



nevermind

NEurobehavioural predictiVE and peRsonalised Modelling of depressive symptoms duriNg primary somatic Diseases with ICT-enabled self-management procedures



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Contents

Introduction	4
Purpose of the Dissemination and Communication Plan	5
Objectives	6
Targeting stakeholders	7
Summary of Year One	8
Summary of Year Two	9
Key Indicators and Stakeholders in Year Three	11
Year 3 Dissemination and Communication	12
Activities Completed	13
Publications	14
Attending Conferences	15
Attending Exhibitions and Other Related Events	17
Presentation	18
Press Releases	19
Social Media	21
Webdesign	21
Dissemination plan for Year four	21
Scientific community	21
General public	21
Specialist societies & Primary Care Doctors	21
NHS.....	22
Industry	22
References	23
Appendix 1	24
Updated Dissemination Activity Report Template.....	24

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Introduction

Mental disorders pose a great burden on the individual, society, and healthcare. For example, 450 million individuals are affected by mental disorders worldwide where 116 million of these live in the EU amounting to approximately 16% of the EU population(1). Moreover, depression is one of the leading causes of disability worldwide and a major contributor to the overall global burden of disease (2). Severe cases of depression can even lead to suicide(3). In patients with severe somatic diseases, such as cancer and kidney failure, the prevalence of depression can be anywhere from 21% to 36% and between 8% to 24% respectively, a figure higher than the general population(4-6). Depressive symptoms in patients with somatic diseases have important consequences on morbidity, quality of life (QoL) and response to treatment and prognosis, subsequently affecting the prognosis of the primary medical condition itself (6). To add to the strain, patients with severe somatic diseases with comorbid depression have a higher healthcare expenditure than those without comorbid depression(7). While there are standard general practitioners' guidelines for patients diagnosed with any severe somatic disease, these guidelines are often not followed(8). Furthermore, in most EU healthcare systems, treatment for patients with serious somatic diseases does not incorporate preventive methods or early diagnosis of the onset of comorbid depressive symptoms.

The NEVERMIND system is a holistic and innovative solution that can be applied universally as a primary preventive intervention and support patients with severe somatic diseases maintain their mental wellbeing while taking timely actions when mental wellbeing is at risk using information and communication technologies (ICT). NEVERMIND stands for neurobehavioural predictive and personalised modelling of depressive symptoms during primary somatic diseases with ICT-enabled self-management procedures. The overarching objective of NEVERMIND is to empower patients who suffer from depressive symptoms related to a serious somatic disease by providing them with effective self-managing feedback.

The NEVERMIND system is a two-component system that comprises a smart shirt and a user interface in the form of a mobile application. These two components monitor the mental health of the patients using physiological and questionnaire data to tailor a personalized intervention including interactive online cognitive-behavioural therapy (CBT) modules based on the status and severity of the symptoms of the patient. It is anticipated that the NEVERMIND system will encourage patients to become more self-reliant, engage more in self-care behaviours, use CBT techniques, and increase their confidence in their ability to carry out daily life activities. All these factors should combine

and contribute to a new self-image of a patient and aid in preventing or reducing depression as well as improving the overall quality of life for the patient.

The NEVERMIND consortium is an EU-funded research project under Horizon 2020. The NEVERMIND project comprises a research consortium of nine different centres in six countries that include Spain, Sweden, Germany, Portugal, United Kingdom and the coordination centre in Italy. The leading partner is the 'Centro Enrico Piaggio', located in Italy, at the University of Pisa. The NEVERMIND objectives will be achieved thanks to the efforts of the multi-disciplinary consortium of technical, commercial and clinical partners.

Purpose of the Dissemination and Communication Plan

The purpose of this document is to outline the dissemination and communication activities undertaken during the third year of the project. The aim of these activities is to promote the NEVERMIND project and to interest key stakeholders. The project aim, objectives, impact and results should be effectively disseminated to all potential stakeholders. As laid out in Work Package 8 (WP8), Karolinska Institutet and Inventya are in charge of drafting the dissemination reports.

