



nevermind

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



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Introduction

Depressive disorders are one of the main causes of disability worldwide and are a major contributor to the global burden of disease (1). Approximately 3% of the general population has a one-year prevalence of depression (2), which increases significantly in individuals who have severe somatic diseases. For example, patients who have suffered an acute myocardial infarction have a prevalence of 14% (3), while those suffering from chronic kidney disease have a prevalence of comorbid depressive symptoms ranging between 26% and 39% (4). The burden of having depressive symptoms alongside a chronic somatic disease has a negative impact on the outcome of the somatic disease (5), as well as the patient's quality of life (2). Furthermore, higher healthcare expenditures can be expected for patients with comorbid depressive symptoms, with patients suffering from cancer and comorbid depressive symptoms having 32% higher healthcare costs and a higher likelihood of needing emergency care, compared to those who do not have comorbid depressive symptoms (6). However, in spite of the high prevalence rates of comorbid depressive symptoms and their negative impact on patients' health and wellbeing, about 50% of such patients are not detected (7).

The NEVERMIND system (NEurobehavioural predictiVE and peRsonalised Modelling of depressIve symptoms duriNg primary somatic Conditions with ICT-enabled self-management procedures) attempts to empower patients suffering from comorbid depressive symptoms through effective self-managing feedback. Specifically, NEVERMIND helps patients to maintain their mental wellbeing and supports them when their mental wellbeing is at risk, by taking timely actions tailored to each patient's condition. The system is comprised of two components; a smart shirt, which collects physiological data, and a user interface in the form of a mobile application, which collects psychometric data. Together, these components monitor patients' mental health and assess their risk to develop depressive symptoms. The collected data is also used to personalise interventions, including an interactive online cognitive-behavioural therapy module, based on the status and severity of the patient's symptoms. The NEVERMIND system is expected to encourage patients to become more self-reliant, to engage more in self-care behaviours, and to increase their confidence in their ability to carry out daily life activities. All these factors should contribute to a new self-image of the patients and help to prevent or reduce depressive symptoms, as well as improve their overall quality of life.

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

and clinical partners. These partners have worked together to share their expertise and resources, in order to achieve the objectives of the research project.

Purpose of the Dissemination and Communication Plan

The purpose of this document is to outline the dissemination and communication activities undertaken during the fourth 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, 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 four years.
- To track dissemination progress and measure impact in the fourth 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, who have different levels as well as messages targeted towards them. Table 1 reviews these indicators, which have been used for the dissemination reports during the four years of the NEVERMIND project.

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

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

In year one of the NEVERMIND project, a total audience of approximately 15 950 individuals was reached, exceeding the target for the year by 15 450. The audience was comprised of different key players and potential stakeholders in the NEVERMIND project, including policy makers, members of the scientific and medical community, and the general public. These dissemination activities took place within Europe, as well as in the United States and Canada.

Deliverable 8.5 describes the dissemination activities completed in year one. In addition, **UNIFI** presented the NEVERMIND project on a national Italian television programme (RAI) and was involved in the BRIGHT researcher night 2016 in Pisa (Italy). Furthermore, UNIFI had seven press releases between 2015 and 2016 that should have been part of the dissemination activities 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 included in Deliverable 8.6 in the summary of year one. Table 2 outlines the completed dissemination and communication activities in year one.

Table 2. Key performance indicators of the dissemination activities in year one.

Activity	Indicators (M1-M57)	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	12	3 per year, 12 in total	8
Social network reach and membership	200	During the 4-year duration of the project	0
Newsletter	8	Bi-annually	0
Stakeholder Engagement	At least 50 per year	Yearly (200 over project duration)	480/15 950*

Total audience reached	At least 500 per year	Yearly (2000 over project duration)	15 950**
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* 480 directly targeting stakeholders, 15 950 including conferences, exhibitions and workshops

** 15 950 excluding journal article and press releases

Summary of Year Two

In year two, more press releases were completed, as agreed at the review meeting held in January 2017. During the consortium meeting in September 2017, the consortium decided to send out the newsletter once or twice per year, instead of four times per year. Presentations to key stakeholders, unlike in year one, were also included as indicators of key performances. Through publications, presentations, conferences, exhibitions, press releases and newspapers, more than 22 000 individuals were reached during year two of the project. These individuals belonged to, among others, the scientific community, policy makers, and health care professionals. Additionally, year two involved designing a strategy for one of the largest stakeholders of the NEVERMIND system, the National Health Service (NHS) in the United Kingdom. The NHS's involvement was initiated through presentations and workshops 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 3 shows the key performance indicators of the first 24 months of the project.

