



COVER

| Name of the Center: Millennium Nucleus to Improve the Mental Health of Adolescents and Youths | |
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| Type (Institute or Nucleus) | Nucleus |
| Acronym | Imhay |
| Reported period | January 1 to December 31, 2023 |
| Starting date of the Center | December 16, 2021 |
| Web Page | https://www.imhay.org/ |
| Host Institution(s) | Universidad de Chile, Universidad Austral de Chile, Universidad de los Andes y Universidad de Talca. |
| Address | Profesor Alberto Zañartu 1030, Independencia, Santiago, Chile. |
| Stage | Renewal |
| Year of Execution | 2023 |
| End date of the Center | December 16, 2024 |
| Total amount | USD \$565,440 for 3 years |
| Total amount for the reported period | USD \$161,900 |

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| Declaración de Singapur |
|---|
| <i>Por este medio declaro que la información entregada en esta memoria anual es fidedigna, y que adhiero a la Declaración de Singapur, contenida en la Resolución Exenta N° 157 del 24 de enero de 2013 de Conicyt, como guía global para una conducta responsable en la investigación.</i> |

| <i>Institute / Nucleus Director Name</i> | <i>Institute / Nucleus Alternate Director Name</i> |
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| Vania Martínez Nahuel | Álvaro Langer Herrera |
| <i>Director's Signature</i> | <i>Alternate Director's Signature</i> |
|  |  |

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1.1.Executive Summary

The Millennium Nucleus to Improve the Mental Health of Adolescents and Youths (Imhay) is a scientific research center funded by the Millennium Science Initiative, which is composed of researchers from the social sciences, health, neurosciences, and other disciplines, converging in the study of adolescent and youth mental health. The year 2023 corresponds to the second year since the renewal of the Nucleus occurred at the end of 2021, corresponding to the fifth year of Imhay since its foundation in 2018. This has allowed consolidating the development of frontier research, dissemination activities, and connections with other institutions to contribute to the mental health of adolescents and young people. This document corresponds to the annual report of the scientific and dissemination activities carried out in the Nucleus during 2023.

Imhay's objective is to generate evidence that contributes to the development and evaluation of interventions to improve the mental health of adolescent and young people in order to support the formulation and strengthening of public policies. It is made up of more than 83 researchers (principal, adjunct, senior, and young researchers), students (undergraduate, masters, and doctoral), technical and administrative staff, who are part of the four institutions that host the center (Universidad de Chile, Universidad Austral de Chile, Universidad de Talca y Universidad de los Andes), as well as other Chilean and foreign universities.

Imhay has four lines of research related to the specific objectives of the center. These are:

1. Individual, relational, community and societal aspects. This line aims to analyze the interplay of protective and risk factors at the individual, relational, community, and societal levels that affect mental health, as well as the social consequences of mental health problems. Notable activities include the publication of articles on factors associated with mental health problems (such as social contagion, violence, early stress, etc.) and a book on depression. In this line of research, a longitudinal study is being developed with university students involving the four host universities plus the Universidad de O'Higgins. This project is related to the World Mental Health International College Student (WMH-ICS) collaborative network.
2. Awareness and promotion. This line seeks to raise awareness and reduce stigma about mental health problems to encourage timely consultation of mental health services and promote adequate emotional wellbeing. In this line, articles were published on resilience, barriers, and facilitators for seeking help in young people with depression, digital skills in children living in rural areas, among others. There are currently two projects associated with this line of research, one of which involves seven principal researchers from Imhay.
3. Universal and targeted prevention. Its objective is to evaluate the efficacy, effectiveness and cost-effectiveness of preventive interventions aimed at adolescents and young people in the general population, with risk factors or who already have psychopathology. In this line, interventions to prevent mental health problems aimed at university students, parents or the school community stand out. In addition, a book on the prevention and early intervention of depression was published with the participation of several Imhay researchers. There are five ongoing research projects in this line.
4. Detection and early intervention. Its purpose is to develop, adapt and evaluate tools, strategies and interventions that allow better detection and early intervention of psychopathology. Studies have been published on the adaptation of instruments to evaluate different mental health problems, as well as publications on the adaptation of an intervention using smartphones, the results of two interventions based on mindfulness, among others. Several projects are part of this line, highlighting one led by the director of Imhay in which five principal researchers of Imhay participate.

During this year, 45 scientific publications were made in articles in indexed scientific journals, books, and book chapters. Imhay researchers also participated in 46 presentations at national and international scientific congresses. Four national scientific events were organized, two of them corresponding to training activities aimed at complementing the training of students and young researchers from Imhay and other Millennium Centers.

In 2023, 43 undergraduate, master's and doctoral students participated, who are part of the Nucleus under the mentorship of a principal researcher. The purpose of their participation in the Nucleus is to complement their academic training, together with the development of competencies and knowledge for research in mental health with adolescents and young people. During this year, 15 students completed their studies, and 8 theses were concluded. This year there were two internships of Imhay students in foreign universities and one internship of a doctoral student from a foreign university in Imhay.

Imhay is part of five collaborative networks (four international and one national). One of these corresponds to the WMH-ICS initiative of the World Health Organization, in which universities from 18 countries are participating.

In the field of scientific dissemination, members of Imhay participated in 76 activities and events, reaching an audience of more than eight thousand people with their research.

Imhay has become a reference in youth mental health for the media. This is demonstrated by the 119 appearances of researchers of the Nucleus in different regional, national, and international media.

During 2023, Imhay consolidated its presence in digital platforms, achieving more than 12 thousand followers who access information and content on mental health.

This year, 39 connections were established with other public institutions, non-governmental organizations, and private companies. Of special importance are the connections with the public sector, including institutions such as the Ministry of Health, the Ministry of Education, the National Youth Institute, and Municipalities. The purpose is to support the creation and strengthening of public policies aimed at adolescents and youth.

Imhay is coordinated by a Council of Principal Researchers, led by the director of the Nucleus, who meet monthly to plan the center's scientific and dissemination activities. It also has an executive team that meets weekly, composed of the director, alternate director, communications manager, executive coordinator, and management coordinator, who are responsible for developing administrative and coordination tasks of the Nucleus.

The resources of the Nucleus come from the Millennium Science Initiative. These resources are mainly used to pay the salaries of technical and administrative personnel, to organize scientific and outreach events, and to support research activities such as the payment of registration fees for researchers and students in scientific congresses.

1.2. Resumen Ejecutivo

El Núcleo Milenio para Mejorar la Salud Mental de Adolescentes y Jóvenes (Imhay) es un centro de investigación científica financiado por la Iniciativa Científica Milenio, compuesto por investigadores de ciencias sociales, salud, neurociencias y otras disciplinas, que convergen en el estudio de la salud mental de adolescentes y jóvenes. El 2023 corresponde al segundo año desde la renovación del Núcleo ocurrida a finales de 2021 y al quinto año desde su fundación en 2018. Esto ha permitido consolidar el desarrollo de investigación de frontera, actividades de difusión y vinculación con otras instituciones para contribuir a la salud mental de adolescentes y jóvenes. Este informe corresponde al reporte anual de las actividades científicas y de divulgación realizadas en el Núcleo durante el 2023.

El objetivo de Imhay es generar evidencia que contribuya al desarrollo y evaluación de intervenciones para mejorar la salud mental de adolescentes y jóvenes con el fin de apoyar la creación y fortalecimiento de políticas públicas. Está conformado por más de 83 investigadores (principales, adjuntos, senior y jóvenes), estudiantes (pregrado, máster y doctorado), personal técnico y administrativo, que forman parte de cuatro instituciones que albergan al centro (U. de Chile, U. Austral de Chile, U. de Talca y U. de los Andes), así como de otras universidades chilenas y extranjeras.

Imhay posee 4 líneas de investigación relacionadas con los objetivos específicos del centro. Estas son:

1. Aspectos individuales, relacionales, comunitarios y de la sociedad. Esta línea tiene por objetivo analizar la interrelación de los factores protectores y de riesgo a nivel individual, relacional, comunitario y de la sociedad que afectan a la salud mental, así como también las consecuencias sociales de los problemas de salud mental. Entre las actividades destacadas están la publicación de artículos sobre factores que se asocian a problemas de salud mental (como contagio social, violencia, estrés temprano, etc.) y un libro sobre depresión. En esta línea de investigación se está desarrollando un estudio longitudinal con estudiantes universitarios en el que participan las cuatro universidades albergantes más la Universidad de O'Higgins. Este proyecto está relacionado a la red de colaboración World Mental Health International College Student (WMH-ICS).
2. Sensibilización y promoción. Esta línea busca sensibilizar y reducir el estigma sobre los problemas de salud mental para promover la consulta oportuna a los servicios de salud mental y promover un adecuado bienestar emocional. En esta línea se publicaron artículos sobre resiliencia, barreras y facilitadores para la búsqueda de ayuda de jóvenes con depresión, habilidades digitales en niños que viven en zonas rurales, entre otras. Actualmente hay dos proyectos asociados a esta línea de investigación, en uno de los cuales participan siete investigadores principales de Imhay.
3. Prevención universal y focalizada. Su objetivo es evaluar la eficacia, efectividad y costo-efectividad de intervenciones preventivas dirigidas a adolescentes y jóvenes de la población general, con factores de riesgo o que ya presentan psicopatología. En esta línea destacan intervenciones para prevenir problemas de salud mental dirigidas a estudiantes universitarios, padres o la comunidad escolar. Además, se publicó un libro sobre la prevención e intervención temprana de la depresión en el que participaron diversos investigadores de Imhay. En esta línea existen cinco proyectos de investigación en curso.
4. Detección e intervención temprana. Su propósito es desarrollar, adaptar y evaluar herramientas, estrategias e intervenciones que permitan una mejor detección e intervención temprana de la psicopatología. Se publicaron estudios sobre la adaptación de instrumentos para evaluar diferentes problemas de salud mental, además de publicaciones sobre la

adaptación de una intervención mediante teléfonos móviles, los resultados de dos intervenciones basadas en mindfulness, entre otras. Diversos proyectos forman parte de esta línea, destacando uno liderado por la directora de Imhay en el que participan cinco investigadores principales de Imhay.

Durante este año se realizaron 45 publicaciones científicas en artículos en revistas científicas indexadas, libros y capítulos de libro. También, los investigadores de Imhay participaron en 46 presentaciones en congresos científicos nacionales e internacionales. Se organizaron 4 eventos científicos de alcance nacional, dos correspondientes a actividades de formación dirigidos a complementar la formación de estudiantes e investigadores jóvenes de Imhay y otros centros Milenio.

En el año 2023 participaron 43 estudiantes de pregrado, magíster y doctorado, quienes forman parte del Núcleo bajo la tutoría de un investigador principal. Su participación en el Núcleo tiene por propósito complementar su formación académica, junto con desarrollar competencias y conocimientos para la investigación en salud mental con adolescentes y jóvenes. Durante este año finalizaron sus estudios 15 estudiantes y se concluyeron 8 tesis. Este año hubo dos pasantías de estudiantes de Imhay en universidades extranjeras y una pasantía de una estudiante doctoral de una universidad extranjera en Imhay.

Imhay forma parte de 5 redes de colaboración (4 internacionales y 1 nacional). Una de estas corresponde a la iniciativa WMH-ICS de la Organización Mundial de la Salud, en la que están participando universidades de 18 países.

En el ámbito de la difusión científica, integrantes de Imhay participaron en 76 actividades y eventos, llegando con sus investigaciones a una audiencia de más de 8 mil personas.

Imhay se ha convertido en un referente en salud mental de la juventud para los medios de comunicación. Esto queda demostrado con las 119 apariciones, durante el 2023, de investigadores del Núcleo en diferentes medios de prensa a nivel regional, nacional e internacional. Durante el 2023 Imhay consolidó su presencia en plataformas digitales, logrando un número de más de 12 mil seguidores que acceden a informaciones y contenidos de salud mental.

Este año se realizaron 39 vínculos con otras instituciones públicas, organizaciones no gubernamentales y empresas. De especial importancia son los vínculos con el sector público, con quienes se ha establecido colaboración con instituciones tales como el Ministerio de Salud, Ministerio de Educación, Instituto Nacional de la Juventud y Municipalidades. Estas tienen por propósito apoyar la creación y fortalecimiento de las políticas públicas orientadas a la adolescencia y juventud.

Imhay es coordinado por un Consejo de Investigadores Principales, dirigido por la directora del Núcleo, que se reúnen mensualmente para planificar las actividades científicas y de difusión del centro. Además, cuenta con un equipo ejecutivo que se reúne semanalmente, compuesto por la directora, director alterno, encargada de comunicaciones, coordinador ejecutivo y coordinador de gestión, quienes se encargan de desarrollar tareas administrativas y de coordinación del Núcleo.

Los recursos del Núcleo provienen por la Iniciativa Científica Milenio. Estos recursos son utilizados principalmente para el pago de salario del personal técnico y administrativo, para la organización de eventos científicos y de divulgación, y para el apoyo de actividades de investigación como el pago de inscripción de investigadores y estudiantes en congresos científicos.

1.3. Brief History of the Center

The Millennium Nucleus to Improve the Mental Health of Adolescents and Youths (Imhay) is a research center hosted by four universities in central and southern Chile. The center is funded by the National Agency for Research and Development (ANID, for its acronym in Spanish) of the Ministry of Science, Technology, Knowledge, and Innovation of Chile, through its Millennium Science Initiative program. This program finances the creation and development of research centers of excellence in the social, natural, and exact sciences, awarded through public competitions.

The center commenced its activities in October 2018 with the aim of generating evidence on interventions focused on improving the mental health of adolescents and young people. During the first three years of the Nucleus, numerous young researchers, adjunct researchers, and students joined and actively participated in various research and scientific dissemination endeavors. Additionally, several partnerships were forged with both public and private institutions to collaboratively address youth wellbeing and mental health. Moreover, the center engaged with six collaborative networks, including of the World Mental Health - International College Students initiative by the World Health Organization, a prominent global network dedicated to addressing mental health issues among college students.

During the initial three years of the center, 24 researchers and 36 undergraduate, master's and doctoral students actively participated. Sixty-high quality scientific publications were published, accompanied by over 100 presentations at national and international congresses. Furthermore, Imhay's researchers participated in 246 appearances in the press. Additionally, three suicide prevention courses were conducted in educational settings, attracting more over 2,000 participants nationwide. Moreover, four communication campaigns were launched to advocate for good mental health and prevent mental problems such as suicide risk.

At the end of 2021, Imhay was granted a three-year renewal, allowing for the continuation of its efforts started in 2018. The renewal of Imhay considers the lessons learned, achievements, pending challenges, and the evolving national and global landscape. The main objective of this phase is to generate evidence to develop and evaluate interventions to improve adolescent and youth mental health. The purpose is to support the formulation and strengthening of public policies in this area.

In this new period, five female principal researchers from the four host universities have been integrated to foster interdisciplinary development within the Nucleus and promote gender equity. They have been incorporated into various research projects and activities.

In 2022, the first year of the renewal, Imhay achieved significant milestones. A total of 32 scientific articles and book chapters were published, while researchers presented 34 oral communications and posters at scientific conferences. Additionally, five scientific events were successfully organized. In terms of dissemination, Imhay obtained 103 appearances in the national and international press. Furthermore, researchers actively participated in 47 outreach activities in various regions of the country.

1.4.Outstanding Achievements

The year 2023 marked a very productive period for Imhay, both in science and outreach, as well as forging connections with institutions from various sectors of society. These achievements are attributable to the dedicated work of the Nucleus throughout its years of operation. As a result, Imhay has become a prominent leader in addressing mental health issues among adolescents and youth at the national level and has begun to be recognized internationally. In addition, it has fostered collaboration with public institutions in the formulation of public policies and initiatives aimed at promoting the wellbeing of young people.

In the scientific field, Imhay made important advances in 2023, with a total of 45 publications. Among them, 26 (57.8%) were scientific articles published in journals indexed in Web of Science (WoS). In addition, two books edited by Imhay researchers were published, with contributions from other members of the Nucleus.

During 2023, 43 students actively participated in the Nucleus, resulting in the completion of eight theses. In addition, two Imhay students carried out internships in foreign universities, one of them related to a formal collaboration network. Moreover, a doctoral student from a foreign university carried out an internship at Imhay. Two training activities were carried out, mainly aimed at students, and a research meeting was organized with the participation of the entire team.

A total of 76 outreach activities and 119 press appearances were carried out, allowing Imhay to disseminate its scientific work to a wider audience. In addition, Imhay had 39 interactions with other sectors of society, 24 of them in the public sector. Highlights included participation in three events with the National Congress, a communication campaign, and a debate on topics of interest to young people with the private company Nestlé, in which two Imhay students participated. Furthermore, Imhay organized a course on suicide prevention in educational settings, with the participation of more than 400 professionals from the Skills for Life program of JUNAEB, under the Ministry of Education. In addition, the director of the Nucleus participated in a Public Hearing on adolescent and youth mental health during the drafting of a proposal for a new Constitution for Chile.

