
Webinar Report

From Research to Real-World Implementation: Challenges and Lessons learned in eHealth for Mental Well-being

13 MAY 2025 // 11:00 AM - 12:30 CET

Held via Zoom Webinar (University of Copenhagen)

Hosted by:

IMPROVA (<https://www.improva-project.eu/>)

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Mental Health Dialogues

WEBINAR SERIES # 4

**From Research to Real-World Implementation:
challenges and Lessons learned in eHealth for
Mental Well-being**

13 MAY 2025 // 11:00 AM - 12:30 CET



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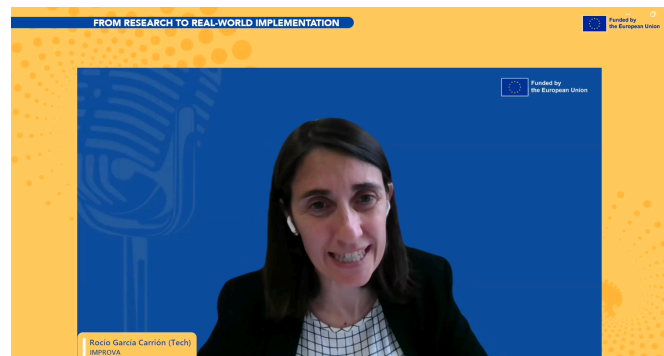


Webinar Series #4 Webinar Report

Important Note: The following two opening speeches have been transcribed using HappyScribe. There may have been inconsistencies and errors during the process. If you wish to use any of these quotes, please consult with the recording and seek approval from the panellist/s / moderator/guest speaker before publishing any written material/s (e.g. news and feature articles).

Welcome & Programme Overview

Prof. Rocío García Carrión
Deusto University (IMPROVA)



Welcome everyone to the 4th edition Mental Health Dialog series, which focuses on implementing eHealth and mental wellbeing research in real-world settings. I am delighted to welcome you to this webinar. I'm Rocío García-Carrion, Iker Basque Professor in Education at the University of Deusto in Bilbao, Spain. I am involved in one of the projects that is part of this webinar, which is IMPROVA project. I will be the moderator of this webinar today. We are thrilled to be joined by a diverse and experienced panel of speakers from across research, policy, and practice, all working to improve mental health well-being through digital innovation. Today's discussion is an opportunity to reflect on how to implement the research being done by projects such as those of our speakers today in a way that actually makes it into people's lives in a meaningful and sustainable way. As many of you know, mental health challenges are on the rise across Europe and globally, and digital tools are increasingly seen as part of the solution. But moving from promising research to effective real-world implementation is rarely straightforward. We are here today to explore what helps, what hinders, and most importantly, what we have learned along the way. The Mental Health Dialog series is a space where researchers, practitioners, policymakers, and end users come together together to discuss the latest trends, challenges, and advancements in mental health care, particularly celebrating the European Week of Mental Health.

We are happy that to celebrate this webinar and that you all have joined us in this important discussion, which is organized by 7 EU Horizon Europe projects funded by the European Commission under the call for boosting mental health in times of change and are supported by the European Health and Digital Executive Agency, EADR. Today's webinar involves a panel of representatives from each project who will be sharing the insights and experience on these very relevant topics. I would like just to mention briefly, the project represented today are: Advanced, Smile, Meant Best, Reconnected, Improva, Bootstrap, and ASP belong. This was the speaker, you will be listening very soon. Before that, I would like just briefly to highlight just some housekeeping notes before we begin. Just for you to know this webinar is being recorded and will be available on YouTube in our channel later in the date. Should you want to rewatch or share the webinar, this will

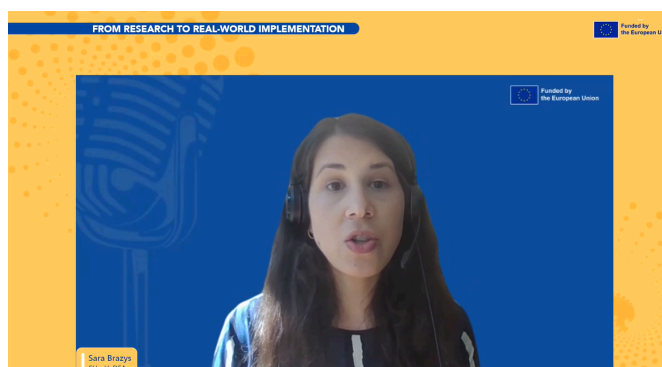
be possible. We encourage you to join the discussion by contributing and answering the questions posed to the panel based on your own experience in the chat. So please be active. We're listening our speakers, sharing your questions, ideas, reflections.

There will be a Q&A session toward the end of the panel. So please feel free to submit your questions using the Q&A box at the time during the discussion. I will be happy to moderate and invite our speakers to address your questions. If you'd like further information on any of the projects, our chat moderator will share the links and the project website at the end of these sessions. Now, let me briefly walk you through today's format. We will begin. We are delighted to begin with a keynote speech from Sara Brasis, our project advisor from the European Health and Digital Executive Agency. Following her speech, we will introduce a lightning round where Each of our panelists will share a short insight from their own experience, responding to the question, what key lessons have you learned about engaging end users in the design or delivery of eHealth tools for mental wellbeing? Today. Each of them will have around three minutes to answer this question. After that, we will move into a moderate discussion where we will dive deeper into the key themes such as research policy gap, scaling challenges, co-creation, or digital inclusion. We will then open the floor to your questions before wrapping up with some final reflections.

Before we begin, I would just like to thank our partners from the SABIA Cluster for helping bring this session together, and to all of you for taking the time out to be with us today. With any further comments, let's get to start. I am thrilled to invite our project advisor, Sara, to join us and to provide her introductory comment. Thank you so much, Sara, for being here with us and setting the stage for our discussions today. The floor is yours.