Table 3. Key performance indicators of the dissemination activities in year 2.

Activity	Indicators (M1-M57)	Timing	Completed in year 2
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	12	3 per year, 12 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
Total audience reached	At least 500 per year	Yearly (2000 over project duration)	22 182**

* 1792 directly targeting stakeholders, 22 182 including conferences, exhibitions and workshops

** 22 182 excluding journal article and press releases

Summary of Year Three

During year three, the partners followed the schedule of the dissemination activities presented in the Dissemination and Communication Plan (Deliverable 8.2), and were able to complete many different dissemination and communication activities, such as one press release, holding several presentations to stakeholders, and attending 17 conferences. A total of 7067 stakeholders were reached during year three, thereby exceeding the minimum number of stakeholders by 6567. The audiences consisted of various stakeholders, including members of the scientific community, NHS, policy makers, healthcare professionals and wellness providers. Furthermore, KI, together with every partner in the consortium, submitted a journal article to BMC Psychiatry, concerning the protocol for the NEVERMIND trial. Table 4 outlines the dissemination and communications activities that were completed during the first 36 months of the NEVERMIND project.

Table 4. Key performance indicators of the dissemination activities in year three.

Activity	Indicators (M1-M57)	Timing	Completed in year 3
Attending conferences	10	During the 4-year duration of the project	17
Exhibiting at conferences and health related events	4	During the 4-year duration of the project	1
Scientific journal articles	8	During the 4-year duration of the project	1
Press releases	12	3 per year, 12 in total	1
Social network reach and membership	200	During the 4-year duration of the project	35
Newsletter	8	Bi-annually	2

Stakeholder engagement	At least 50 per year	Yearly (200 over project duration)	897/7067*
Presentations to key stakeholders	36	During the 4-year duration of the project	12
Total audience reached	At least 500 per year	Yearly (2000 over project duration)	7067**

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

** 7067 excluding journal article and press releases

Year 4 Dissemination and Communication

During year four of the project, an audience of 2268 individuals was reached, surpassing the threshold by approximately 1700. The stakeholders comprising this audience belonged to, among others, the scientific community, the industry, health professionals, as well as a Japanese delegation, regional coordinators of suicide prevention in Sweden, WIPO and WTO Officers, and the vice president of the national research center in Taiwan. Seven conferences as well as 15 exhibitions and other related events were attended by seven partners, during which multiple presentations about the project have been given. Additionally, all partners participated in a seminar at the St. Petersburg State University (SpbU), where the NEVERMIND system was presented as part of an effort to involve SpbU in the NEVERMIND project. Table 5 shows the dissemination and communication events achieved in year four of the project, while table 6 outlines the number of activities that each partner completed.

Table 5. Total dissemination and communication activities completed in year four.

Activity	Completed in year four
Attending conferences	7
Exhibiting at conferences and health related events	15
Scientific journal articles	2
Press releases	0
Social network reach and membership	144
Newsletter	2

Stakeholder Engagement	655/2268*
Presentations to key stakeholders	6
Total audience reached	2268**

* 655 directly targeting stakeholders, 2268 including conferences, exhibitions and workshops

** 2268 excluding journal article and press releases

Table 6. Dissemination activities completed per beneficiary in year four.

Beneficiary	Number of activities completed	Audience
UNUPI	1	Scientific community
UPM	5	Scientific community, media, industry, policy makers, civil society, students, health professionals, general public; WHO, WIPO and WTO Officers; Vice president national research center Taiwan
UESSEX	1	Scientific community
UNITO	7	Scientific community, civil society, students
AIDFM	6	Scientific community
KI	5	Scientific community, media, Japanese delegation, Regional coordinators of suicide prevention and mental health activities
INVENTYA	4	Industry
GAIA AG	1	Scientific community, industry, policy makers
SMARTEX	0	-

Activities Completed

During the fourth year of the NEVERMIND project, one article was published and another one planned to be submitted by the end of the year, seven conferences and 15 exhibitions were attended, and six presentations were held. Detailed information about each of the dissemination activities can be found below.