2. Introduction

a) Description of the Nucleus:

The Millennium Nucleus to Improve the Mental Health of Adolescents and Youths (Imhay) is a scientific research center that hosts researchers from different disciplines and universities, all converging in the study of adolescent and youth mental health. Its main objective is to generate evidence contributing to the development and evaluation of interventions aimed at improving the mental health of adolescents and young people, thereby supporting the formulation and strengthening of public policies.

Imhay's specific objectives are:

1. Analyze the interplay of protective and risk factors at individual, relational, community, and societal levels that affect mental health.
2. Analyze the social consequences of mental health problems.
3. Increase awareness and reduce the stigma surrounding mental health problems to promote timely access to mental health services.
4. Develop or adapt and evaluate programs aimed at strengthening socio-emotional and cognitive skills to improve wellbeing and prevent emotional distress, risk behaviors and psychopathology.
5. Develop or adapt and assess tools, strategies and interventions for better detection and early intervention of psychopathology.
6. Generate evidence that contributes to the strengthening of public mental health policies aligned with the experiences and needs of adolescents and young people.

Imhay is composed of 83 researchers, students, and administrative staff from its four host institutions (Universidad de Chile, Universidad Austral de Chile, Universidad de Talca, and Universidad de los Andes), as well as other Chilean and foreign institutions (Universidad San Sebastián, Universidad Católica de Temuco, and King's College London) (more information in Annex 1).

Imhay researchers study the epidemiology, social determinants, and neurobiological basis of mental health disorders in adolescents and young people using various methodologies. They have also evaluated interventions in educational settings that incorporate the use of Information and Communication Technologies (ICTs) and actively involve young people in their design. Likewise, they have contributed to various public institutions to strengthen public policies that promote the wellbeing of adolescents and young people (more information in the section Outreach and Connections with Other Sectors).

Over the past five years, Imhay has established itself as a national reference research center in adolescent and youth mental health and has begun to be recognized internationally. In this second period, Imhay aims to expand its impact and collaborations at the international level. Imhay is committed to ensuring that its scientific activities have social value, contribute to reducing stigma, improve interventions for mental health problems, and provide evidence-based mental health information.

b) Research Lines:

Imhay has four research lines. Each one group Imhay's specific objectives (Annex 2). These research lines and their principal researchers that coordinates them (in parenthesis) are:

1. Individual, relational, community, and societal aspects (Marta Silva, Alicia Núñez, and Yanira Zúñiga). The line aims to analyze the interplay of protective and risk factors affecting the

mental health at individual, relational, community and societal levels, as well as the social consequences of mental health problems. Studies conducted in this line contribute to highlighting the influence of social determinants on mental health, the prevalence of mental disorders in various groups, and patterns of health services utilization. Disciplines involved included experimental psychology, other psychological fields, public health (epidemiology), cultural and social anthropology, and sociology.

2. Awareness and promotion (Isabel Pavez and Vania Martínez). This line aims to raise awareness and reduce stigma surrounding mental health problems to facilitate timely access to mental health services and promote emotional wellbeing. Research and activities in this line contribute to increasing public awareness and reducing stigma associated with mental health problems, with the aim of encouraging adolescents and young people to seek help from mental health services and enhance their emotional wellbeing. Disciplines related to this line are educational and cognitive psychology, clinical psychology, other psychological fields, and journalism.
3. Universal and targeted prevention (Jorge Gaete, Carolina Iturra, and Álvaro Langer). This line aims to evaluate the efficacy, effectiveness and cost-effectiveness of prevention interventions targeting adolescents and young people from the general population, those with risk factors, or those already experiencing psychopathology. The approach emphasizes participatory design and the use of ICTs. Research includes evaluations of preventive interventions addressing mental health problems, alcohol and drug use, and school violence. Disciplines involved include clinical psychology, educational and cognitive psychology, as well as hygiene and public health (epidemiology).
4. Detection and early intervention (Daniel Núñez and Pablo Gaspar). This line aims to develop or adapt and assess tools, strategies, and interventions for better detection and early intervention of psychopathology. Research focuses on developing and adapting various tools for detecting psychopathology, such as questionnaires, and on developing and adapting early interventions for mental health problems in adolescents and young people. Disciplines involved are clinical psychology, and hygiene and public health (epidemiology).

c) Organization of research teams:

Imhay is overseen by the director, alternate director, and the Council of Principal Researchers, which meet monthly to plan and make decisions regarding scientific activities. Additionally, a management team is responsible for coordinating and implementing various scientific, administrative and dissemination activities.

Although research lines are coordinated by groups of principal researchers, collaboration among researchers is actively encouraged within the Nucleus. Currently there are four research projects that bring together principal researchers from different areas and disciplines.

Imhay also maintains collaborative relationships with several Millennium Centers, including the Millennium Nucleus for the Study of the Development of Early Math Skills (MEMAT), the Millennium Nucleus Student Experience in Higher Education in Chile: Expectations and Realities (EDSUP), the Millennium Institute for Care Research (MICARE), and the Millennium Institute for Research on Depression and Personality (MIDAP).

3. Scientific and technological research

a) **Current status of research lines:**

Below is a summary of the main achievements and research progress of each of the research lines during 2023.

The research line **“Individual, relational, community, and societal aspects”** aims to contribute to the analysis of various factors related to mental health. Throughout 2023, several articles were published on factors influencing mental health outcomes in young people, including social contagion and violence, experiential avoidance, social support, parental practices, and early stress, among others. Additionally, the results of two studies on the life histories of young people studying sciences were published, along with a study on the prevalence of depression, generalized anxiety, and the risk of problematic drug use in adolescents. Furthermore, a critical analysis of the emergence and uses of digital phenotyping in contemporary psychiatry was conducted. A book about depression was edited by Graciela Rojas, with contributions of Álvaro Jiménez, Pablo Martínez and Vania Martínez. Imhay researchers also contributed to three book chapters addressing current issues for the country, such as the relationship between indebtedness and depression, the effects of the social, health, and economic crisis on mental health, and reflections on suicides during the pandemic. Several projects are currently underway in this research line. “Longitudinal Study of Mental Health in College Students” is a multicenter study that is part of the collaborative network World Mental Health International College Student (WMH-ICS) initiative, involving the four host universities of Imhay (plus the Universidad de O'Higgins) and several researchers from the center. The research project “Positive development, mental health and psychosocial variables involved: Towards a comprehensive model in Chilean university students” (Initiation Fondecyt N° 11200984), led by young researcher Ana Barrera, aims to contribute to the study of the mental health of university students from a wellbeing perspective. Principal researcher Jorge Gaete is participating as co-researcher in two projects: “Associated factors to readmission among substance use disorder (SUD) patients under treatment between 2010 and 2018” (Regular Fondecyt N° 1191282) and “Parenting children and adolescents with intellectual disabilities and challenging behaviors: a mixed-methods study” (Regular Fondecyt N° 1221349), which aim to provide specific knowledge about readmission in substance use disorders and the difficulties faced by parents of children and adolescents with intellectual disabilities, respectively. Young researcher Reiner Fuentes is a co-researcher of the project “Construction of scales for the multidimensional and contextualized study of youth religiosity in Chile”.

The research line **“Awareness and promotion”** focuses on the awareness of mental health problems and the promotion of emotional wellbeing among youth. In 2023, several articles were published on various topics, including the definition of clinical resilience, reflections on scientific evidence regarding mental health interventions in schools, identification of barriers and facilitators to help-seeking among young people with depression, perceptions of digital skills among rural children, perceptions of commercial content on TikTok, and a book chapter on nature-based interventions to promote mental health. Currently, a systematic review and meta-analysis on interventions to reduce stigma in youth are being updated, with the aim of submission for publication in the first half of 2024. Projects associated with this research line include (a) the Fondecyt project "Application of an intervention based on mindfulness in secondary education. Impact on teaching-learning processes and on the promotion of mental health and well-being of teachers and students" (Regular Fondecyt N° 1221034), in which Imhay researchers Álvaro Langer (responsible researcher), Vania Martínez, Jorge Gaete, Daniel Núñez, Carolina Iturra, Marta Silva, and Alicia Núñez participate. (b) The Fondecyt initiation project (N° 11200039) "Rural girls and adolescents benefited by ICT Scholarships: the role of the educational and family context in their development of digital skills and school performance on access and use of technologies" by principal researcher Isabel Pavez is also part of this research line.

The publication on the digital skills of rural children mentioned earlier is a product of this research project.

The research line **“Universal and targeted prevention”** aims to evaluate the efficacy, effectiveness, and cost-effectiveness of prevention interventions for mental health problems. In 2023, the results of three interventions related to mental health outcomes were published. The first focused on forest bathing with college students, the second on adolescent substance use prevention based on the Icelandic prevention model, and the third on parental training to promote social-emotional skills and prevent behavioral problems in children and adolescents (GenerationPMTO program). All three interventions demonstrated positive results; however, the second one discussed in the publication the possible effect of the pandemic in reducing substance use. Additionally, other publications that can inform or assist in the design of preventive interventions were produced. Notably, the book "Prevention and Early Treatment of Depression Through the Life Course," edited by Imhay director Vania Martinez, in which other researchers and an Imhay student participated, and an article on the barriers and facilitators of the implementation of the intervention based on the Icelandic model mentioned above stand out. Several research projects, led by principal researcher Jorge Gaete, are being carried out in this research line: "Unplugged, a Drug Use Prevention Program: Adaptation and Evaluation of Effectiveness Among Chilean Students" (Regular Fondecyt N° 1181724), "Evaluation of the Impact of the Socioemotional Development Program 'The New Haven' in the Prevention of Substance Abuse Among Adolescents" (Fonis N° SA19I0115), "Prevention of Substance Abuse Among Adolescents Through the Life-Skills Training Program for Parents: Pilot Study of Acceptability and Feasibility", "Prevention of Substance Abuse in High School Adolescents Through the LifeSkills Training High School Program: Pilot Study of Acceptability and Feasibility" (both projects funded by the Universidad de los Andes and the Municipality of Lo Barnechea), and "Evaluation of the Implementation of the 'Saliendo Aprendo' Program to Improve Emotional Regulation Skills in 5th and 6th Grade Students" (funded by the NGO San Carlos de Maipo).

The research line **“Detection and early intervention”** aims to design or adapt various strategies for the detection and early intervention of mental health problems. This year, several articles were published on the adaptation of instruments to evaluate mental health problems in adolescents and young people. These included the Mental and Physical Health Symptomatology Scale, Pediatric Symptom Checklist, Oviedo Sleep Questionnaire, International Trauma Questionnaire, Multidimensional Adolescent Functioning Scale, Suicidal Ideation Questionnaire Junior, and Impulsive Behavior Scale. Additionally, two researchers participated in the international development of instruments such as Positive Symptoms and Diagnostic Criteria for the CAARMS Harmonized with the SIPS and The Coronavirus Anxiety Scale. The results of a study on the detection of psychosis through language, a product of the Fondecyt project by adjunct researcher Alicia Figueroa, were also published. Regarding mental health interventions, results were published on the adaptation of an intervention for depression and anxiety through a smartphone application, an intervention based on mindfulness and physical activity for incarcerated individuals, a book chapter on addressing suicidal risk through technologies, and a case study on an intervention based on mindfulness for a person with a first episode of schizophrenia. Several projects are currently underway in this research line: "Effectiveness of an Application for Cell Phones for Early Intervention of Depression and Anxiety in Young University Students" (Regular Fondecyt N° 1221230), involving researchers Vania Martínez (principal researcher), Álvaro Langer, Jorge Gaete, Daniel Núñez, and Alicia Núñez, "Evaluation of the Effectiveness of an Online Intervention Based on Cognitive-Behavioral Therapy to Reduce Suicidal Ideation in High School Adolescents in Chile" (Regular Fondecyt N° 1210093), led by Daniel Núñez (principal researcher) and Jorge Gaete, "Design and Piloting of a Device to Evaluate Emotional Regulation Processes in Young University Students," a project led by Daniel Núñez and funded by the Universidad de Talca. These projects are characterized by the evaluation of early interventions for

various mental health problems using digital technologies in secondary and university educational settings. Additionally, Pablo Gaspar is the co-investigator representing Chile in the project "Trajectories and Predictors in the Clinical High Risk for Psychosis Population: Prediction Scientific Global Consortium," funded by the National Institute of Health in the United States (N° U01MH124631), which involves multiple centers from different countries. Alicia Figueroa is the principal researcher of the project "Analysis of Linguistic Markers of Schizophrenia in Population with Mental States at High Risk of Psychosis" (Initiation Fondecyt N° 11191122), which seeks to identify factors for the early detection of schizophrenia. Researcher Álvaro Jiménez completed his postdoctoral project "Development and Evaluation of a Program Based on Digital Technologies for the Detection of Suicidal Risk and the Promotion of Help-Seeking in University Students: A Pilot Study of Feasibility, Usability, and Acceptability" (Postdoctoral Fondecyt N° 3200944) and is preparing to publish the results in a scientific article.

The year 2024 marks the final year of funding for the Imhay Millennium Nucleus. The challenges for all research lines in this concluding year include publishing the results of ongoing research and disseminating interventions that have proven effective. Achieving these goals will facilitate the implementation of the Nucleus's work in real-world contexts, thereby contributing to the promotion, prevention, detection, and early intervention of mental health problems in adolescents and young people.

b) Productivity:

In 2023, the researchers participated in 45 scientific publications. Most of these publications were articles indexed in WoS (n = 26), followed by books and book chapters (n = 13), Scopus (n = 3), scientific publications indexed in other databases (n = 2), and SciELO (n = 1). The publications are presented in Annex 3, and a summary is provided in Table 3.1 below.

Among the publications indexed in WoS, 6 correspond to quartile 1 (Q1), 9 to Q2, 7 to Q3, and 4 to Q4. More than half of the WoS publications are in journals in Q1 and Q2, reflecting the quality of the research carried out in the Nucleus.

According to research lines, 16 publications are part of the "Individual, relational, community, and societal aspects" research line, 14 belong to the "Detection and early intervention" line, 9 to the "Universal and targeted prevention" line, and 6 to the "Awareness and promotion" line.

Regarding internal collaboration between researchers of the Nucleus (Annex 3.5), 31.1% of the publications were co-authored by two or more Imhay researchers. Additionally, 5 publications (11.1%) were co-authored by Imhay students (as shown in Table 3.1 below).

In terms of collaboration with international researchers, 14 publications (31.1%) included co-authors from other countries, such as the United States of America, the United Kingdom, Spain, and Australia. Two of these publications are multicenter publications in which Imhay researchers participated (publications 1 and 15 in Annex 3.1.1).

Imhay promotes the publication of scientific articles in open-access journals to encourage the dissemination of the scientific knowledge generated at the center to a wider audience. Twenty-six publications (57.8%) are open access or free to read.

c) Outstanding publications:

The following publications were chosen as outstanding publications:

1. The article “Social contagion, violence, and suicide among adolescents” (article 3 in Annex 3.1.1) by Imhay researchers Vania Martínez and Álvaro Jiménez was chosen as an outstanding publication for several reasons. It was published in an important Q1 journal in the field of psychiatry (Current Opinion in Psychiatry) which has an impact factor of 6.9. Notably, publishing in this journal requires an invitation. The article focuses on suicidality, a central theme that the Nucleus has been extensively working on. This article belongs to the research line “Individual, relational, community, and societal aspects”.
2. The article "Psychometric assessment of the Suicidal Ideation Questionnaire Junior: a two-study validation in Spanish-speaking adolescents" (article 16 in Annex 3.1.1) was selected for its significant contributions to the field. Published in Current Psychology (Q2), this article is a product of the Fondecyt research project led by Imhay researcher Daniel Núñez. It also features contributions from Imhay researcher Jorge Gaete and Jo Robinson, an internationally recognized suicide researcher from the University of Melbourne (Australia). This work is crucial as it adapts an instrument for evaluating suicidal ideation in adolescents in Chile, aligning with the research line "Detection and early intervention".
3. The publication "Forest bathing diminishes anxiety in undergraduate students: a pilot study in the Valdivian temperate rainforest" published in the Journal of Forest Research (Q3) (publication 11 in Annex 3.1.1) was chosen due its alignment with one of Imhay's primary objectives: to provide evidence on interventions aimed at reducing mental health problems in the youth population. Imhay researcher Alvaro Langer, along with Swiss researcher Cristoph Steinebach and four former undergraduate students of the Imhay Millennium Nucleus, participated in the study. This article falls within the research line "Universal and targeted prevention" and was developed as part of the International Mindfulness Network, a formal collaborative network in which Imhay is involved.
4. The article "Adaptation of a mobile app for early anxiety and depression intervention in university students in Chile: participatory study" published in the journal BJPsych International (Q4) (publication 2 in Annex 3.2.1) was selected for its significant contributions. It provides evidence on the adaptation of an intervention for early intervention of common health problems in the university population. Led by doctoral researcher Daniela Lira, this article is part of her thesis and the Fondecyt project led by the Nucleus Director Vania Martínez. It reflects the active participation of young people in the adaptation of the intervention, aligning with the Nucleus's objectives. Additionally, as a digital intervention, it exemplifies elements promoted by the Nucleus. This article falls under the research line "Detection and early intervention".
5. The article “Validation of the Spanish version of the Pediatric Symptom Checklist (PSC) to identify and assess psychosocial problems among early adolescents in Chile” publish in the journal PLoS ONE (Q2) was selected for its exemplary teamwork within the Nucleus. Five researchers contributed to this publication, including one principal researcher, two young researchers, and one senior researcher. This collaborative effort exemplifies the ethos of teamwork promoted within the Nucleus. The article, falling under the research line "Detection and early intervention," significantly contributes to the Chilean adaptation of a widely used instrument in the literature to assess psychopathology.