Objectives

The objectives of this report are:

- To review dissemination activities from the previous two years
- To update on the Dissemination and Communication Plan
- To track dissemination progress and measure impact in the third year of the NEVERMIND project by:
 - Describing the dissemination activities completed, including key performance indicators.
 - Outlining the target audiences reached.
 - Describing the different stakeholders reached.
 - Outlining the key messages received by the target audiences and total audience reached for the year.
 - Summarise the cumulative impact since project initiation
- To ensure each partner in the consortium has an active role in dissemination and reaching key stakeholders.

Targeting stakeholders

Throughout the NEVERMIND study, dissemination activities target key stakeholders and audiences, and these stakeholders have different levels as well as messages. Table 1 reviews these indicators, which has been used for the dissemination reports in year one, year two and will also be used for this present report (year three).

Table 1. Identifying the stakeholders, their roles and key messages.

Stakeholder Level	Stakeholder	Role	Key Messages
Primary	Patients & Care givers	Users	Improve quality of life and effectiveness
Secondary	Patient advocacy groups/ Non-profit mental health organisation	Influencers and supporters	A key channel to educate and promote NEVERMIND
Secondary	Healthcare professional	Influencers and supporters	Self-management that is easy to use and improve patient outcome.
Tertiary	eHealth & mental health research communities	Key opinion leaders	Provide credibility to NEVERMIND project/product.
Tertiary	Digital and eHealth industries (mobile operator, device vendors, cloud application players)	Supporters	Potential partners
Tertiary	Payers (insurers, state and employers)	Influencer	Deliver cost effective method of managing mental health and comorbidities
Tertiary	Funders (EC), European & national policymakers, National and regional health care commissioner.	Influencer	Deliver cost effective methods of managing mental health and comorbidities

Summary of Year One

Dissemination in year one of the NEVERMIND project reached approximately 1350 individuals exceeding the target for the year by 850. These individuals belonged to different key players and potential stakeholders in the NEVERMIND project including policymakers, the scientific community as well as the health care industry to name a few. These dissemination activities took place within Europe as well as other parts of the world.

Deliverable 8.5 reports dissemination activities undertaken in year one. In addition, UNIPI presented the NEVERMIND project on a national Italian television programme (RAI) and was also involved in the BRIGHT researcher night 2016 in Pisa. UNIPI also had seven press releases between 2015 and 2016 that should have been part of Year one. These press releases were targeted towards the general public as well as potential stakeholders in the industry and in the scientific community. The seven press releases have been documented in Deliverable D8.6 under summary of year one.

Table 2. Updated key performance indicators in year one.

Activity	Indicators	Timing	Completed in year one
Attending conferences	10	During the 4-year duration of the project	2
Exhibiting at conferences and health related events	4	During the 4-year duration of the project	4
Scientific journal articles	8	During the 4-year duration of the project	4
Press releases	3	Yearly, 12 in total	8
Stakeholder Engagement	At least 50 per year	Yearly (200 over project duration)	480
Total audience reached:	Minimum 500	Yearly	15 950

Summary of Year Two

Year Two reached a wide range of audiences, and it was the start of more press release as agreed at the review meeting held in January 2017. Presentations to key stakeholders, unlike in year one, were also included as indicators of key performances. Each partner of the NEVERMIND consortium participated in the dissemination activities in year two. Through publications, presentations, conferences, exhibitions and press releases, more than 6,000 individuals were reached. These individuals belonged to the scientific community, policymakers, and health care professionals to name a few.

Similar to year one, UNIPI also did several press releases. The following are the titles of the five press releases:

- Il Gruppo Nazionale di Bioingegneria premia due tesi di ricerca svolte al Centro Piaggio (*The National Group of Bioengineering rewards two research theses at the Piaggio Center*). Available at [<http://www.centropiaggio.unipi.it/news/>]
- Il Gruppo Nazionale di Bioingegneria premia due tesi di ricerca dell'Unipi (*The National Bioengineering Group rewards two research theses of Unipi*). Available at [<https://www.unipi.it/>]
- Il Gruppo Nazionale di Bioingegneria premia due tesi di dottorato svolte al DII (*The National Bioengineering Group awarded two doctoral theses to DII*). Available at [<http://www.dii.unipi.it/news/latest-news>]
- Riconoscimento di bioingegneria per due studentesse dell'Università di Pisa (*Recognition of bioengineering for two students at the University of Pisa*). Available at [<http://www.pisatoday.it>]
- Chiara Magliaro e Mimma Nardelli premiate per le due tesi di ricerca al Centro Piaggio (*Chiara Magliaro and Mimma Nardelli awarded for the two research theses at the Piaggio Center*). Available at [<http://www.gonews.it>]

Year two also involved drafting a strategy for one of the largest stakeholders of the NEVERMIND system, NHS. This strategy involved plans to begin engagements through presentations and workshops with members of the NHS on the NEVERMIND system and its relevance to the quality of life of patients and cost-effectiveness of the system.