Opening Speech

Sara Brasis
**European Health and Digital
Executive Agency (HaDEA)**



Thank you, Rocío. Good morning, everyone. My name is Sara Brasis, and I'm the project advisor managing not one, but some of the projects represented here today. It is a real pleasure to be with you today. I'm very grateful for this invitation to open the fourth edition of the webinar series. The title of today's session, From Research to Real-World Implementation, captures very well what is arguably one of the most demanding stretches of the entire innovation journey. The leap from tested and proven to adopted and sustained. At Hedeia, the European Health and Digital Executive Agency, we support and follow dozens of mental health projects, eHealth projects, and their Horizon Europe and also Horizon 2020. What we see again and again and again is that digital tools for mental health have become more visible, more accepted, and more expected than ever. But visibility does not always translate into easy implementation. The transition from the research outputs to routine is rarely linear, as it was said. Even the most

promising innovations face a very bumpy ride. So from the research phase, when meeting real-world scenarios, systems, and challenges. And this is not a reflection of failure. Rather, it's a sign that a space between science, human complexity, and policy intersect, and this is messy.

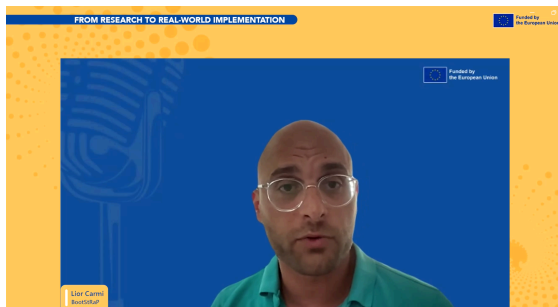
Implementation, as you know, requires more than solid science. It needs trust, timing, tailoring, and also a bit of luck. And this being said, I would like to briefly highlight three key themes we often observe in this space. First, user engagement. Engaging users, whether patients, professionals, policymakers. This is not just a box to tick. It is often the deciding factor in whether a eHealth tool is actually used outside a pilot setting. The difference between designing for users and designing with them is indeed more than just semantics. Second, The research practice gap. It is not unusual to see excellent evidence-based tools sitting unused because they're not interoperable, not reimbursable, or simply not understood by the people expected to use them. Bridging this gap requires a lot of work, aligning the research design with health system realities from day one. Third and final one, sustainability. Too often we see successful projects end, and that's it. No follow-up, no integration, no further scaling, no budget, and the energy just dissipates. That's why we encourage all projects from the beginning to think about the long term pathway. Who will use the tool? Who will pay for it? Who will maintain it?

And this brings me to something a bit more forward-looking today. As many of you know, the 2025 work program for Horizon Europe has been pre-published, and there are several new topics in there that touch directly upon implementation research, including on integrated care, digital health tools, and mental health system models. The adoption of the program is planned for around May, so still this month, hopefully, after which new calls for proposals will be open, and the deadline for submission, if I'm not mistaken, will be around late September. This gives you some precious time to connect, partner up, position your ideas, think about the future of your research. In parallel, don't forget about the EU4 Health program, which continues to support actions on mental health, workforce, capacity, digital innovation, education, etc. Its scope differs a little bit from Horizon Europe, but it's still a very valuable instrument, particularly for scaling up and integrating the tools into regional and national health systems. Finally, I wanted to say that this clustering cross-project exchange you're doing here today is exactly what we need more. It is in this focus topic-driven exchanges with a room for discussions, for sharing of best practices, for learning from each other that real synergies take place.

So thank you for being here and for your work, for your resilience. And I know that working in digital mental health can sometimes feel like trying to change the wheels of a moving vehicle on top of a bridge in a very foggy night, but that's what makes it more meaningful. So I look forward to the discussions today, and I wish you all a productive and inspiring session. Thank you very much.

Summary of Lightning Talks

What key lesson have you learned about engaging users in the design or delivery of eHealth tools for mental well-being?



Dr. Lior Carmi
Reichman University (IDC)
BOOTSTRAP

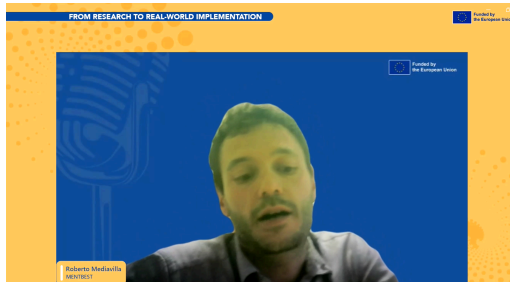
Dr. Lior Carmi is a clinical Neuropsychologist, the head of clinical research at the Data Science Institution, and a lecturer at the School of Psychology at Reichman University. He leads studies in digital phenotyping and interventions (mHealth) in a variety of disorders, and currently, he is a Co-PI of a European Horizon; grant, investigating the digital phenotype of Problematic Usage of the Internet (at the DSI). Dr. Carmi is a senior therapist at the Israeli Center of OCD and Behavioral Addictions and integrates neurological and digital knowledge into his clinical practice.

Clinical barriers identified:

1. Clinical workflow integration : often these tools designed in research are not designed with realities of clinical practice in mind.
2. Insufficient evidence for clinical utility: studies are often based on studies with a small number of participants, thus not providing a strong enough evidence base for clinical uptake.
3. Translation of findings & Data overload: sometimes data can be hard for clinicians to interpret. We need to find new ways to translate our findings for clinical practice.

Systems & legal barriers:

- Ownership and handling of data needs to be systematically solved before approaching healthcare organizations
 - Reimbursement and business models for the long term sustainability of integrating these tools in the healthcare systems
-



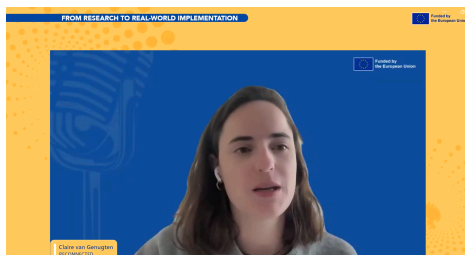
Roberto Mediavilla
Universidad Autónoma de Madrid
MENTBEST

Roberto Mediavilla is a postdoctoral researcher at the Centro de Investigación Biomédica en Red de Salud Mental (CIBERSAM) and Universidad Autónoma de Madrid. He collaborates in several national and European research projects focused on vulnerable populations. His main area of interest is how to design, adapt, and implement scalable and effective psychological interventions to support people in need.

As the MENTBEST project is just beginning, Roberto discussed his previous experience in the RESPOND project.