Table 3.1. Summary of publications during 2023.

| Category of Publication ¹ | MSI Center Members | Number of Publications co-authored by students | Total Number of Publications |
|---|-----------------------|--|------------------------------|
| ISI/WOS Publications or Similar to ISI/WOS Standard | Principal Researchers | 3 | 18 |
| | Other Researchers | 0 | 8 |
| SCOPUS Publications or Similar to SCOPUS Standard | Principal Researchers | 2 | 2 |
| | Other Researchers | 0 | 1 |
| SCIELO Publications or Similar to SCIELO Standard | Principal Researchers | 0 | 1 |
| | Other Researchers | 0 | 0 |
| Scientific Books and chapters | Principal Researchers | 1 | 9 |
| | Other Researchers | 0 | 4 |
| Other Scientific Publications | Principal Researchers | 0 | 2 |
| | Other Researchers | 0 | 0 |
| Total of Publications | | 6 | 45 |

¹ Note: The categorization of publications was made from the websites of WoS, Scopus, and SciELO..

d) Congress Presentations:

In addition to scientific publications, presentations at congresses are vital for the Imhay Millennium Nucleus, as they facilitate the dissemination of research conducted at the Nucleus. The participation of researchers in scientific events reinforces Imhay's positioning as a leading authority on mental health issues affecting adolescents and young people, both in the academic and professional spheres. To promote the presentation of students and researchers at scientific conferences, Imhay has established a program that provides financial support for participation. This support can cover registration fees or travel expenses. In 2023, funding was provided to eight researchers and two students, enabling them to present papers at national and international scientific events.

In 2023, Imhay researchers participated in a total of 46 presentations at congresses, with 21 being national and 25 international scientific events. Notably, eight students were involved in these presentations. A summary of the congress presentations is provided in Table 3.2.

The most significant presentations during 2023 were:

1. Imhay researchers Pablo Gaspar, Álvaro Langer, and Rocío Mayol organized a pre-congress workshop at the “IEPA 14th International Conference on Early Intervention in Mental Health” titled “Early Intervention in Psychosis Risk: Therapeutic Skills for Latin America”. This activity, conducted in a hybrid format and presented in Spanish, was open to the public, with particular emphasis on engaging the Latin American audience. Importantly, this scientific workshop also served as part of the Nucleus' outreach initiatives.
2. The symposium titled “Mental health prevention in educational contexts” moderated by Vania Martínez and organized by Imhay, was a highlight of the “LXXVIII Sopnia Congress”. This symposium featured presentations by principal researchers Daniel Núñez, Jorge Gaete, and Álvaro Langer. They shared the preliminary results of their research projects focusing on

interventions to prevent suicidal behavior, substance use, and the promotion of mental wellbeing through mindfulness techniques.

3. The symposium titled “Early detection and intervention in At-Risk Mental States: from cutting-edge research to clinical practice” was moderated by Pablo Gaspar and organized by Imhay for the “LXXVIII Sopnia Congress”. The symposium featured presentations by young researchers Rocío Mayol and Rolando Castillo, who translated recent research results into clinical practice.
4. The oral communication titled “Detection of sensorimotor abnormalities in people with psychotic experiences” was presented by Imhay young researcher José Luis Ulloa, with the participation of principal researchers Daniel Núñez and Pablo Gaspar. José Luis presented this research at the “XXI International Conference on Perception and Action” in Guadalajara, Mexico.
5. The poster “Evaluation of the Saliendo Aprendo program's implementation process among vulnerable Santiago, Chile schools” was presented by principal researcher Jorge Gate at the “Society for Prevention Research 2023 Annual Meeting” in Washington D.C., United States of America. This presentation focused on the implementation of an intervention about socioemotional skills in school students.

Table 3.2. Summary of congress presentations.

| Type of presentation | Type of presentation | National Events [Number] | International Events [Number] |
|---|---|-----------------------------|----------------------------------|
| Principal Researchers | Conferences, oral communications, poster communications, others (specify) | 11 | 6 |
| | Invited presentations (not included in the above row) | 2 | 7 |
| Other researchers (Adjunct, Senior, Young, Postdoctoral Researchers) | Conferences, oral communications, poster communications, others (specify) | 8 | 10 |
| | Invited presentations (not included in the above row) | 0 | 2 |
| Students | Conferences, oral communications, poster communications, others (specify) | 6 | 2 |
| | Invited presentations (not included in the above row) | 0 | 0 |

Other achievements:

▪ **Patents:**

No patents were registered during 2023.

- **Intellectual property:**

No intellectual property was registered during 2023.

- **Organization of Scientific Events:**

During 2023, Imhay organized four national scientific events aimed at undergraduate and graduate students, university professors, and professionals related to the center's research themes.

Two seminars were conducted as part of the Nucleus' training activities, inviting students and researchers from the Imhay Millennium Nucleus, MEMAT Millennium Nucleus and MICARE Millennium Institute to participate. These seminars aimed to complement the training of students and young researchers. The first was entitled "Tips for writing and publishing opinion columns in the media". This activity was organized by Vania Martínez and presented by the distinguished Chilean journalist Patricio López, director of Radio Universidad de Chile. The activity provided advice on how to write and publish opinion columns in the press. The second activity was titled "Analysis of Longitudinal Data", presented by adjunct researcher Álvaro Vergés. This activity provided an update on the different types of analysis used for longitudinal data. These activities were conducted online to promote the participation of students and researchers from other regions of Chile other than the Metropolitan Region. The activities were attended by 25 and 30 people, respectively.

The third activity consisted of a seminar titled "Mental health in higher education students", which was held at the Universidad de Valparaíso and included a presentation by Dr. Corina Benjet, a renowned researcher at the Instituto Nacional de Psiquiatría Ramón de la Fuente Muñiz of Mexico. The activity presented the advances of the Fondecyt project No. 1221230 "Efficacy of an application for cell phones for early intervention of depression and anxiety in young university students" led by Dr. Vania Martinez. Imhay doctoral students Daniela Lira and Marcelo Crockett also presented the progress of their theses. The activity was attended by about 15 research assistants, students, researchers, and staff of the Directorate of Student Affairs of the University of Valparaíso.

The fourth activity consisted of a series of 29 seminars held during 2023 and organized by the principal researcher Daniel Núñez, in the context of the Doctorate in Psychology at the Universidad de Talca. In this activity, leading national and international researchers presented updates on research topics related to psychology. Imhay researchers Álvaro Vergés, Rocío Mayol, Jorge Gaete, José Luis Ulloa, Álvaro Langer, and Álvaro Jiménez presented in six of these seminars. In total, more than 300 participants attended the seminars online and in person.

- **Scientific Editorial Boards:**

Researchers of the Imhay Millennium Nucleus participate in 13 Editorial Committees in national and international journals. Four of these journals are indexed in WoS, two in Scopus, two in SciELO and four in other types of indexing. This year two researchers began to participate in two new journals related to mental health and social and emotional learning, which have not yet been indexed. The list of journals and editorial committees is shown in Table 3.3.

Table 3.3. Participation of Imhay researchers in scientific editorial boards.

| Researcher | Journal | Category of publication |
|---------------------------------|---|--------------------------------|
| Jorge Gaete | British Journal of Psychiatry International | ISI/WOS |
| Álvaro Vergés | Journal of Studies on Alcohol and Drugs | ISI/WOS |
| Álvaro Vergés | Alcohol: Clinical and Experimental Research | ISI/WOS |
| Álvaro Vergés | Personality and Social Psychology Review | ISI/WOS |
| Carolina Iturra | Comuni@cción: Revista de Investigación en Comunicación y Desarrollo | Scielo |
| Álvaro Langer | Psychology, Society, & Education | Scopus |
| Marta Silva | Estudios Pedagógicos | Scopus |
| Ana Barrera | Revista Informes Psicológicos | Other (EBSCO) |
| Álvaro Jiménez | Castalia - Revista de Psicología de la Academia | Other (Latindex) |
| Vania Martínez, Pablo Gaspar | Revista Chilena de Psiquiatría y Neurología de la Infancia y Adolescencia | Other (Lilacs and Latindex) |
| Jimena Carrasco | Revista Interinstitucional Brasileira de Terapia Ocupacional | Other (Lilacs) |
| Vania Martínez | PLOS Mental Health | Other (Not listed yet) |
| Jorge Gaete | Social and Emotional Learning: Research, Practice, and Policy | Other (Not listed yet) |

▪ **Awards:**

During 2023, adjunct researcher Jimena Carrasco received recognition for her contribution to the disciplinary development of Occupational Therapy in Chile. The award was granted by the Department of Occupational Therapy and Occupational Science, University of Chile.

4. Education and Capacity Building

a) Education, Training and Capacity Building

The participation of students in the different activities developed by the Imhay Millennium Nucleus is fundamental. The Nucleus offers students the opportunity to participate in a research center specialized in the generation of interdisciplinary knowledge in adolescent and youth mental health. The training of students is designed to complement the training they receive in their respective undergraduate and graduate programs. This program fosters the development of competencies useful for research in adolescent and young mental health. The Nucleus promotes technical competencies in research (e.g., knowledge in research methodology, presentation of results, scientific writing, and data analysis) and relational competencies (e.g., teamwork skills, communication, and creativity).

Students join the research area of the Nucleus through the sponsorship of one of the principal or adjunct researchers. In 2023, Imhay only had students working with principal researchers. Undergraduate or graduate students are selected following two criteria: a) to be currently working with one of Nucleus' researchers and b) to be carrying out a thesis or graduation project related to one of the Nucleus' lines of research. Students participate in a research team led by a researcher who meets periodically. They work closely with the researchers and other students to develop research and other skills relevant to their training. Imhay encourages its students to participate in research projects and promotes the use of data collected for these projects in the students' theses. Imhay researchers also encourage student participation in Imhay scientific meetings ('Research Meetings' and other activities organized by Imhay) and other external scientific meetings, such as congresses and conferences. Imhay also encourages student participation in scientific publications in academic journals.

'Research Meetings' are activities organized by Imhay focused on student participation. They are invited to present their research projects, theses, or other scientific communications so that they can receive feedback from other Imhay researchers and students. In addition, the Nucleus holds an 'Annual Community Meeting' where Imhay research is critically discussed, allowing for further planning and collaboration between students and researchers. The researchers also promote the integration of students to the work of the Formal Collaborative Networks and students are also invited to participate in scientific and outreach events organized by the center. In all these activities, students can interact with other researchers and students of the center, from different disciplines, research groups and universities.

In 2023, Imhay organized a 'Research Meeting' and the 'Annual Community Meeting' in January in Valdivia. The activity was attended by students, researchers, technical and communications staff. During the activity, attendees reviewed the annual planning of the Nucleus, students presented their thesis advances, and activities were carried out to strengthen collaborative networks within the Nucleus. In this activity, students Marco Jiménez, Daniela Lira and Belén Vargas presented the progress of their theses.

In addition, during 2023 Imhay organized two training activities for students and researchers (also mentioned in Organization of Scientific Events). The objective of these activities was to complement the formal academic training of students. The activities were:

1. Tips for the writing and publication of opinion columns in the media. This activity provided recommendations for the preparation and publication of opinion columns in the media.
2. Analysis of longitudinal data. This activity reviewed classical and more recent models for the analysis of longitudinal data.

Student funding sources are external, through scholarships and/or self-financing. Students are offered the possibility of paying registration fees for congresses and grants for the translation of scientific

articles. During 2023, registration fees for scientific congresses were paid for two doctoral students. In addition, registration fees were paid for two students to participate in the two-day symposium-workshop “Suicidality: an update on how to understand, assess and intervene effectively” in which researchers Álvaro Jiménez and Vania Martínez participated.

Imhay has no formal affiliation with undergraduate or graduate programs, but principal and adjunct researchers teach in various master’s and doctoral programs belonging to the host universities. Imhay students are part of the following programs:

- PhD in psychotherapy (Universidad de Chile and Pontificia Universidad Católica de Chile), biomedical sciences (Universidad de Chile), medical sciences (Universidad de Chile, Universidad Austral de Chile), psychology (Universidad de Talca), communication (Universidad Austral de Chile), and public health (Universidad de Chile).
- Master’s in psychology (Universidad de Chile), epidemiology (Universidad de los Andes), communication (Universidad Austral de Chile), education (Universidad Austral de Chile), and neuroscience (Universidad de Chile).
- Bachelor degrees in psychology (Universidad Austral de Chile), medicine (Universidad de Chile y Universidad de los Andes) and journalism (Universidad de Chile).

In addition, several research assistants have worked at Imhay alongside one of the principal investigators, mostly young people working on mental health issues. They collaborate in the research projects by conducting literature reviews, collecting data, supporting the writing of manuscripts for publication in scientific journals, among other activities. These assistants are part of the projects carried out by the researchers and, like the students, are invited to participate in the activities organized by the Nucleus, such as scientific meetings and outreach activities.

b) Achievements and results:

In 2023, 43 students participated in Imhay (Annex 5). In total, there were 18 undergraduate students, 14 master’s and 11 doctoral students. Twenty-eight students were women and 15 were men. Regarding research lines, 19 students were part of the “Universal and targeted prevention”, 12 of the “Awareness and promotion”, 9 of the “Detection and early intervention”, and 3 of the “Individual, relational, community, and societal aspects”. During 2023, 15 students completed their studies, and 8 theses were completed (Table 4.1).

Tabla 4.1. Thesis completed by Imhay’s students.

| Student | Grade | Tutor | Thesis |
|------------------|---------------|----------------|---|
| Mariel Labra | Master | Pablo Gaspar | Detection and attributions of symptoms of at-risk mental states by first-degree relatives |
| Leny Loncomilla | Master | Pablo Gaspar | Association between mood state and visual attention during an ambiguous facial emotion recognition task |
| Valeria Brito | Master | Vania Martínez | Narratives of distress of college students around their non-suicidal self-injury |
| Rudy Fuentealba, | Undergraduate | Álvaro Langer | Effect of mindfulness-based interventions on the development of social-emotional learning-related |

| | | | |
|--------------------------------------|---------------|-----------------|--|
| Scarleth Muñoz, Sandra Herrera | | | competencies in adolescent students: a systematic review |
| Jonathan Salazar, Jireh Ceballos | Undergraduate | Álvaro Langer | Effect of mindfulness-based interventions on the development of competencies related to social-emotional learning in adolescent students: a systematic review |
| Diego Olivos, Lani Morales | Undergraduate | Carolina Iturra | Addressing social-emotional competencies in initial teacher training: a systematic review of curricular organization |
| Daniel Ramírez, Octavio Fuentes | Undergraduate | Carolina Iturra | Social-emotional skills in Chile: a systematic review of interventions and programs implemented in the educational context, in view of the national curriculum |
| Daniela Faúndez, María José Lobos | Undergraduate | Carolina Iturra | Social-emotional competencies in educational contexts considering implementation science: a systematic review |

Two doctoral students did internships at foreign universities during 2023 (Annex 5.2). Daniela Lira did an internship at the University of Heidelberg (Germany) and Belén Vargas at the University of Melbourne (Australia). These internships will end in 2024 and are intended to contribute to their doctoral theses. One external internship was carried out in Imhay by the doctoral student Carla Elizande from the University of Navarra (Spain). Her internship was carried out with the principal researcher Jorge Gaete. In her internship Carla collected data on mental health stigma in students, which is part of her doctoral thesis.

Students are encouraged to participate in scientific publications and events together with Imhay researchers. In 2023, five different students participated in six publications with principal researchers, three of them were ISI/WoS, two Scopus, and one was a book chapter. In addition, the thesis work of former Imhay students were published in scientific journals (publication 2 in Annex 3.5.1, and publication 11 in Annex 3.1.1). Regarding participation in presentations at congresses, nine different students participated in eight presentations at congresses (six national and two international events).

Two students (Marcelo Crockett and Mariel Labra) participated in Nestlé's communication campaign "Despierta un Cambio" ('Awaken a Change'). This outreach activity included a communication campaign through social media and an open conversation with Chilean influencers. In addition, four Imhay students awarded university funding to conduct workshops on affirmative health care skills for working with LGBT+ youth. During 2023, two workshops were implemented with undergraduate students.

▪ Destination of students:

At the end of this report, two master's graduates are working as university lecturers and clinical psychologists. One undergraduate student continued working with Álvaro Langer in a research project and started his doctoral studies in psychology. Two undergraduate students are working as clinical psychologists and are preparing their thesis for publication in a journal. In addition, four undergraduate students are working as psychologists, and one is finishing her professional practice.

5. Networking and other collaborative work

a) **Formal collaboration networks:**

During 2023, national and international collaboration networks were maintained. Each of these collaborative networks is described below and in Annex 6.1.