Furthermore, it was agreed that a policy brief was going to be drafted about the effectiveness of the NEVERMIND system once data was available. Table 1 shows the key performance indicators of year two.

Table 3. Key performance indicators in 1-24 months.

Activity	Indicators	Timing	Completed in Months 1-24
Attending conferences	10	During the 4-year duration of the project	8
Exhibiting at conferences and health related events	4	During the 4-year duration of the project	6
Scientific journal articles	8	During the 4-year duration of the project	5
Press releases	1	Yearly, 4 in total	13
Social network reach and membership	200	During the 4-year duration of the project	35
Newsletter	8	Bi-annually	3
Stakeholder Engagement	At least 50 per year	Yearly (200 over project duration)	1792/ 22 182*
Presentations to key stakeholders	36	One presentation per year per partner	19

Key Indicators and Stakeholders in Year Three

During the review meeting in January 2017, it was decided that dissemination and communication should be extended to NHS as well as non-scientific audiences such as engagements with industrial stakeholders. Table 2 outlines the updated key performance indicators. These key performance indicators are targeted to all potential stakeholders, as outlined in table 1.

Table 4. Updated key performance indicators as of January 2017.

Activity	Indicators	Timing
Attending conferences	10	During the 4-year duration of the project
Exhibiting at conferences and health related events	4	During the 4-year duration of the project
Scientific journal articles	8	During the 4-year duration of the project
Press releases	4	1 press release per year
Social network reach and membership	200	During the 4-year duration of the project
Newsletter	8	Bi-annually
Stakeholder engagement	At least 50 per year	Yearly (200 over project duration)
Presentations to key stakeholders	36	During the 4-year duration of the project
Total audience reached:	Minimum 500	Yearly

Year 3 Dissemination and Communication

The NEVERMIND website includes an internal section to follow-up on the dissemination and communication activities of each centre. This internal section includes a 'Dissemination Activity Report' unit that was used to keep track of the data by centre including the type of dissemination activities, the type of audiences reached, and the impact of the dissemination gauged by either the number of participants attending or by the impact factor of a journal when publishing. This section was set up in year one and is accessed by every member of the NEVERMIND consortium.

The dissemination activities have followed the schedule as laid out in the Dissemination and Communication Plan. Like the previous two years, the consortium successfully completed a variety of different dissemination and communication activities in year three of the project. Table 6 outlines the dissemination and communication activities completed in year three. Table 7 illustrates the activities completed by each partner.

Table 6. Total dissemination and communication activities completed in year three

Activity	Completed in year three
Attending conferences	17
Exhibiting at conferences and health related events	1
Scientific journal articles	1
Press releases	1
Social network reach and membership	35
Newsletter	2
Stakeholder Engagement	897/ 7067*
Presentations to key stakeholders	12
Total audience reached:	7067**

* 897 directly targeting stakeholders, 7067 including conferences, exhibitions and workshops

** excluding journal article and press releases

Table 7. Dissemination activities completed per beneficiary

Beneficiary	Number of activities completed	Audience
UNIFI	2	Scientific community, industry, healthcare professionals
UPM	3	Scientific community, policymakers, general public, industry
UESSEX	3	Scientific community, industry, general public, media
UNITO	5	Scientific community, general public
AIDFM	16	Scientific community, general public, media, policymakers, industry
KI	5	Scientific community, general public, policymakers
INVENTYA	15	Policy makers, charity, wellness provider, corporate wellness, HR, National Health Services, Oncologists
GAIA AG	6	Scientific community, industry, policymakers, general public
SMARTEX	4	Scientific community, industry, policymakers, media, general public

Activities Completed

During year 3 of the NEVERMIND project, one article (protocol for the NEVERMIND study) was submitted to a journal, 17 conferences were attended, 14 exhibition events were attended including events with ICT companies as well as a press releases and seven presentations. These were disseminated and communicated to relevant audiences and stakeholders. Detailed information about each of the activities can be found below.