Publications

KI, alongside all the partners of the consortium, published a journal article concerning the protocol for the NEVERMIND trial in BMC psychiatry, which has an impact factor of 2.704.

Carli V, Wasserman D, Hadlaczky G, et al. A protocol for a multicentre, parallel-group, pragmatic randomised controlled trial to evaluate the NEVERMIND system in preventing and treating depression in patients with severe somatic conditions. *BMC Psychiatry*. 2020;20(1):93. Published 2020 Mar 2. doi:10.1186/s12888-020-02494-3

Abstract

Background: Depressive symptoms are common in individuals suffering from severe somatic conditions. There is a lack of interventions and evidence-based interventions aiming to reduce depressive symptoms in patients with severe somatic conditions. The aim of the NEVERMIND project is to address these issues and provide evidence by testing our intervention designed to reduce and prevent depressive symptoms in comparison to treatment as usual.

Methods: The NEVERMIND study is a parallel-groups, pragmatic randomised controlled trial to assess the effectiveness of the NEVERMIND system in reducing depressive symptoms among individuals with severe somatic conditions. The NEVERMIND system comprises 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 randomised in blocks of ten 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 endpoint of primary interest is Beck Depression Inventory II (BDI-II) at 12 weeks defined as (i) the severity of depressive symptoms as measured by the BDI-II. Secondary outcomes include prevention of the onset of depressive symptoms, changes in quality of life, perceived stigma, and self-efficacy.

Discussion: There is a lack of evidence-based interventions aiming to reduce and prevent depressive symptoms in patients with severe somatic conditions. If the NEVERMIND system is effective, it will provide healthcare systems with a novel and innovative method to attend to depressive symptoms in patients with severe somatic conditions.

Trial Registration: DRKS00013391. Registered 23 November 2017.

Key Words: Depression, RCT, prevention, treatment, eHealth, intervention, evaluation, somatic condition, quality of life, patients, Nevermind, Horizon 2020

A first draft of a journal article regarding the main outcomes of the NEVERMIND trial is planned to be submitted by the end of the year.

Attending Conferences

UNIFI attended the 41st International Engineering in Medicine and Biology Conference held in Berlin, Germany on July 23rd 2019. During the conference, Gaetano Valenza presented a slide about the future applications of the NEVERMIND system to an audience consisting mainly of members of the scientific community.

UESSEX was present at the 19th annual IEEE International Conference on BioInformatics and BioEngineering in Athens, Greece. Eirini Christinaki, Tasos Papastylianou, Riccardo Poli and Luca Citi presented 'Parametric Transfer Learning based on the Fisher Divergence for Well-being Prediction'. The event took place on October 28th 2019 and targeted the scientific community.

GAIA AG attended the DGPPN Congress in Berlin (Germany) on December 1st 2018, at which policy makers and members of the industry and scientific community were present.

UNITO took part in two conferences in Turin (Italy), as well as organized two conferences. Luca Ostacoli attended the Congress of Orthopedics: Complex knee prosthetic surgery in Turin, Italy, on March 8th 2019, where he presented 'Psychological implications of the prosthetic patient in relation to surgical outcome'. This conference was visited by approximately 200 scientific community members. On March 13th 2019, Luca Ostacoli also attended the 'Doctor, answer: Mindfulness and lifestyles' conference, which mainly targeted the civil society. UNITO organized the 'Therapeutic Alliance: Words or pills? The border between discomfort and disease' conference in Turin, Italy, on June 7th 2019, as well as the Nutrition in Oncology conference in Ravenna, Italy on November 28th 2019. During the last event, Luca Ostacoli presented 'Nutrition and cancer: what makes it difficult to communicate and what can help' during the conference 'Nutrition in Oncology' to 50 members of the scientific community.

