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1.1 Executive Summary

Imhay's team comprises over 55 members, distributed in different categories (researchers, students, collaborators, and technicians) who belong to its four host institutions (Universidad de Chile, Universidad Austral de Chile, Universidad de Talca, and Universidad de los Andes), as well as to other Chilean and foreign institutions (Universidad Católica de Temuco, King's College London, Columbia University).

Research. The scientific activity of Imhay was organized around four lines of research:

1. Mental health education and awareness: Studies were aimed at increasing help-seeking behavior and reducing the stigma associated with mental disorders through communication campaigns. Studies were also conducted to evaluate and reduce the negative impact of the misuse of digital technologies and social networks. Imhay will continue to explore how the Internet and social media networks can have an impact on the well-being of adolescents and youth.

2. Universal promotion and prevention: Several studies have been conducted to evaluate the effectiveness of promotional and preventive interventions in educational contexts. There are two studies completed: a. the cultural adaptation and the evaluation of the effectiveness of the Finland's KiVa anti-bullying program for 4th and 5th grade students in Chile and in this new context; and b. the evaluation of the effect of mindfulness on the cognitive functions and psychological well-being of university students. Both projects obtained positive results that allow the use of these interventions on a larger scale. Another study is still in progress, its aim is to evaluate an intervention to decrease substance use and drug related disorders among adolescents in low-income schools.

3. Targeted prevention and early treatment: Includes projects aimed at indicated prevention and early treatment that use mainly digital technologies. A study was aimed to evaluate an Internet-based program for the prevention and early intervention of adolescent depression. The results show a significant reduction in the depressive symptoms of the adolescents who participated in the intervention group at 6 and 12 months follow-up. Another study was aimed to design and evaluate a computer program for the early detection of mental health disorders in adolescents being served by educational establishments. The program is currently operational and has been applied in 11 schools, showing good results. Another project aimed to implement a telepsychiatry service to enhance the provision of mental health care for children and adolescents living in substitute care facilities. The results of the pilot study show that this type of program is feasible in institutions working with vulnerable children and adolescents. There are also studies on deep learning for the early diagnosis of psychotic episodes with the help of linguistic and psychophysiological markers.

4. Social aspects of mental health and public policies: Imhay conducted studies from an epidemiological, sociological or ethnographic perspective, whose objective is to analyze the socio-economic and institutional determinants of the mental health of adolescents and young people. A project focuses on treatment and rehabilitation programs for problematic substance use among juvenile offenders, analyzing the government rationales present in the interventions of these institutions and programs. Another study is the result of an interdisciplinary collaboration with other research centers (COES, MIDAP, DESOC) on a 10-years longitudinal study that surveys a nationally representative sample of Chilean adults (n=3,000), including some mental health indicators. This study identified psychosocial determinants of the persistence of depressive symptoms over time (three-year period). Another epidemiological study aimed at examining gender differences in the prevalence, clinical features, and associated factors in adolescents (n=2,022) with subthreshold depressive episode

(SDE). SDE had major gender differences in terms of prevalence, clinical features, and associated factors, which should be considered in the development of preventive interventions.

Productivity. Collaboration between different categories of researchers has resulted in publications of 18 scientific documents: 12 were ISI/WoS articles, one Scopus article, two edited books, two book chapters, and one psycho-educational manual. Most of the publications during this period belong to line 2 (four articles) and line 3 (eight articles). Therefore, we need to strengthen the publications of the other lines. In addition to enhancing the interdisciplinary nature of the publications, we need to promote the joint publication of articles among associated and adjunct researchers, and to increase the productivity of doctoral students, post-docs, and young researchers. Imhay has also stimulated the dissemination of the main results of its projects through more than 30 presentations at scientific congresses or conferences at the national level, and 21 conferences at international venues. During this period, Imhay organized eight national and international scientific events.

Education and Capacity Building. In total, eight undergraduate students, four master's students, seven doctoral students, and eleven young researchers are part of the Nucleus. Our students and young researchers work closely with associate researchers to develop research skills and other abilities relevant to their training. Imhay has no formal affiliation to any undergraduate or graduate programs, but its associates and adjunct researchers teach in various master's and doctoral programs belonging to the host universities.

Networking. Imhay's networking can be organized in three scientific networks at a national level: (a) High Risk Mental State Network, (b) Violence Study Network, (c) Network for the development of Digital Mental Health. Imhay participates in three scientific networks at an international level: (d) The WHO World Mental Health International College Student (WMH-ICS) Initiative, (e) Conectados al Sur (digital technologies and youth well-being), and (f) International Mindfulness Network.

Outreach and connections. The researchers participated in 30 dissemination activities in several regions of the country –reaching more than 2,000 attendees. Imhay featured extensively in the main Chilean media outlets (newspapers, radio, television, and electronic portals). There were approximately 80 appearances in the press, and the center led the launch of the scientific program “Millennium on Air: Science, Culture, and Society” on Radio Universidad de Chile. Several partnerships were established with public and private institutions to work together on youth well-being and mental health. Some of these public institutions are the Ministry of Health of Chile, the Ministry of Justice and Human Rights, the National Youth Institute (INJUV), and the National Service for the Prevention and Rehabilitation of Drug Use (SENDA). The investigators were also asked to join the consultation process for the construction of proposed goals for the 2018-2025 National Action Plan for Children and Adolescents, led by the Ministry of Social Development and Family. On an international level, Imhay has been part of the Working Group for the development of the Guidelines for School Health Services convened by the World Health Organization.

Administration and Financial Status. The Council of associated researchers meets once a month to define Imhay's research strategy. The Management Team (director, deputy director, head of communications, head of knowledge management) holds weekly meetings. Until December 2019, Imhay has received USD \$171,779 from the Millennium Science Initiative, of which it has spent 55%. In addition, Imhay's researchers have obtained research funds from other agencies such as CONICYT, CORFO and the host universities.

1.2 Resumen Ejecutivo

El equipo Imhay está integrado por más de 55 miembros, distribuidos en diferentes categorías (investigadores, estudiantes, colaboradores y técnicos) que pertenecen a cuatro instituciones anfitrionas (U. de Chile, U. Austral de Chile, U. de Talca y U. de los Andes) y a otras instituciones chilenas y extranjeras (U. Católica de Temuco, King's College London, Columbia University).

Investigación. La actividad científica de Imhay se organizó en torno a cuatro líneas de investigación.

1. Educación y sensibilización en salud mental: los estudios apuntaron a promover la búsqueda de ayuda y reducir el estigma asociado a los trastornos mentales mediante campañas comunicacionales. Se llevaron a cabo estudios para evaluar y reducir el impacto negativo del uso indebido de tecnologías digitales y redes sociales. Imhay continuará explorando cómo Internet y las redes sociales pueden tener un impacto positivo y negativo en el bienestar de adolescentes y jóvenes.

2. Promoción y prevención universal: se realizaron estudios para evaluar la eficacia de intervenciones de promoción y prevención en contextos educacionales. Se han completado dos proyectos: (a) la adaptación cultural del programa finés KiVa contra el acoso escolar para estudiantes de cuarto y quinto básico, (b) la evaluación del efecto de mindfulness en las funciones cognitivas y el bienestar psicológico de estudiantes universitarios. Ambos proyectos obtuvieron resultados positivos que permiten recomendar el uso de estas intervenciones a mayor escala. Otro estudio aún en curso tiene como objetivo evaluar una intervención para disminuir el abuso de sustancias y los trastornos relacionados con el consumo de drogas entre adolescentes de escuelas de bajos ingresos.

3. Prevención focalizada y tratamiento precoz: incluye proyectos dirigidos a la prevención focalizada y tratamiento precoz que utilizan principalmente tecnologías digitales. El objetivo de uno de los estudios fue evaluar un programa de intervención escalonada basado en la Internet para la prevención e intervención temprana de la depresión en adolescentes. Los resultados muestran una reducción significativa de los síntomas depresivos de los adolescentes que participaron en el grupo de intervención a los 6 y 12 meses de seguimiento. Otro estudio tuvo por objetivo diseñar y evaluar un programa informático para la detección precoz de trastornos mentales en adolescentes en establecimientos educativos. El programa se ha aplicado en 11 escuelas, mostrando buenos resultados. Actualmente la plataforma se está adaptando a un formato de aplicación para celulares para permitir el escalamiento de la intervención. Otro proyecto tuvo por objetivo implementar un servicio de telepsiquiatría para mejorar la prestación de atención en salud mental a los niños y adolescentes que vivían en hogares de menores. Los resultados del estudio piloto muestran que este tipo de programa es factible en instituciones que trabajan con niños y adolescentes vulnerables. Se desarrollan también estudios sobre uso de inteligencia artificial para el diagnóstico temprano de episodios psicóticos con la ayuda de marcadores lingüísticos y psicofisiológicos.

4. Aspectos sociales de la salud mental y políticas públicas: Imhay realizó estudios desde una perspectiva epidemiológica, sociológica y etnográfica, analizando los determinantes socioeconómicos e institucionales de la salud mental de los adolescentes y jóvenes. Un proyecto se centró en los programas de tratamiento y rehabilitación para el consumo problemático de sustancias entre menores infractores, analizando los fundamentos gubernamentales presentes en las intervenciones de estas instituciones y programas. Otro estudio es el resultado de una colaboración interdisciplinaria con otros centros de investigación (COES, MIDAP, DESOC) en un estudio longitudinal de 10 años que encuesta a una muestra representativa nacional de adultos chilenos (n=3000), incluyendo algunos indicadores de salud mental. Este estudio identificó determinantes psicosociales de la persistencia de los síntomas depresivos a lo largo del tiempo (período de tres años). Otro estudio epidemiológico tuvo por objeto examinar las diferencias de género en la prevalencia, las características clínicas y los factores asociados al

episodio depresivo subumbral (EDS) en adolescentes (n=2022). EDS presentaba importantes diferencias entre los sexos en cuanto a prevalencia, características clínicas y factores asociados, los cuales deben ser considerados en la elaboración de intervenciones preventivas.

Productividad. La colaboración entre diferentes categorías de investigadores ha dado como resultado la publicación de 18 documentos científicos: 12 fueron artículos ISI/WoS, 1 artículo Scopus, 2 capítulos de libros, 2 libros editados y 1 manual psico-educativo. La mayoría de las publicaciones pertenecen a la línea 2 (4 artículos) y 3 (8 artículos). Por lo tanto, durante el segundo año intentaremos reforzar las publicaciones de las otras líneas. Además de potenciar el carácter interdisciplinario de las publicaciones, es necesario promover la publicación conjunta de artículos entre investigadores asociados y adjuntos, y aumentar la productividad de los doctorandos, posdoctorandos e investigadores jóvenes. Imhay también ha estimulado la difusión de los principales resultados de sus proyectos a través de más de 30 presentaciones en congresos o conferencias científicas a nivel nacional, y 21 conferencias internacionales. Durante este período, Imhay organizó ocho eventos científicos nacionales e internacionales.

Educación y construcción de capacidad. En total, ocho estudiantes de licenciatura, cuatro de maestría, siete de doctorado y once investigadores jóvenes forman parte del Núcleo. Nuestros estudiantes e investigadores jóvenes trabajan en estrecha colaboración con investigadores asociados para desarrollar habilidades de investigación y otras capacidades relevantes para su formación. Imhay no está afiliado formalmente a ningún programa de licenciatura o de posgrado, pero sus investigadores asociados y adjuntos enseñan en varios programas de maestría y doctorado pertenecientes a las universidades albergantes.

Redes. La red de Imhay puede organizarse en tres redes de trabajo científico a nivel nacional: (a) Red de Estados Mentales de Riesgo, (b) Red de Estudios de la Violencia, (c) Red para el desarrollo de la Salud Mental Digital. Imhay participa en tres redes a nivel internacional: (d) Iniciativa Internacional de Salud Mental Mundial de Estudiantes Universitarios, (e) Conectados al Sur (tecnologías digitales y bienestar juvenil), y (f) Red Internacional de Mindfulness.

Actividades de divulgación y conexiones. Los investigadores del Imhay participaron en 30 actividades de divulgación en varias regiones del país, a las que asistieron más de 2.000 personas. Imhay apareció ampliamente en los principales medios de comunicación chilenos (periódicos, radio, televisión y portales electrónicos). Hubo aproximadamente 80 apariciones en prensa, y el centro lideró el lanzamiento del programa científico “Milenio al Aire: Ciencia, Cultura y Sociedad”, en Radio Universidad de Chile. Se establecieron varias asociaciones con instituciones públicas y privadas para trabajar conjuntamente en torno al bienestar y salud mental de los jóvenes. Algunas de estas instituciones públicas son el Ministerio de Salud de Chile, el Ministerio de Justicia y Derechos Humanos, el Instituto Nacional de la Juventud (INJUV) y el Servicio Nacional de Prevención y Rehabilitación del Consumo de Drogas (SENDA). También se pidió a los investigadores de Imhay que se sumaran al proceso de consulta para la construcción de las metas para el Plan de Acción Nacional para la Niñez y la Adolescencia 2018-2025, dirigido por el Ministerio de Desarrollo Social y Familia. En el plano internacional, Imhay ha formado parte del Grupo de Trabajo para la elaboración de las Directrices para los Servicios de Salud Escolar convocado por la OMS.