Publications

KI, along with the collaboration of every partner of the consortium, submitted a journal article. This journal was the protocol for the NEVERMIND trial and was submitted to BMC psychiatry which has an impact factor of 2.149.

Carli, V., Wasserman D., Hadlaczky, G., Petros, NG., Carletto, S., Citi, L., et al., A multi-centre, parallel-group, randomised controlled trial to evaluate the NEVERMIND system in preventing and treating depression in patients with severe somatic disease. *BMC psychiatry*. 2018. Submitted for review.

Abstract

Comorbid depression is common in individuals suffering from severe somatic diseases. There is a lack of interventions and evidence-based interventions aiming to prevent comorbid depression in patients with severe somatic diseases. The aim of the NEVERMIND project is to address these issues and provide evidence by testing our intervention designed to reduce depressive symptoms and prevent comorbid depression in comparison to treatment as usual. The NEVERMIND study is a parallel-groups, pragmatic randomised controlled trial to assess the effectiveness of the NEVERMIND system in reducing depressive symptoms and preventing comorbid depression among individuals with severe somatic diseases. The NEVERMIND system comprises of a smart shirt and a user interface, in the form of a mobile application. The system is a real-time decision support system, aiming to predict the severity and onset of depressive symptoms by modelling the well-being condition of patients based on physiological data, body movement and the recurrence of social interactions. The study includes 330 patients who have a diagnosis of myocardial infarction, breast cancer, prostate cancer, kidney failure or lower limb amputation. Participants are block randomised to either the NEVERMIND intervention or treatment as usual as the control group. Clinical interviews and structured questionnaires are administered at baseline, at 12 weeks and 24 weeks to assess whether the NEVERMIND system is superior to treatment as usual. The time point of primary interest is Beck Depression Inventory II (BDI-II) at 12 weeks defined as (i) the severity of depression as measured by the BDI-II, and the Hamilton Rating Scale for Depression (HAM-D) at weeks 12 and 24 post-baseline and (ii) the incidence of depression defined as the number of patients developing depressive symptoms, BDI-II score greater than 13 or HAM-D score of greater than 7, throughout the trial period. Secondary outcomes include a change in quality of life, perceived stigma, and self-efficacy. There is a lack of evidence-based interventions

aiming to prevent comorbid depression in patients with severe somatic diseases. If the NEVERMIND system is effective, it will provide healthcare systems with a novel and innovative method to prevent and treat depression in patients with severe somatic diseases.

Attending Conferences

Six partners attended and participated in fifteen different conferences in 2018.

GAIA AG. participated in DGPPN Congress, which is the German Psychiatric Association held in Berlin, Germany. The event took place on the 1st of December 2017. This event was targeted towards the scientific community and industry. **GAIA AG.** were able to engage one-on-one with individuals mostly from Germany.

KI participated at the 1st International Conference organized by UNICEF 'Promoting The Mental Health and Wellbeing' held in Almaty, Kazakhstan on January 19th, 2018. Vladimir Carli took part in the Innovative Technologies to promote Mental Health sector. Besides the scientific community and the general public, the media was present as well as several policymakers

GAIA AG. also attended Digital Medicine & Medtech Showcase 2018 that was organized by EBD Group and Demy-Colton in San Francisco, USA on January 20th, 2018. The showcase was mainly a meeting that included the scientific community and industry with about 30 participants getting a showcase of the NEVERMIND system.

GAIA AG. took part in a conference, Gesundheitskongress des Westens, held on March 13th, 2018 in Cologne, Germany. Though a small conference, it was possible to reach policymakers and the scientific community through this event.

AIDFM took part in the V International Medical and pharmaceutical Congress of students and young scientists held at the Higher state educational establishment of Ukraine Bukovinian State Medical University, Chernivtsi, Ukraine from 4th of April- 6th of April, 2018. Liana Shvachiy presented at the poster session.