Key takeaways:

- Involving stakeholders positively influenced the effectiveness and implementation (this becomes clear during the field trial work)
- Stakeholder and end user involvement (e.g. healthcare workers) in the design of the tools helps improve their scalability and make it appropriate for the contexts they are designed to be used in
- Development of a “strict but flexible” adaptation protocol for involving end users, means it can be adapted and used in different settings
- Working closely with the participants provide researchers with a stronger sense of purpose in their work



Claire van Genugten
VU Amsterdam
RECONNECTED

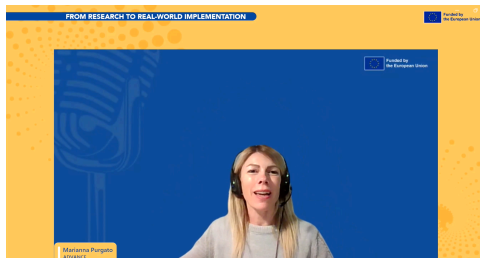
Dr. Claire van Genugten is an assistant professor of Clinical Psychology at the Vrije Universiteit Amsterdam. She is involved in several national and international projects aimed at development, testing, and implementation of digital health interventions for health promotion, and the prevention and treatment of common mental disorders. Additionally, she explores the use of smartphone-based ecological momentary assessments (EMA) for both clinical and research purposes. Dr. Claire van Genugten is an assistant professor of Clinical Psychology at the Vrije Universiteit Amsterdam. She is involved in several national and international projects aimed at development, testing, and implementation of digital health interventions for health promotion, and the prevention and treatment of common mental disorders. Additionally, she explores the

use of smartphone-based ecological momentary assessments (EMA) for both clinical and research purposes.

RECONNECTED focusses on stakeholder involvement and adapting the intervention to the needs and circumstances of each population.

Key lessons learned through RECONNECTED and other research projects:

- Be open, flexible, and don't be afraid to "kill your darlings" (i.e. be willing to accept that many tools or approaches involving a lot of work and support from the researchers may not actually be useful or appropriate to the end users)

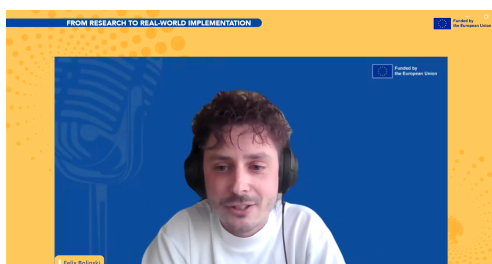


Dr. Marianna Purgato
Università di Verona
ADVANCE

Marianna Purgato is a clinical psychologist and associate professor at the WHO Collaborating Centre of the University of Verona. Her research interests focus on the application of rigorous methodological standards (mainly randomized controlled trials and systematic reviews) to the evaluation of promotion, prevention and treatment psychological interventions. She has a particular interest for populations exposed to humanitarian emergencies, adversity, and trauma.

Key lessons learned from ADVANCE, RESPOND and REDEFINE (EU funded projects):

- Building trust with vulnerable populations, who have often faced traumatic experiences, is fundamental for engaging them in the co-creation process
- Importance of being flexible, culturally sensitive and understanding priorities of target population groups
- Pragmatic strategies for scaling up projects: for example, having a specific work package dedicated to the co-creation process

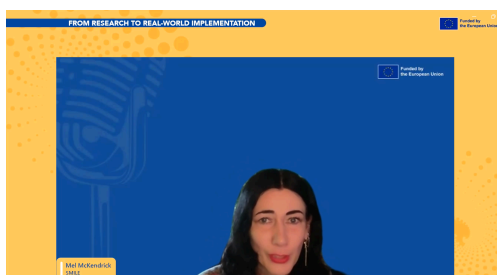


Felix Bolinski
TRIMBOS Instituut
IMPROVA

Felix Bolinski is research associate at the Trimbos instituut. He works on and leads a number of national and international projects aimed at mental health system transformations, policy changes, and improving the mental health of people across the life course. He has a background in clinical psychology with a specific focus on digital mental health interventions for young people.

Lessons learned:

- Focus of the intervention: often participants in studies on “big” questions (e.g. depression) are more concerned with the small questions (e.g. study pressure and relationship issues)
- Integration: To encourage uptake of tools focussed on prevention, it is important to integrate them into health and education systems, such as pre-existing school curricula
- Value of new emerging research fields, such as User Engagement



Dr. Mel McKendrick
Heriot-Watt University
SMILE

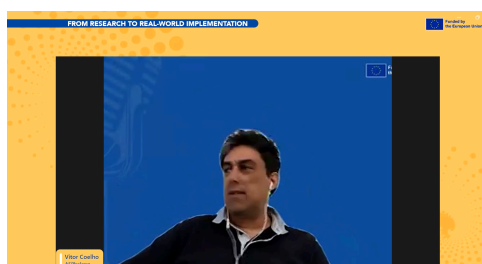
Dr. Mel McKendrick, a Chartered Experimental Psychologist and Associate Professor in Psychology at Heriot-Watt University, serves as Co-Lead for the *Digitising Mental Health* theme within the Heriot-Watt Global Research Institute for Health and Care Technologies (HCT). This role aligns with their leadership of the Health Mental Illness and Neuro Digital (MIND) Health Lab, which is dedicated to facilitating early diagnosis and enabling more personalised treatment of mental illness.

The lab focuses on identifying illness patterns across the lifespan—from developmental disorders and child and adolescent mental health, to adult mental illness and neurodegenerative diseases. She and her team develop digital interventions using gamified content delivered through virtual (VR), augmented (AR), and mixed reality platforms. The lab brings together cross-disciplinary researchers to integrate these technologies into diagnostics, intervention, and predictive analytics. She is also a lead investigator on HCT’s flagship project, *Supporting Mental Health in Young People: Integrated Methodology for Clinical Decisions and Evidence-Based Interventions (SMILE)*. Funded by the European Union (Grant Agreement No. 101080923), SMILE is designed to build resilience in adolescents

through a serious game based on cognitive behavioural coaching. In the broader field of digital health, Dr. McKendrick leads the Heriot-Watt University Medical Education Lab and is the founding CEO of Optomize Ltd., a company specialising in eye-tracking technologies for medical training.