Administración y situación financiera. El Consejo de investigadores asociados se reúne una vez al mes para definir la estrategia de investigación de Imhay. El Equipo de Administración (directora, director alterno, directora de comunicaciones, encargado de gestión del conocimiento) se reúne semanalmente. Hasta diciembre de 2019, Imhay ha recibido 140.000.000 millones de pesos de la Iniciativa Científica del Milenio, de los cuales ha gastado el 55%. Además, los investigadores de Imhay han obtenido fondos de investigación de otras agencias como CONICYT, CORFO y las universidades albergantes.

1.3. Outstanding Achievements

During its first year, Imhay has consolidated its position as a research center that brings together researchers from a variety of institutions and research areas. This is reflected in its current number of members (n=55) across several categories (researchers, students, collaborators, and technicians). In this dimension, Imhay has managed to grow beyond our initial expectations. For example, in the initial project, Imhay proposed training three young researchers and now has 11. The number of students in training was very close to the proposed goal (19 vs. 20).

Likewise, as part of our initial project, Imhay expected to strengthen two research networks and create two new ones. These two networks were ultimately strengthened, but four new networks were created, resulting in a total of six research networks. In this dimension, participating in the World Mental Health International College Student Initiative (WMH-ICS) allows Imhay to position itself as a national and global authority on the mental health of university students.

In terms of scientific productivity, during its first year, Imhay produced 18 scientific articles (12 ISI/WoS articles, 1 Scopus article, 2 book chapters, 2 edited books, and 1 psycho-educational manual) and also stimulated the dissemination of the main results of its projects through more than 30 presentations at scientific congresses or conferences in Chile and 21 conferences at international venues. This is a remarkable level of productivity.

Imhay has also played an active role in outreach activities, creating and strengthening links with the non-scientific community. During its first year, Imhay featured extensively in the main Chilean media outlets. There were approximately 80 appearances in the press. Its researchers participated in 30 dissemination activities in several regions of the country –reaching more than 2,000 attendees. Likewise, several partnerships were established with public and private institutions at a national and international level to contribute on the enhancement of youth well-being and mental health.

2. Introduction

The Millennium Nucleus to Improve the Mental Health of Adolescents and Youths (Imhay) is a scientific center that hosts researchers from various fields of the social and health sciences. The general objective of Imhay is to generate evidence on interventions aimed at improving the mental health of adolescents and youths.

Imhay contributes to the production of scientific knowledge with the following specific objectives: (1) to describe and analyze the causes and social consequences of mental health problems in adolescents and youths; (2) to raise awareness of and reduce the stigma on mental health problems of adolescents and youths; (3) to promote the development of socio-emotional skills in adolescents and youths; (4) to prevent emotional distress, risk behaviors, and psychopathology in adolescents and youths; (5) to foster the early detection of psychopathology and timely access to mental health services for adolescents and youths; (6) to adapt, develop, and evaluate mental health treatments for adolescents and youths; and (7) to contribute to the strengthening of public policies on the mental health of adolescents and youths. Imhay's scientific team includes over 55 researchers, students, collaborators, and technicians who belong to its four host institutions (Universidad de Chile, Universidad Austral de Chile, Universidad de Talca, Universidad de los Andes), as well as to other Chilean and foreign institutions (Universidad Católica de Temuco, King's College London, Columbia University).

Researchers who have used qualitative, quantitative and mixed methodologies converge and synergize to study the epidemiology, social determinants, and neurobiological bases of the mental health of adolescents and youths in general and clinical populations. In addition, they have evaluated interventions in educational and health facilities, incorporating the use of Internet-based and digital technologies, and have contributed and critically evaluated public mental health policies.

During its first year, Imhay has increased the scientific production of the team in a collaborative and interdisciplinary way, with cutting-edge research, to generate interventions for the promotion of positive mental health and the prevention and treatment of mental health problems in adolescents and youths. Studies on intervention design, feasibility, acceptability, and efficacy have been carried out.

Imhay has contributed to the development of advanced human capital and capacity building, promoting international collaboration and mobility, especially with the formal collaborative networks. Associated researchers participate in the training of postdoctoral, doctoral, master's, medical specialization, and undergraduate students in programs related to medicine, psychology, economy, public health, and neuroscience.

To facilitate the synergy of Nucleus members and enhance collaborative research, Imhay's research objectives have been grouped into four scientific lines of research:

(1) **Mental health education and awareness.** This line of research aims to promote help-seeking behavior and reduction of the stigma of mental disorders in adolescents and young people through training activities for education and health professionals and communication campaigns aimed at the general population. The disciplines involved in this line are other psychologies and communication sciences.

(2) **Universal promotion and prevention.** The aim of this line of research is to implement and evaluate interventions for the universal promotion and prevention of adolescent and youth mental health, especially in educational settings. Other psychologies and epidemiology are the disciplines involved in this line of research.

(3) **Targeted prevention and early treatment.** This line of research aims to evaluate the efficacy, effectiveness, and cost-effectiveness of interventions focused on adolescents and young people with mental health risk factors or who already have psychopathology. The disciplines involved are other psychologies, clinical psychology, and epidemiology.

(4) Social aspects of mental health and public policies. The aims of this line of research are to identify threats and opportunities for positioning adolescent and youth mental health as a national priority and integrate it into health and educational programs. The disciplines that participate in this line are other psychologies, economy, sociology, and epidemiology.

Researchers from the Nucleus have worked with public institutions to contribute to the strengthening of public policies on mental health for adolescents and youths. In this context, Imhay has participated in various advisory committees, at the national and international level, such as the Ministry of Health, the Ministry of Social Development, the Ministry of Justice, the National Institute of Youth in Chile (INJUV), World Health Organization (Geneva), and UNICEF.

Imhay has also maintained close collaboration with other Millennium Social Science Centers, especially the Millennium Nucleus on Social Development (DESOC), the Millennium Nucleus on Authority and Asymmetries of Power, and the Millennium Institute for Research on Depression and Personality (MIDAP). This collaboration has resulted in a formal research network on violence and a shared radio program (“Milenio al aire: Ciencia, Cultura y Sociedad”).

Organization of research teams: Imhay is coordinated by the Council of Associated Researchers, which holds monthly meetings. There is also a management team consisting of a director and a deputy director, a communications officer, and a knowledge management officer, who make administrative decisions for the center at weekly meetings. The tasks of the Council of Associated Researchers include the organization and coordination of the scientific-academic activities of the Nucleus; the decision making on the inclusion of young researchers and doctoral students; the definition of the criteria for the distribution of internal resources; and the strategic decision making on the research carried out in the Nucleus.

The knowledge management officer plays a role in coordinating the actions carried out in Imhay’s lines of research to ensure that the scientific objectives of the Nucleus are met. He also makes sure that the information and knowledge produced at the center circulate among all its members.

The research work, dissemination, and outreach that Imhay has carried out during its first year of operation has made it possible to achieve a significant impact on the national scientific community and has allowed us to extend and strengthen networks with public institutions that make decisions and implement policies related to the well-being of adolescents and young people. During its first year, Imhay produced 18 scientific publications and its researchers participated in various national and international scientific conferences, which represents a good level of productivity considering the nucleus’ current sources of funding and number of associated researchers.

Imhay’s work has also received extensive media coverage and has succeeded in generating an audience among health and education professionals and civil society organizations involved in the well-being of adolescent and youths. These achievements have made it possible to build a brand associated with excellence and innovation in the field of adolescent and youth mental health.

In terms of projections, over the next two years we expect to position Imhay as a reference center at the Latin American level. To meet this objective, we hope to increase our scientific productivity in terms of publications, especially in high-impact journals, and strengthen our research networks and presence at international conferences. To continue growing and consolidating ourselves as a research center, we will need to attract other research funds, both nationally and internationally, which will allow us to give sustainability to our research and increase our capacity to attract post-docs and young researchers. In addition, we hope to maintain active participation in the media and in public policy.

3. Scientific and technological research:

During the first year of our research center, major advances have been made in our lines of research.

In line 1 (**Mental health education and awareness**), studies were conducted that were aimed at increasing help-seeking behavior and reducing the stigma associated with mental disorders through communication campaigns. In this context, audiovisual material has been designed and disseminated for the education and mental health awareness in several contexts (e.g. workshops, schools, and social networks). One of the studies carried out in this context is the “Vamos Juntxs” campaign. This is a communication campaign of a universal nature that aims to promote help-seeking behavior in adolescents and young people at risk of suicide. This initiative, led by LB (adjunct researcher) and VM (director), with the participation of young researchers JM and AJ, was developed together with Facebook-Instagram and the Institute of Communication and Image of Universidad de Chile. LB also heads “HabLatam”, a project with a Latin American scope that is part of the “Conectados al Sur” network. This project seeks to investigate the dynamics through which young people consume, select, and share information/disinformation on digital platforms. Given that today digital platforms and social networks have an important influence on the well-being of adolescents and young people, the results of this study will make it possible to develop digital policies aimed at improving their mental health through these platforms. In the same line, LB leads the project “Digital citizenship and adolescent welfare in multicultural education”, funded by Universidad de Chile. This project, in which VM also participates, aims to implement participatory co-design workshops on digital citizenship and mental well-being with teachers and eighth grade students in a school that serves vulnerable population in Santiago. As part of this project, we expect to design and implement a massive open online course (MOOC) on multicultural digital citizenship. This course will be oriented toward teachers working in multicultural schools. Through these projects, Imhay will continue to explore how the Internet and social networks can have a positive and negative impact on the well-being and mental health of adolescents and youth. The participative strategies that characterize the projects of this line of research are currently being used in other lines of the Nucleus.

In line 2 (**Universal promotion and prevention**), several studies have been conducted to evaluate the effectiveness of promotional and preventive interventions in educational contexts. Two of these projects have been completed, while another is still in progress.

In the study led by JG (associate researcher), in which the young researcher DV participated, researchers from Chile and Finland collaborated on adapting Finland’s KiVa anti-bullying program for 4th and 5th grade students in Chile. KiVa is an evidence-based program to prevent bullying. The study results showed that KiVa (with or without an online game component) was an effective intervention among 4th graders to reduce self-reported victimization and peer-reported bullying actions. However, the online component did not increase the effectiveness of the intervention. Among 5th graders, no significant differences were found between the intervention groups and the control, in all the assessments. Another completed project is “Mindfulness in students with psychosocial vulnerability: A controlled study”, in which ÁL (deputy director) was co-investigator. The aim of this project, conducted in Universidad Austral de Chile, was to evaluate the effect of mindfulness on the cognitive functions and psychological well-being of university students using psychodrama as an active control. The results show that both interventions increase working memory and reduce stress. The next steps will be to try to identify which type of intervention best fits the individual characteristics of each student. In addition, mindfulness-based strategies are expected to be included in other interventions conducted by Imhay, particularly as part of an assessment and intervention program focused on the mental health of college students (World Mental Health – International College Student Initiative). Another study belonging to this line of research is still in progress. “Unplugged, a drug use prevention program: adaptation and evaluation of effectiveness among Chilean students”,

conducted by JG and DV, aims to develop a culturally appropriate version of the Unplugged, an intervention to decrease substance use and drug related disorders, and to evaluate its effectiveness among early adolescents in low-income primary schools in Santiago. Substance use is a major social and public health problem among adolescents and youth in Chile. We hope that this program will provide an efficient response to reduce its incidence.

Line 3 (**Targeted prevention and early treatment**) includes projects aimed at indicated prevention and early treatment that use mainly digital technologies. This is one of the distinctive features of Imhay's scientific activity, which allows the Nucleus to conduct cutting-edge research at an international level. This is also the line of research that saw the most development during the first year. VM and GR (associate researcher), with the collaboration of RA (senior researcher) and AJ (post-doc) conducted a study to evaluate a stepped-care Internet-based program for the prevention and early intervention of adolescent depression, called "Cuida tu ánimo" [Take Care of Your Mood, <http://cuidatuanimo.net/>] (CTA). The results of the pilot study conducted in Santiago, Chile, and Medellín, Colombia, showed that implementation of the CTA program pilot was feasible and acceptable to participants. The results of the efficacy study conducted in Chile show a significant reduction in the depressive symptoms of the adolescents who participated in the intervention group at 6 and 12 months of post-randomization follow-up. The multiple components of this intervention and its digital nature make it an innovative program in a global context. Based on the principles of the CTA program, VM, in collaboration with AJ, began a study that aims to develop a smartphone app to support adolescents and university students with depressive symptoms. The research team currently has a prototype of the app, which will soon be evaluated by a group of young people using participatory design methodologies. In the same line of research, DN (associate researcher) and AL lead a research project whose objective is to design and evaluate a computer program for the early detection of mental health disorders in adolescents being served by educational establishments in the Maule region. The program is currently operational and has been applied in 11 schools, leading to the detection of 244 adolescents with some kind of risk of mental disorder. Of these, 120 were referred to psychological care following interviews with them and their parents. In addition, the platform is being adapted to a smartphone app format to allow the escalation of the intervention. In the medium term, researchers will promote the use of the platform in applied projects to reduce suicidal behavior in educational establishments. In a different kind of population, VM and GR participate as co-investigators of a research project that aims to implement a telepsychiatry service (videoconference supervision) to enhance the provision of primary care mental health for children and adolescents living in substitute care facilities. The results of the pilot study show that this type of program is feasible in institutions working with vulnerable children and adolescents. In the short term, it is expected that the program will be improved and evaluated through an effectiveness study. As a result of a collaboration between the neuroscience laboratory led by PG (associate researcher) and a data science center of the Engineering School of Universidad de Chile, a line of research was consolidated on deep learning for the early diagnosis of psychotic episodes with the help of linguistic and psychophysiological markers. This work aims to analyze linguistic characteristics (natural language) and psychophysiological signals (captured by biosensors and electroencephalogram) of people diagnosed with schizophrenia in order to identify potential predictive markers through automated processing or deep learning. In order to give continuity to this type of study, it is necessary to access a greater number of patients, which is expected to be achieved by accessing new research funds and expanding the network of collaboration with other clinical institutions. In general, we need to conduct efficacy studies with larger populations and include implementation tools and cost-effectiveness evaluations in the randomized trials. Imhay will make progress on this during its second and third years.

