

VIRTUAL MOBILITY (VM) GRANT REPORT

This report is submitted by the VM grantee to VNS Manager, who will coordinate the approval on behalf of the Action MC.

Action number: CA18211

VM grant title: MOOC on Birth Trauma from a life-span perspective (based on the 3rd training School of CA18211)

VM grant start and end date: 01/04/2023 to 30/04/2023

Grantee name: Olga Gouni

Description of the outcomes and achieved outputs (including any specific Action objective and deliverables, or publications resulting from the Virtual Mobility).

(max. 500 words)

The outcomes and achieved outputs of the VM grant were the following:

A MOOC was created and linked to the website of the action CA18211.

The aim of this course is to support health professionals that come from various disciplines better understand the impact of primal trauma and birth trauma across the life span of the individuals involved. At the same time, this 3rd course takes the attendees to a higher level of understanding of how longitudinal studies are designed, supporting them with tools and resources available to find and use.

The main objectives:

1. Establishing a common language in problem conceptualization, study design, and critical appraisal.
2. Link longitudinal study design to understanding the impact of birth trauma across the lifespan, for parents and children.
3. Become aware of tools and resources and learn how to find these.
4. Becoming familiar with experience sampling methods for short-term longitudinal research.
5. Become adept in causal modelling for conceptualizing research.
6. Understand the role of conceptualization in designing longitudinal research.
7. Understanding special problems in longitudinal research and their possible solutions:
 - testing causal models using the cross-lagged panel design;
 - missing values and imputation.
8. Understanding the strengths and limitations of selected longitudinal studies on birth trauma.

The deliverable consists of 9 lessons each of which has a videolecture (when videolectures were available) and study material.

It was based on the training school of the Action CA18211 which took place earlier this year (February 20-23, 2023) around the same topic in KU Leuven, Belgium.

1. The existing material was studied and evaluated in detail.
2. Following the detailed analysis of each part, the material was re-organized and arranged in a way that will help participants gain knowledge and expand their understanding.
3. Study material was created and added especially in lesson 1 as the videolecture by Carlo Schuengel was not videorecorded. (It was the 1st lesson and the button record was not pressed unintentionally)
4. Research was done to safeguard issues for consent from trainers and lecturers. One lecturer did not offer consent for being videorecorded (Martine Verhees). To support attendees a

short video from open source was used instead. Consent was given by the same lecturer for the use of the powerpoint notes which was added as study material.

5. All files were edited technically so that they can become part of the online MOOC.
6. An intro video was created using free video/ music source. It was used to start and finish each videolecture.
7. The videolectures were uploaded to youtube and then embedded in the MOOC.
8. The actual MOOC was created on the website platform and linked to the other outputs of the action.
9. The work was tested, finalized, and delivered.
10. The MOOC can be seen here: <https://www.ca18211.eu/courses/birth-trauma-from-a-life-span-perspective/>

Description of the benefits to the COST Action Strategy (what and how).

(max. 500 words)

The MOOC Birth Trauma from a life-span perspective is an advanced course for those already professionals in the fields of Maternity Care or students from the disciplines of Psychology, Medicine, Midwifery, Nursing, Social Work and/or Pedagogy, especially interested in longitudinal research. It benefits the COST ACTION Strategy as it:

1. Strengthens the network, promotes sharing and fosters collaboration among expert scientists in the field of interest in a virtual setting, to exchange knowledge, learn new things, disseminate the Action results, and allow professional advancement to the new entries in the field of Health.
2. Consolidates and disseminates current evidence on Birth Trauma from a life-span perspective.
3. Maximizes the obtained knowledge within the Action members and their joint effort to seek ways to better design and implement longitudinal research projects on the subject.
4. Facilitates capacity building on a topic relevant to the theme of the Action CA18211, especially significant as this is a new, emerging subject not fully integrated yet by Health Professionals, and
5. Provides translation of that knowledge into an educational module (educational service) that can be shared globally to reduce the familial, personal, societal and economic burden arising from birth-related negative/traumatic experiences and at the same time offer support to researchers who might be interested in designing and implementing experience based research or other longitudinal research projects.
6. Enables the science communication activities multiplying the valuable benefits of the specific training school and its successful delivery to anyone interested, especially Early Stage Researchers, Researchers from Inclusiveness Target Countries, Interested Parties from non-COST countries, including Near Neighbor Countries & International Partner Countries, Interested stakeholders/ policy makers or young professionals who wish to learn from the experts in the field offering a valuable learning tool free from the limitations of space/ time or fees, expanding the cross-border networking of researchers and making the action more visible globally. It is added value to the dissemination of the scientific knowledge on

epigenetics which can be translated to the best practice for optimizing the birth experience for the benefit of all involved.

Description of the virtual collaboration (including constructive reflection on activities undertaken, identified successful practices and lessons learned).

(max.500 words)

The following experts were contacted:

Professor Carlo Schuengel, full Professor, Faculty of Behavioural and Movement Sciences, Clinical Child and Family Studies, at Vrije University in Amsterdam, Netherlands, was contacted. Prof Carlo Schuengel and Dr Hanne Van Uytzel shared all educational material links and videorecordings collected during the training school.

When complete, the link to the course together with a personal request to check the content and comment for improvements was sent to the trainers Prof Carlo Schuengel and Ass Prof Marleen de Moor as well as the lecturers Martine Verhees, Katharina Hartmann, Susan Garthus Niegel.

Finally, I would like to thank the action's leader Prof Joan Lalor and the leader of the VM grants Prof Sandra Nakic Rados for the opportunity offered to me and through me to all interested colleagues.