Key lessons:

- Engaging end-users from an early stage in the project (e.g. SMILE involved end-users in focus groups at the beginning of the project)
- The need for deeper co-design approach in order to achieve lasting engagement (SMILE developed a Public involvement group in order to address this, involving continuous testing of the tool with feedback and their involvement in the research process)
- Recruitment for public involvement can be very challenging and requires creative solutions
- Data storage and care is very important, as well as the communication and transparency on this to end users
- Do not underestimate the importance of investing time and resources in ensuring that digital tools developed are easy to navigate and reliable for end users.
- Awareness that not all populations have access to electronic devices required to use these tools



Vítor Coelho

Académico Torres Vedras
ASPBELONG

Vítor Alexandre Coelho is a certified Specialist in Educational Psychology and holds a PhD in Educational Psychology by the University of Coimbra. He coordinates the Positive Attitude Adjustment research group of the Psychology for Positive Development Research Center. He has published over 50 articles on the topics of social emotional learning, bullying, professional issues and middle school transition. He is currently a former president of the International School Psychology Association and the President-Elect of IAAP-Division 5 (School and Educational Psychology).

Key lessons:

- Including end users in the consortium: Since the main end-users of the ASPBelong intervention will be school, pupils, the project has been sure to work very closely with children in all of the trial sites (UK, Czechia and Portugal): this allowed them to offer critical feedback throughout the development of the intervention.
- Connecting with schools through involving them as “flagship schools” proved vital in communicating the project to a wider school network.
- Engaging governments as end-users as those who will help upscale the intervention. In ASPBelong all consortium countries have made effort to establish contact with local authorities

Summary of the Moderated Discussion

Moderated by Prof. Rocío García Carrión
Deusto University (IMPROVA)

#Topic 1: Bridging Research and Practice:

What do you see as the biggest barrier to translating evidence-based research in eHealth for mental well-being into real-world practice?

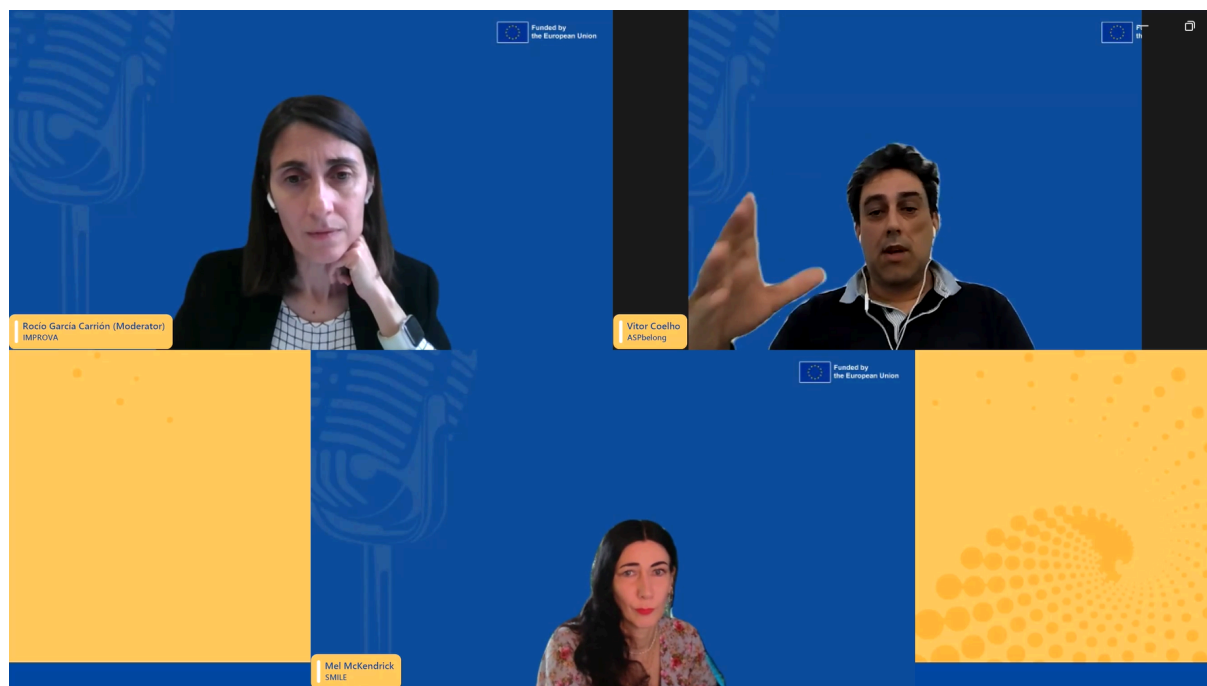


This question was answered by panelists from MENTBEST, BOOTSTRAP and RECONNECTED. They highlighted the following key barriers:

- Accountability of both researchers and policymakers: policymakers must be made to see that interventions are better when they are evidence based. At the same time, researchers must also be held accountable for the research decisions that they make
- The difficulty of integrating tools into public systems
- Synchronization of all the actors needed to ensure implementation
- Barriers to implementation can vary enormously between different settings, organizations, etc and we need to be aware of these contextual barriers