1. High Risk Mental State Network. This national network focuses on the promotion of adolescent and youth mental health from the perspective of healthy neurodevelopment and the social, psychological, and clinical determinants of mental health. Its research agenda covers the emergence of transient and persistent symptoms that, if undetected and untreated, lead to the development of chronic psychiatric illnesses 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, and Hospital de Los Ángeles. During 2023, the network held several internal virtual meetings, and two meetings open to the public. At the last meeting open to the public, Dr. Catalina Mourgues and Dr. Dominic Dwyer gave keynote speeches.
2. World Mental Health International College Student Initiative (WMH-ICS). This is an international collaboration led by the World Health Organization (WHO) that is conducting a multicenter longitudinal study to assess the mental health of college students. Universities in 18 countries are participating in the study. Imhay formally joined this network in 2019. Since 2020, Imhay has implemented this survey at the Universidad de Chile, and from 2021 at the four host institutions and the Universidad de O'Higgins. The survey assesses various dimensions of mental health and wellbeing in Chilean university students. Among the prestigious institutions that are part of the network are Harvard University, Columbia University, Vrije Universiteit Amsterdam, and the Catholic University of Leuven. Doctoral student Marcelo Crockett is working on his theses with the data generated by this project. Vania Martínez and Scarlett Mac-Ginty attended an annual meeting in Boston to strengthen relationships with other working groups. Researchers Vania Martínez, Marta Silva, Álvaro Langer and Jimena Carrasco are working on an international qualitative study about barriers to help-seeking.
3. Conectados al Sur [Southern Connected]. This is a Latin American version of the global network Digitally Connected, and a multisectoral network (academia, NGOs, private sector, government, political actors, and civil society) born from the joint effort of the Berkman Klein Center for Internet and Society at Harvard University and UNICEF, focused on the opportunities and challenges that children and young people face in their relationship with the Internet and emerging technologies in Latin America and the world. During 2023, the network applied for a research fund.
4. International Mindfulness Network. This is an interdisciplinary network that brings together institutions from three continents and six countries around resilience and mindfulness research. The network focuses on improving adolescent and youth mental health from a perspective based on individual differences, strengths, and resources. Specifically, it combines diverse research perspectives by connecting mindfulness with prosocial behaviors and positive social environments to enhance resilience. During 2023, two articles were published (articles 4, 6, and 11 from Annex 3.1.1).
5. Network for the Development of Digital Mental Health. Launched in 2018, this network conducts interdisciplinary research for the implementation of technological solutions in the prevention, detection, and treatment of mental disorders. Researchers from Imhay, the Clinical Hospital, the Faculty of Medicine, and the Faculty of Physics and Mathematical Sciences (Universidad de Chile), Psychoanalysis Department (Universidad de Antioquia, Colombia),

Center for Psychotherapy Research (University of Heidelberg, Germany) and Psychology Faculty (Universidad CES, Colombia) conduct basic and applied research on the use of digital technology and data science to address mental health problems. During 2023, a book chapter was published (publication 2 of Annex 3.4.1) on a book about clinical cases in mental telehealth. Two seminars were held, one in Temuco and the other in Santiago, with the participation of Imhay researchers Graciela Rojas, Ricardo Araya, Álvaro Jiménez and Álvaro Langer. In addition, the already reported internship of Daniela Lira at the University of Heidelberg, as well as a research stay prior to her internship, were activities that resulted from this network.

b) Collaboration networks:

As in 2022, this year Imhay participated as an academic partner, along with several organizations, in the dissemination of the 9th International Conference on Public Health 2023 (ICOPH 2023). This worldwide scientific event was attended by researchers from various countries, who addressed public health issues. Dr. Vania Martínez participated in a conference entitled "Adolescent and youth mental health: opportunities and challenges". Information in Annex 6.2.

6. Outreach and connections with other sectors

a) Outreach:

Imhay actively communicated its scientific research to a broad audience, including young people, health professionals, educators, families, academics, and the general public. Imhay's communications team utilized various formats and platforms to share content and engage with interested parties. The institutional website (www.imhay.org) and social media channels significantly increased their following, reaching over 12,000 followers ([Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#)). Imhay also produces a digital newsletter to highlight significant events and research, distributed to professionals, the general public, and decision-makers. The team ensures that scientific publications are accessible to a non-specialized audience through social media. Additionally, in late 2023, Imhay added a [section in English](#) to its website to reach English-speaking audiences interested in its work.

In the area of scientific dissemination, Imhay participated in a total of 76 activities, reaching a total of more than eight thousand people with its content and research. Among them, the communication campaign "[Awaken a change](#)", carried out jointly with the multinational company Nestlé through its product Nescafé and the youth radio station 'Los 40', stands out. This initiative sought to promote conversation among young people on issues relevant to this group, such as sustainability, anxiety, sexual diversity, and women in science. Also noteworthy is Imhay's participation in the [Puerto de Ideas Festival](#), one of the most important science outreach events in the country, where Imhay participated with two talks on the impact of climate change on the mental health of young people. At the international level, the director of Imhay was invited by the Universidad Cooperativa de Colombia to participate as an expert in the [International Symposium "Promotion of Mental Health in Higher Education"](#), where she commented on the work done by the Center in this area, in particular, the mental health survey applied to students in various Chilean universities.

During 2023, Imhay had 119 appearances in various media of different formats and with national, regional, and international scope. In TV, the constant appearance of researchers from the Nucleus in [Sana Mente](#), a program specialized in mental health and broadcasted by CNN Chile, stands out. In the written press, it is worth mentioning the extensive reports made in magazines belonging to the newspaper El Mercurio, the main national written media, where Imhay researchers talked about [eco-anxiety](#), [analyzed mental health in Chile](#) and referred to the [emotional impact that social networks can generate in youth](#). In the international area, the report made by the German channel Deutsche Welle, which consulted the director of Imhay regarding the [stigma of mental health in Latin America](#), stands out. Imhay launched the program "[Sintoniza tu salud mental](#)" ([Tune in to your mental health](#)) a talk show broadcast on radio Universidad de Chile, which has approximately 140,000 listeners and where researchers from the Nucleus discussed different topics related to mental health of young people.

In the area of dissemination of educational scientific content, the psychoeducational capsule "[Let's talk about Eating Disorders](#)" was produced, which is part of the series of videos "[Let's talk about Mental Health](#)", created by a team from Imhay and sponsored and [disseminated in conjunction with the Instituto Nacional de la Juventud](#) (INJUV).

In addition, Imhay has participated in different events and massive scientific fairs, held in schools and universities, where information was given to adolescents and young people about the importance of taking care of mental health and some strategies to prevent emotional problems.

b) Connections with other sectors:

Since its beginning, Imhay has been characterized by strong collaboration with other sectors of society. During 2023, Imhay researchers participated in 39 activities or connections with other public

and private institutions, and NGOs (Annex 8). Of the 39 activities, six correspond to formal collaboration agreements with municipalities (n = 3) and NGOs (n = 3) established in previous years.

One of the most important collaborations is with the public sector (24 connections in total), given that the center's objective is to collaborate in the formulation and strengthening of public policies related to adolescent and youth mental health. Within these activities, Imhay has participated in 14 activities (intersectoral roundtables, consultancies, and elaboration of technical guides) with public institutions such as the Ministry of Health, Ministry of Education, Ministry of Science, Technology, Knowledge and Innovation, Municipalities, and the National Youth Institute. Imhay has also participated in two working groups organized by the National Congress, one on legislation on artificial intelligence and the other on the challenges of education in the future. In addition, five training activities (courses, workshops or talks) have been carried out with public institutions, such as the course "Prevention of suicidal behavior in educational settings" with the 'Life Skills' program of JUNAEB (Ministry of Education), in which more than 400 professionals who work with children and adolescents in schools throughout the country participated. Seven activities were related to suicide prevention, either in working groups, consultancies to improve the national suicide plan, and workshops for professionals, such as the one mentioned above with JUNAEB.

This year, Imhay researchers participated in three advisory councils with international institutions. The first was related to adolescent mental health and the use of technology, led by the Inter-American Development Bank (United States of America). The second was an advisory council about telemedicine for mental health treatment in the State Health Services Administration of Uruguay, organized by representatives of the Pan American Health Organization and the World Health Organization in Uruguay. The third one was an advisory council about trust and security issues throughout the Spanish-speaking region with the Tik Tok App (China).

In the educational sector, Imhay researchers participated in six activities with educational institutions. Two of these activities were workshops. One for teachers on school violence prevention and the second for students on mental health leadership. In addition, principal researcher Marta Silva participated as a scientific consultant to a group of schoolchildren who carried out a research project and participated as a jury member in a school science and technology contest.

c) Other achievements:

It is important to highlight that during 2023, the management and development of the [online course "Addressing Suicidal Risk in Adolescents and Young People"](#) began, which from 2024 is available through the Coursera platform, and aimed at Latin American audiences that are in close contact with adolescents and young people. Its objective is to provide tools, develop skills and implement strategies for a timely and appropriate approach to suicide risk in this population.

Committed to the transfer of scientific knowledge to non-specialized audiences, Vania Martínez launched the book ["Tu mundo emocional"](#).

7. Administration, Governance, and Financial Status

a) Organization and administration:

Imhay is organized in two different instances. First, Imhay's principal researchers meet monthly to plan the different activities related to the functioning of the Nucleus. Some of its functions are to carry out the annual planning of the Nucleus, to review the inclusion of other researchers, and to review the distribution of economic resources. These meetings are led by the director of Imhay. Secondly, Imhay has an executive team that is responsible for the coordination and implementation of different scientific, administrative and dissemination activities. The team is composed of the director of the Nucleus, the alternate director, the executive coordinator, the communications officer, and the management coordinator. The executive team meets weekly, and this team also participate in the monthly principal researcher's reunion. Administrative activities are supported by two people, a secretary, and an administration and finance manager. Imhay's organizational chart is shown in Figure 7.1.

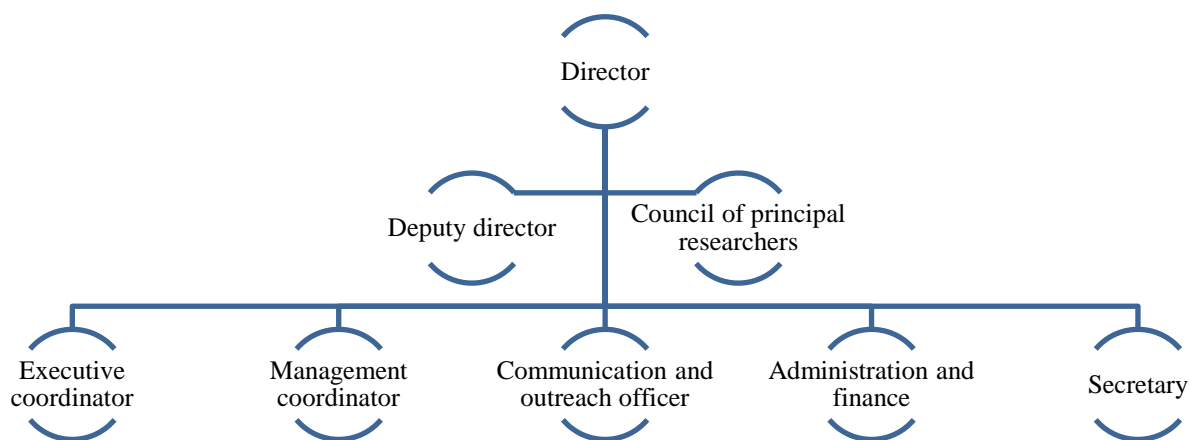


Figure 7.1. Organization chart of Imhay.

Imhay is hosted by four institutions, corresponding to the institutions of the principal researchers. The infrastructure and administrative activities are supported mainly by the Faculty of Medicine of the Universidad de Chile. Each of the host institutions has offices for its researchers, equipment and internet access, meeting rooms, among other facilities.

In 2023, nine administrative and technical staff have supported Imhay's research and dissemination activities (Table 7.1).

Table 7.1. Number of assistants, technicians, and administrative staff that have worked in Imhay during 2023.

| Category | Female | Male | TOTAL |
|-------------------------|--------|------|-------|
| Assistant & Technicians | 3 | 4 | 7 |
| Administrative Staff | 2 | 0 | 2 |
| TOTAL | 5 | 4 | 9 |

b) Financial Status:

Imhay's financial income is shown in Annex 9. The main source of income during 2022 corresponds to Millennium Science Initiative. Of the total funds from the Millennium Science Initiative, approximately \$8 million (Chilean pesos) correspond to the funds awarded through the outreach fund competition. The economic resources were mainly used to pay salaries for researchers, technical, administrative, and communication staff and to support research activities, such as the license of Qualtrics software for conducting surveys, registration to congresses for our researchers and students, translation of scientific articles, and dissemination activities. This year, funds were also allocated for face-to-face activities, held in January in Valdivia, where researchers of the Nucleus from different regions of the country attended to participate in a three-day working session. As of December 31, 2023, 88.5% of the resources allocated for that year were used and an extension was requested to be able to use them completely during the beginning of 2024.

On the other hand, Imhay researchers finance their research activities through competitive funds obtained for their research projects. These funds include Initiation Fondecyt, Regular Fondecyt, funds from each university, among others. These research funds are administered by the principal researchers of each project.

8. Annexes

Annex 1. Nucleus Researchers

1.1. Summary table of researchers of the center

| Category of researcher | Quantity | Average age | Nationality | | Distribution Gender | | |
|------------------------|----------|-------------|-------------|---------------|---------------------|--------|------------|
| | | | National | International | Male | Female | Not stated |
| Director | 1 | 53 | 1 | 0 | 0 | 1 | 0 |
| Alternate Director | 1 | 46 | 1 | 0 | 1 | 0 | 0 |
| Principal Researcher | 8 | 47.9 | 8 | 0 | 3 | 5 | 0 |
| Senior Researcher | 2 | 68.5 | 2 | 0 | 1 | 1 | 0 |
| Young Researcher | 15 | 35.4 | 14 | 1 | 5 | 10 | 0 |
| Adjunct Researchers | 5 | 46 | 4 | 1 | 3 | 2 | 0 |
| Postdoctoral | 0 | — | — | — | — | — | — |

1.2. Principal Researchers

| Name | Research Line | Nationality | Gender | Date of birth dd/mm/yy | Profession | Academic Degree | Affiliation | Current Position | Relation with Center |
|----------------|-----------------------------------|-------------|--------|---------------------------|--------------|-----------------|------------------------------|---------------------|----------------------|
| Vania Martínez | Awareness and promotion | Chilean | F | 14/01/70 | Psychiatrist | D | Universidad de Chile | Full professor | 2 |
| Álvaro Langer | Universal and targeted prevention | Chilean | M | 29/05/79 | Psychologist | D | Universidad Austral de Chile | Associate professor | 2 |
| Daniel Núñez | Detection and early intervention | Chilean | M | 30/10/67 | Psychologist | D | Universidad de Talca | Associate professor | 2 |
| Jorge Gaete | Universal and targeted prevention | Chilean | M | 14/11/73 | Psychiatrist | D | Universidad de los Andes | Full professor | 2 |

| | | | | | | | | | |
|--------------------|--|---------|---|----------|----------------|---|------------------------------|---------------------|---|
| Pablo Gaspar | Detection and early intervention | Chilean | M | 20/08/75 | Psychiatrist | D | Universidad de Chile | Associate professor | 2 |
| Carolina Iturra | Universal and targeted prevention | Chilean | F | 16/03/73 | Psychologist | D | Universidad de Talca | Associate professor | 2 |
| Yanira Zúñiga | Individual, relational, community, and societal aspect | Chilean | F | 05/07/72 | Lawyer | D | Universidad Austral de Chile | Full Professor | 2 |
| Marta Silva | Individual, relational, community, and societal aspect | Chilean | F | 19/08/81 | Anthropologist | D | Universidad Austral de Chile | Assistant professor | 2 |
| Alicia Núñez | Individual, relational, community, and societal aspect | Chilean | F | 12/08/80 | Engineer | D | Universidad de Chile | Associate professor | 2 |
| María Isabel Pavez | Awareness and promotion | Chilean | F | 21/01/80 | Journalist | D | Universidad de los Andes | Associate professor | 2 |

1.3. Senior Researchers

| Name | Research Line | Nationality | Gender | Date of birth dd/mm/yy | Profession | Academic Degree | Affiliation | Current Position | Relation with Center |
|----------------------|-----------------------------------|-------------|--------|---------------------------|--------------|-----------------|-----------------------|---|----------------------|
| María Graciela Rojas | Universal and targeted prevention | Chilean | F | 24/09/53 | Psychiatrist | D | Universidad de Chile | Full Profesor | 2 |
| Ricardo Araya | Universal and targeted prevention | Chilean | M | 03/09/56 | Psychiatrist | D | King's College London | Director of the Centre for Global Mental Health | 2 |

| <u>NOMENCLATURE:</u> | | |
|---|---|-------------------------------|
| [Gender] | [Academic Degree] | [Relation with Center] |
| [M] Male [F] Female [ND] Does not Declare | [U] Undergraduate [M] Master [D] Doctoral | [1] Full time [2] Part time |