In line 4 (**Social aspects of mental health and public policies**), Imhay conducted studies with an epidemiological, sociological or ethnographic nature aimed to analyze the socio-economic and institutional determinants of adolescent and youth mental health.

The project led by Jimena Carrasco (adjunct researcher) focuses on treatment and rehabilitation programs for problematic substance use among juvenile offenders in the Region of Los Ríos. Adopting an ethnographic approach, this study aims to analyze the government rationales present in the interventions of these institutions and programs and their effects on the processes of subjectivation of young people. The main results are that the logic of punishment and deprivation of liberty, combined with the practices of care and control of drug use by minors, are modified according to the parameters of responsibility and the bureaucratic logic of the programs, which reduce the possibilities of influencing young people's subjectivation processes. Another study in this line of research is the result of an interdisciplinary collaboration with the Center for Research on Conflict and Social Cohesion (COES), the Millennium Nucleus on Social Development (DESOC), and the Millennium Institute for Research on Depression and Personality (MIDAP). The "Longitudinal Social Survey of Chile" (ELSOC) is a 10-year longitudinal study that surveys a nationally representative sample of Chilean adults (n=3000) annually in order to analyze stability or change in various social dimensions, including mental health indicators such as depressive symptoms. Using the ELSOC data set, DH (associate researcher) has participated in a study that addresses the socioeconomic and territorial distribution of depressive symptoms in Chile, identifying vulnerable groups and geographical areas, while GR and AJ have addressed the gender differences expressed in the burden of depressive symptoms and the socioeconomic determinants involved in the persistence and recurrence of depressive symptoms over time. In continuity with this, MC (PhD student), VM, and AJ conducted an epidemiological study (n=2,022) aimed at examining gender differences in the prevalence, clinical features, and associated factors in adolescents with subthreshold depressive episode (SDE). Results show that SDE had major gender differences in terms of prevalence, clinical features, and associated factors, which should be considered in the development of preventive and early interventions. This study has recently been published in the *Journal of Affective Disorders*. A relevant challenge during the following years will be to achieve greater involvement of master's and PhD students in Imhay's research projects. It is also necessary to enhance the interdisciplinary nature of Imhay's research. Regarding this, a new adjunct researcher (the linguist Alicia Figueroa) joined the Nucleus during 2019. It is crucial to make Imhay's research more sustainable to obtain more external funds to enable us to finance the work of assistants and young researchers.

In terms of **scientific productivity**, during its first year, Imhay produced 18 scientific publications. Among them, 12 were ISI/WoS articles, 1 Scopus article, 2 book chapters, 2 edited books, and 1 psycho-educational manual. Below, these publications are organized according to the lines of research of the Nucleus.

In line 1, LB participated in the publication of an article dealing with the digital literacy and digital practices of school students. The article presents the results of an exploratory study which aimed to characterize the media practices and skills of adolescents in three schools in Santiago. The quantitative results confirm the differences in the use of digital technologies according to socioeconomic level, while the qualitative findings make it possible to understand these differences. In the same line, LB edited the book "Artificial Intelligence and Youth Wellbeing in Latin America", which addresses the opportunities that artificial intelligence opens up in the lives of young people, the gaps in access and reproduction of inequalities that this technology can produce, and its associated risks and challenges in economic, social, and political terms.

In line 2, a first group of publications is composed of studies focused on mindfulness-based interventions. A. Langer participated in two articles and two book chapters; also, he edited a book that addressed the use of mindfulness as a tool for self-observation and increase

resilience and as a basis for interventions in school settings to strengthen social-emotional skills and increase well-being. The first article describes the evaluation of two types of meditation training protocols, one focused on mental monitoring cues and the other focused on self-observation of the body. Results indicated that while metacognitive efficiency was stable in the mental monitoring training group, it was significantly reduced in the body self-observation group after training. The second article describes the ways in which the practice of mindfulness can contribute to resilience in medical practice. The results of the study suggest that medical practice that integrates mindfulness can contribute to the production of higher levels of individual and institutional resilience. Lastly, the two book chapters show that mindfulness is an effective tool for improving mental health through the development of socioemotional skills in children and adolescents.

Line 3 was the most productive in terms of publications. A first group of publications is composed of articles dealing with the early detection of psychosis and the detection of adolescents at risk of suicide. In an article led by PG, with the participation of RC (PhD student), RM (young researcher), and AM (senior researcher), the authors describe the preliminary results of the High-Risk Intervention Program of the Clinical Hospital of Universidad de Chile. Through a longitudinal follow-up that included clinical, cognitive, and physiological assessments, the evaluation shows a transition rate to psychosis of 22% within two years.

In an article led by DN, a psychometric assessment is provided on the accuracy of the Columbia-Suicide Severity Rating Scales (C-SSRS), one of the instruments frequently used to assess suicide risk. Results show that the items differentiate the symptoms that reflect suicidal thoughts according to their severity, providing an accurate rating of the level of risk of suicidal ideation. These results support the use of C-SSRS in the Chilean adolescent population.

A second group of publications is composed of studies that involve or analyze the use of digital technologies in mental health interventions. An article involving associate researchers VM, GR, and JG, young researcher PM, and senior researcher RA presents the results of a randomized controlled trial (RCT) of a brief computer-supported cognitive behavioral therapy intervention for the treatment of depression in adolescents in primary health care (PHC). This study shows that a brief intervention consisting in eight computer-based CBT sessions guided by a therapist improves the response of depressed adolescents attending PHC centers after four months of randomization.

In the same line of research, FP (PhD student) and VM evaluate the level of persuasion of the pilot program “Cuida tu Ánimo” (CTA). Based on the Persuasive Systems Design Model, a framework developed to assist in the design and evaluation of systems capable of influencing user attitudes or behaviors, the authors stress the need to incorporate key aspects of persuasive design into these types of interventions to increase system persuasion and improve adherence, especially when working with adolescents and young people.

JG participated in the development and evaluation of a new assistive technology tool for the simplification of texts (Open Book) in order to support the reading of people with high-functioning autism. This tool is an open-source online platform that uses Natural Language Processing with the specific objective of helping people with Autism Spectrum Disorder (ASD) to read and understand written text. Results show that texts simplified through Open Book are easier to understand compared to the original texts. This finding was consistent across all age groups and countries.

As part of the work in the area of digital mental health, Imhay’s researchers also published two systematic reviews on the use of digital technologies in mental health. Both articles were also included in two Frontiers e-books on digital mental health and telemedicine.

The first review, which involved researchers AJ, GR, VM, PM, and RA, conducted a systematic mapping of the existing evidence on the use of Internet-based interventions for the prevention, treatment, and management of mental disorders in Latin America. The article shows

that, given the strong increase in Internet access and the rapid penetration of smart phones in Latin America, the use of digital technologies could help provide better distributed and low-cost mental health care. However, there are still few studies on the efficacy and cost-effectiveness of these interventions, which makes it difficult to disseminate and scale them up. In the second review, G. Rojas, V. Martínez, PM and AJ describe the current state of the digital mental health research field in Chile, showing its progress, limitations, and challenges. In this article, the Imhay researchers examine to what extent the growing amount of knowledge accumulated in the Chilean context could guide practices in other developing countries to support the mental health of low-income populations.

In addition, a manual was published for a wide audience: “Psychoeducational manual for understanding at-risk mental states. A preventive approach to the comprehensive development of adolescents and young people”. This initiative was led by associate researcher PG and benefited from the participation of young researcher RM and PhD student RC, among other collaborators. The manual aims to guide the general public on risk mental states and psychosis, providing validated information in an attractive and understandable way, as well as advice for relatives of people who suffer at-risk mental states and information on support resources.

In line 4 (**Social aspects of mental health and public policies**), the studies are more heterogeneous. PM, GR, and VM evaluated the competencies and clinical skills of primary care physicians and other psychosocial professionals for the management of depression in two primary health care services in Santiago, based on a structured clinical examination and clinical simulation. Results show that the psychosocial clinicians performed better than the biomedical clinicians in the evaluated skills. Since primary care physicians play an important role in the treatment of depression, this study suggests that there is a need for valid and reliable assessment of depression management skills, which could be reinforced through continuing education programs.

The second article, in which AJ (post-doc) participated, describes the subjective experience of the diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and the cultural meanings that shape this experience. Based on interviews and discussion groups conducted in Chile and France, the article shows that ADHD can acquire multiple meanings. The article focuses particularly on a positive meaning that the diagnosis of ADHD acquires as revealing a “hidden potential” of people that can be developed to achieve special abilities. The authors discuss the relationship of these conceptions with socioeconomic and gender variables at an individual level, but also in a comparative way between both societies considering the institutional and sociocultural context of each country.

The third article, in which A. Jiménez participated, addressed the debates around the diagnosis and pharmacological treatment of ADHD in children and adolescents. Results show that the subjective experience of diagnosis and treatment of ADHD is not homogeneous, but is crossed by different discursive positions, family views, and institutional understandings that are in conflict. These discursive structures condition the possibilities of giving meaning to the experience of diagnosis and treatment, revealing that the so-called “medicalization process” of children’s behavior is not univocal, but can take different forms and have different consequences for the experiences and social trajectories of children.

In summary, most of the publications during this period belong to line 2 (4 articles) and line 3 (8 articles). Therefore, during the second year, we need to strengthen the publications of the other lines. In addition to enhancing the interdisciplinary nature of the publications, we need to promote the joint publication of articles among associated and adjunct researchers. Likewise, a major challenge during 2020 will be to increase the productivity of doctoral students, post-docs, and young researchers. As far as resources allow, Imhay promotes publication in open access Journals. In fact, a large part of Imhay researchers’ publications are Open Access, and we hope to strengthen this during 2020.

Outstanding publications: We have chosen five outstanding publications during the October 2018 - December 2019 period.

(1) Gaspar et al, “Early psychosis detection program in Chile: A first step for the South American challenge in psychosis research” (*Early Intervention in Psychiatry*, 2018). In this article, the authors describe the preliminary results of the first national program for adolescents and young people with ultra-high risk of psychosis, demonstrating Imhay’s leadership in this area in Chile. This article also discusses the conditions to promote the inclusion of the interventions of this program in the national Schizophrenia policy.

(2) Núñez et al, “Is a brief self-report version of the Columbia severity scale useful for screening suicidal ideation in Chilean adolescents?” (*Comprehensive Psychiatry*, 2019). This study validates the use of the Columbia-Suicide Severity Rating Scales (C-SSRS) in Chile. In this regard, this work is not only valuable for Imhay’s research purposes, but also for other suicide research groups in Chile.

(3) Martínez et al, “Computer-Assisted Cognitive-Behavioral Therapy to Treat Adolescents with Depression in Primary Health Care Centers in Santiago, Chile: A Randomized Controlled Trial” (*Frontiers in Psychiatry*, 2019). This article is the result of the collaborative work of several members of the Nucleus, and contributes to cement Imhay’s position as one of the main research groups on e-mental health in Chile and Latin America.

(4) Jiménez et al, “Internet-Based Interventions for the Prevention and Treatment of Mental Disorders in Latin America: A Scoping Review” (*Frontiers in Psychiatry*, 2019). This article involves a large group of researchers from different categories. The article shows that there are still few studies on the efficacy and cost-effectiveness of these interventions. Imhay’s work will contribute to fill this knowledge gap in the region, allowing our research center to become a leader in this area in Latin America.

(5) Langer et al, “Looking for a Broad Framework for the Integration of Mindfulness-Based Interventions in the Educational System” (Book chapter, Springer, 2019). Langer’s publication constitutes a fundamental contribution to the line of research dedicated to promotion and universal prevention, especially for advancing a mindfulness-based model to improve mental health through the development of socioemotional and behavioral skills.