#Topic 2: Main Challenges in Implementation

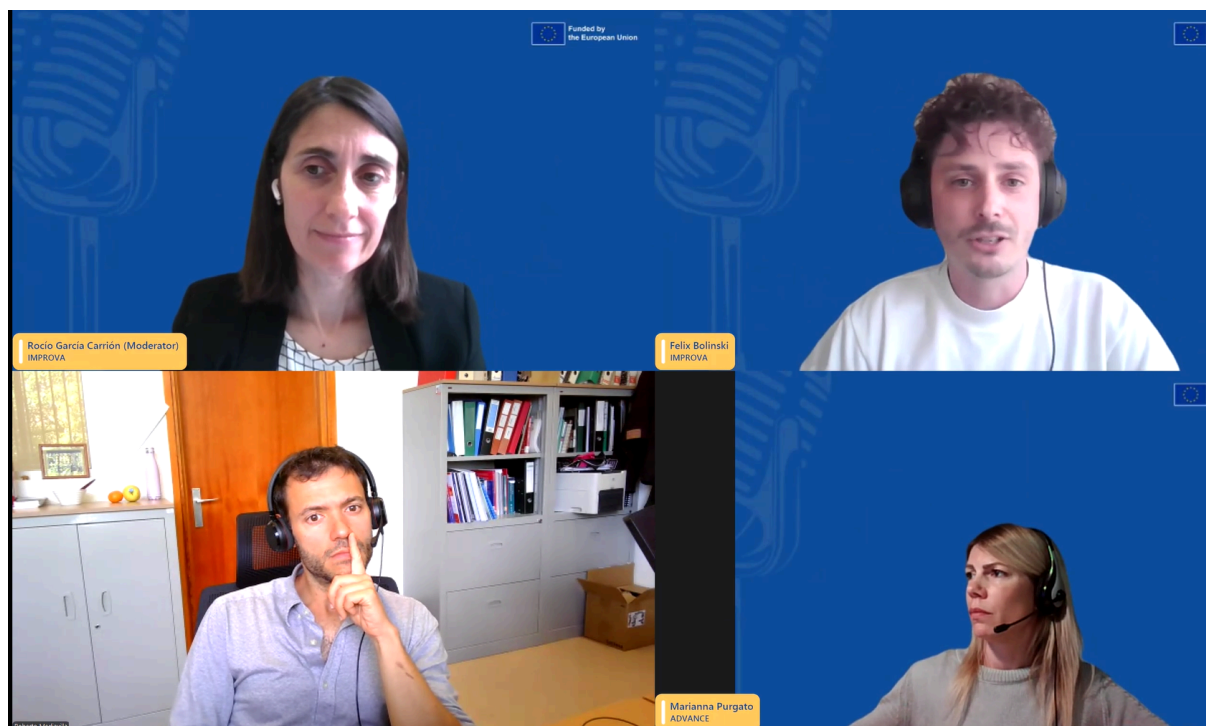
What gaps have you encountered, technical or other, that slowed or blocked implementation?



This question was answered by panelists from ASPBelong and SMILE. They discussed the challenges of designing platforms and digital tools that will be relevant in future, taking into account the rapid development of technologies, cost effectiveness and the challenges that can emerge in working in interdisciplinary and international teams, such as cultural misunderstandings and personality clashes. This demonstrated the need to develop a shared framework and shared goals from the project outset. Early planning is therefore fundamental in project development.

#Topic 3: Policy and Sustainability

How can EU-level or national policy better support long-term integration of digital mental health tools into public systems?



This question was answered by IMPROVA, MENTBEST AND ADVANCE panelists. This issue varies depending on national contexts. They discussed the need for dedicated prevention budgets on national levels, long term funding for implementation that goes beyond the project funding cycles. The importance of direct dialogue between researchers, policymakers and end users in official settings for implementation on a local level was also emphasised. These are being trialed in the IMPROVA project in the form of Policy Roundtables.

What funding or policy gaps still need to be addressed for sustainable implementation?

This question was answered by BOOTSTRAP, IMPROVA and ADVANCE.

The prescription of digital tools as a medical intervention such as medicine or therapy with reimbursement is an ideal scenario for researchers in this field, which is why BOOTSTRAP is working closely with the DiGA*. It was also added that building on and analysing the advantages and weaknesses of existing frameworks is a good starting point for integrating mental health into policy across different countries.

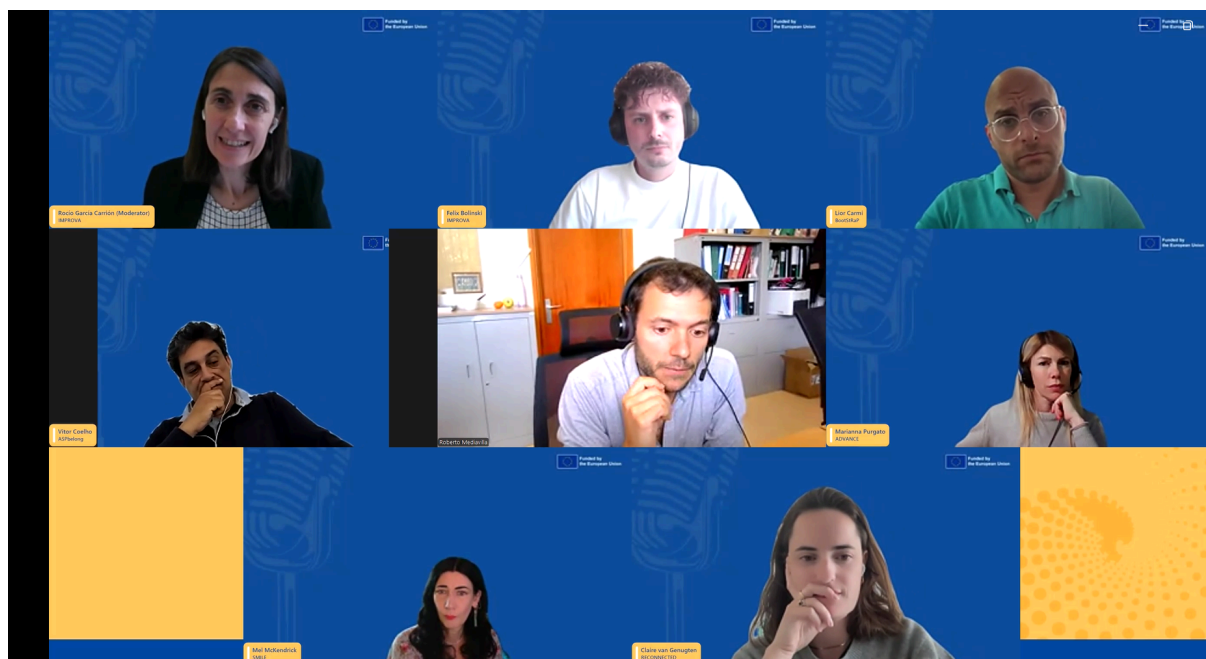
*The 2019 German Digital Healthcare Act introduced the Digital Health Application program, known in German as 'Digitale Gesundheitsanwendungen' (DiGA).



Q&A with the participants

#Question 1

How can eMental Health interventions balance the benefits of mobile phone intervention engagement with the pot risks of phone add and what strategies can be employed to mitigate these risks?



MENTBEST: Accompanying the app with guided human assistance and support

beyond the digital tool, for example through a chat function with a real person.

SMILE: The intervention has to be designed right from the beginning on a short-term basis, i.e. using the digital tools as a transitional aid with the idea of taking content and assistance they provide into the real world and communities.