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 | Individual, relational, community, and societal aspects | To analyze the interrelationship of protective and risk factors that affect mental health at the individual, relational, community and societal levels, as well as the social consequences of health problems. | This line of research aims to deepen knowledge about the multiple factors that are related to mental health problems in youth, as well as the consequences that these mental health problems may have for young people and their environment. The studies developed in this line contribute to making visible the influence of the social determinants of mental health, the prevalence of mental disorders in different groups and the use of health services. | <ul style="list-style-type: none"> - Alicia Núñez - Marta Silva - Yanira Zúñiga - Paola Tapia - Scarlett Mac-Ginty | <ul style="list-style-type: none"> - Experimental psychology - Other psychologies - Hygiene and public health (epidemiology) - Cultural and social anthropology - Sociology | 16-12-21 | – | Ongoing |
| 2 | Awareness and promotion | Raise awareness and reduce stigmatization about mental health problems to promote timely consultation to mental health services and | The research and activities developed in this line of research contribute to raising public awareness and reducing the stigma associated with mental health problems, with the | <ul style="list-style-type: none"> - Vania Martínez - María Isabel Pavez - Ana Barrera - Reiner Fuentes - Lionel Brossi | <ul style="list-style-type: none"> - Educational and cognitive psychology - Clinical psychology - Other psychologies - Journalism | 16-12-21 | – | Ongoing |

| | | | | | | | | |
|---|-----------------------------------|--|--|--|---|----------|---|---------|
| | | promote emotional wellbeing. | aim of promoting help-seeking in mental health services and the emotional wellbeing of adolescents and young people. | | | | | |
| 3 | Universal and targeted prevention | To evaluate the efficacy, effectiveness and cost-effectiveness of interventions aimed at adolescents and young people with risk factors or who already present psychopathology, promoting participatory design and the use of information and communications technologies. | This line of research includes studies that evaluate preventive interventions for some mental health problems, alcohol and drug use and school violence. For this type of interventions, the use of participatory designs and information and communication technologies (ICTs) is promoted. | <ul style="list-style-type: none"> - Álvaro Langer - Jorge Gaete - Carolina Iturra - María Graciela Rojas - Ricardo Araya - Nicolás Libuy - Pablo Martínez - Saray Ramírez - Sofía Gana - Francesca Borghero - Susana Campos - Maryam Farhang - Álvaro Jiménez - Álvaro Vergés | <ul style="list-style-type: none"> - Clinical psychology - Educational and cognitive psychology - Hygiene and public health (epidemiology) | 16-12-21 | – | Ongoing |
| 4 | Detection and early intervention | Develop or adapt and assess tools, strategies and | This line of research brings together research aimed at the | <ul style="list-style-type: none"> - Daniel Núñez - Pablo Gaspar | <ul style="list-style-type: none"> - Clinical psychology | 16-12-21 | – | Ongoing |

| | | | | | | | | |
|--|--|---|--|---|--|--|--|--|
| | | interventions that allow better detection and early intervention of psychopathology | development and adaptation of different tools that contribute to the detection of psychopathology, such as questionnaires to measure psychopathology, and the development and adaptation of early interventions for mental health problems in youth. | <ul style="list-style-type: none"> - Alicia Figueroa - Rocío Mayol - María Belén Aburto - Rolando Castillo - José Luis Ulloa | - Hygiene and public health (epidemiology) | | | |
|--|--|---|--|---|--|--|--|--|

Annex 3. Publications (Total or partially financed by MSI)**3.1. ISI/WOS Publications or Similar to ISI/WOS Standard****3.1.1. Principal Researchers:**

| N° | Title | Authors | Source (Name of the Journal) | DOI | Quartile * | Lines of Research | N° principal researchers of the center | Number of researchers of the center another category | N° students | Date of publication |
|----|--|--|--|-------------------------------|---------------|---|--|--|-------------|---------------------|
| 1 | Development of the PSYCHS: Positive SYmptoms and Diagnostic Criteria for the CAARMS Harmonized with the SIPS | Scott W. Woods et al. (Pablo Gaspar) | Early Intervention in Psychiatry | 10.1111/eip.13457 | Q3 | Detection and early intervention | 1 | 0 | 0 | 28-08-2023 |
| 2 | Life stories of graduate students in Chile and the United States: influences on becoming a scientist from childhood to adulthood | Marta A. Silva Fernández, Waleska Berríos, <u>Paulina Sanzana</u> , Andrew L. Sigerson | International Journal of Science Education | 10.1080/09500693.2022.2161858 | Q3 | Individual, relational, community, and societal aspects | 1 | 0 | 1 | 04-04-2023 |
| 3 | Social contagion, violence, and suicide among adolescents | Vania Martínez, Álvaro Jiménez-Molina, Mónica M. Gerber | Current Opinion in Psychiatry | 10.1097/YCO.0000000000000858 | Q1 | Individual, relational, community, and societal aspects | 1 | 1 | 0 | 01-05-2023 |
| 4 | Clinical resilience: | Edwin Krogh, Epstein, Ronald, Álvaro I. | International Journal for Quality in Health Care | 10.1093/intqhc/mzad025 | Q3 | Awareness and promotion | 1 | 0 | 0 | 17-05-2023 |

| | | | | | | | | | | |
|---|---|--|---|---|----|---|---|---|---|------------|
| | toward a unified definition | Langer, Christoph Steinebach | | | | | | | | |
| 5 | Initial validation of the International Trauma Questionnaire (ITQ) in a sample of Chilean adults | Andrés Fresno, Nadia Ramos Alvarado, Daniel Núñez, José Luis Ulloa, Jessica Arriagada, Marylene Cloitre, Jonathan I. Bisson, Neil P. Roberts, Mark Shevlin, Thanos Karatzias | European Journal of Psychotraumatology | 10.1080/20008066.2023.2263313 | Q1 | Detection and early intervention | 1 | 1 | 0 | 23-10-2023 |
| 6 | Effects of a mindfulness and physical activity programme on anxiety, depression and stress levels in people with mental health problems in a prison: a controlled study | Jose Gallego, Adolfo J. Cangas, Israel Mañas, Jose M. Aguilar-Parra, Álvaro I. Langer, Noelia Navarro, Maria-Jesus Lorola | Healthcare | 10.3390/healthcare11040555 | Q2 | Detection and early intervention | 1 | 0 | 0 | 13-02-2023 |
| 7 | Mental health and religiosity: the role of experiential avoidance in the symptoms of depression, anxiety, and stress | Reiner Fuentes Ferrada, Leonardo D. Bacilalagupe, Jorge Ordóñez Carrasco, Melissa Munzenmayer, Miguel A. Navarro, María J. | International Journal of Psychology & Psychological Therapy | https://www.ijpsy.com/volumen23/num1/629.html | Q4 | Individual, relational, community, and societal aspects | 1 | 1 | 0 | 01-03-2023 |

| | | | | | | | | | | |
|----|--|--|----------------------|------------------------------|----|---|---|---|---|------------|
| | | Escobar, Javiera Cárdenas, Álvaro I. Langer | | | | | | | | |
| 8 | Validation of the Spanish version of the Pediatric Symptom Checklist (PSC) to identify and assess psychosocial problems among early adolescents in Chile | Saray Ramírez, Sofía Gana, María Inés Godoy, Daniela Valenzuela, Ricardo Araya, Jorge Gaete | PLoS ONE | 10.1371/journal.pone.0283921 | Q2 | Detection and early intervention | 1 | 3 | 0 | 06-04-2023 |
| 9 | Impact of mental health problems and social support on sleep quality: Follow-up before and during the first eight months of the COVID-19 pandemic in Chilean university students | Zayra Antúnez, Rodrigo C. Vergara, Álvaro I. Langer, Jorge Santander, Tomas Baader, Catalina Álamo, Mónica Arce, Bárbara Delgado, Karen Laurin, Catalina Moncada | Annals of Psychology | 10.6018/analesps.517321 | Q3 | Individual, relational, community, and societal aspects | 1 | 0 | 0 | 24-04-2023 |
| 10 | Implementation strategies and outcomes of school-based programs for adolescent suicide prevention: a scoping review protocol | <u>Belén Vargas</u> , Pablo Martínez, Scarlett MacGinty, <u>Tamara Hoffmann</u> , Vania Martínez | PLoS ONE | 10.1371/journal.pone.0284431 | Q2 | Universal and targeted prevention | 1 | 2 | 2 | 04-05-2023 |

| | | | | | | | | | | |
|----|---|---|----------------------------|-------------------------------|----|-----------------------------------|---|---|---|------------|
| 11 | Forest bathing diminishes anxiety in undergraduate students: a pilot study in the Valdivian temperate rainforest | Álvaro I. Langer, Esteban Solano, Leonardo D. Bacigalupe, Betsabé Soto, Angie Asenjo, Ariel Cifuentes, Ibeth Navarrete, rodrigo C. Vergara, Cristoph Steinebach | Journal of Forest Research | 10.1080/13416979.2023.2232086 | Q3 | Universal and targeted prevention | 1 | 0 | 0 | 12-07-2023 |
| 12 | Building bridges through cultural adaptation: Examining the initial impact of a culturally adapted parent training intervention for the Chilean context | Rubén Parra-Cardona, Jaime Fuentes-Balderrama, Luz Cantizano Rioseco, Francisca Javiera Monreal Arcil, María Luisa Correa Molina, Daniela Martic Guazzini, Ana Ford Narváez, Alejandro Neira González, Marcelo Sánchez Ahumada, Alexander Chacón Sandoval, José Marín | Family Process | 10.1111/famp.12855 | Q1 | Universal and targeted prevention | 1 | 0 | 0 | 06-02-2023 |

| | | | | | | | | | | |
|----|--|--|--|----------------------------------|----|---|---|---|---|------------|
| | | Montecinos, Jorge Gaete | | | | | | | | |
| 13 | Depresión, ansiedad generalizada y riesgo de consumo problemático de sustancias en estudiantes secundarios | <u>Marcelo A. Crockett,</u> Vania Martínez | Andes Pediatría | 10.32641/andespediatr.v94i2.4376 | Q4 | Individual, relational, community , and societal aspects | 1 | 0 | 1 | 01-03-2023 |
| 14 | Análisis de las percepciones de los menores chilenos sobre el contenido comercial en TikTok: "Me comí un anuncio" | Beatriz Feijoo, Isabel Pavez, Cristóbal Benavides | Revista Mediterránea de Comunicación | 10.14198/MEDCOM.24250 | Q4 | Awareness and promotion | 1 | 0 | 0 | 01-07-2023 |
| 15 | Initial validation of the Multidimensional Adolescent Functioning Scale (MAFS) in Spanish- speaking students from Chilean secondary schools | Daniel Núñez, César Villacura- Herrera, Jorge Gaete, Daniela Meza, Javiera Andaur, Johanna T. W. Wigman, Jo Robinson | Health and Quality of Life Outcomes | 10.1186/s12955-023-02163-5 | Q2 | Detection and early intervention | 2 | 0 | 0 | 24-07-2023 |
| 16 | Psychometric assessment of the Suicidal Ideation Questionnaire Junior: a two- study validation in Spanish- speaking adolescents | Daniel Núñez, César Villacura- Herrera, Jorge Gaete, Daniela Meza, Javiera Andaur, Jo Robinson | Current Psychology | 10.1007/s12144-023-05422-2 | Q2 | Detection and early intervention | 2 | 0 | 0 | 24-11-2023 |

| | | | | | | | | | | |
|----|---|---|--------------------------|----------------------------|----|---|---|---|---|------------|
| 17 | Parental practices and their association with alcohol and cannabis use among adolescents in Chile | Nicolás Libuy, Viviana Guajardo, Carlos Ibáñez, Ana María Araneda, Lorena Contreras, Paula Donoso, Jorge Gaete, Adrian P. Mundt | Frontiers in Psychology | 10.3389/fpsyg.2023.1209584 | Q1 | Individual, relational, community, and societal aspects | 1 | 1 | 0 | 11-09-2023 |
| 18 | The Coronavirus Anxiety Scale: cross-national measurement invariance and convergent validity evidence | Veljko Jovanović et al. (Jorge Gaete) | Psychological Assessment | 10.1037/pas0001270 | Q2 | Detection and early intervention | 1 | 0 | 0 | 27-11-2023 |

3.2. SCOPUS Publications or Similar to SCOPUS Standard:

3.2.1. Principal Researchers:

| N° | Title | Authors | Source (Name of the Journal) | DOI | Quartile | Lines of Research | N° principal researchers of the center | Number of researchers of the center another category | N° students | Date of publication |
|----|---|--|------------------------------|-------------------------|----------|---|--|--|-------------|---------------------|
| 1 | Aprendiendo ciencias desde la infancia a la adultez: historias de vida del estudiantado doctoral chileno y estadounidense en relación con sus experiencias y visiones sobre la naturaleza de la ciencia abierta y cerrada | Marta Alejandra Silva-Fernández, <u>Paulina Constanza Sanzana-Müller</u> | Revista Electrónica Educare | 10.15359/ree.27-1.14510 | Q4 | Individual, relational, community, and societal aspects | 1 | 0 | 1 | 01-01-2023 |
| 2 | Adaptation of a mobile app for early anxiety and depression intervention in university students in Chile: participatory study | <u>Daniela Lira</u> , Patricio Caviedes, Vania Martínez | BJPsych International | 10.1192/bji.2023.1 | Q4 | Detection and early intervention | 1 | 0 | 1 | 01-06-2023 |

3.3. SCIELO Publications or Similar to SCIELO Standard:**3.3.1. Principal Researchers:**

| N° | Title | Authors | Source (Name of the Journal) | DOI | Quartile | Lines of Research | N° principal researchers of the center | Number of researchers of the center other category | N° students | Date of publication |
|----|---|--------------|--------------------------------------|------------------------------|----------|-------------------------|--|--|-------------|---------------------|
| 1 | ¿Nativos digitales? Percepción de habilidades en niños y niñas de zonas rurales | Isabel Pavez | Cuadernos de Investigación Educativa | 10.18861/cied.2023.14.1.3282 | Q4 | Awareness and promotion | 1 | 0 | 0 | 01-06-2020 |

3.4. Scientific Books and Chapters:**3.4.1. Principal Researchers:**

| N° | Title | Principal Researcher | Source (Name of the Journal) | ISBN | Lines of Research | N° principal researchers of the center | Number of researchers of the center another category | N° students | Date of publication |
|----|---|----------------------|---------------------------------|-------------------|---|--|--|-------------|---------------------|
| 1 | Depresión en adolescentes | Vania Martínez | Editorial Universitaria | 9561129957 | Individual, relational, community, and societal aspects | 1 | 0 | 0 | 04-05-2023 |
| 2 | Abordaje del riesgo suicida mediante tecnologías digitales en estudiantes universitarios | Vania Martínez | Elsevier | 9788413824932 | Detection and early intervention | 1 | 0 | 0 | 14-09-2023 |
| 3 | Mindfulness and compassion as a path to recovery and personal discovery: a first-episode schizophrenia case study | Álvaro Langer | Springer | 978-3-031-27002-4 | Detection and early intervention | 1 | 1 | 0 | 26-04-2023 |
| 4 | Introduction | Vania Martínez | Springer | 2662-3587 | Universal and targeted prevention | 1 | 0 | 0 | 02-01-2023 |
| 5 | Prevention and early treatment of depression through the life course | Vania Martínez | Springer | 2662-3587 | Universal and targeted prevention | 1 | 0 | 0 | 02-01-2023 |
| 6 | Digital technology interventions for preventing and treating youth depression | Vania Martínez | Springer | 2662-3587 | Universal and targeted prevention | 1 | 0 | 1 | 02-01-2023 |

| | | | | | | | | | |
|---|--|------------------|-------------------------|-------------------|---|---|---|---|------------|
| 7 | Contemplation of nature to promote mental health and prevent depression in youth | Álvaro I. Langer | Springer | 2662-3587 | Awareness and promotion | 1 | 0 | 0 | 02-01-2023 |
| 8 | Internet-based interventions for prevention and early treatment of depression in higher education students | Vania Martínez | Springer | 2662-3587 | Universal and targeted prevention | 1 | 2 | 0 | 02-01-2023 |
| 9 | Suicidios durante la pandemia: ¿por qué bajan y qué podemos esperar para adelante? | Vania Martínez | Festina Lente Ediciones | 978-956-6210-06-1 | Individual, relational, community, and societal aspects | 1 | 1 | 0 | 10-05-2023 |

3.5. Other Publications:

3.5.1. Principal Researchers:

| N° | Title | Publication Category | Other Category | Authors | Source (Name of the Journal) | DOI | Quartile | Lines of Research | N° principal researchers of the center | Number of researchers of the center another category | N° students | Date of publication |
|----|--|----------------------|----------------|--|---|---|----------|-------------------------|--|--|-------------|---------------------|
| 1 | Importancia de la evidencia científica en intervenciones escolares en salud mental | Other categories | EBSCO | Vania Martínez | Estudios Públicos | 10.38178/07183089/2132230128 | Q4 | Awareness and promotion | 1 | 0 | 0 | 01-09-2023 |
| 2 | Barreras y facilitadores para la búsqueda de ayuda profesional en salud mental, desde la perspectiva de adolescentes con depresión | Other categories | Latindex | Andrea Landázuri, Carolina Lüttges, Vania Martínez | Revista Chilena de Psiquiatría y Neurología de la Infancia y Adolescencia | https://www.sopnia.com/wp-content/uploads/2023/10/Rev-SOPNIA-2023-2.pdf#page=21 | Q4 | Awareness and promotion | 1 | 0 | 0 | 01-08-2023 |