UPM was part of the Geneva Health Forum 2019 that was held on the 11th of April 2018 in Geneva, Switzerland. This event had more than 2000 participants, and Maria Teresa was able to reach 1500 audiences in the sector of 'Experience of ICT Approach in Disease and Health Management' made up of the scientific community, industry, policymakers, media, general public and civil society.

GAIA AG. was once again part of a small conference called Hauptstadtkongress Medizin und Gesundheit held on June 8th, 2018 in Berlin, Germany. This event hosted several policymakers.

AIDFM attended a meeting at the Faculty of Medicine of Malaga, Spain on the 13th of July, 2018.

UNIFI, UESSEX and UPM attended the 40th International Engineering in Medicine and Biology Conference held July 17th-21st 2018 in Honolulu, Hawaii. The theme of the conference was “Learning from the Past, Looking to the future” with a broad array of topics ranging from cutting-edge research and innovation in biomedical engineering to healthcare technology R&D to translational clinical research. The conference hosted around 3000 attendees most of which were researchers and students.

Maria Teresa from **UPM** did a poster presentation with the title ‘*Closed loop architecture to assess mood and deliver a personalized intervention to patients with severe somatic disease*’ that was open to all attendees of the conference.

Enzo Pasquale Scilingo and Gaetano Valenza from **UNIFI** presented ‘A Multiclass Arousal Recognition Using HRV Nonlinear Analysis and Affective Images’ to 120 participants. Following, Eirini Christinaki, Riccardo Poli and Luca Citi from **UESSEX** presented ‘*Bayesian Transfer Learning for the Prediction of Self-reported Well-being Scores*’ to 50 attendees of the conference.

UNIFI attended the Frist International Collaborative Biomedical Engineering for Open-Source Medical Technologies that was held at UNIFI. Gaetano Valenza attended and presented ‘*Surfing Uncertainty in Biomedical Data Processing*’ on September 1st, 2018 to the scientific community.

KI participated at the European Symposium on Suicide and Suicidal Behaviour on September 7th, 2018 held at the University of Ghent, Belgium. The title of interest was ‘Risk behaviours and mental health problems among European adolescents: what interventions can we use?’. This event incorporated the scientific community and policymakers.

AIDFM attended the Europhysiology 2018 on September 14th-16th, 2018 in London, UK conference which hosted several tech companies. This conference had over 1000 attendees with most being researchers, physicians and entrepreneurs. **AIDFM** attended the conference and linked with companies such as EMKA and ADInstruments.

UNITO attended Il dolore al femminile within the topic of Depression in women. This event was held at S.Anne Hospital in Turin and Luca Ostacoli presented about depression in women on October 11th 2018 to attendees made up of the scientific community and the general public.

GAIA AG. attended the CNS summit held on November 3rd in Boca Raton, United States. This event was mainly hosting the industry and some scientific communities. Following, GAIA AG. also participated in the Digital Health World Congress held on November 28th in London, UK. Matthias Zenker was able to give an overview of NEVERMIND to individuals from the industry and the scientific community.

AIDFM was part of the Forth Student Meeting of Mind-Brain College at the University of Lisbon.

INVENTYA attended the Govconnect Mental Health 2018, one of the largest conferences to enable a wide range of stakeholders from government departments, NHS, local authorities, research institutions, charity and SMEs to communicate and implement strategies and dissemination best practice.

Attending Exhibitions and Other Related Events

UESSEX, UNITO, UPM, and AIDFM participated in different showcases and demonstrations at different events including.

AIDFM was part of the annual meeting at Lusofona University on March 12th, 2018 in Lisbon. This event included presentations of various works and projects that have been developed by students and alumni making up about 300 individuals from various fields.

AIDFM participated at the Erasmus programme at the Department of Experimental and Clinical Physiology at the Medical University of Warsaw, Poland between March 22nd-April 5th, 2018. This was a program for the university and hospital staff to exchange ideas and foster new networks and synergies.

UNITO conducted a training session on Mindfulness at S.Anna Hospital in Turin. This training took place on May 9th, 2018 and focused on the scientific community. UNITO also did another training on April 18th, 2018 at Molinette Hospital in Turin. Another training was also held in Rome. UNITO conducted a training on mindfulness and body centered psychotherapy on the 20th of October at Lekton Association in Rome.