Summary table

<u>Category of Publication</u> ¹	<u>MSI Center Members</u>	<u>Number of Publications coauthored by students</u>	<u>Total Number of Publications</u>
ISI/WOS Publications or Similar to ISI/WOS Standard	Associate Researchers	2	12
	Other Researchers	0	0
SCOPUS Publications or Similar to SCOPUS Standard	Associate Researchers	0	1
	Other Researchers	0	0
SCIELO Publications or Similar to SCIELO Standard	Associate Researchers	0	0
	Other Researchers	0	0
Scientific Books and chapters	Associate Researchers	0	4
	Other Researchers	0	0
Other Scientific Publications	Associate Researchers	1	1
	Other Researchers	0	0
<u>Total of Publications</u>		3	18

¹The categorization of publications was made from the websites of WoS, Scimago and Scielo.

Imhay has stimulated the dissemination of the main results of the research projects through **presentations at scientific conferences and seminars**, both nationally and internationally. We have selected the most relevant presentations, which we comment on below.

In Chile, Imhay organized a symposium at the LXXIV Annual Congress of the Society of Neurology, Psychiatry, and Neurosurgery (SONEPSYN), held in November 2019. This symposium was entitled “Mental Health of Adolescents and Young Women: Contributions of the Millennium Nucleus Imhay”. Five associate researchers (G. Rojas, D. Núñez, V. Martínez, J. Gaete, and A. Langer) presented their research on adolescent and youth mental health from a gender perspective. The results of this symposium were published in a report in one of the most important national newspapers, which makes Imhay’s work visible to a wider audience.

At the international level, we would like to highlight four presentations. In April 2019, G. Rojas and V. Martínez participated in the symposium “Latin America: Integrating Mental Health into primary care through digital assistance”, organized as part of the 10th Anniversary Conference “Global Mental Health Research without borders”, in the US National Institute of Health (Maryland). This symposium gave visibility to Imhay’s work on digital mental health before an audience of international specialists.

J. Gaete and D. Valenzuela gave presentations on Imhay’s bullying prevention program in Chile at the 19th European Conference on Developmental Psychology (August 2019). Adjunct researcher L. Brossi gave a presentation entitled “AI and social inclusion or exclusion of youth in Latin America” in the context of the International Conference on Artificial Intelligence for Education: Planning education in the AI era (May 2019, Beijing, China). This presentation confirms the leading position that Brossi has garnered in this emerging area.

Summary Table

Type of presentation	Type of presentation	National Events [Number]	International Events [Number]
Associate Researchers	Conferences, oral communications, poster communications, others (specify)	15	14
	Invited presentations (not included in above row)	12	7
Other researchers (Adjunct Researchers, Senior Researchers, Young Researchers, Postdoctoral Researchers)	Conferences, oral communications, poster communications, others (specify)	0	0
	Invited presentations (not included in above row)	0	0
Students	Conferences, oral communications, poster communications, others (specify)	0	0
	Invited presentations (not included in above row)	0	0

Other achievements. These include the **organization of several scientific events** with a national and international scope and linked to Imhay’s areas of research. In the line 2, Imhay organized the seminar “Implementation of the Icelandic model of drug prevention”. This seminar, which was attended by more than 400 participants, addressed the Icelandic drug prevention model, a program that is currently being implemented in six municipalities of the city of Santiago.

Several scientific activities were organized within the framework of the line 3. One of these events, entitled “Prevention of Depression and Suicide in Adolescents”, was attended by representatives of the Ministry of Health, academics, civil society organizations, professionals working in the field of education, and representatives of youth organizations. In a similar vein, in Talca, D. Núñez organized the international seminar “Interventions for the prevention of mental health disorders and suicidal behavior in adolescents and young people”, in which some tools were discussed to identify psychopathology and suicidal behavior risk in adolescents and young people, as well as some interventions that have proven to be relevant and effective in this population. Another event was entitled “Prevention of alcohol and drug use in adolescents”. Speakers referred to substance misuse in adolescents and discussed one of the few preventive programs that has been proven to be effective internationally (“Unplugged”), whose Chilean adaptation (“I know what I want”) is led by J. Gaete.

Another set of scientific events was devoted to the problem of at-risk mental states, an area of research in which Imhay is a leading center in Chile. P. Gaspar organized the international seminar “Clinical and Therapeutic Challenges in Psychosis”. During the seminar, a number of measures for the prevention of psychotic disorders were discussed from a clinical and public health point of view. As part of this same research work, D. Núñez and P. Gaspar organized the workshop “Early detection and intervention in at-risk mental states: Training in the use of interviews and research proposals”. The general objective of the workshop was to develop competencies for the administration of instruments for the detection of at-risk mental states and for the progressive development of detection programs in the participants’ clinical services. In addition, P. Gaspar and A. Langer organized the workshop “From mental states of risk to first episode of schizophrenia: Early detection, assessment, and intervention”.

Likewise, a scientific activity entitled “Mental Health in the Digital Era” was conducted as part of Imhay’s lines of research 1 and 2. The objective of this international seminar, led by G. Rojas, was to discuss the successes, limitations, and projections of digital mental health in Latin America and Chile.

Over the next years, Imhay will also organize seminars related to the line “Social aspects of mental health and public policies”.

Some of our researchers are currently participating in the **scientific editorial boards** of national and international journals. Since 2015, A. Langer has been a member of the editorial committee of the journal *Psychology, Society, & Education* (Scopus, <http://ojs.ual.es/ojs/index.php/psye/index>), while L. Brossi is a member of the editorial committee of the journal *Comunicación y Medios* (SciELO, <https://comunicacionymedios.uchile.cl/>). Since 2019, A. Jiménez has been a member of the editorial committee of the journal *Castalia* (Other publications, <http://revistas.academia.cl/index.php/castalia/index>).

Some of Imhay’s researchers received **awards**. For instance, L. Brossi won the global award “WhatsApp Misinformation and Social Science Research”, which supports research on how young people consume, select, share, and evaluate the information that circulates in this digital messaging platform. Likewise, Brossi won the 2019 Erasmus Staff Mobility Training Scholarship, for a research stay at the University of Graz (June 2019). Young researcher Ana Barrera won the prize for the best thesis on youth in the national thesis competition “Let’s talk about youth” of the Chilean National Institute for Youth (INJUV), with her dissertation: “Characterization and evaluation of emerging adulthood in Chilean university students” (August 2019). Finally, J. Gaete won the prize for the best oral presentation at the III Jornadas de Salud, Universidad de los Andes (August 2019), with the presentation “Acceptability and feasibility study of the program I Can Problem Solve (ICPS) in Chile to prevent mental health problems among preschoolers”.

4. Education and Capacity Building

Imhay has proposed to strengthen the training of undergraduate and graduate students, as well as young researchers, in order to build capacities and develop human capital that facilitates the sustainability of mental health research in Chile (detailed information in Annex 5).

During 2019, eight undergraduate students, four master's students, and seven doctoral students were part of the Nucleus. Like researchers, students could also be part of one or more line of research. Therefore, most students participated in one or two lines of research: six students were part of the line of research "Mental health education and awareness", eight students participated in "Universal promotion and prevention", 14 students were in the "Targeted prevention and early treatment" line of research, and one student was part of "Social aspects of mental health and public policies".

As for young researchers, 11 participated actively during 2019. Four of them had a PhD, four had a master's degree, one had an undergraduate degree, and one had a postdoctoral degree. One of them, A. Jiménez, is currently pursuing his postdoctoral degree. As for their lines of research, one is working in "Mental health education and awareness", four in "Universal promotion and prevention", eight in "Targeted prevention and early treatment", and three in "Social aspects of mental health and public policies".

Information about the employment status of our graduate students will be collected during 2020.

Students and young researchers join the research area of the Nucleus through the sponsorship of one of our associate researchers. Our students and young researchers work closely with associate or adjunct researchers to develop research skills and other abilities relevant to their training. Associate researchers also encourage the participation of students and young researchers in outreach activities of the Nucleus and other scientific meetings such as congresses and conferences.

Also, a considerable number of research assistants have worked at Imhay, mostly young people working on mental health topics. Their tasks include collaborating in the production of scientific articles that are currently being prepared for submission to scientific journals.

Imhay has no formal affiliation to any undergraduate or graduate programs, but its associates and adjunct researchers teach in various master's and doctoral programs belonging to the host universities. In fact, doctoral students arrived from the Doctoral Program in Psychotherapy, jointly offered by Universidad de Chile and Pontificia Universidad Católica de Chile, the Doctoral Program in Biomedical Sciences (Universidad de Chile), and the Doctoral Program in Psychology (Universidad de Talca).

Imhay also participates in a collaborative project of the Universidad de Chile through which interdisciplinary undergraduate theses are jointly produced by the Faculty of Medicine and the Faculty of Physical and Mathematical Sciences (Beaucheff Proyecto Program). In this context, three engineering theses have been prepared and are being finalized. Two of these theses have been co-directed by Pablo Gaspar (use of machine learning methods for the early detection of risk of psychosis) and one of them by Vania Martínez (ecological momentary assessment of the mental health of university students).

The criteria for incorporating students into the Nucleus are: a) to be currently working with one of our associate researchers and b) to have written a thesis or completed a graduation project related to one of the lines of research of the Nucleus. In the case of young researchers,

their inclusion is proposed by an associate researcher who sponsors them, and then the committee of associate researchers decides on their inclusion in the Nucleus. In this process, the applicant's academic background is evaluated, taking into account their previous research experience, publications, formal education, and interest in one or more of our lines of research. Likewise, the future projection of their career as a researcher is evaluated.

Among the students who are part of Imhay, undergraduate and master's students do not receive funding, while doctoral students receive external funding, mainly through CONICYT doctoral scholarships. Research assistants receive funding from Imhay to support associate researchers in specific research and publication tasks. Most young researchers receive external funding. Young researchers, post-doctoral students, and PhD students receive financial support from Imhay to encourage their participation in international and national scientific conferences. For example, this was the case of R. Castillo, who participated in an international psychiatry congress in Lisbon, and A. Jiménez, who participated in an international psychotherapy congress in Buenos Aires.

As for students and young researchers, we focus on the sponsorship of associate researchers and the encouragement of the active participation in outreach activities of the Nucleus. Working together with associate researchers provides young researchers with various technical and soft skills that are relevant to their professional future, such as teamwork, responsibility, proactivity, and the ability to work independently on their individual tasks.

Young researchers also receive support from associate and senior researchers in competitive projects and applications. For example, A. Jiménez was awarded a FONDECYT post-doctoral research fund, benefiting from the support provided by V. Martínez, G. Rojas, and J. Gaete in the development of his proposal. This project is linked to the international study on mental health of university students that will begin in 2020.

With the aim of strengthening the bonds of young people within Imhay, students and young researchers were invited to participate in the First Imhay Community Research Meeting, a relevant milestone in 2019. This activity promoted the interaction between all the participants of the Nucleus. Associate researchers, young researchers, and an undergraduate student presented their projects. This contributed to the exchange of knowledge between Nucleus members; also, the presenters were able to obtain feedback on their work. This activity was positively evaluated by PhD students and young researchers, since it helps to develop insights into new topics and generates new connections within our Nucleus.

Over the next years (2020-2021), Imhay has set out to strengthen the research and publication skills of doctoral students and young researchers through specific workshops (e.g. systematic review methods, use of qualitative and quantitative data analysis software).

Achievements and results: Two theses were completed during 2019. The first one was entitled “Facilitators and obstacles to early mental health seeking: From the perspective of adolescents with depression”. This work was authored by Andrea Landazuri, Ecuadorian master's student from the Master's in Psychology with a specialization in Child and Youth Clinical Psychology of the Universidad de Chile. V. Martínez was her tutor. The second thesis, entitled “Effects of forest therapy on the psychological well-being of Chilean university students”, was authored by the undergraduate students Angie Asenjo, Ibeth Navarrete, Betsabé Soto, and Ariel Cifuentes. These Psychology undergraduates from the Universidad Austral de Chile were supervised by A. Langer.

During 2019, Anya Peck, a Finnish student from the Master of Public Health of Columbia University (New York), did a 6-month internship in the Nucleus. During this period, Anya collaborated in the development of the project “Vamos juntxs” (Let’s go together), a communication campaign aimed at promoting help-seeking behavior through social networks in adolescents and youth at risk of suicide. This is a project led by LB and VM in collaboration with Facebook and Instagram. This internship helped to strengthen links with Columbia University’s Center for Global Mental Health.

During our first year, two students participated in articles that were published in scientific journals. Doctoral student R. Castillo participated in an article with associate researcher PG about an early psychosis detection program in Chile, while Doctoral student FP published an article with VM on the Internet-based program CTA.

Young researchers also made an important contribution to the research of the Nucleus, which led to publications with associate researchers. For instance, RM participated with associate researcher P. Gaspar in an article about an early psychosis detection program mentioned in a previous section. Furthermore, A. Jiménez made two publications about ADHD and PM participated in four articles with associate researchers and also in an article with the young researcher A. Jiménez.

With respect to the Nucleus’ achievements, our young researcher AB received an award from the Instituto Nacional de la Juventud (INJUV) [National Institute for Youth], recognizing her PhD thesis as the best thesis about youth in the national contest “Hablemos de Juventud” [Let’s talk about youth].