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:

| N° | Publication Category | Other Category | Title | Authors | Source (Name of the Journal) | DOI | Quartile | Lines of Research | N° other researchers of the center | N° students | Date of publication |
|----|----------------------|----------------|---|--|---|---------------------------|----------|---|------------------------------------|-------------|---------------------|
| 1 | ISI/WoS | — | A critical analysis of digital phenotyping and the neuro-digital complex in psychiatry | Rodrigo De La Fabián, Álvaro Jiménez-Molina, Francisco Pizarro Obaid | Big Data & Society | 10.1177/20539517221149097 | Q1 | Individual, relational, community, and societal aspects | 1 | 0 | 22-01-23 |
| 2 | Scopus | — | Analysis of the mental and physical health symptomatology scale in a sample of emerging and migrant adults in Chile | Ana Barrera-Herrera, María José Baeza-Rivera, Camila Salazar-Fernández, Diego Manríquez-Robles | International Journal of Environmental Research and Public Health | 10.3390/ijerph20064684 | Q4 | Detection and early intervention | 1 | 0 | 07-03-23 |

| | | | | | | | | | | | |
|---|---------|---|---|---|--|----------------------------|----|-----------------------------------|---|---|----------|
| 3 | ISI/WoS | — | Cuestionario Oviedo del Sueño: evidencias de validez y confiabilidad en universitarios chilenos | Ana Barrera-Herrera, Claudia Riffó-Álvarez, Danah Fernández-Hernández, Francisca Ortiz-Peña, Camila Salazar-Fernández | Revista Iberoamericana de Diagnóstico y Evaluación – e Avaliação Psicológica | 10.21865/RIDEP68.2.04 | Q4 | Detection and early intervention | 1 | 0 | 26-07-23 |
| 4 | ISI/WoS | — | Coreference delays in psychotic discourse: widening the temporal window | Claudio Palominos, Alicia Figueroa-Barra, Wolfram Hinzen | Schizophrenia Bulletin | 10.1093/schbul/sbac102 | Q1 | Detection and early intervention | 1 | 0 | 22-03-23 |
| 5 | ISI/WoS | — | Community-Based prevention of substance use in adolescents: outcomes | Nicolás Libuy, Carlos Ibáñez, Ana María Aranda, | Prevention Science | 10.1007/s11121-023-01539-9 | Q2 | Universal and targeted prevention | 1 | 0 | 26-04-23 |

| | | | | | | | | | | | |
|---|-----------------------------|---|--|---|---------------------------------|---|----|---|---|---|----------|
| | | | before and during the COVID-19 pandemic in Santiago, Chile | Paula Donoso, Lorena Contreras, Viviana Guajardo, Adrian P. Mundt | | | | | | | |
| 6 | Libros y capítulos de libro | — | La depresión: ¿una enfermedad común? | Graciela Rojas, Pablo Martínez | Editorial Universitaria | https://www.universitaria.cl/product/depresion_la/ | Q4 | Individual, relational, community, and societal aspects | 2 | 0 | 04-05-23 |
| 7 | Libros y capítulos de libro | — | Depresión en Chile: una mirada interseccional desde las ciencias sociales | Álvaro Jiménez, Gabriel Abarca | Editorial Universitaria | https://www.universitaria.cl/product/depresion_la/ | Q4 | Individual, relational, community, and societal aspects | 1 | 0 | 04-05-23 |
| 8 | ISI/WorldS | — | Early adverse stress and depression severity: a pilot exploration of mediating psychological | Pablo Martínez, Sergio Gogler, Paula Dagnino, Dante Diez de | Development and Psychopathology | 10.1017/S0954579423000688 | Q2 | Individual, relational, community, and societal aspects | 1 | 0 | 11-07-23 |

| | | | | | | | | | | | |
|----|---------|---|---|--|--|----------------------------|----|-----------------------------------|---|---|----------|
| | | | mechanisms | Medina | | | | | | | |
| 9 | ISI/WoS | — | Facilitating factors and barriers to the implementation of the Icelandic Prevention Model of Adolescent Substance Use in Chile: A focus group study | Carolina Sepúlveda, Carlos Ibáñez, Nicolás Libuy, Viviana Guajardo, Ana María Aranda, Lorena Contreras, Paula Donoso, Adrian P Mundt | Health Promotion Practice | 10.1177/15248399231201551 | Q3 | Universal and targeted prevention | 1 | 0 | 16-1023 |
| 10 | ISI/WoS | — | Psychometric properties of the UPPS-P in Chilean adolescents and adults in treatment | Milagros Bussio, Tomás Arriaza, María Elena Alvarado, Alvaro Vergés | Personality and Individual Differences | 10.1016/j.paid.2023.112285 | Q2 | Detection and early intervention | 1 | 0 | 01-10-23 |
| 11 | ISI/WoS | — | Predictors of symptom | William E. Conlin | Alcohol: Clinical and | 10.1111/acer.15201 | Q4 | Individual, relational | 1 | 0 | 29-09-23 |

| | | | | | | | | | | | |
|--------|-----------------------------|---|--|--|-------------------------|---|----|---|---|---|----------|
| | | | course in alcohol use disorder | , Michaela Hoffman, Douglas Steinley, Alvaro Vergés, Kenneth J. Sher | Experimental Research | | | nal, community, and societal aspects | | | |
| 1 2 | Libros y capítulos de libro | — | Sobreendados y deprimidos: salud mental en un país con 4,6 millones de morosos | Álvaro Jiménez, M. Graciela Rojas, Ángel Jiménez | Festina Lente Ediciones | https://play.google.com/store/books/details/MIDAP_Salud_mental_y_sociedad_en_tiempos_de_crisis?id=4WSyEAAAQBAJ&hl=es&pli=1 | Q4 | Individual, relational, community, and societal aspects | 2 | 0 | 10-05-23 |
| 1 3 | Libros y capítulos de libro | — | Síndrome, la triple crisis social, sanitaria y económica; y su efecto en la salud mental | Álvaro Jiménez, M. Graciela Rojas, Fabián Duarte | Festina Lente Ediciones | https://play.google.com/store/books/details/MIDAP_Salud_mental_y_sociedad_en_tiempos_de_crisis?id=4WSyEAAAQBAJ&hl=es&pli=1 | Q4 | Individual, relational, community, and societal aspects | 2 | 0 | 10-05-23 |

3.5. Collaborative publications:

| Category of Publication | 1 researcher | | 2 researchers | | 3 researchers | | 4 or more researchers | |
|--|--------------|--------|---------------|--------|---------------|-------|-----------------------|-------|
| | Nº | % | Nº | % | Nº | % | Nº | % |
| <i>ISI/WOS Publications or Similar to ISI/WOS Standard</i> | 18 | 40.0% | 6 | 13.33% | 1 | 2.22% | 1 | 2.22% |
| <i>SCOPUS Publications or Similar to SCOPUS Standard</i> | 3 | 6.67% | 0 | 0.00% | 0 | 0.00% | 0 | 0.00% |
| <i>SCIELO Publications or Similar to SCIELO Standard</i> | 1 | 2.22% | 0 | 0.00% | 0 | 0.00% | 0 | 0.00% |
| <i>Books and chapters</i> | 7 | 15.56% | 5 | 11.11% | 1 | 2.22% | 0 | 0.00% |
| <i>Other Publications</i> | 2 | 4.44% | 0 | 0.00% | 0 | 0.00% | 0 | 0.00% |
| <u>Total of publications</u> | 31 | 68.89% | 11 | 24.44% | 2 | 4.44% | 1 | 2.22% |

Annex 4. Organization of Scientific Events

| Scope | Title | Type of Event | City | Country | Responsible Researcher | URL |
|----------|---|---------------|------------|---------|------------------------|---|
| National | Training activity " Tips for the writing and publication of opinion columns in the media" | Seminar | Santiago | Chile | Vania Martínez | — |
| National | Training activity "Analysis of longitudinal data" | Seminar | Santiago | Chile | Álvaro Vergés | — |
| National | Mental health in higher education students | Seminar | Valparaíso | Chile | Vania Martínez | https://www.instagram.com/p/CwxnzjCuMFh/?img_index=1 |
| National | Colloquiums Doctorate in Psychology Universidad de Talca | Conference | Talca | Chile | Daniel Núñez | https://www.instagram.com/p/CwQHS3mOpnJ/ |

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 | | | | | | |
| | | | | Masters | | | Doctoral | | | |
| | F | M | ND | F | M | ND | F | M | ND | TOTAL |
| Vania Martínez | 3 | 1 | 0 | 2 | 1 | 0 | 4 | 1 | 0 | 12 |
| Pablo Gaspar | 0 | 0 | 0 | 4 | 0 | 0 | 1 | 4 | 0 | 9 |
| Jorge Gaete | 0 | 0 | 0 | 2 | 2 | 0 | 1 | 0 | 0 | 5 |
| Álvaro Langer | 6 | 2 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 8 |
| Carolina Iturra | 3 | 3 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 6 |
| Marta Silva | 0 | 0 | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 3 |
| TOTAL | 12 | 6 | 0 | 10 | 4 | 0 | 6 | 5 | 0 | 43 |

5.2. Short-term Traineeships of MSI students

List of Internships

| Student name | Institution | Country | Advisor | Project Description | Starting Date [dd/mm/yy] | Ending Date [dd/mm/yy] |
|-----------------|--------------------------|---------|--------------------|--|--------------------------------|------------------------------|
| Daniela Lira | Heidelberg University | Gemany | Stephanie Bauer | To adapt and evaluate the feasibility and acceptability of a transdiagnostic intervention based on digital technologies for the indicated prevention of anxiety and/or depression in university students | 16-10-203 | ongoing |

| | | | | | | |
|--------------|-------------------------|-----------|-------------|---|----------|---------|
| Belén Vargas | University of Melbourne | Australia | Jo Robinson | The objective of the internship was to learn about different aspects related to suicide prevention research with young people, to contribute to Belén's thesis project. | 13-10-23 | ongoing |
|--------------|-------------------------|-----------|-------------|---|----------|---------|

List of external internships

| Intern Type | Intern Name | Academic Degree | Home Institution | Destination Institution | Country | Project Description | Starting Date [dd/mm/yy] | Ending Date [dd/mm/yy] |
|-------------|----------------|-----------------|------------------------|--------------------------|---------|---|-----------------------------|---------------------------|
| Student | Carla Elizalde | Master | Universidad de Navarra | Universidad de los Andes | Spain | Carla did an internship at the Centro de Investigación Salud Mental Estudiantil (ISME) of the Universidad de los Andes with the principal researcher Jorge Gaete. During her stay she collected data on Chilean students regarding mental health stigma, with the purpose of comparing them with a similar population in Spain. This work was directly related to her doctoral thesis entitled "Analysis of Mental Disorder Stigma in Adolescents". | 01-09-23 | 12-12-23 |

Annex 6. Networking and other collaborative work**6.1. Formal Collaboration networks**

| Network Name | Network Scope | Researchers | | | | Institutions |
|---|---------------|-----------------|-----------------------|-------------|-----------------------|---|
| | | From the Center | | External | | |
| | | Researchers | Postdocs/ Students | Researchers | Postdocs/ Students | |
| Clinical High Risk Mental State Network | N | 8 | 5 | 30 | 0 | Hospital Clínico de la 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 |
| World Mental Health International College Student Initiative (WMH- ICS) | I | 8 | 3 | 40 | 0 | World Health Organization |
| | | | | | | Harvard Medical School |
| | | | | | | Columbia University |
| | | | | | | National Institute of Psychiatry Ramón de la Fuente Muñiz |
| | | | | | | Katholieke Universiteit Leuven |
| | | | | | | Vrije Universiteit Amsterdam |
| | | | | | | Technical University of Munich |
| | | | | | | Curtin University |
| | | | | | | University of British Columbia |
| | | | | | | University of Chile |

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|---|---|---|---|-----|---|--|
| | | | | | | University of Bordeaux |
| | | | | | | Chinese University of Hong Kong |
| | | | | | | Aga Khan University |
| | | | | | | University of Otago |
| | | | | | | Ulster University |
| | | | | | | Babeş-Bolyai University |
| | | | | | | King Faisal Specialist Hospital and Research Centre |
| | | | | | | University of Cape Town |
| | | | | | | Hospital del Mar Medical Research Institute |
| | | | | | | Chalmers University of Technology |
| Conectados al Sur (Connected to the south) | I | 1 | 0 | 250 | 0 | FCEI Universidad de Chile |
| | | | | | | Berkman Klein Center for Internet and Society (Harvard University) |
| | | | | | | UNICEF |
| International Mindfulness Network | I | 1 | 0 | 15 | 0 | Universidad Austral de Chile |
| | | | | | | ZHAW Zurich University of Applied Sciences |
| | | | | | | Moscow Region State University |
| | | | | | | Universidad de Almería |
| | | | | | | Università Roma Tre |
| | | | | | | University of Social Sciences and Humanities |
| | | | | | | HCMC Vietnam National University |
| Network for the Development of | I | 7 | 1 | 6 | 0 | Facultad de Medicina (Universidad de Chile) |
| | | | | | | Facultad de Ciencias Físicas y Matemáticas (Universidad de Chile) |

| | | | | | | |
|-----------------------|--|--|--|--|--|--|
| Digital Mental Health | | | | | | Instituto de la Comunicación e Imagen (Universidad de Chile) |
| | | | | | | Facultad de Ciencias Sociales (Universidad de Chile) |
| | | | | | | Departamento de Psicoanálisis (Universidad de Antioquia) |
| | | | | | | Center for Psychotherapy Research (University of Heidelberg) |
| | | | | | | Facultad de Psicología (Universidad CES) |

NOMENCLATURE:

[Network Scope]

[N] National [I] International [LA] Latin American

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 Principals Researchers Participating in the activity |
|--|---|---|---|------------------------------------|---|-----------------------------|--------------------------------------|---------------------------------|---|
| The 9th International Conference on Public Health 2023 | Contribute to the dissemination of the Conference | ICOPH 2023 was a international conference designed to bring together experts from various sectors to share cutting-edge research, best practices, and efficient initiatives to address public health issues, while also providing a space for people to connect, learn, and collaborate to improve everyone's health and wellbeing. The activity had more | The International Institute of Knowledge Management, International Association on Public Health (IAPH), MAHSA University Malaysia, Millennium Nucleus Imhay, among others | 1 | 0 | 15 | 0 | 1 (international conference) | Vania Martínez |

| | | | | | | | | | |
|--|--|---|--|--|--|--|--|--|--|
| | | than 230 participants from 42 countries. | | | | | | | |
|--|--|---|--|--|--|--|--|--|--|