AIDFM had a meeting with NeuroPsyCad, an IT start-up, on July 10th, 2018 in Lisbon. This included researchers and entrepreneurs to network about project management. AIDFM

also conducted a meeting with lab heads from the cardiology department on the 16th of July, 2018 at Santa Maria Hospital where networking and presentations of various projects took place.

INVENTYA attending the Mental Health at Workplace event on 12th July to disseminate NEVERMIND project as well as gain feedback from stakeholders regarding the challenges in Mental Health at workplace.

INVENTYA also met with NHS eHealth Cluster on 19th of July to discuss the NEVERMIND project and the potential partnership with Liverpool city council to pilot the system.

AIDFM organized and attended Summer School ClinMed 2018- EITHealth from August 21st-23rd, 2018 in Lisbon. This summer school included scientists, entrepreneurs and physicians.

AIDFM was part of the APIBARRA project meeting on September 4th, 2018 in regard to networking and project management. AIDFM also met with QART, an SME on the 12th of September in Lisbon.

UPM did a demonstration of the NEVERMIND system at UPM on September 18th, 2018 at the 9th EU researcher night. This even hosted the scientific community and the general public.

AIDFM met with Closer, an SME IT company, on September 25th, 2018 in Lisbon. AIDFM also met with Millar Inc. on the 5th of October 2018 in Lisbon.

AIDFM took part in in the monthly meeting at the Institute of Molecular Medicine at AIDFM on the 9th of October 2018 that was open to the whole school community. On the 10th of October 2018, AIDFM was part of the EIT health Lisbon hub meeting at Evora, Portugal held on October 10th, 2018.

INVENTYA presented and dissemination the NEVERMIND platform as a digital solution for mental health in Romania on 25th of October 2018.

UESSEX did an overview and promotion of the NEVERMIND project on November 7th, 2018 in the context of departmental activities during postgraduate open day at UESSEX. Professors, students and prospective students were part of this event.

Presentation

A total of seven presentations were given by five partners.

AIDFM attended at the V International Medical and pharmaceutical Congress of students and young scientists in Chernivsti, Ukraine from 4th of April-6th of April 2018. Liana Shvachiy did a poster presentation titled ‘Usability score of the NEVERMIND system for monitoring mental status in patients with lower leg amputation and myocardial infarction’.

UPM gave one presentation at the Ministry of Health in Argentina on May 9th, 2018. Maria Teresa presented at ‘Unidos en una Vision de Futuro Comun’.

UNITO presented at Cervello E Processi Quantistici Della Mente which was held in Bologna, Italy on July 26th, 2018. Luca Ostacoli presented ‘Evidence and clinical potential of Mindfulness’ to the scientific community.

KI conducted a total of three presentations

- Vladimir Carli presented at the 1st International conference in promoting mental health wellbeing that was organized by WHO/UNICEF in Almaty, Kazakhstan. His presentation was titled ‘Innovative technologies for mental health promotion’ on September 17th, 2018.
- Vladimir Carli presented the NEVERMIND project at a meeting with the Stockholm Healthcare Services in Stockholm, Sweden on April 4th, 2018.
- Gergo Hadlaczky presented the NEVERMIND project at a meeting regarding mental health in schools on November 15th, 2018 in Stockholm, Sweden.

SMARTEX presented at Meet in Italy for Life Sciences 2018 that was held on October 11th, 2018 in Bologna, Italy. SMARTEX had a stand and a poster presentation to explore new collaboration and partnership opportunities for the development of NEVERMIND products, services, and distribution and licensing agreements.

Press Releases

There was one press release.

AIDFM was interviewed by a local channel during the V International Medical Pharmaceutical Congress of students and young scientists held in Chernivtsi, Ukraine between April 4th-6th, 2018.