5. Networking and other collaborative work

During 2019, Imhay has consolidated many of its national and international networks. Currently, Imhay's networking can be organized in three areas of scientific work at a national level: (a) High Risk Mental State Network, (b) Violence Study Network, (c) Network for the development of Digital Mental Health. Moreover, Imhay participates in three areas of networking at an international level: (d) World Mental Health International College Student Initiative (WMH-ICS), (e) Conectados al Sur, and (f) International Mindfulness Network.

High Risk Mental State Network. This network is focused on promoting youth and adolescent mental health from the perspective of healthy neurodevelopment and the social, psychological, and clinical determinants of mental health. Its research agenda covers the appearance of transient and persistent symptoms that, if not detected and treated, lead to the development of chronic psychiatric diseases in adulthood. The following institutions participate in this network: Clinical Hospital of Universidad de Chile, Universidad de Talca, Universidad Austral de Chile, Hospital Base de Valdivia, Hospital Base de Osorno, Hospital de Temuco, Hospital de Los Ángeles. During 2019, three training sessions were conducted in the cities of Santiago, Talca, and Valdivia. In addition, three telepsychiatry activities were carried out with participants from the cities of Santiago, Los Angeles, and Temuco. Additionally, a manual for families and patients was developed. Lastly, in October 2019, an international congress on psychosis was organized, which benefited from the participation of the world's leading researcher in psychosis Dr. Alison Yung.

Violence Studies Network. This network is a cross-sectional and interdisciplinary articulation of specialists and research centers who devote their efforts to study different types of violence. The network aims to transfer knowledge to institutions, groups, and actors in society, seeking to influence them. This network started recently, in October 2019, and arose in response to the need to think about and research violence after the recent social movement and mass strikes in Chile, in which young people have been protagonists. A first achievement of this network has been to group together several relevant organizations in the field such as Imhay, Paz Ciudadana, Fundación Chile XXI, CIIR, Universidad Academia de Humanismo Cristiano, Núcleo Milenio Autoridad y Asimetrías de Poder (NUMAAP), Instituto de Sociología PUC, and the Faculty of Psychology of Universidad Diego Portales.

Network for the development of Digital Mental Health. This Network, launched in 2018, conducts interdisciplinary research for the implementation of technological solutions in the prevention, detection, and treatment of mental disorders. It is a collaborative project in which researchers from Imhay and academics from the Clinical Hospital of the Universidad de Chile and from the university's Medicine and Physical and Mathematical Sciences Faculties converge, integrating capacities to produce basic and applied research on the use of digital technology and data science to address mental health problems. During 2019 the following milestones were met: (a) International Seminar "Mental Health in the Digital Age" (October 2019), in which several members of Imhay participated; (b) Two relevant WoS publications; (c) Expert visits from Heidelberg University (Stephanie Bauer and Marcus Moessner), Vrije Universiteit Amsterdam (Pim Cuijpers), King's College London (Ricardo Araya), Center of Excellence for Chronic Diseases-Lima, Peru (Francisco Díez Canseco), and University of Porto Alegre, Brazil (Cristian Kieling), (d) funds were raised (U-Redes Consolidación from Universidad de Chile); in addition, (e) two undergraduate theses were conducted.

World Mental Health International College Student Initiative (WMH-ICS). This network was created 5 years ago, but Imhay formally joined it in 2019. It is an international collaboration led by WHO that is conducting a multi-center longitudinal study to assess the mental

health of young people during their university careers. The Millennium Nucleus to improve the mental health of adolescents and young people (Imhay) will implement this survey that measures several dimensions of mental health and well-being in Chilean university students. The prestigious institutions which are part of the network include Harvard University, Columbia University, Vrije Universiteit Amsterdam, and Catholic University of Leuven, among others. Two significant milestones were achieved: (1) Imhay joined the network through a memorandum of understanding and (2) training workshops were carried out for the Department of Student Well-being at Universidad de Chile.

Conectados al Sur. This is a regional version of the global network Digitally Connected, and a multisectoral network (academia, NGOs, private sector, government, political actors, and civil society) which was born from the joint efforts of the Berkman Klein Center for Internet and Society of Harvard University and UNICEF, focused on the opportunities and challenges that are presented to children and young people, in their relationship with the Internet and emerging technologies in Latin America and the world. The central themes that guide the work of this network on youth and technologies include digital citizenship, digital economy, online identity construction, artificial intelligence, and emerging technologies. A book edited by L. Brossi in the context of this network was published (*Artificial Intelligence and Youth Welfare in Latin America*, Santiago, LOM, 2019).

International Mindfulness Network. This is an interdisciplinary network that brings together institutions from 3 continents and 6 countries around resilience and mindfulness research. The network is focused on improving adolescent and youth mental health from a perspective based on individual differences, strengths, and resources. Specifically, a variety of research perspectives are combined by connecting mindfulness with prosocial behavior and positive social environments to enhance resilience. In 2019, researchers from this network published the book “Enhancing resilience in Youth. Mindful interventions in positive environments” (Springer International). Additionally, an International workshop called “Steps towards a more humane and equal society: What leadership do we need?” was conducted in November 2019 in Valdivia, Chile.

It should be noted that Imhay has gradually positioned itself as a national leader in mental health for adolescents and young people, a status demonstrated by its collaboration with several media outlets (e.g. radio, television, newspapers). More specifically, a series of radio programs has been organized with the participation of other Social Science Millennium Nuclei. This effort has allowed Imhay’s work to be disseminated to a wider audience. This collaboration made it possible to organize the “Cabildo Abierto” [Open Council] of Social Sciences, Humanities, and Technology, a space of reflection in the context of the social demonstrations in Chile.

6. Outreach and connections with other sectors

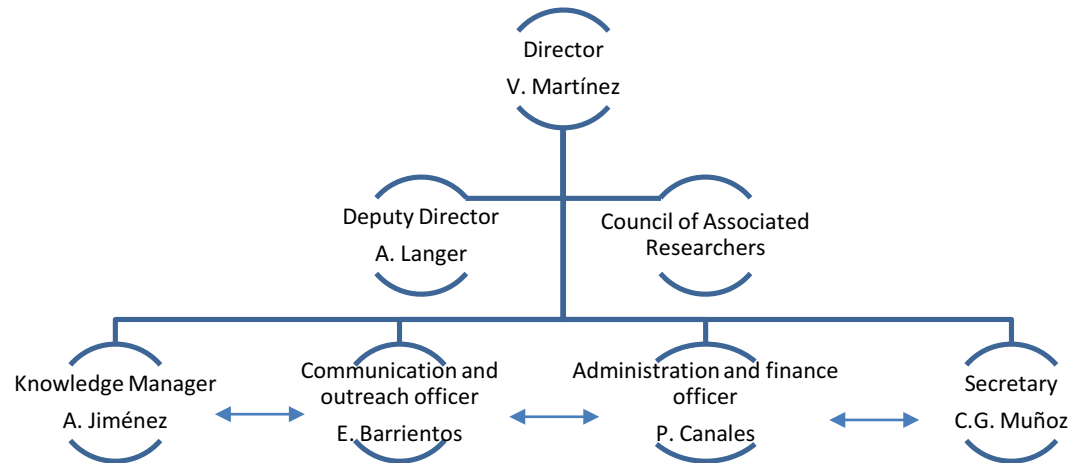
The institutional website (www.imhay.org) and social media accounts (Facebook, Twitter, Instagram, and YouTube) were launched. These platforms have become an effective way to disseminate Imhay's work, promote its activities, and establish a link with the public and institutions interested in the topics studied by our research teams. An institutional video was recorded to convey the scientific objectives of the Nucleus. The slogan #MejoremosLaSaludMental (#Let'sImproveMentalHealth) was created, which has been widely disseminated in the publications and psychoeducational material designed by the group. Infographics were generated that didactically show several mental health topics. These illustrations have also addressed current events –for example, the social mobilizations that the country experienced during 2019– and made visible and joined the commemoration of national and international days that are relevant to the work of Imhay. In addition, an alliance was established with the Instituto Nacional de la Juventud (National Youth Institute, INJUV), a public body in charge of collaborating with the Executive Branch in the design, planning, and coordination of policies related to youth affairs. This collaboration has resulted in a continuous development of graphic content on mental health. All this material has been disseminated on Imhay's multiple platforms and has been made available for download on the Nucleus' website. Imhay led the launch of the scientific program "Millennium on Air: Science, Culture, and Society". This program, broadcast weekly on Radio Universidad de Chile, seeks to publicize the work of the Millennium Centers in Social Sciences, lasts 25 minutes and has about 140,000 weekly listeners.

Imhay also played a major role in one of the main and largest scientific dissemination events in Chile, called Fiesta de la Ciencia (Science Festival), organized by the Explora Conicyt program. This activity lasted two days, bringing together more than 10,000 people and nearly 50 institutions related to science, technology, and education. Psychoeducational information was delivered in a warm and didactic way, regarding the importance of mental health care, the recognition of emotions, and tips to care for our emotional well-being. Games such as "the mood thermometer" and "memorizing emotions" were played. All these activities were designed to help reduce the stigma of mental health issues, one of the Nucleus' scientific objectives. Imhay organized ten scientific events (eight seminars and two courses) that featured the participation of members of academia, health and education professionals, among others. These activities brought together approximately 1,730 people around the themes studied by the Nucleus. Some of the topics covered were prevention of suicide in adolescents, prevention of drug use, digital mental health, and detection and early intervention in mental states of risk. Activities were carried out both in Santiago and in Talca and Valdivia, the regional headquarters of the Nucleus. The first Meeting of the Imhay Community stands out: it was an activity that brought together the members of the Nucleus, who were able to learn about ongoing research and establish collaborative links for present and future projects. Also worthy of special mention is the opening ceremony of Imhay, which was held in conjunction with the Millennium Nucleus for Social Development (DESOC), an event that included university and the Millennium Science Initiative authorities. Imhay researchers participated in 30 dissemination activities in several regions of the country –reaching more than 2,000 attendees– where they were invited as experts in adolescent and youth mental health. Imhay established itself as a leading center in the study of mental health in university students. This status resulted in a series of invitations from various Chilean universities and student organizations to give presentations and provide advice on the subject. Imhay carried out eight training sessions for health and education professionals from different parts of Chile on how to approach suicidal behavior in young people. It is worth mentioning the training sessions prepared for professionals from Servicio Nacional para la Prevención y Rehabilitación del Consumo de Drogas (National Service for the Prevention and Rehabilitation of Drug Use, SENDA) and the Seremi de Salud de Arica, both government institutions. In addition, Imhay members trained volunteer professionals from the NGO Todo Mejora (It gets better) and Fundación para la Confianza, two renowned

Chilean organizations that promote the emotional well-being of children, adolescents, and young people. Imhay featured extensively in the main Chilean media outlets (newspapers, radio, television, and electronic portals). There were approximately 80 appearances in the press. In addition, researchers from the Nucleus were frequently featured in news stories on university mental health, where they were interviewed as experts. Internationally, the interview carried out by the British newspaper *The Guardian* with our senior researcher, RA, highlighted the importance of prevention for the treatment of mental illnesses. Furthermore, Imhay strengthened its links with the Explora-Conicyt program, the main Chilean scientific outreach agency, with which our team collaborated by advising on scientific content related to mental health and training education and health professionals. Imhay researchers were part of relevant initiatives implemented by national and international organizations. This is in line with Imhay's objective of strengthening the participation of its team in work panels organized by strategic State departments for the design of public policies that aim to improve the mental health of adolescents and young people. Imhay researchers played a key role in work groups organized by the Ministry of Health of Chile on “Cyberbullying in children, adolescents, and young people”, the update to the “Guidelines for the Clinical Treatment of Depression in people aged 10 to 14 years”, and “Recommendations for the prevention of suicidal behavior in school establishments”. Likewise, researchers from the Nucleus were part of expert commissions convened by the Ministry of Justice and Human Rights to develop a “Model of Specialized Intervention in Young Law Offenders” for the future National Youth Social Reintegration Service, in addition to participating in the preparation and implementation of the first version of the “Protocol with a gender perspective for women who remain in temporary internment centers, closed regime, and youth sections, according to law N° 20.084”. Furthermore, Imhay investigators were also asked to join the consultation process for the construction of proposed goals for the 2018-2025 National Action Plan for Children and Adolescents, led by the Ministry of Social Development and Family. Imhay researchers advised the Instituto Nacional de la Juventud (National Youth Institute, INJUV) on issues related to the mental health of adolescents and young people. The Nucleus also worked with the Servicio Nacional para la Prevención y Rehabilitación del Consumo de Drogas (National Service for the Prevention and Rehabilitation of Drug Use, SENDA), which asked the Nucleus to train its personnel and provide them with tools and techniques for addressing trauma and suicidal behavior in young people. Imhay researchers advised various municipalities on issues such as “Prevention of the use of substances of abuse” (Office of Children and Youth of the Municipality of Lo Barnechea); “Evaluation of a positive educational practices program” (Teaching Area of the Municipality of Valdivia); and “Setting up the Rucalaf Community Wellness Center, a mental health center geared towards children and adolescents” (Municipal Corporation of Renca). Imhay began a collaboration with Instituto Nacional –an emblematic Chilean public school– to design a socio-emotional development program for its students. Likewise, together with the Institute of Public Affairs of Universidad de Chile, the Nucleus advised SENDA on the implementation of the “Evaluation Study of the Universal Prevention Strategy for educational establishments and kindergartens” and the “Study for the validation of an instrument of Selective Prevention”. Also, Imhay offered advice for implementing the “Survey on the activities of children and adolescents”, an instrument produced by UNICEF. In addition, the Nucleus was part of the Working Group for the development of the Guidelines for School Health Services convened by the World Health Organization. Imhay has been collaborating as academic consultant with Facebook in the areas of security and privacy of information for children and young people. One Imhay researcher was invited by UNICEF (New York) as a consultant to the Artificial Intelligence and Children’s Rights Policy Workshop for the production of the Child Rights Principles and participated as an expert consultant in the meeting of the United Nations Committee on the Rights of the Child (Children and the Digital Environment), which took place in London. He was invited to this meeting by 5Rights Foundation and the House of Lords of the United Kingdom.