ADVANCE: Setting up clear rules, structure and limits for usage within the digital app so that users do not become dependent on them.

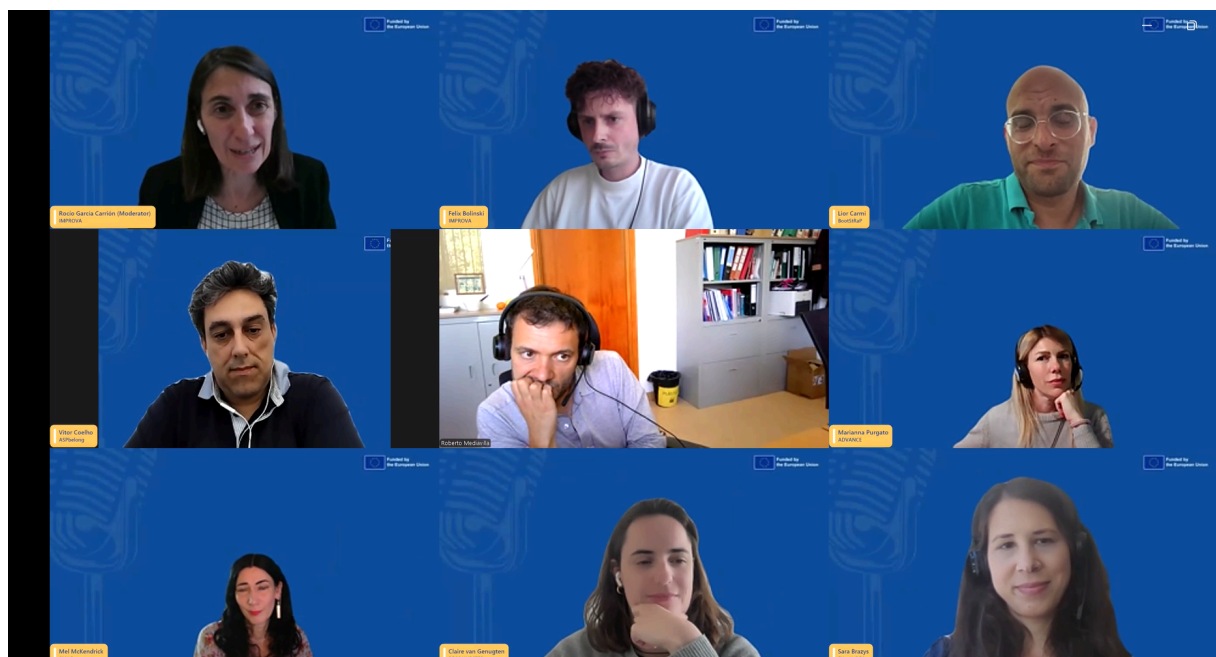
#Question 2

An important point on geographical diversity from Gergana Manolova : “It’s great to hear about all these projects across Europe. I hope some also work in low-resource settings, like parts of Eastern Europe with limited mental health systems, so we can hear about those challenges too.” Do you have any views on inclusion in these low-resource regions and settings?

MENTBEST: Adapt to these settings using the available resources, for example using different technologies or more face-to-face delivery.

SMILE: In certain settings, such as ones in which participants have severe trauma, they are often not yet able to talk to a professional in person. In these cases, digital tools can actually be beneficial in preparing individuals for face-to-face treatment.

ASPBELONG: “Resources” has different meanings that goes beyond technical, and can also refer to the number of clinical psychologists available, etc.



Key Points From the Chat

In your opinion, what are the key aspects of successful implementation of eHealth interventions for mental wellbeing?

- Carlota Las Hayas : I learned that you need to give them a lot of background information on what their role is. They are not used to have this role, and they do not understand their mission since from the start. Also, they need to understand the whole process, and where they intervene, and for what.
- Gergana Manolova : Great to hear about all these projects taking place across Europe on the eve of European Mental Health News :) And a lot of food for thought about the challenges and integration of the project work with health systems. I hope in the line-up are also projects which work in places that have less available resources e.g. no mental health systems, such as eastern Europe, so that we can hear about the challenges there too

What do you see as the biggest barrier to translating evidence-based research in eHealth for mental well-being into real-world practice?

- katya barros : One big challenge is that mental health research often skips real collaboration with the people it's meant to help. When service users, families, and frontline workers aren't involved from the start, the interventions can feel out of touch—missing what actually works in real life and what fits the local context.
- Gergana Manolova : It's quite right that health systems and social systems for example can be quite resistant to integrating research. And often there might not be enough capacity in the health system to do this. Meaning, research can be light years ahead of health systems and be coming up with something really modern where health systems are lagging behind. Not that it should stop us, but working to find innovative ways and also sharing resources with the environment we're looking to embed/integrate with - that generates a lot of goodwill.

What funding or policy gaps still need to be addressed for sustainable implementation?

- Sophia Schlette : DiGAs aren't working all that well. They lack acceptance from both providers and payers, they are expensive, and some never got authorized beyond temporary approval for lack of evidence.
- Albert Hill : We must understand the mentality that most politicians and managers of mental health institutions have. We will surely find a conservative mentality that looks at changes with caution. I think for example of the implementation of artificial intelligence in research studies. On the one hand there are researchers who want to use new technologies to advance more rapidly in research and on the other hand there are politicians and managers of institutions who do their best to stop these advances.
- Sophia Schlette : Sorry to intrude again.... To jumpstart their use, DiGAs enjoy a fast track provisional approval process lacking the rigorous proof of evidence that regular Rx have to show (early benefit assessment of new drugs / substances). The downside is that if DiGAs cannot come up with evaluations within a certain time, they are taken off the BfArM list. Only half of all DiGAs approved initially can show they do in fact

work.

https://www.gkv-spitzenverband.de/gkv_spitzenverband/presse/pressemitteilungen_und_statements/pressemitteilung_2011904.jsp

- Felix Bolinski : Thanks for the question! I think part of the issue has already been raised by someone in the chat: if acceptance is low in providers, then it makes sense that DiGa utilisation is low. That relates to capacity building also with professionals.