Annex 7. Outreach

7.1. Outreach activities throughout the period

| Event Title | Type of Event | Scope | Target Audience | Date | Region | N° of Student from the Center | N° of Attendees | Duration in days | Participating Researchers | Responsible for the activity |
|--|----------------------|--------------|--|-------------|---------------------------------------|--------------------------------------|------------------------|-------------------------|------------------------------------|---|
| Let's talk about SEN and evaluation of linguistic-communicative learning post pandemic. | Workshop | National | High school teachers | 05-01-23 | Libertador General Bernardo O'Higgins | 0 | 43 | 1 | Alicia Núñez | Universidad de O'Higgins |
| Student welfare and experience in higher education | Seminar | National | Professors at a professional institute and/or technical training center University professors | 17-01-23 | Metropolitana de Santiago | 1 | 50 | 1 | Vania Martínez | Núcleo Milenio EdSUP and Núcleo Milenio Imhay |
| Role of families in adolescent suicide prevention | Panel discussion | National | General public | 28-03-23 | Metropolitana de Santiago | 0 | 150 | 1 | Vania Martínez | Instituto Chileno de Terapia Familiar |
| Evidence-based interventions to prevent suicidal behavior | Seminar | National | Professionals from the center's area Professionals from other fields | 30-03-23 | Maule | 3 | 200 | 1 | Daniel Núñez, Álvaro Jiménez | Universidad de Talca and Núcleo Milenio Imhay |
| Make Health: "Online mental health surveys in college students: to do them or not to do them". | Workshop | National | Professionals from the center's area | 11-01-23 | Valparaíso | 0 | 50 | 3 | Scarlett Mac-Ginty, Vania Martínez | Centro Nacional en Sistemas de Información en Salud (CENS), el Instituto de Tecnología de Massachusetts (MIT), la Universidad de Harvard y la Red de Salud Digital de las |

| | | | | | | | | | | |
|---|-----------------|---------------|---|----------|---------------------------|----|-----|---|---|--|
| | | | | | | | | | | Universidades del Estado |
| Are we brain subjects: neuroscience, mental health and society? | Book launch | International | Professionals from the center's area | 19-01-23 | | 1 | 40 | 1 | Álvaro Jiménez | Universitat Rovira i Virgili |
| Can I be a scientist? Indigenous women studying science | Book launch | National | General public | 05-05-23 | de los Ríos | 1 | 30 | 1 | Marta Silva | Núcleo Milenio Imhay and Universidad Austral de Chile |
| Health and Wellness Fair | Fair | National | Elementary school students High school students | 20-05-23 | Metropolitana de Santiago | 1 | 750 | 1 | Vania Martínez | Colegio Angloamerican |
| How to deal with suicide in the media? | Conference | National | University students | 29-05-23 | Metropolitana de Santiago | 1 | 40 | 1 | Vania Martínez | Universidad Andrés Bello |
| Impact of covid on youth mental health and post pandemic challenges | Conference | National | General public | 19-05-23 | Metropolitana de Santiago | 5 | 75 | 1 | Álvaro Langer | Núcleo Milenio Imhay |
| Early intervention in psychosis risk: Therapeutic skills for Latin America. | Training course | International | Professionals from the center's area | 09-07-23 | | 10 | 120 | 1 | Alicia Figueroa, Pablo Gaspar, Rocío Mayol Troncoso, Rolando Castillo | The International Early Intervention and Prevention in Mental Health Association (IEPA) and Núcleo Milenio Imhay |
| Camp Explora VA | Training | National | Elementary school teachers High school teachers Early childhood educators | 09-01-23 | Metropolitana de Santiago | 1 | 50 | 1 | Vania Martínez | PAR EXPLORA RM SUR ORIENTE |
| Are we brain subjects: neuroscience, mental health and society?" | Book launch | National | Professionals from the center's area | 18-04-23 | Metropolitana de Santiago | 1 | 40 | 1 | Álvaro Jiménez | Universidad Diego Portales |
| How does climate change affect you? | Conference | National | Elementary school students | 20-04-23 | Antofagasta | 1 | 200 | 1 | Álvaro Langer | Festival Puerto de Ideas Antofagasta |

| | | | | | | | | | | |
|--|-------------|---------------|---|----------|---------------------------|---|-----|---|------------------------------------|---|
| | | | High school students | | | | | | | |
| How does climate change affect you? | Conference | National | University students | 21-04-23 | Antofagasta | 1 | 80 | 1 | Álvaro Langer | Festival Puerto de Ideas Antofagasta |
| Depression: illness or life suffering? | Book launch | National | Professionals from the center's area | 04-05-23 | Metropolitana de Santiago | 2 | 110 | 1 | Graciela Rojas | Núcleo Milenio Imhay and Editorial Universitaria |
| Suicide prevention: role of education personnel | Conference | National | University students Professionals from the center's area | 08-05-23 | Metropolitana de Santiago | 2 | 100 | 1 | Vania Martínez | Universidad Alberto Hurtado |
| Impacts of covid on youth mental health and post pandemic challenges | Seminar | International | Professionals from the center's area | 17-05-23 | | 6 | 110 | 1 | Álvaro Langer | Núcleo Milenio Imhay and the Center for Global Health at Oregon State University |
| Make Health Conference "ICTs and Mental Health in Youth: Challenges and Opportunities" | Conference | National | General public | 11-01-23 | Valparaíso | 2 | 300 | 3 | Vania Martínez | Centro Nacional en Sistemas de Información en Salud (CENS) , el Instituto de Tecnología de Massachusetts (MIT), la Universidad de Harvard y la Red de Salud Digital de las Universidades del Estado |
| Suicide prevention in adolescents: Everyone's task | Online Talk | National | General public | 15-04-23 | Metropolitana de Santiago | 0 | 120 | 1 | Vania Martínez | Fundación Círculo Polar |
| How is mental health in our university student communities? | Webinar | National | University professors Professor at a professional institute and/or technical training center | 28-06-23 | Metropolitana de Santiago | 4 | 90 | 1 | Vania Martínez, Scarlett Mac-Ginty | Consejo de Rectores de las Universidades Chilenas and Núcleo Milenio Imhay |

| | | | | | | | | | | |
|--|------------|----------|--|----------|---------------------------|---|-----|---|----------------|---|
| | | | Profesionales del área del centro | | | | | | | |
| Mental Health Leadership | Workshop | National | Elementary school students High school students | 21-07-23 | Metropolitana de Santiago | 0 | 30 | 1 | Vania Martínez | Universidad de Chile, Instituto Nacional and Núcleo Milenio Imhay |
| Suicidality: an update on how to understand, assess and intervene effectively. | Workshop | National | Professionals from the center's area | 04-08-23 | Metropolitana de Santiago | 0 | 150 | 1 | Álvaro Jiménez | Universidad Diego Portales |
| Successful bullying prevention programs around the world | Webinar | National | Elementary school teachers High school students | 25-09-23 | Metropolitana de Santiago | 0 | 90 | 1 | Jorge Gaete | Fundación Convivencia Digital |
| Self-care in school communities | Conference | National | Elementary school teachers High school students | 05-10-23 | Metropolitana de Santiago | 0 | 80 | 1 | Jorge Gaete | Programa SENDA Previene |
| Your Emotional World book presentation | Exhibition | National | Bookstore owners | 08-08-23 | Metropolitana de Santiago | 0 | 100 | 1 | Vania Martínez | Penguin Random House Grupo Editorial Chile |
| A classmate offered me: What to do in the school context to prevent substance abuse? | Seminar | National | Elementary school teachers High school teachers | 25-08-23 | de la Araucanía | 2 | 230 | 1 | Jorge Gaete | Universidad de La Frontera |
| From hyperconnection to an encounter with the environment: The Power of Nature | Conference | National | General public | 26-08-23 | de los Ríos | 0 | 50 | 1 | Álvaro Langer | Sur Mujer, the most important creative-cultural event in the south. |
| Protagonists 2030 | Conference | National | Elementary school students High school students | 28-08-23 | Metropolitana de Santiago | 0 | 500 | 1 | Lionel Brossi | The Mercurio Newspaper |
| Magnitude of the problem of marijuana use and its effects | Conference | National | High school students | 05-09-23 | Metropolitana de Santiago | 0 | 75 | 1 | Jorge Gaete | Fundación Convivencia Digital |

| | | | | | | | | | | |
|---|------------------|----------|--|----------|---------------------------|---|-----|---|----------------|--|
| Accompanying adolescents from the role of fathers and mothers | Conference | National | Parents of high school students | 09-09-23 | Metropolitana de Santiago | 0 | 70 | 1 | Jorge Gaete | Fundación Convivencia Digital |
| Effective evidence-based practices for preventing school violence | Webinar | National | Elementary school students High school students | 13-09-23 | Metropolitana de Santiago | 0 | 90 | 1 | Jorge Gaete | Fundación Convivencia Digital |
| Common Mental Health Problems in Adolescents | Conference | National | Elementary school teachers High school teachers | 06-10-23 | Metropolitana de Santiago | 0 | 70 | 1 | Vania Martínez | Municipalidad de Peñalolén |
| Mindfulness in secondary education: enhancing the mental health of teachers and students. | Webinar | National | General public | 02-11-23 | Metropolitana de Santiago | 0 | 65 | 1 | Álvaro Langer | Universidad San Sebastián and Universidad Adolfo Ibáñez |
| Launching of a suicide risk prevention and action guide for the student community | Panel discussion | National | University professors University students | 07-11-23 | Metropolitana de Santiago | 0 | 50 | 1 | Vania Martínez | Universidad Academia de Humanismo Cristiano |
| Design of policies and action plans for the care of Student Mental Health and prevention of Suicidal Behavior in undergraduate students at the Universidad de los Andes | Conference | National | University professors University students | 26-10-23 | Metropolitana de Santiago | 0 | 80 | 1 | Jorge Gaete | Universidad de los Andes |
| Prevention and Health Fair | Exhibition | National | University students | 07-11-23 | Metropolitana de Santiago | 0 | 120 | 1 | Vania Martínez | Facultad de Economía y Negocios de la Universidad de Chile |
| Health Fair | Exhibition | National | University students | 16-11-23 | Metropolitana de Santiago | 0 | 400 | 1 | Vania Martínez | Facultad de Medicina, Universidad de Chile |
| International Seminar "Mental health and legislation in Chile: | Seminar | National | Professionals from the center's area | 30-11-23 | Metropolitana de Santiago | 0 | 200 | 1 | Vania Martínez | Ministerio de Salud de Chile |

| | | | | | | | | | | |
|---|-------------|---------------|--|----------|---------------------------|---|-----|---|---|--|
| lessons learned and global experiences". | | | | | | | | | | |
| Book Launch: "Psychotherapeutic tools for the management of patients with depression" | Book launch | National | Professionals from the center's area | 10-10-23 | Metropolitana de Santiago | 3 | 60 | 1 | Graciela Rojas. | Instituto Milenio Midap and Universidad Católica de Chile |
| The impact of bullying on mental health | Webinar | National | Elementary school teachers High school teachers | 10-10-23 | Metropolitana de Santiago | 0 | 80 | 1 | JorgeGaete | Fundación Convivencia Digital |
| Promoting mental health in higher education contexts | Seminar | International | Professor at a professional institute and/or technical training center University professors University students Professionals from the center's area | 12-10-23 | | 0 | 80 | 1 | Vania Martínez | Universidad Cooperativa de Colombia |
| Between family and community: towards a systematic understanding of suicidality in young adolescents. | Conference | National | Professionals from the center's area University students Professor at a professional institute and/or technical training center | 13-10-23 | de los Ríos | 0 | 45 | 1 | Reiner Fuentes | Centro de Salud Familiar (CESFAM) de la comuna de Los Lagos |
| Digital mental health: challenges and opportunities in Chile | Seminar | National | Professionals from the center's area Professionals from other fields | 16-10-23 | de la Araucanía | 0 | 150 | 1 | Álvaro Jiménez, Graciela Rojas, Ricardo Araya | Instituto Milenio Midap, Universidad de la Frontera and Núcleo Milenio Imhay |
| Strategies for early detection and management of common mental health | Seminar | National | Professionals from the center's area | 19-10-23 | Maule | 0 | 50 | 1 | Daniel Núñez | División de Atención Primaria del Ministerio de Salud |

| | | | | | | | | | | |
|--|------------------|----------|--|----------|---------------------------|---|-----|---|--|---|
| problems in Primary Health Care (PHC). | | | | | | | | | | |
| Chile-United States Bicentennial Academic Meeting | Seminar | National | Professionals from other fields University students Public sector | 25-10-23 | Metropolitana de Santiago | 0 | 110 | 2 | Vania Martínez | Universidad de Chile, Universidad Católica and Embajada de Estados Unidos en Chile |
| First Seminar on University Coexistence: Mental Health, Gender and Community | Seminar | National | Professor at a professional institute and/or technical training center University professors | 11-10-23 | Metropolitana de Santiago | 0 | 120 | 1 | Ana Barrera | Universidad de Chile, Universidad Alberto Hurtado, Universidad Tecnológica Metropolitana and Universidad Diego Portales |
| Presentation of the "Let's Talk About Everything" Psychosocial Chat Study of the | Journey | National | Professionals from the center's area Policy makers | 06-12-23 | Metropolitana de Santiago | 0 | 40 | 1 | Vania Martínez | Instituto Nacional de la Juventud |
| Communication campaign: Awaken a change | Panel discussion | National | High school students University students Students at a Professional Institute and/or Technical Training Center | 29-05-23 | Metropolitana de Santiago | 2 | 110 | 1 | Vania Martínez | Nestlé |
| Intersocietal Working Group on At-risk Mental States Sonepsyn - Sopnia | Webinar | National | Professionals from the center's area Professionals from other fields | 26-08-23 | Metropolitana de Santiago | 0 | 30 | 1 | Alicia Figueroa, Pablo Gaspar, Rocío Mayol, Rolando Castillo | Sociedad de Neurología, Psiquiatría y Neurocirugía (Sonepsyn) and Sociedad de Psiquiatría y Neurología de la Infancia y Adolescencia (Sopnia) |

| | | | | | | | | | | |
|--|------------------|---------------|--|----------|---------------------------------------|---|-----|---|-----------------|---|
| Women's Health Fair | Fair | National | Children in pre-school stage General public | 06-05-23 | Metropolitana de Santiago | 0 | 235 | 1 | Vania Martínez | Centro de Investigación en Ambientes Alimentarios y Prevención de Enfermedades Crónicas Asociadas a la Nutrición (CIAPEC) del del Instituto de Nutrición y Tecnología de los Alimentos (INTA) |
| Challenges in infant and adolescent mental health | Panel discussion | National | General public | 15-10-23 | Metropolitana de Santiago | 0 | 40 | 1 | Vania Martínez | Festival de Autores de Santiago |
| Critical interdiscipline for transformation in mental health: Social History, Critical Social Science and Collective Mental Health | Panel discussion | National | Professionals from the center's area Professionals from other fields | 26-10-23 | Metropolitana de Santiago | 0 | 60 | 1 | Jimena Carrasco | Escuela de Salud Pública, Universidad de Chile |
| Mental health leadership workshop | Workshop | National | High school students | 29-11-23 | Metropolitana de Santiago | 0 | 40 | 1 | Vania Martínez | Municipalidad de Las Condes |
| V Digital Mental Health Congress | Conference | International | Professionals from the center's area | 29-11-23 | | 0 | 120 | 1 | Vania Martínez | Cibersalud |
| Well-being processes: teacher- student interaction, mental health and school coexistence | Conference | National | High school students Elementary school teachers High school teachers | 05-12-23 | Libertador General Bernardo O'Higgins | 0 | 120 | 1 | Carolina Iturra | Liceo Bicentenario Víctor Jara |
| Student mental health day | Journey | National | University professors | 05-01-23 | Metropolitana de Santiago | 0 | 20 | 1 | Vania Martínez | Dirección de Asuntos Estudiantiles UMCE |
| Healthy Community Fair | Exhibition | National | University students | 31-05-23 | Metropolitana de Santiago | 0 | 100 | 1 | Vania Martínez | Dirección de Salud Estudiantil Universidad de Chile |

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|--|------------|---------------|---|----------|---------------------------|---|-----|---|-----------------|--|
| Mental health and sexual diversity | Conference | International | Professionals from the center's area University students | 16-12-23 | | 0 | 50 | 1 | Vania Martínez | Centro Yachay, Asociación Psiquiátrica Peruana |
| Mental Health and Social Work: Building community support | Conference | National | University students University professors Professionals from the center's area | 24-11-23 | de la Araucanía | 0 | 100 | 1 | Ana Barrera | Departamento de Trabajo Social, Universidad Católica de Temuco |
| Colloquium: Dialogues and controversies on the psychopathology of delirium: | Colloquium | National | Professionals from the center's area Professionals from other fields | 30-06-23 | Valparaíso | 0 | 65 | 1 | Alicia Figueroa | Universidad de Valparaíso. Departamento de Psicología. Instituto de Sistemas Complejos |
| VIII Mental Health Conference. Scope of the relationship between health professional and user. Name of the presentation: Theories and applications of human communication. | Workshop | National | Professionals from the center's area Private sector | 12-10-23 | Metropolitana de Santiago | 0 | 50 | 1 | Alicia Figueroa | Hospital del Trabajador |
| Is it a smartphone enough? Technological experiences from rural educational communities | Seminar | International | Graduate students Undergraduate university students Professionals in the area of the center Professionals in other areas | 12-01-23 | | 0 | 50 | 1 | Isabel Pavez | Center for Latinx Digital Media - Northwestern University |
| The impact of a suicide death on health care teams | Conference | National | Professionals in the area of the center Professionals in other areas | 05-09-23 | Metropolitana de Santiago | 0 | 40 | 1 | Álvaro Jiménez | Hospital Roberto del Río |
| Mental health in higher education: challenges and opportunities | Talk | National | Undergraduate university students Graduate university | 04-05-23 | Metropolitana de Santiago | 0 | 50 | 1 | Álvaro Jiménez | Universidad San Sebastián |

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|--|---------------------|---------------|---|------------------|------------------------------|---|-----|---|-------------------|--|
| | | | students University professors | | | | | | | |
| Can I be a scientist? Indigenous women studying science | Video Conference | National | Undergraduate university students Graduate students Professionals from the center's area Professionals from other areas | 16- 01- 23 | de los Ríos | 0 | 50 | 1 | Marta Silva | Universidad Austral de Chile |
| Presentation of the book "¿Puedo Ser Científica: Mujeres Indígenas estudiando ciencias" (Can I Be a Scientist: Indigenous Women Studying Science) Santiago Severin Library | Video Conference | National | General public | 27- 06- 23 | Valparaíso | 0 | 529 | 1 | Marta Silva | Biblioteca Santiago Severín |
| Risks and opportunities of artificial intelligence today in the exercise of rights in Chile | Forum | National | General public | 23- 10- 23 | Metropolitana de Santiago | 0 | 120 | 1 | Lionel Brossi | UNESCO, Banco de Desarrollo de América Latina y el Caribe (CAF), Ministerio de Ciencia, Tecnología, Conocimiento e Innovación |
| Adolescent mental health and the digital world | Conference | National | Elementary school students High school students Other | 26- 09- 23 | Metropolitana de Santiago | 0 | 60 | 1 | Álvaro Jiménez | Colegio Francisco de Miranda |
| Podcast. Suicide attempts and self- harm are preventable | Podcast | National | General public | 14- 10- 23 | Metropolitana de Santiago | 0 | 50 | 1 | Vania Martínez | Podcast de Salud Mental |
| First Alcohol School of the Southern Cone | Conference | International | Undergraduate university students Graduate students Professionals in the center's area | 19- 06- 23 | | 0 | 40 | 1 | Álvaro Vergés | Universidad de la República |

