Association of Iron Status and Intake During Pregnancy with Neuropsychological Outcomes in Children Aged 7 Years: The Prospective Birth Cohort Infancia y Medio Ambiente \(INMA\) Study.](#) Nutrients. 2019 Dec 7;11(12). pii: E2999
FI: 4.171
Q1
-  Migueles JH, Cadenas-Sanchez C, Rowlands AV, Henriksson P, Shiroma EJ, Acosta FM, Rodriguez-Ayllon M, Esteban-Cornejo I, Plaza-Florido A, Gil-Cosano JJ, Ekelund U, van Hees VT, Ortega FB. [Comparability of accelerometer signal aggregation metrics across placements and dominant wrist cut points for the assessment of physical activity in adults.](#) Sci Rep. 2019 Dec 3;9(1):18235
FI: 4.011
Q1

Management Team and Economic Data

Trustee-Secretary	José Leoncio Areal López
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Coordinator of Medical-Scientific Projects	Dr. María Concepción Guisasola
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Director of the Social Activity Program	Isidro Villoria
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Medical-Scientific Programs Collaborator	Mario Fernández-Peña
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Psychologist	Paz Quijano
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PA to Management Team	Mónica G. García Zuazo
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Fundación
Alicia Koplowitz

D. JOSÉ LEONCIO AREAL, PATRONO-SECRETARIO DE LA FUNDACIÓN ALICIA KOPLOWITZ

CERTIFICA QUE:

La información financiera de los ejercicios 2019 y 2018 que se muestra a continuación forma parte de las cuentas anuales abreviadas de la Fundación Alicia Koplowitz, las cuales han sido auditadas por PricewaterhouseCoopers Auditores, S.L., que han emitido su informe de auditoría de fecha 20 de mayo de 2020, en el que se expresa una opinión favorable.

En Madrid, a 22 de mayo de 2020.



CLASE 8.^a

ON6528501

FUNDACIÓN ALICIA KOPLOWITZ
**BALANCE DE SITUACIÓN ABREVIADO CORRESPONDIENTE AL EJERCICIO
ANUAL TERMINADO EL 31 DE DICIEMBRE DE 2019**
(Expresado en euros)

	2019	2018
Activo no corriente	34 849	42 033
Inmovilizado material (Nota 5.a)	34 216	41 400
Inmovilizado intangible (Nota 5.b)	-	-
Inversiones financieras a largo plazo (Nota 5.c)	633	633
Activo corriente	675 740	565 253
Usuarios y otros deudores de la actividad propia (Nota 6)	660 921	361 256
Otros	660 921	361 256
Deudores comerciales y otras cuentas a cobrar	1 254	13 381
Efectivo y otros activos equivalentes (Nota 7)	13 565	190 616
Total activo	710 589	607 286
Patrimonio neto (Nota 8)	486 927	481 889
Dotación fundacional	60 050	60 050
Excedentes de ejercicios anteriores	421 839	413 265
Excedentes del ejercicio	5 038	8 574
Pasivo corriente	223 662	125 397
Acreedores comerciales y otras cuentas a pagar (Nota 9)	223 662	125 397
Total pasivo	710 589	607 286


CLASE 8.^a


ON6528502

FUNDACIÓN ALICIA KOPLOWITZ

CUENTA DE PÉRDIDAS Y GANANCIAS ABREVIADA CORRESPONDIENTE AL EJERCICIO ANUAL TERMINADO EL 31 DE DICIEMBRE DE 2019 (Expresada en euros)

	2019	2018
Ingresos de la actividad propia (Nota 11.b)	2 049 392	2 020 000
Subvenciones imputadas al excedente del ejercicio	2 049 392	2 020 000
Gastos de personal (Nota 11.c)	(209 535)	(211 967)
Amortización del inmovilizado (Nota 5)	(7 184)	(6 408)
Otros gastos de la actividad (Nota 11.d)	(1 827 635)	(1 793 035)
Excedente de la actividad	5 038	8 590
Ingresos financieros	-	-
Gastos financieros	-	(16)
Excedente de las operaciones financieras	-	(16)
Excedente antes de impuestos	5 038	8 574
Impuesto sobre beneficios (Nota 10)	-	-
Resultado del ejercicio - Beneficio / (Pérdida)	5 038	8 574