Attending Exhibitions and Other Related Events

A partnership between the Swedish Center for Suicidological Research and the Prevention of Mental Health Disorders (NASP) at KI, and St. Petersburg State University (SpbU) was formed through the development of the 'Dissemination and cultural adaptation of mental health self-management technology in the Russian Federation' project (DIMENSION-RF), funded by the Swedish Institute. The aim of the DIMENSION-RF project is to involve SpbU

in the NEVERMIND project, ensuring a wider dissemination of its results. On June 10th 2019 in St. Petersburg, Russia, a seminar called ‘Modern health-saving technologies: Prospects of using computerized programs and gadgets to preserve health and psychological well-being’ was held, during which **all partners** presented the NEVERMIND Mental Health Monitoring System. This seminar was the main dissemination method of the NEVERMIND project, reaching a large number of interested specialists, as well as broadcasts through mass media.

INVENTYA hosted the Enterprise Europe Network Breakfast event in Birchwood, UK, on July 19th 2019. This event was primarily aimed at members of the industry. On November 20th 2019, INVENTYA attended the ‘Venturefest: Innovation, Digital & Technology, Business Strategy, Access to finance, Start a business, Sustainability’ exhibition in Manchester, UK. Lastly, INVENTYA was also present at the SMART Grant Funding event in Macclesfield, UK, on November 28th 2019.

UNITO participated in two events and one training. Luca Ostacoli attended ‘Alteration of consciousness and alteration of space’ in Pinerolo, Italy, on May 9th 2019. This event was aimed at the civil society as well as students. Luca Ostacoli also attended ‘La paura della recidiva: sfidare l'incertezza’ on September 23rd 2019 in Turin, Italy, where he presented data on lifestyle changes and cancer incidence to members of the scientific community. Finally, Luca Ostacoli gave a training for Master students in palliative care and pain therapy for psychologists (University of Turin) on the 5th of November 2019.

AIDFM attended the 4th International Congress of CiiEM 2019 in Almada, Portugal, which took place between the 2nd and 5th of June 2019. There, AIDFM disseminated the NEVERMIND project to those members of the scientific community, who showed interested in it. Between the 8th and 10th of July 2019, AIDFM attended the Ciência 2019 - Science and Technology in Portugal Summit, in Lisbon, Portugal. AIDFM was again able to disseminate information about the NEVERMIND project. During the EIT Alumni CONNECT 2019, AIDFM took part in two workshops: ‘SDG Challenge: Become your sustainable city advisor’ and ‘Be-novative Co-creation Session’. This summit was held on October 14th 2019 in Budapest (Hungary) and targeted the scientific community. AIDFM also presented ‘The complexity of understanding age-related disease’ during an EIT Health PhD course at the University of Copenhagen’s Center for Healthy Aging between November 4th and 7th 2019.

UPM attended the ‘Active & Healthy Ageing: A New Technological Paradigm’ seminar in Hong Kong, China. There, Manuel Ottaviano and Maria Teresa Arredondo presented the NEVERMIND project to approximately 70 members of the scientific community as well as

the media. On October 31st 2019, Maria Teresa Arredondo participated in the workshop 'Cutting-Edge Health Technologies' in Geneva, Switzerland. A large number of stakeholders was present, such as members of the scientific community, the industry, civil society, policy makers, media and the general public. Finally, Manuel Ottaviano and Maria Teresa Arredondo presented a NEVERMIND demo during a visit of Taiwan delegation in Madrid, Spain, on July 16th 2019.

Presentations

UPM presented 'NeverMind – Mental Health Support in Cancer' during the Final DESIREE Workshop 'Relevant outcomes on cancer management' to health care providers within the field of breast cancer, as well as policy makers and the media. This workshop took place in San Sebastian (Spain) on July 12th 2019. Manuel Ottaviano and Maria Teresa Arredondo presented the NEVERMIND system during the Kick-off Meeting of project GATEKEEPER. They received interest from health care providers from Germany and Cyprus, the latter would like to use the system with cancer patients. This event took place on October 25th 2019 in Madrid (Spain), during which members from the industry, civil society, policy makers and the media were present.

INVENTYA presented 'Protecting your IP - lesson learnt' at the 'Women in Innovation' seminar to about 35 members of the industry. The seminar took place in Manchester, UK, on December 17th 2019.

KI presented the NEVERMIND project to a Japanese delegation in Stockholm, Sweden, on the 12th of September 2019. Furthermore, KI presented the current research that was done at the Swedish National Center for Suicide Research and Prevention, which included the NEVERMIND project, during the yearly meeting of Swedish Suicide prevention and mental health coordinators. This meeting took place in Stockholm, Sweden, on February 2nd 2020.