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|---|------------------|----------|--|----------|---------------------------|---|-----|---|--------------------------------|--|
| | | | Private sector Public sector | | | | | | | |
| Anniversary Ceremony +FECSH Program (accompaniment to undergraduate students) of the Faculty of Education, Social Sciences and Humanities of the University of La Frontera. | Conference | National | Undergraduate university students Graduate students from the center's area Professionals from other areas Public sector | 22-11-23 | de la Araucanía | 0 | 100 | 1 | Ana Barrera | Programa +FECSH Universidad de la Frontera |
| Tools for Understanding and Managing Non-Suicidal Self-Injury | Workshop | National | Professionals from the center's area Professionals from other areas | 04-09-23 | Metropolitana de Santiago | 0 | 40 | 1 | Álvaro Jiménez | Hogar Don Orione |
| The metamorphoses of the symptom: from psychoanalysis to digital psychiatry | Video Conference | National | Undergraduate university students Graduate students University professors | 28-03-23 | Metropolitana de Santiago | 0 | 30 | 1 | Álvaro Jiménez Molina. | Universidad Diego Portales |
| Mental health and suicide in higher education | Talk | National | Undergraduate university students Graduate students University professors | 02-05-23 | Metropolitana de Santiago | 0 | 25 | 1 | Álvaro Jiménez | Universidad Diego Portales |
| Talk Women don't cry, they just bill: let's talk about mental health | Talk | National | Professionals from the center's area Professionals from other areas | 07-03-23 | Metropolitana de Santiago | 0 | 15 | 1 | Marta Silva | Red Salud UC Christus |
| III Meeting red-EMARS Chile | Conference | National | Undergraduate university students Graduate students Professionals from the center's area Professionals from other areas | 12-05-23 | Coquimbo | 2 | 150 | 1 | Pablo Gaspar, Rolando Castillo | Red EMARs Chile |

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 | 5 | 2 | 20 | 0 | 0 | 27 |
| Internet | 0 | 5 | 2 | 37 | 0 | 9 | 53 |
| Audiovisual | 2 | 0 | 32 | 5 | 0 | 0 | 39 |
| TOTAL | 2 | 10 | 36 | 62 | 0 | 9 | 119 |

Annex 8. Connections with other sectors

| Activity | Type of Connection [Number] | Type of Activity [Number] | Institution Country | Agent Type [Number] | Economic Sector |
|--|--|--------------------------------------|--------------------------------|------------------------------------|---------------------------|
| Intersectoral roundtable for the prevention of suicide behavior in the Metropolitan Region | 2 | 2 | Chile | 2 | Public sector |
| Advisor to the Instituto Nacional General José Miguel Carrera | 2 | 7 ^a | Chile | 3 | Education |
| Consultancy for Municipalidad de Lo Barnechea (Child and Adolescent Office) | 2 | 7 ^a | Chile | 2 | Public Sector |
| Advisor to the National Youth Institute (INJUV) | 2 | 7 ^a | Chile | 2 | Public sector |
| Collaboration agreement with Municipalidad de Renca | 2 | 4 | Chile | 2 | Public sector |
| Technical guide of recommendations for the development of promotional and preventive strategies in mental health and suicide prevention for students in higher education | 2 | 2 | Chile | 2 | Public sector |
| Collaboration agreement with Municipalidad de Lo Barnechea | 2 | 4 | Chile | 2 | Public sector |
| Consultancy for the implementation of the Mental Health Prevention Pilot Program | 2 | 2 | Chile | 2 | Public sector |
| Advisor to PAHO/WHO Uruguay | 2 | 7 ^a | Uruguay | 2 | Medicine and human health |
| Workshops "Seamos Comunidad" (Let's be community) | 2 | 3 | Chile | 3 | Education |
| Intersectoral roundtable for the prevention of suicide behavior in the Maule Region | 2 | 2 | Chile | 2 | Public sector |
| Commission "Salud del Futuro" (Future Health) | 2 | 2 | Chile | 2 | Public sector |
| Collaboration agreement with Todo Mejora foundation | 2 | 4 | Chile | 2 | Medicine and human health |
| Advisory committee on youth mental health and technology use | 2 | 4 | United States of America | 2 | Medicine and human health |

| | | | | | |
|---|---|----------------|-------|---|---------------------------------|
| Collaboration agreement with Wildlife Conservation Society foundation | 2 | 2 | Chile | 2 | Environment |
| Collaboration agreement with Fundación para la Confianza | 2 | 2 | Chile | 2 | Medicine and human health |
| Communication campaign "Despierta un Cambio" (Awaken a Change) | 2 | 7 ^b | Chile | 1 | Processed foods and soft drinks |
| Radio program "Sintoniza tu salud mental" (Tune in to your mental health) | 2 | 7 ^c | Chile | 2 | Communications |
| Collaboration agreement with Municipalidad de Ñuñoa | 2 | 4 | Chile | 2 | Public sector |
| Intersectoral Intersex Health Working Sessions by the Ministry of Health | 2 | 4 | Chile | 2 | Public sector |
| Training "Prevention of suicidal behavior in educational institutions" | 2 | 3 | Chile | 2 | Public sector |
| Higher Education Mental Health Advisory Board | 2 | 2 | Chile | 2 | Public sector |
| Working table "Legislating on artificial intelligence" | 2 | 7 ^a | Chile | 2 | Public sector |
| Commission against misinformation | 2 | 7 ^a | Chile | 2 | Public sector |
| Workshop "Common Mental Health Problems in Adolescents" | 2 | 3 | Chile | 2 | Public sector |
| Internal seminar "Proposal of four mental health models for university communities" | 2 | 2 | Chile | 3 | Education |
| Document reviewer "Guidelines for road safety education for health care teams" | 2 | 2 | Chile | 2 | Public sector |
| Roundtable Future Education: Disruptive Perspectives | 2 | 7 ^a | Chile | 2 | Public sector |
| Meeting on the renewal of the National Plan for Suicide Prevention | 2 | 7 ^a | Chile | 2 | Public sector |
| Expert judgment committee for clinical guideline on schizophrenia | 2 | 2 | Chile | 2 | Public sector |
| Training "Update on rights and duties of users of the mental health network" | 2 | 3 | Chile | 2 | Public sector |

| | | | | | |
|--|---|----------------|-------|---|---------------------------|
| Methodological consultancy for the process of updating the National Suicide Prevention Program | 2 | 2 | Chile | 2 | Public sector |
| Mental health leadership workshop for students | 2 | 3 | Chile | 3 | Education |
| Training on suicide risk assessment | 2 | 3 | Chile | 2 | Public sector |
| Training on suicide risk assessment | 2 | 3 | Chile | 2 | Medicine and human health |
| Scientific advisory of the School Research and Innovation Program PAR Explora Los Lagos | 2 | 2 | Chile | 3 | Education |
| Talk "Emerging drugs" | 2 | 3 | Chile | 2 | Public sector |
| Jury of the V School Science and Technology Meeting "Valdiciencia Austral" | 2 | 7 ^d | Chile | 3 | Education |
| TikTok Latin America Security Advisory Council | 2 | 7 ^a | China | 1 | ICTs |

Notes. ^a = Consultancy. ^b = Communication campaign. ^c = Radio program. ^d = Contest.

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 Training [6] Installation of Scientists [7] Others (specify at the table foot other types of activity)

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

Annex 9. Total Funding

| Funds | 2023 Sources of Funding | |
|--------------|--------------------------------|---|
| | Amount [\$] | Percentage of resources used by the Center [%] |
| MSI | 160.222.000 | 88.5% |
| TOTAL | 160.222.000 | 88.5% |

| Type of Expense | Total Amount [\$] |
|-----------------------------|--------------------------|
| Scientific Staff | 50.918.000 |
| Technical Staff | 21.600.000 |
| Administrative Staff | 3.260.000 |
| Communications Staff | 23.300.000 |
| Investments | 5.000.000 |
| Infrastructure | 0 |
| Consulting | 12.320.218 |

Annex 10. Outstanding Activities

| 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 |
|---|--|--|--|--|
| Public hearing about adolescent and youth mental health | Public hearing in process of drafting constitutional proposal | Imhay's director, Vania Martínez, participated in a public hearing with the constituents who were drafting the proposed new constitution. The director of Imhay requested to reinforce more explicitly the mandate of the State so that public policies strengthen the protection of mental health and the rights of children, adolescents and young people. | This activity reinforces Imhay's role in strengthening public policies aimed at improving the wellbeing of adolescents and young people. | This activity was a unique opportunity and there is no possibility of replicating it unless a new constituent process is opened. |
| Book “Tu mundo emocional” (Your Emotional World) | Book written by Vania Martínez and illustrated by Javiera Suazo. | The book is a guide for adolescents to learn about feelings and emotions and to understand that there is nothing wrong with asking for help. | This is a publication for non-academic audiences which can contribute to adolescents' psychological wellbeing. | Other psychoeducational manuals are being developed by the center. |

Annex 11. Negative or positive aspects that you would like to address in order to understand the context in which the center developed its work during the reported period

Relevant Positive and Negative Aspects

The State, through its various institutions, as well as the Government, have shown an interest and concern for the mental health of people and especially of certain social groups, such as young people. This has allowed Imhay to collaborate with various state institutions in working groups in an advisory role to contribute to the mental health of adolescents and young people from the public policy.

One limitation of the context regarding student participation in publications is that publications with students are generally done at the end of their academic programs. Except for doctoral students, who publish partial results of their theses during their studies. Since students generally work exclusively on their theses, this limits student participation in publications with researchers. This year, two publications with former Imhay students were published (master's and undergraduate students), which although mentioned in the manuscript of the report, are not considered as student publications by the platform.

Annex 12. Relevant materials, products and activities carried out by the center

The following images represent different activities carried out by the center. They were classified by the area in which they are presented in the annual memory.

a) Scientific research

The pre-congress workshop “Early Intervention in Psychosis Risk: Therapeutic Skills for Latin America” highlighted in the Scientific and Capacity Building section of this annual report was an important activity carried out by Imhay. It was part of the IEPA 14th International Conference on Early Intervention in Mental Health. Besides being a research product that was done at a congress, it was also an outreach activity. It was a free activity to professionals from Latin America in which more than 150 people participated. In the activity, Imhay researchers Pablo Gaspar, Álvaro Langer, and Rocío Mayol, with Alexander Loch (Universidade de São Paulo), Natalia Jimeno (Universidad de Valladolid), and Ana Calvo (Universidad Complutense de Madrid) worked to translate the recent scientific knowledge into practical recommendations to work in early intervention with people with high risk of psychosis. This activity was also part of the Clinical High Risk Mental State Network (9 July 2023, Switzerland).



b) Formal collaborative networks

Vania Martínez and Scarlett Mac-Ginty were the representatives of Imhay at the annual reunion of the international network World Mental Health – International College Student initiative at Harvard University, Boston, Massachusetts. In the activity, results from different countries were presented, connections with other researchers were established, and future research was planned (12 to 14 July 2023, United States of America).

The information about the network, their members, and articles published can be found in their [website](#).

**c) Connections with other sectors**

As part of the collaboration with the school Instituto Nacional General José Miguel Carrera, the Imhay's director Vania Martinez did a workshop about Mental Health Leadership for the students. In the workshop, the students discussed different aspects related to mental health such as stigma, myths, how to seek help, how to help others, among others (21 August 2023, Santiago, Chile).



d) Outreach

Imhay participated in different fairs during 2023. In these activities Imhay representatives can talk with different audiences about what Imhay does, and to share some flyers about mental health recommendations. The following photo is the Health Fair organized by the Facultad de Medicina, Universidad de Chile (16 November 2023, Santiago, Chile).



The alternate director of Imhay, Álvaro Langer, participated in the conference “From hyperconnection to an encounter with the environment: The power of nature” which included a practice of contemplation of nature in the Valdivian Forest. This activity was open to the public and was organized by Sur Mujer (26 August 2023, Valdivia, Chile).



Imhay was part of the campaign “Despierta un cambio” (Awaken a change) organized by Nestlé, through their product Nescafé. This campaign involved a social media video, an apparition in the radio, and a Panel Discussion aimed at young people. In this activity the students from Imhay Mariel Labra and Marcelo Crockett participated, as well as influencers and Ingeniosas, an organization that promotes the visibility of women in science. The following photography was part of the Panel Discussion in which Mariel Labra talk about anxiety with national gymnast Tomás González (28 May 2023, Santiago, Chile).



The links of the activity are the following: the [website](#) of the campaign, Mariel Labra participation about [anxiety](#), and Marcelo Crockett participation about [gender and sexual diversity](#).

Imhay also participated in several episodes of CNN Channel's "Sana Mente" (Healthy mind) program, in which mental health issues are discussed for a general audience. The following photograph shows lead researcher Jorge Gaete talking about the changes that occur in adolescence (6 June 2023, Santiago, Chile)

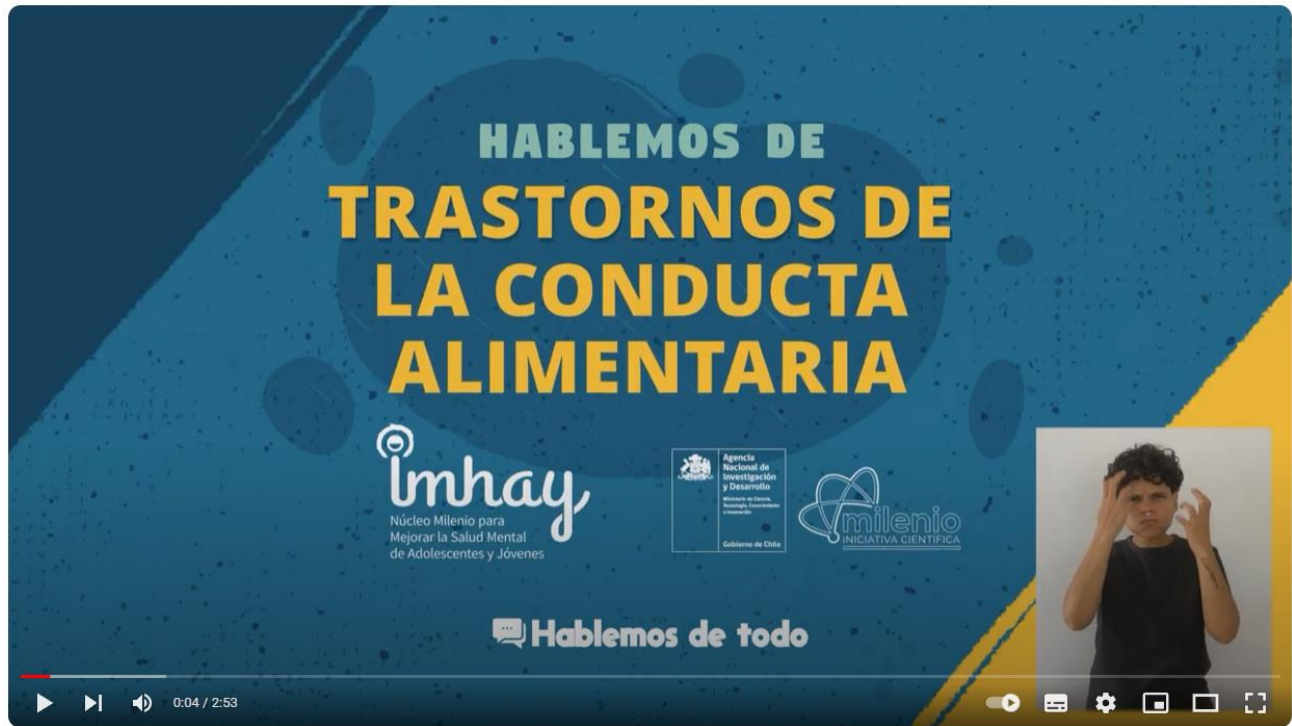
Imhay's appearances on the program "Sana Mente" can be found in this [playlist](#).



The following activity corresponds to the launching of the book "Depression: illness or life suffering?" by Dr. Graciela Rojas. The launch was held at the University of Chile and was attended by the psychiatrist Dr. Luis Risco and the journalist Jean Philippe Cretton, who related his experience of having depression. The event was attended by more than 100 people (4 May 2023, Santiago, Chile).



The following activity corresponds to a psycho-educational video about eating disorders produced by Imhay in collaboration with the National Institute of Youth (INJUV), a public institution whose aim is to collaborate with the executive power in the design, planning, and coordination of policies relating to youth affairs. Imhay has a formal collaboration agreement with INJUV and has participated in different activities with the institution. The video can be found in this [link](#) (2 June 2023, Santiago, Chile).



e) Other activities

Imhay's director, Vania Martinez, participated in a public hearing with the constituents who were drafting the proposed new constitution. The director of Imhay requested to reinforce more explicitly the mandate of the State so that public policies strengthen the protection of mental health and the rights of children, adolescents, and young people. The presentation can be found in this [link](#) (1 July 2023, Santiago, Chile).