Table 8. Key performance indicators for months 1-36

Activity	Indicators	Timing	Completed in Months 1-36

Attending conferences	10	During the 4-year duration of the project	23
Exhibiting at conferences and health related events	4	During the 4-year duration of the project	22
Scientific journal articles	8	During the 4-year duration of the project	6
Press releases	1	Yearly, 4 in total	14
Social network reach and membership	200	During the 4-year duration of the project	192
Newsletter	8	Bi-annually	6
Stakeholder Engagement	At least 50 per year	Yearly (200 over project duration)	2689/ 29249*
Presentations to key stakeholders	36	One presentation per year per partner	25

* 2689 directly targeting stakeholders, 29 249 including conferences, exhibitions and workshops

Table 9. Dissemination activities completed per beneficiary in months 1-36

Beneficiary	Number of activities completed	Audience
UNIPI	27	Scientific community, industry, healthcare professionals
UPM	5	Scientific community, policymakers, general public, industry
UESSEX	7	Scientific community, industry, general public, media
UNITO	5	Scientific community, general public
AIDFM	17	Scientific community, general public, media, policymakers, industry
KI	17	Scientific community, general public, policymakers
INVENTYA	18	National Health Service UK, industry, scientific community

GAIA AG	7	Scientific community, industry, policymakers, general public
SMARTEX	10	Scientific community, industry, policymakers, media, general public

Social media

At the time of the report, the Twitter account has 35 posts, 134 following and 44 followers. The LinkedIn account has 14 followers. The new website design will be connected in real-time with twitter feed from Nevermind, to hopefully increase exposure of the project and impression from social media.

Website redesign

The NEVERMIND website is getting a facelift! We are working with a web designer to develop our vision for the website to appeal to stakeholders and potential partners. This activity is coinciding with our increase in commercial activity in year 4.

Dissemination plan for Year four

Scientific Community

The NEVERMIND consortium consists of several centres which belong to research institutes making the access to the scientific community reachable. As such, previous dissemination activities have focused on making use of this opportunity. In year four, while similar dissemination trends will continue as the previous three years, focus will be given to disseminate to the scientific community who belong to countries not represented in the NEVERMIND consortium. Furthermore, more articles are planned to be published in scientific journals.

General Public

The consumers of the NEVERMIND system are as important as other stakeholders. The product is to be used by society to better one's health and disseminating and familiarizing users is part of the process. There will be more focus on reaching a wider number of people to increase the public's awareness of the use of e-health and ICT-based self-management tools by introducing the NEVERMIND system.

Specialist Societies & Primary Care Doctors

Specialist societies and primary care doctors are the gatekeepers to the patients who can benefit most from the NEVERMIND system. This group of stakeholders are key in helping put NEVERMIND on the map of innovative method to prevent and treat depression in patients with severe somatic diseases. So far, there has been a good effort of targeting

specialists and primary care doctors where the NEVERMIND system is being tested as well in other NEVERMIND centres who collaborate with public and private hospital centres. In year four, the focus will be in the demonstration of the NEVERMIND system illustrating in real-life how the system can help patients manage their primary somatic disease while maintain healthy mental health and lifestyle.

NHS

At the review session in 2017, it was clear that the National Health Services (NHS) should be targeted more as they are expected to be one of the largest stakeholders of the NEVERMIND system. Presentations and workshops will be held with members of the NHS when data on efficacy, quality of life of the patient and cost effectiveness is available. The focus of these presentations should be the NEVERMIND system itself, showing a demo of the product as well as highlighting how it can reduce the burden on the healthcare system and the patient.

Industry

The dissemination activities within the NEVERMIND project has focused more on reaching the scientific community in year one and two. However, several industries including start-up IT companies, corporate wellness providers, supported living, wearable health and digital health industry were part of the dissemination process in year three. The focus of future dissemination will continue to widen in this area and promote the NEVERMIND app as the end of the study trial is approaching. A demonstration event is to be held towards the end of the project. Furthermore, there will be direct engagement with industries by producing targeted outputs (eg: presenting the NEVERMIND system and its uniqueness and usability compared to other applications or systems within the health technology context) for this specific group of stakeholders.

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Appendix I

Updated Dissemination Activity Report Template

1. NEVERMIND Partner Information

Beneficiary*:

Name of beneficiary participant(s)*:

2. Event Description

Title of the Event*:

Organiser/Host Institution*:

Place (City, Country)*:

Link to Event*:

Date(s):

Month	Day	Year
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3. Dissemination Activity Description

Dissemination Activity

Title of Intervention

Stakeholder/Audience Type

Other Stakeholder/Audience Type

4. Audience Size

Scientific community

Industry

Civil Society

Policymakers

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Customers

Investors

Media

General Public

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Specify the total funding amount used for this activity (€)

Other information about this activity