7. Administration and Financial Status

Organization chart



The Council of associated researchers meets once a month to define Imhay’s research strategy. During 2019, Council members worked in several committees established to fulfill necessary tasks for the operation of Imhay and to define the strategies needed to meet the Nucleus’ research goals. The Management Team holds weekly internal meetings and also gets together with the Imhay’s Council. Imhay depends on four host institutions, but in terms of infrastructure and administrative duties, our Nucleus primarily relies on the support of University of Chile’s Faculty of Medicine and the Clinical Hospital of the University of Chile.

Category	Female	Male	TOTAL
Assistant & Technicians	7	4	11
Administrative Staff	3	1	4
TOTAL	10	5	15

The Nucleus has received two financial contributions from MSI (2018-2019 and 2019-2020 budget), which are equivalent to US\$171,779. By December 2019, 55 per cent of these funds had been used. These funds were predominantly devoted to regular activities implemented during the year (researchers’ salaries and equipment for the operation of the Nucleus). These funds went toward software for studies (Qualtrics), a computer and a printer, the payment of scientific event registration fees for researchers and students, and the translation of scientific papers to be submitted for publication in international journals. Additionally, MSI contributed US\$ 9,786 for outreach activities, of which 11 percent has been used. During 2019, Imhay’s associate researchers have also received financial support from CONICYT (FONDECYT, PCI: around US\$ 201,422) and CORFO – FIC (US\$ 117,432) to support their research projects. Associate Researchers have also received internal research funding from the host universities (US\$ 27,833).

8. Annexes:**Annex 1.- Nucleus Researchers****1.1 Associate Researchers**

Name	Research Line	Nationality	Gender	Date of birth dd/mm/yy	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Vania Martínez	- Education and awareness in mental health - Targeted prevention and early treatment	Chilean	F	14/01/70	Medical doctor	D	Universidad de Chile	Associate Professor	2
Álvaro Langer	- Universal promotion and prevention - Targeted prevention and early treatment	Chilean	M	29/05/79	Psychologist	D	Universidad Austral	Associate Professor	2
Jorge Gaete	- Universal promotion and prevention	Chilean	M	14/11/73	Medical doctor	D	Universidad de los Andes	Associate Professor	2
Pablo Gaspar	- Targeted prevention and early treatment	Chilean	M	20/08/75	Medical doctor	D	Universidad de Chile	Assistant Professor	2
Daniel Hojman	- Social aspects of mental health and public policies	Chilean	M	23/08/72	Economist	D	Universidad de Chile	Associate Professor	2
Daniel Núñez	- Targeted prevention and early treatment	Chilean	M	30/10/67	Psychologist	D	Universidad de Talca	Associate Professor	2

María Graciela Rojas	- Targeted prevention and early treatment - Social aspects of mental health and public policies	Chilean	F	24/09/53	Medical doctor	D	Universidad de Chile	Full Professor	2
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1.2 Young Researchers

Name	Research Line	Nationality	Gender	Date of birth dd/mm/yy	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Ana Barrera	- Social aspects of mental health and public policies - Targeted prevention and early treatment	Chilean	F	22/11/85	Psychologist	D	Universidad Católica de Temuco	Assistant Professor	2
Francesca Borghero	- Universal promotion and prevention	Chilean	F	21/12/84	Medical doctor	M			2
Susana Campos	- Targeted prevention and early treatment	Chilean	F	10/08/92	Psychologist	M	Universidad de Talca	Co-researcher	2
Javier de la Maza	- Education and awareness in mental health	Chilean	M	23/08/84	Medical doctor	M			2
Nicolás Libuy	- Targeted prevention and early treatment	Chilean	M	02/06/86	Medical doctor	U (medical specialty)	Universidad de Chile	Assistant Professor	2
Scarlett Mac-Ginty	- Social aspects of mental health	Chilean	F	01/06/88	Odontologist	M	King's College London	PhD student	2

	and public policies								
Pablo Martínez	- Universal promotion and prevention - Targeted prevention and early treatment	Chilean	M	10/05/88	Psychologist	D	Universidad de Santiago		2
Rocío Mayol	- Targeted prevention and early treatment	Chilean	F	03/04/84	Psychologist	D	Universidad de Chile	Adjunct Professor	2
Maryam Farhang	- Targeted prevention and early treatment	Iranian	F	20/04/84	Psychologist	D	Hospital clínico Universidad de Chile	Postdoctorate student	2
María Daniela Valenzuela	- Universal promotion and prevention - Targeted prevention and early treatment	Chilean	F	27/09/88	Psychologist	D	Universidad de los Andes	Assistant Professor	2
Álvaro Jiménez	- Targeted prevention and early treatment - Social aspects of mental health and public policies	Chilean	M	14/03/85	Psychologist	D	Universidad de Chile	Postdoctorate student	1

1.3 Senior Researchers

Name	Research Line	Nationality	Gender	Date of birth dd/mm/yy	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Antígona Martínez	- Targeted prevention and early treatment	Panamanian	F	07/01/64	Psychologist	D	University of California	Senior Scientist	2

Ricardo Araya	- Universal promotion and prevention - Targeted prevention and early treatment - Social aspects of mental health and public policies	Chilean	M	03/09/56	Medical doctor	D	King's College London	Clinical Professor	2
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1.4 Postdoctoral Researchers

Name	Research Line	Nationality	Gender	Date of birth dd/mm/yy	Profession	Academic Degree	Affiliation	Current Position	Relation with Center

1.5 Others

Name	Research Line	Nationality	Gender	Date of birth dd/mm/yy	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Lionel Brossi	- Education and awareness in mental health	Argentinian	M	7/10/75	Journalist	D	Universidad de Chile	Assistant Professor	2
Jimena Carrasco	- Targeted prevention and early treatment	Chilean	F	19/08/76	Occupational therapist	D	Universidad Austral	Assistant Professor	2
Alicia Figueroa	- Targeted prevention and early treatment	Chilean	F	21/02/71	Licentiate in literature	D	Universidad de Chile	Assistant Professor	2

<u>NOMENCLATURE:</u> [Gender]	[Academic Degree]	[Relation with Center] [1] Full time [2] Part time
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[M] Male [F] Female	[U] Undergraduate [M] Master [D] Doctoral
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Annex 2.- Research Lines

N°	Research Line	Research Line Objectives	Description of Research Line	Researcher	Research Discipline	Starting Date [dd/mm/yy]	Ending Date [dd/mm/yy]	Status
1	Education and awareness	To determine the impact on the search for help and reduction of the stigma of mental disorders in adolescents and young people through training activities for education and health personnel and communication campaigns aimed at the general population.	The research in this line is oriented to determine the impact of communication campaigns in the search for help in mental health and the decrease of stigma in adolescents and young people. Methodology and work plan: Carry out a study of interrupted time series on the impact of help-seeking and stigma reduction in health and/or educational institutions where the campaigns are implemented. Participatory design and digital technologies will be used. Pre and post comparisons will be made in relation to the results of interest.	Vania Martínez, Lionel Brossi, Javier de la Maza	Other psychologies	01-10-2018	--	Ongoing
2	Universal promotion and prevention	Implement and evaluate interventions for the promotion and universal prevention in mental health of adolescents and young people, in line with the programmatic offer	In this line we will evaluate the integrated use of interventions based on cognitive behavioural models (I-CC) and mindfulness for the promotion of mental health and healthy lifestyles, and the prevention of anxiety and depressive	Vania Martínez, Álvaro Langer, Jorge Gaete, Ana Barrera, Francesca Borghero, Nicolás Libuy, Scarlett MacGinty, María Daniela	Other Psychologies Hygiene and public health (epidemiology)	01-10-2018	--	Ongoing

		of educational services	psychopathology. The studies will use participatory design methodologies and digital technologies in line with the programmatic offer of educational services. Methodology and work plan: To carry out a randomized controlled trial (RCT), to evaluate the impact of IMFN and I-CC on school coexistence and social-emotional skills, considering the characteristics of the local environment. Participatory designs and multilevel analysis will be used, with results evaluated in follow-ups longer than 6 months.	Valenzuela				
3	Targeted prevention and early treatment	To evaluate the efficacy, effectiveness and cost-effectiveness of interventions aimed at adolescents and young people with risk factors in mental health or who already have psychopathology	In this line, studies will be developed to determine the cut-off points of screening instruments to assess broad-spectrum psychiatric symptoms in adolescents and young adults. Likewise, studies will be developed to adapt and evaluate interventions to reduce the experience of victimization and bullying in vulnerable schools, incorporating the use of digital technology, and neurobiologically based psychosocial interventions will be developed to improve the long-term prognosis in adolescents with sub-threshold	Vania Martínez, Álvaro Langer, Jorge Gaete, Pablo Gaspar, Daniel Núñez, María Graciela Rojas, Susana Campos, Pablo Martínez, Rocío Mayol, Maryam Farhang, Álvaro Jiménez, Antígona Martínez, Ricardo Araya	Other Psychologies Clinical Psychology Hygiene and public health (epidemiology)	01-10-2018	---	Ongoing

			<p>psychotic symptoms. In addition, the implementation of remote collaborative programs for the mental health care of adolescents with rights violations will be evaluated. Methodology and work plan: Study of psychometric properties of screening instruments to improve the identification of adolescents at risk. To carry out an RCT for the prevention of school bullying, considering the cultural relevance of the intervention. Conduct a pilot study to implement a multi-component program to improve the prognosis of adolescents with sub-threshold psychotic symptoms. Conduct a study of the implementation of a digital technology-based intervention to improve depression in vulnerable adolescents served in PHC. Study the implementation of a collaborative distance program to advise PHC teams that attend to the mental health of adolescents with rights violations. Evaluate the acceptability and satisfaction of this intervention among health care providers, and the use</p>					
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			of services and associated costs at the level of PHC facilities.					
4	Social aspects and public policies	Identify threats and opportunities for the positioning of adolescent and youth mental health as a national priority, and its integration into health and education programs	<p>This line of research has a transversal character, allowing the evaluation of the interventions adapted, developed and/or evaluated in the other specific objectives, from a public policy perspective, with the objective of identifying threats and opportunities for the positioning of adolescent and youth mental health as a national priority, and its integration into health and education programs.</p> <p>Methodology and Work Plan: Prevalence and ethnographic studies will be developed to analyze the socioeconomic and cultural determinants of mental health in adolescents and youth. Likewise, the impact of mental health problems on educational and labour outcomes in adolescence and youth will be analysed. In addition, the impact of substance use treatment policies and practices on young lawbreakers will be investigated.</p>	Daniel Hojman, María Graciela Rojas, Álvaro Jiménez, Ana Barrera, Nicolás Libuy, Scarlett Mac-Ginty, Ricardo Araya	<p>Other Psychologies</p> <p>Economics</p> <p>Sociology</p> <p>Hygiene and public health (epidemiology)</p>	01-10-2018	---	Ongoing

Annex 3.- Publications (Total or partially financed by MSI)**3.1.- ISI/WOS Publications or Similar to ISI/WOS Standard:**

3.1.1 Associate Researchers: *Listado de publicaciones en que participe como autor a lo menos un Investigador Asociado del centro*
Autores (año), título artículo, nombre revista, número revista, páginas.