AIDFM presented 'Nevermind project: NEurobehavioural predictiVE and peRsonalised Modelling of depressIve symptoms duriNg primary somatic Diseases with ICT- enabled self-management procedures' during the Psychiatric and Psychologic Evaluation and Intervention module seminars of Masters in Cardiovascular Rehabilitation, which took place in Lisbon, Portugal, on December 10th 2018. AIDFM was able to reach an audience of about 25 members of the scientific community.

Social media

There was a significant emphasis on social media in year 4 of the project. Inventya used a strategy of identifying other accounts that post content that relates to NEVERMIND and shared that content to strengthen the brand identity of the project. This approach was

undertaken with the NEVERMIND Twitter account. This was a successful approach and resulted in an increase of 144 organic social media memberships in year 4. Furthermore, the strong social media presence also contributed towards increasing the number of views on the final dissemination video.

Website redesign

As discussed in the year 3 Impact Report, the NEVERMIND website was redesigned to have a commercial appeal and design. This was done to consider for the future look of the project upon completion. A link has been included to ensure the content from the previous website can be found.

Dissemination Video

A dissemination video has been created to replace the final dissemination event. This has proved to be a good decision considering the circumstances of COVID-19. The video was uploaded on YouTube and disseminated through the social media channels. Dissemination through the social media channels served a multi-purpose: to raise awareness of the NEVERMIND project, to raise awareness of the video to existing social media followers, and to raise awareness of the YouTube channel. The video was successful and gained 168 views. The social media dissemination of the video was highly successful; comparatively, a 2nd shorter video was uploaded but not disseminated through social media and received 16 views. Use of the dissemination video will help raise awareness of NEVERMIND beyond the length of the project and reach a larger audience than possible through a final dissemination event.

Overview of activities over the project's four-year duration

During the four-year duration of the NEVERMIND project, most of the indicators have been reached. Thirty-four conferences have been attended, which exceeds the indicator by more than three times. The participation to exhibitions and other related events, the number of press releases, presentations to stakeholders, as well as the social network reach surpass their respective thresholds as well. However, only six of the desired eight newsletters have been released. Approximately 45 500 more individuals have been reached in total over the past four years. See table 7 for an overview of the dissemination and communication activities completed during the four years of the project, and table 8 for each partner's activities.

Table 7. Key performance indicators of the dissemination activities for the entire project.

Activity	Indicators (M1-M57)	Completed in year 1	Completed in year 2	Completed in year 3	Completed in year 4	Completed in year 1 to 4
Attending conferences	10	2	8	17	7	34
Exhibiting at conferences and health related events	4	4	6	1	15	26
Scientific journal articles	8	4	5	1	2	12
Press releases	12	8	13	1	0	22
Social network reach and membership	200	0	35	35	144	214
Newsletter	8	0	3	2	2	7
Stakeholder engagement*	200	480/15 950	1792/22 182	897/7067	655/2268	3824/47 467
Presentations to key stakeholders	36	0	19	12	6	37
Total audience reached**	2000	15 950	22 182	7067	2268	47 467

* The first number refers to activities that directly targeted stakeholders, the second number includes conferences, exhibitions and workshops

** Excluding journal articles and press releases

Table 8. Dissemination activities completed per beneficiary in year 1 to 4.

Beneficiary	Number of activities completed	Audience
UNUPI	28	Scientific community, industry, healthcare professionals
UPM	10	Scientific community, media, industry, policy makers, civil society, students, health professionals, general Public; WHO, WIPO and WTO Officers; Vice president national research center Taiwan
UESSEX	8	Scientific community, industry, general public, media
UNITO	12	Scientific community, general public, civil society, students
AIDFM	23	Scientific community, general public, media, policymakers, industry
KI	22	Scientific community, media, general public, policy makers, Japanese delegation, regional coordinators of suicide prevention and mental health activities
INVENTYA	22	National Health Service UK, industry, scientific community
GAIA AG	8	Scientific community, industry, policymakers, general public
SMARTEX	10	Scientific community, industry, policymakers, media, general public

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