Poll Results

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Netherlands	1
Belgium	4
Denmark	2
Malaysia	1
Czech Republic	1
UK	2
France	3
Bulgaria	1
India	1
Australia	1
Ghana	1
Senegal	1
Norway	1

Scotland	1
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Round 1. What do you think is the biggest barrier to implementing eHealth tools for mental well-being in real-world settings?

Limited digital literacy or access among users	18
Poor integration into existing health systems	29
Lack of sustainable funding	17
Weak links between research and policy	22
Concerns around data privacy and trust	17

Round 2. Which stakeholder group do you believe plays the most critical role in successful implementation of digital mental health solutions?

Policymakers	24
Health service providers	30
Researchers	8
End users/ people with lived experience	25
Technology developers	11

Follow up information

Topic	Webinar ID	Actual Start Time	Actual Duration (minutes)	# Registrants	# Cancelled registrants	Unique Viewers
Mental Health Dialogues: From Research to Real-World Implementation	619 5056 0989	05/13/2025 10:42:57 AM	110	125	1	89

Dissemination plan and materials

See annexes

Contact Information

For any inquiries of further information regarding this webinar, please reach out to:

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IMPROVA website: <https://www.improva-project.eu/>

Relevant Links

Webinar recording on the IMPROVA YouTube Channel:

<https://youtu.be/xrYF5T6eSM8>

Link to European Public Health Week Event:

https://eupha.org/euphw_page.php?p=HW288

Mental Health Dialogue Series Registration:

<https://ec.europa.eu/eusurvey/runner/JointWebinar2024>

Link to press release on IMPROVA website

<https://www.improva-project.eu/webinar-from-research-to-real-world-implementation-challenges-and-lessons-learned-in-ehealth-for-mental-well-being-watch-now/>

Annexes

Webinar poster

Mental Health Dialogues

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WEBINAR SERIES # 4

From Research to Real-World Implementation: Challenges and Lessons learned in eHealth for Mental Well-being

13 MAY 2025 // 11:00 AM - 12:30 CET

PROGRAMME

Welcome & programme overview by Rocío García-Carrión (5')

Opening Speech by keynote speaker

Sara Brazys (HaDEA) (5')

Lightning Talks (20')

All projects: *Each project will provide an overview of the challenges and lessons they have encountered both within and outwith their projects: What key lesson have you learned about engaging users in the design or delivery of eHealth tools for mental well-being?*

Moderated Discussion (30')

Bridging Research and Practice:

What do you see as the biggest barrier to translating evidence-based research in eHealth for mental well-being into real-world practice?

Main Challenges in Implementation:

What gaps have you encountered, technical or other, that slowed or blocked implementation?

Policy and Sustainability:

How can EU-level or national policy better support long-term integration of digital mental health tools into public systems?

What funding or policy gaps still need to be addressed for sustainable implementation?

Q&A: All panelists (25')

Final Message by Rocío García-Carrión (5')



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**Mental
Health
Dialogues**

WEBINAR SERIES # 4

Meet our speakers!



Sara Brazys

Project Adviser,
Horizon Europe
HaDEA

Guest Speaker: Sara Brazys is a Project Adviser at the European Health and Digital Executive Agency (HaDEA), where she oversees Horizon Europe health research projects. She has been working in EU health research policy and programme implementation since 2017, including roles at DG Research and Innovation (DG RTD). With a background in medicine and a Master's in Health Policy from Imperial College London, Sara combines clinical insight with policy expertise to support impactful EU-funded health research initiatives and projects.



**Professor Rocío
García-Carrión**

Deusto University

Moderator: Dr. Rocío García-Carrión has been an Ikerbasque Research Fellow at University of Deusto since 2016. She received her PhD from the University of Barcelona (Spain) on the topic of dialogic learning and family involvement in schools as Learning Communities. She has also been Marie Curie Fellow at University of Cambridge (United Kingdom), Research Associate at Wolfson College Cambridge and visiting scholar at Harvard University. Her main research skills and interest include dialogic and interactive learning environments, inclusion of marginalized groups, family and community involvement.

She has a strong track-record leading national and international projects in the research areas previously mentioned and has worked closely with different social agents and other universities. For the IMPROVA project, she is leading Work Package 6 on Communication, Dissemination and Exploitation.



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WEBINAR SERIES # 4

Meet our speakers!



Felix Bolinski
TRIMBOS Instituut
IMPROVA

Panelist: Felix Bolinski is research associate at the Trimbos instituut. He works on and leads a number of national and international projects aimed at mental health system transformations, policy changes, and improving the mental health of people across the life course. He has a background in clinical psychology with a specific focus on digital mental health interventions for young people.



Dr. Lior Carmi
Riechman University
(IDC)
BOOTSTRAP

Panelist: Dr. Lior Carmi is a clinical Neuropsychologist, the head of the clinical research at the Data Science Institution, and a lecturer at the School of Psychology at Reichman University. He leads studies in digital phenotyping and interventions (mHealth) in a variety of disorders, and currently, he is a Co-PI of a European 'Horizon' grant, investigating the digital phenotype of Problematic Usage of the Internet (at the DSI). Dr. Carmi is a senior therapist at the Israeli Center of OCD and Behavioral Addictions and integrates neurological and digital knowledge into his clinical practice.



Dr. Marianna Purgato
Universita di Verona
ADVANCE

Panelist: Marianna Purgato is a clinical psychologist and associate professor at the WHO Collaborating Centre of the University of Verona. Her research interests focus on the application of rigorous methodological standards (mainly randomized controlled trials and systematic reviews) to the evaluation of promotion, prevention and treatment psychological interventions. She has a particular interest for populations exposed to humanitarian emergencies, adversity, and trauma.



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WEBINAR SERIES # 4

Meet our speakers!



Roberto Mediavilla

Universidad Autónoma de
Madrid
MENTBEST

Panelist: Roberto Mediavilla is a postdoctoral researcher at the Centro de Investigación Biomédica en Red de Salud Mental (CIBERSAM) and Universidad Autónoma de Madrid. He collaborates in several national and European research projects focused on vulnerable populations. His main area of interest is how to design, adapt, and implement scalable and effective psychological interventions to support people in need.