N°	Categoría y Publicación	Quartil	Autores	Associate Researcher	Title	Source	Volume	Number	Initial page	ISSN	DOI	Research line	N° associate researchers	N° other researchers	N° students	Date of publication
1	ISI/WOS o Similar a ISI/WOS standard	2	Gaspar P, <u>Castillo R</u> , Maturana A, Villar M, Ulloa K, González G, Ibaceta O, Ortiz A, Corral S, Mayol R, De Angel V, Aburto M, Martine	Pablo Gaspar	Early psychosis detection program in Chile: A first step for the South American challenge in psychosis research	Early Intervention in Psychiatry	13	2	328	1751-7893	10.1111/eip.12766	Targeted prevention and early treatment	2	0	1	02/12/2018

			z A, Corcoran C, Silva H													
2	ISI/WO S o Similar a ISI/WO S standard	2	Núñez D, Arias V, Méndez-Bustos P, Fresno A	Daniel Núñez	Is a brief self-report version of the Columbia severity scale useful for screening suicidal ideation in Chilean adolescents?	Comprehensive Psychiatry	88		39		https://doi.org/10.1016/j.comppsyh.2018.11.002	Targeted prevention and early treatment	1	0	0	17/12/18
3	ISI/WO S o Similar a ISI/WO S standard	3	<u>Parada E</u> , Martínez V., Espinosa H., Bauer S. & Moessner M.	Vania Martínez	Using Persuasive Systems Design Model to Evaluate “Cuida tu Ánimo”: An Internet-Based Pilot Program for Prevention and Early Intervention of Adolescent Depression	Telemedicine and e-Health	26	2	251	http://doi.org/10.1089/tmj.2018.0272	http://doi.org/10.1089/tmj.2018.0272	Targeted prevention and early treatment	1	0	1	21/01/19
4	ISI/WO S o Similar a	2	Martínez V., Rojas G.,	Vania Martínez,	Computer-Assisted Cognitive-Behavioral	Frontiers in Psychiatry	10		552	1664-0640	https://www.frontiersin.org/article/	Targeted prevention and	3	2	0	30/07/19

	ISI/WO S standard		Martinez P., Gaete J., Zitko P., Vöhringer P.A., Araya R.	Graciela Rojas	Therapy to Treat Adolescents with Depression in Primary Health Care Centers in Santiago, Chile: A Randomized Controlled Trial					10.3389/fpsy.2019.00552	early treatment				
5	ISI/WO S o Similar a ISI/WO S standard	3	Schmidt C., Reyes G., Barrientos M., Langer A., Sackur J.	Álvaro Langer	Meditation focused on self-observation of the body impairs metacognitive efficiency	Consciousness and Cognition	70	116	1053-8100	https://doi.org/10.1016/j.concog.2019.03.001	Universal promotion and prevention	1	0	0	11/03/19
6	ISI/WO S o Similar a ISI/WO S standard	4	Krogh E., Medeiros S., Bitran M., Langer A.	Álvaro Langer	Mindfulness y la relación clínica: pasos hacia una resiliencia en medicina	Revista Médica de Chile	147	618	0034-9887	http://dx.doi.org/10.4067/S0034-98872019000500618	Targeted prevention and early treatment	1	0	0	30/09/19
7	ISI/WO S o Similar a ISI/WO S standard	2	Cerga-Pashoja A., Gaete J., Shishkova A., Jordanova V.	Jorge Gaete	Improving Reading in Adolescents and Adults with High-Functioning Autism Through an Assistive	Frontiers in Psychiatry	10	546	1664-0640	10.3389/fpsy.2019.00546	Targeted prevention and early treatment	1	3	0	07/08/19

					Technology Tool: A Cross-Over Multinational Study											
8	ISI/WO So Similar a ISI/WO S standard	2	Martínez P., Rojas G., Martínez V., Marín R., Cornejo J.P., <u>Gómez V.</u>	Graciela Rojas, Vania Martínez	Measuring Primary Health Care Clinicians' Skills for Depression Management	Frontiers in Psychiatry	10	570		1664-0640	https://doi.org/10.3389/fpsy.2019.00570	Social aspects and public policies	2	1	0	14/08/19
9	ISI/WO So Similar a ISI/WO S standard	2	Jiménez-Molina A., <u>Franco P.</u> , Martínez V., Martínez P., Rojas G., Araya R.	Vania Martínez, Graciela Rojas	Internet-Based Interventions for the Prevention and Treatment of Mental Disorders in Latin America: A Scoping Review	Frontiers in Psychiatry	10	664		1664-0640	https://doi.org/10.3389/fpsy.2019.00664	Targeted prevention and early treatment	2	3	0	13/09/19
10	ISI/WO So Similar a ISI/WO S standard	2	Rojas G., Martínez V., Martínez P., <u>Franco P.</u> , Jiménez	Graciela Rojas, Vania Martínez	Improving Mental Health Care in Developing Countries Through Digital Technologies: A Mini	Frontiers in Public Health	7	391		2296-2565	https://doi.org/10.3389/fpubh.2019.00391	Targeted prevention and early treatment	2	2	0	20/12/19

			-Molina A.		Narrative Review of the Chilean Case											
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3.4.- Scientific Books and Chapters

3.4.1 Associate Researchers:

Libro: Autores (año) Nombre libro. Editorial, Ciudad, País, número de páginas.

Capítulos de libros: Autores (año) Título capítulo en: Autores libro, Libro, páginas, Editorial, Ciudad, País.

N°	Category Publication	Authors	Associate Researcher	Title	Source	Initial page	ISSN	DOI	Research line	N° associate researchers	N° other researchers	N° students	Date of Publication
1	Scientific Books and Chapters	Steinebach C., Langer A., & Minh T.	Álvaro Langer	Sustainable Systemic Effects in Different Environments	Springer International Publishing, Switzerland	3	978-3-030-25512-1	https://doi.org/10.1007/978-3-030-25513-8_1	Universal promotion and prevention	1	0	0	01/08/19
2	Scientific Books and Chapters	Steinebach C. & Langer A.	Álvaro Langer	Enhancing Resilience in Youth. Mindfulness-Based Interventions in Positive Environments	Springer International Publishing, Switzerland		978-3-030-25512-1	https://doi.org/10.1007/978-3-030-25513-8	Universal promotion and prevention	1	0	0	01/08/19
3	Scientific Books and Chapters	Langer A., Steinebach C., García-	Álvaro Langer	Looking for a Broad Framework for the	Springer International	19	978-3-030-	https://doi.org/10.1007/978-3-	Universal promotion and	1	0	0	01/08/19

		Rubio C., Andreu C. & Torres- Díaz L.		Integration of Mindfulness- Based Interventions in the Educational System	Publishing, Switzerland		25513- 8	030- 25513-8_2	preventio n				
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3.5.- Other Publications

3.5.1 Associate Researchers: *Listado de otras publicaciones en que participe como autor a lo menos un Investigador Asociado del centro*

Autores (año), título artículo, nombre revista, número revista, páginas.

Nº	Category Publication	Authors	Associate Researcher	Title	Source	DOI	Research Line	Nº associate researchers	Nº other researchers	Nº students	Date of Publication
1	Other Publications	Maturana A, Ulloa K, Corral S, Castillo R, Labra M, Prieto P, Villar M, Gaspar P, Mayol R	Pablo Gaspar	Manual psicoeducativo para comprender los estados mentales de riesgo. Una mirada preventiva para el desarrollo integral del adolescente y joven	Núcleo Milenio para Mejorar la Salud Mental de Adolescentes y Jóvenes (Imhay)	--	Targeted prevention and early treatment	1	1	1	01/10/19

3.6.- “ISI/WOS Publications or Similar to ISI/WOS Standard”, “SCOPUS Publications or Similar to SCOPUS Standard” “SCIELO Publications or Similar to SCIELO Standard”, “Books and chapters in books” y “Other Publications [Other Researchers]”:

3.6.1 Other researchers:

Nº	Category Publication	Quartile	Authors	Title	Source	Volume	Number	Initial page	ISSN	DOI	Research line	Nº other researchers	Nº students	Date of Publication
1	Scientific Books and Chapters	--	Brossi L., Dodds T., Passeron E.	Inteligencia Artificial y Bienestar de las Juventudes en América Latina	LOM	--	--	--	978-956-00-1237-1	--	Education and awareness	1	0	02/12/19
2	ISI/WOS o Similar a ISI/WOS standard	4	Reyes P., Cottet P., Jiménez-Molina A., Jáuregui G.	Rethinking medicalization : discursive positions of children and their caregivers on the diagnosis and treatment of ADHD in Chile	Saúde e Sociedade	28	1	40	0104-1290	http://dx.doi.org/10.1590/s0104-12902019181141	Social aspects and public policies	1	0	08/01/19
3	ISI/WOS o Similar a ISI/WOS standard	4	Béliard A., Jiménez-Molina A., Díaz-Valdés J., Le Goff A., Mougél S., Sir H.	The multiple meanings of ADHD: between deficit, disruption and hidden potential	Saúde e Sociedade	28	1	55	0104-1290	http://dx.doi.org/10.1590/s0104-12902019181145	Social aspects and public policies	1	0	08/01/19

4	Scopus	4	Valdivia A, Brossi L, Cabalin C, Pinto D	Alfabetizaciones y prácticas digitales desde agencias juveniles. Desafíos para la educación en Chile	Pensamiento Educativo. Revista de Investigación Educativa Latinoamericana	56	2	1	0719-0409	10.7764/PEL.56.2.2019.1	Education and awareness	1	0	04/11/19
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3.5.- Collaborative publications:

Category of Publication	1 researcher		2 researchers		3 researchers		4 or more researchers	
	N°	%	N°	%	N°	%	N°	%
<i>ISI/WOS Publications or Similar to ISI/WOS Standard</i>	0	0.00%	1	5.56%	0	0.00%	11	61.11%
<i>SCOPUS Publications or Similar to SCOPUS Standard</i>	1	5.56%	0	0.00%	0	0.00%	0	0.00%
<i>SCIELO Publications or Similar to SCIELO Standard</i>	0	0.00%	0	0.00%	0	0.00%	0	0.00%
<i>Books and chapters</i>	0	0.00%	1	5.56%	2	11.11%	1	5.56%
<i>Other Publications</i>	0	0.00%	1	5.56%	0	0.00%	0	0.00%
<u>Total of publications</u>	1	5.56%	3	16.67%	2	11.11%	12	66.67%

Annex 4.- Organization of Scientific Events

Scope	Title	Type of Event	City	Country	Responsible Researcher
National event	Prevention of alcohol and drug use in adolescents	Seminar	Santiago	Chile	Jorge Eduardo Gaete Olivares
National event	Interventions for the prevention of mental health disorders and suicidal behavior in adolescents and young people	Seminar	Santiago	Chile	Daniel Edmundo Núñez Gutiérrez
National event	Implementation of the Icelandic model of drug prevention	Seminar	Santiago	Chile	Vania Martínez Nahuel
National event	Prevention of Depression and Suicide in Adolescents	Seminar	Santiago	Chile	Vania Martínez Nahuel
National event	Clinical and Therapeutic Challenges in Psychosis	Conference	Santiago	Chile	Pablo Arturo Gaspar Ramos
National event	Mental Health in the Digital Era	Seminar	Santiago	Chile	María Graciela Rojas Castillo
National event	Millennium Nucleus Imhay Launching Ceremony	Launching ceremony	Santiago	Chile	Vania Martínez Nahuel
National event	Early detection and intervention in mental states at risk: Training in the use of interviews and research proposals	Course	Talca	Chile	Pablo Arturo Gaspar Ramos
National event	From mental states of risk to first episode of schizophrenia: Early detection, assessment and intervention	Course	Valdivia	Chile	Pablo Arturo Gaspar Ramos

Annex 5.- Education and capacity building**5.1 Capacity Building inside MSI Centers**

MSI RESEARCHER	NUMBER						TOTAL NUMBER PER MSI RESEARCHER
	Undergraduate students		Graduate students				
	F	M	F	M	F	M	TOTAL
Vania Martínez	0	1	2	0	1	0	4
Álvaro Langer	2	0	0	0	0	0	2
Jorge Gaete	1	1	2	0	0	0	4
Pablo Gaspar	0	0	0	0	1	2	3
María Graciela Rojas	0	0	0	0	0	1	1
Lionel Brossi	0	1	0	0	0	0	1
Daniel Núñez	0	0	0	0	1	0	1
TOTAL	3	3	4	0	3	3	16

Annex 5.2. - Short-term Traineeships of MSI students**External Internships**

Intern Type	Intern Name	Academic Degree	Home Institution	Destination Institution	Country	Project Description	Starting Date	Ending Date
Student	Anya Peck	Master in Public Health	Center for Global Mental Health, Columbia	Universidad de Chile (Imhay)	Finland	Anya Peck collaborated in the development of the project “Vamos juntos” (Let’s go together), a communication campaign aimed at promoting	01-07-2019	05-12-2019

			University (New York)			help-seeking among adolescents and young people at risk of suicide through social networks.		
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Annex 6.- Networking and other collaborative work

6.1 Formal Collaboration networks

NOMENCLATURE:
[Network Scope]
 [N] National [I] International [LA] Latin American

Network Name	Network Scope	Researchers				Institutions
		From the Center		External		
		Researchers	Postdocs/ Students	Researchers	Postdocs/ Students	
Mental State Risk Network	N	6	2	30	0	Hospital Clínico de la Universidad de Chile (Imhay) Universidad de Talca Universidad Austral de Chile Hospital Base de Valdivia

