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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
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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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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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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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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).