Dr. Mel McKendrick

Heriot-Watt University
SMILE

Panelist: Dr. Mel McKendrick, a Chartered Experimental Psychologist and Associate Professor in Psychology at Heriot-Watt University, serves as Co-Lead for the *Digitising Mental Health* theme within the Heriot-Watt Global Research Institute for Health and Care Technologies (HCT). This role aligns with their leadership of the Health Mental Illness and Neuro Digital (MIND) Health Lab, which is dedicated to facilitating early diagnosis and enabling more personalised treatment of mental illness. The lab focuses on identifying illness patterns across the lifespan—from developmental disorders and child and adolescent mental health, to adult mental illness and neurodegenerative diseases. She and her team develop digital interventions using gamified content delivered through virtual (VR), augmented (AR), and mixed reality platforms. The lab brings together cross-disciplinary researchers to integrate these technologies into diagnostics, intervention, and predictive analytics.

She is also a lead investigator on HCT's flagship project, *Supporting Mental Health in Young People: Integrated Methodology for Clinical Decisions and Evidence-Based Interventions (SMILE)*. Funded by the European Union (Grant Agreement No. 101080923), SMILE is designed to build resilience in adolescents through a serious game based on cognitive behavioural coaching. In the broader field of digital health, Dr. McKendrick leads the Heriot-Watt University Medical Education Lab and is the founding CEO of Optomize Ltd., a company specialising in eye-tracking technologies for medical training.



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Meet our speakers!



Claire van Genugten
VU Amsterdam
RECONNECTED

Panelist: Dr. Claire van Genugten is an assistant professor of Clinical Psychology at the Vrije Universiteit Amsterdam. She is involved in several national and international projects aimed at development, testing, and implementation of digital health interventions for health promotion, and the prevention and treatment of common mental disorders. Additionally, she explores the use of smartphone-based ecological momentary assessments (EMA) for both clinical and research purposes.



Vítor Coelho
Académico Torres Vedras
ASPBELONG

Panelist: Vítor Alexandre Coelho is a certified Specialist in Educational Psychology and holds a PhD in Educational Psychology by the University of Coimbra. He coordinates the Positive Attitude project since 2004 and the Social and Emotional Adjustment research group of the Psychology for Positive Development Research Center. He has published over 50 articles on the topics of social emotional learning, bullying, professional issues and middle school transition. He is currently a former president of the International School Psychology Association and the President-Elect of IAAP-Division 5 (School and Educational Psychology).

Posting Schedule

Post #	Date	Theme	Platforms
1	6 May	Webinar Announcement	Instagram + LinkedIn Email to project networks/ mailing lists
2	8 May	Speaker Highlights	Instagram + LinkedIn
3	12 May	Final Reminder	Instagram + LinkedIn

6 May – Webinar Announcement


 Graphic for LinkedIn and Instagram (also available as attachment):

https://www.canva.com/design/DAGmN1o98zk/2RRsNNfmeRLOzEp5r6G3UA/edit?utm_content=DAGmN1o98zk&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

LinkedIn Caption:

We're delighted to announce our 4th edition of the *Mental Health Dialogues* series, **“From Research to Real-World Implementation: Challenges and Lessons learned in eHealth for Mental Well-being”**

Representatives from five Horizon Europe projects focussing on promoting mental health will share their insights in a facilitated discussion and audience Q&A session.

 Date: 13 May 2025

 Time: 11:00-12:30 CET

 Online

 Register now:

https://ucph-ku.zoom.us/webinar/register/WN_NSAV3bVVS-et7Lir1o5hZQ#/registration

MentBest Project

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Net&Me BootStRaP
European Health and Digital Executive Agency (HaDEA)

#MentalHealthDialogues #researchimplementation #wellbeing #webinar
#HorizonEurope #MentalHealthResearch #ehealth

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 Register now! See link in bio or scan the QR code

#MentalHealthDialogues #researchimplementation #wellbeing #webinar
#HorizonEurope #MentalHealthResearch #ehealth

Email draft:

Subject: Mental Health Dialogues Webinar - 13th May!

Attachment:




https://www.canva.com/design/DAGkt_8d-As/Mi5g7QS75XwmHFh5VeOf1A/edit?utm_content=DAGkt_8d-As&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton (or see email attachment “email banner”)

Content:

Dear [your project name] network,

We're reaching out to you to announce our 4th edition of the *Mental Health Dialogues* series, **“From Research to Real-World Implementation: Challenges and Lessons learned in eHealth for Mental Well-being”**

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We look forward to seeing you there!

Best wishes,

[Your project]

8 May – Meet the Speakers

Ask speakers to confirm their photos and info!!


LinkedIn post:

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Instagram post:

https://www.canva.com/design/DAGmOdGU0yg/qn3G4a3jzjD2sTN1tREHTg/edit?utm_content=DAGmOdGU0yg&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton

LinkedIn caption:

 Meet the speakers joining us for the 4th Mental Health Dialogues webinar on **13 May!** They'll be exploring our theme "**From Research to Real-World Implementation: Challenges and Lessons learned in eHealth for Mental Well-being**" through lightning round talks, and a facilitated discussion which you can participate in through our audience Q&A !



Date: 13 May 2025



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#HorizonEurope #MentalHealthResearch #ehealth #ExpertVoices #Webinar
#mentalhealthresearch #horizoneurope #mentalhealthdialogues

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📅 Date: 13 May 2025
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📍 Online

🔗 Link in bio to sign up!

#MentalHealthDialogues #researchimplementation #wellbeing #webinar
#HorizonEurope #MentalHealthResearch #ehealth #ExpertVoices #Webinar
#mentalhealthresearch #horizoneurope #mentalhealthdialogues

🕒 12 May – Final Reminder

LinkedIn post:

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Instagram post:

<https://www.canva.com/design/DAGmN1o98zk/2RRsNNfmeRLOzEp5r6G3UA/edit>

LinkedIn caption:

🕒 1 day to go!!!

Join us for an engaging webinar with expert voices from five Horizon Europe projects focussed on mental health.

📅 17 13 May | 🕒 11:00-12:30 CET | 💻 Online



Register now:

https://ucph-ku.zoom.us/webinar/register/WN_NSAV3bVVS-et7Lir1o5hZQ#/registration

#MentalHealthDialogues #researchimplementation #wellbeing #webinar
#HorizonEurope #MentalHealthResearch #ehealth #ExpertVoices #Webinar
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Instagram caption:



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13 May |



11:00-12:30 CET |



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