						Hospital de Los Angeles
						Hospital Base de Osorno
						Hospital de Temuco
Red de Estudios sobre Violencias	N	3	1	20	0	Imhay
						Paz Ciudadana,
						Fundación Chile XXI
						CIIR
						Universidad Academia de Humanismo Cristiano
						Núcleo Milenio Autoridad y Asimetrías de Poder (NUMAAP)
						Instituto de Sociología PUC
						Facultad de Psicología Universidad Diego Portales
Network for the development of digital mental health	N	7	2	6	0	Facultad de Medicina, Facultad de Ciencias Físicas y Matemáticas, Instituto de la Comunicación e Imagen, Facultad

						de Ciencias Sociales (Universidad de Chile), Imhay
World Mental Health International College Student Initiative (WMH-ICS)	I	17	1	40	0	Imhay, Organización Mundial de la Salud (OMS), Universidad de Harvard, Universidad de Columbia, Vrije Universitat Amsterdam, Universidad Católica de Leuven
Conectados al Sur	LA	1	0	250	0	Instituto de la Comunicación e Imagen (Universidad de Chile), Berkman Klein Center for Internet and Society (Harvard University), UNICEF, Imhay
International Mindfulness Network	I	1	1	15	0	Universidad Austral de Chile, ZHAW Zurich University of Applied Sciences (Suiza), Moscow Region State University (Rusia), Universidad de Almería (España), Università Roma Tre (Italia), University of social sciences and

						humanities, HCMC Vietnam National University
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Annex 6.2.- Collaboration Networks

Activity Name	Objective	Description	Co-Participants Institutions	Number of Research from the Center	Number of Postdocs/Students from the Center	Number of External Research	Number of External Postdocs/Students	Product	Name of the Center Associate Researchers Participating in the activity
Collaboration between Millennium Nucleus in Social Sciences	Disseminate the work of the Millennium Nuclei and Institutes in Social Sciences to a wide audience and collaborate in the visibility and positioning of the Social Sciences and Humanities in public decision-making	The Millennium Nucleus in Social Sciences joined forces to publicize their research through the launch of “Milenio al aire: Ciencia, Cultura y Sociedad” [Millennium on the air: Science, Culture and Society], a popular science section broadcast on Radio Análisis of Radio Universidad de Chile. This collaboration allowed the organization of the “Cabildo Abierto” [Open Council] of	DESOC MLIV MOVYT EdSup Cesiep Nmapa Numies NMAAP MIDAP	4	1	9	--	Programa de radio "Milenio al aire: Ciencia, Cultura y Sociedad"; Cabildo Abierto de Ciencias, Humanidades y Tecnología	Vania Martínez Nahuel Jorge Eduardo Gaete Olivares

		Social Sciences, Humanities and Technology, a space of reflection in the context of the social demonstrations in Chile.							
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Annex 7. - Outreach**7.1. - Outreach activities throughout the period**

Event Title	Type of Event	Scope	Target Audience	Date	Country	Region	N° of Student from the Center	N° of Attendees	Duration in days	Participating Researchers	Responsible for the activity
Addressing trauma and suicidal behavior in adolescents	Training Session	National	Public service	17/11/2018	Chile	Metropolitana de Santiago	0	120	2	Álvaro Jiménez Molina Daniel Edmundo Núñez Gutiérrez Vania Martínez Nahuel	Servicio Nacional para la Prevención y Rehabilitación del Consumo de Drogas y Alcohol
Addressing trauma and suicidal behavior in adolescents	Training Session	National	Public service	23/11/2018	Chile	Metropolitana de Santiago		40	1	Álvaro Jiménez Molina Vania Martínez Nahuel	Municipalidad de Huechuraba
Mindfulness and Compassion Wednesday	Workshop	National	University Students	9/1/2019	Chile	Metropolitana de Santiago		15	1	Álvaro Ignacio Langer Herrera	Alvaro Langer, investigador asociado
Scientific Coffee	Conference	National	General Community	25/10/2018	Chile	de la Araucanía	0	120	1	Vania Martínez Nahuel	Universidad de La Frontera
Mental Health in College Students, What Can Universities Do?	Conference	National	University Students	7/5/2019	Chile	Metropolitana de Santiago		20	1	Álvaro Jiménez Molina	Escuela de Enfermería UC
Adolescent Depression: How to tell the difference between it and age?	Conference	National	Public service	16/5/2019	Chile	Bío Bío		50	1	Vania Martínez Nahuel	Universidad Católica de Temuco
Tackling bullying and discrimination	Conference	National	Middle School Students	30/5/2019	Chile	Metropolitana de Santiago		200	1	María Daniela Valenzuela Schindler	Universidad de Los Andes
Addressing trauma and suicidal behavior in adolescents	Training Session	National	Public service	19/11/2018	Chile	Arica y Parinacota		60	1	Álvaro Jiménez Molina Vania Martínez Nahuel	Elisa Barrientos, encargada de comunicaciones
	Conversatory	National		13/5/2019	Chile			60	1		

Your Prejudice is My Problem: Mental Health in the Neoliberal Era			University Students			Metropolitana de Santiago				Vania Martínez Nahuel	Fundación Fe y Ciudadanía
Right to the City and Mental Health	Conference	National	University Students	27/5/2019	Chile	Metropolitana de Santiago		25	1	Vania Martínez Nahuel	Estudiantes de la Universidad Católica
University Mental Health	Forum	National	General Community	28/5/2019	Chile	Metropolitana de Santiago		30	1	María Graciela Rojas Castillo	Senado Universitario Universidad de Chile
Saturdaus IA	Seminar	National	General Community	27/7/2019	Chile	Metropolitana de Santiago		200	1	Lionel Ricardo Brossi Caravaglia	ONG Saturdays.ai
Mental Health in College Students: How to Prevent Depression	Conference	National	University Students	21/8/2019	Chile	Coquimbo		130	1	Álvaro Jiménez Molina	Universidad de La Serena
Mental health in higher education: what can universities do?	Conference	National	University Students	4/6/2019	Chile	Metropolitana de Santiago		80	1	Álvaro Jiménez Molina	Universidad de Santiago
Where is our mental health in health school?	Conversatory	National	University Students	7/6/2019	Chile	Metropolitana de Santiago		45	1	Vania Martínez Nahuel	Escuela de Salud Pública de la Universidad de Chile
Social inequities in health and how we can reduce them	Seminar	National	General Community	25/6/2019	Chile	Metropolitana de Santiago		130	1	Daniel Andrés Hojman Trujillo	Centro de Justicia Educativa
The health of health students	Seminar	National	University Students	26/7/2019	Chile	Metropolitana de Santiago		120	1	María Graciela Rojas Castillo	Departamento de Atención Primaria y Salud Familiar de la Universidad de Chile
Suicide prevention in schools	Training Session	National	Public service	27/8/2019	Chile	Metropolitana de Santiago		50	1	Vania Martínez Nahuel	Elisa Barrientos, encargada de comunicaciones
Mental Health in College Students: Tools for Suicide Risk Detection and Management	Training Session	National	University Students Public service	28/8/2019	Chile	Metropolitana de Santiago		50	1	Álvaro Jiménez Molina Vania Martínez Nahuel	Dirección de Asuntos Estudiantiles y Comunitarios de la Universidad de Chile
Seminar of peer tutors learning support center Universidad	Seminar	National	University Students	5/9/2019	Chile	Maule		50	1	Susana Verónica Campos Soto	Universidad Católica del Maule

Católica del Maule											
Mental Health in College Students: Tools for Suicide Risk Detection and Management	Training Session	National	University Professionals	5/9/2019	Chile	Bio Bio		50	1	Álvaro Jiménez Molina Vania Martínez Nahuel	Universidad Católica de la Santísima Concepción
Scientific coffee: What is reality?	Scientific Coffee	National	General Community	26/9/2019	Chile	Metropolitana de Santiago		90	1	Rocío Verónica Mayol Troncoso	Congreso del Futuro del Senado de Chile
Participation in the XII Science and Technology Festival	Science Fair	National	General Community	12/10/2019	Chile	Metropolitana de Santiago		10000	2	Vania Martínez Nahuel Javier de la Maza Guzmán Álvaro Jiménez Molina	Explora Conicyt
Suicide prevention in university students	Conferencie	National	University Students	16/10/2019	Chile	Metropolitana de Santiago		27	1	Vania Martínez Nahuel. Álvaro Jiménez Molina	Students from Universidad de Chile
Science, humanities and technology open council	Council	National	General Community	9/11/2019	Chile	Metropolitana de Santiago		120	1	Vania Martínez Nahuel	Millennium Nucleus in Social Sciences
Steps towards a more humane and egalitarian society: what leadership do we need?	Seminar	National	General Community	21/11/2019	Chile	de los Ríos		35	1	Álvaro Ignacio Langer Herrera	Álvaro Langer
Suicide risk assessment in adolescents and young people	Training Session	National	Public service	23/11/2019	Chile	Metropolitana de Santiago		40	1	Vania Martínez Nahuel	Fundación Todo Mejora
Mental health and social malaise	Conference	National	University Students	6/12/2019	Chile	Metropolitana de Santiago		30	1	Álvaro Jiménez Molina	Universidad Diego Portales
Suicide risk assessment in adolescents and young people	Training Session	National	Public service	17/12/2019	Chile	Metropolitana de Santiago		15	1	Vania Martínez Nahuel	Elisa Barrientos, encargada de comunicaciones
Conference on University Mental Health	Conference	National	University Students	3/6/2019	Chile	Metropolitana de Santiago		40	2	Ana Barrera Herrera	Universidad Alberto Hurtado

7.2.- Articles and Interviews

Type of media and scope	Local/Regional		National		International		TOTAL
	N° Interviews	N° Articles	N° Interviews	N° Articles	N° Interviews	N° Articles	
Written	0	0	2	22	0	1	25
Internet	0	0	2	29	0	2	33
Audiovisual	0	0	22	2	1	0	25
Total	0	0	26	53	1	3	83

Annex 8. - Connections with other sectors:

Activity	Type of Connection [Number]	Type of Activity [Number]	Institution Country	Agent Type [Number]	Economic Sector
Communication campaign on suicide prevention	2	1	USA	1	Communications
Training on adolescent suicide prevention	2	3	Chile	2	Educational
Communication campaign on suicide prevention	2	1	Chile	1	Medicine and human health
UNICEF Consultancy (Survey on the Activities of Children and Adolescents)	2	7 (consultancy)	Chile	2	Public Service
Advisor to the Instituto Nacional General José Miguel Carrera	2	4	Chile	3	Educational
Advisor to the Ministry of Health of Chile (Working group on Cyber-bullying)	2	7 (consultancy)	Chile	2	Medicine and human health
Consultancy for the Municipality of Lo Barnechea (Oficina Infanto-Juvenil)	2	4	Chile	2	Public Service
Consultancy for the Municipality of Valdivia (Children's and Youth Office)	2	4	Chile	2	Public Service
Consultancy for Ministry of Social Development and the Family (National Plan of Action for Children and Adolescents 2018-2025)	2	4	Chile	2	Public Service
Consultancy World Health Organization (WHO) (School Health)	2	4	Chile	2	Medicine and human health
Consultancy for the University of Chile	2	4	Chile	2	Medicine and human health
Advisor to the National Youth Institute (INJUV)	2	4	Chile	2	Public Service
Advice to the Department of Mental Health of the Ministry of Health (Recommendations for the prevention of suicidal behaviour)	2	4	Chile	2	Public Service

Consultancy for the Municipality of Renca	2	4	Chile	2	Public Service
Advice to Ministry of Health of Chile (Clinical Practice Guide for Depression)	2	4	Chile	2	Medicine and human health
Advisory services for the Ministry of Justice and Human Rights (temporary detention centres)	2	4	Chile	2	Public Service
Training for the National Service for the Prevention and Rehabilitation of Drug and Alcohol Consumption (SENDA) (Addressing trauma and suicidal behavior in adolescents)	1	3	Chile	2	Medicine and human health

NOMENCLATURE:

[Type of Connection] [1] Services Contract [2] Cooperation Agreement

[Type of Activity] [1] Development of Studies [2] Project Implementation [3] Training [4] Prospective Activity [5] Scientific [6] Installation of Scientists [7] Others (specify at the table foot other type of activity)

[Agent Type] [1] Industry and Services [2] Organizations and Public Services [3] Educational Sector

Annex 9.- Total incomes:

Funds	2019 Incomes	
	Amount [\$]	Percentage of resources used by the Center [%]
MSI	140.000.000	55%
CORFO – FIC (D Núñez)	90.000.000	100%
MSI (PME)	7.500.000	11%
Host Institution UCH (VID ENLACE Project, V Martínez)	5.000.000	100%
Host Institution UACH (Mindfulness project, A Langer)	1.000.000	100%
Host Institution UCH (U Redes Digital mental hhealth, G Rojas)	15.330.928	100%
FONDECYT (J Gaete)	53.972.000	100%
FONDECYT (G Rojas)	51.000.000	100%
CONICYT (PCI) (J Gaete)	49.397.458	100%
TOTAL	410.700.386	

Annex 10.- Outstanding Activities

Guidelines: We do not ask for this information on our online platform, it is new data we would like to collect.

*1. Indicate activities that are **relevant in your discipline** or research area executed in or still being implemented during the reported period that are not contained in any of the previous annexes.*

Name of the activity relevant in your discipline	Type of activity relevant in your discipline carried out	Description of the relevant activity in your discipline	Importance in your discipline of the activity	Possibility to maintain or replicate this activity