

## Report on the outcomes of a Virtual Mobility<sup>1</sup>

Action number: CA18211

Grantee name: Ms. Lucija Prepušt

### **Virtual Mobility Details**

Title: Output Leaflets

Start and end date: 19/03/2023 to 15/07/2023

### **Description of the work carried out during the VM**

Description of the virtual collaboration and activities carried out during the VM, with focus on the work carried out by the grantee. Any deviations from the initial working plan shall also be described in this section.

*(max. 500 words)*

Throughout the course of this project, the core team, comprised of Professor Antje Horsch, Ms. Julika Hudson, Dr.phil. Katharina Hartmann (Working Group 7 Leader) and grantee Lucija Prepušt, have maintained regular collaboration. This collaboration has taken place via various communication channels, including Zoom meetings, emails, and text messaging. The grantee's role has encompassed several key responsibilities, such as formulating a comprehensive implementation plan, plan of creating content and distribution, as well as designing all leaflets using Canva. Furthermore, the grantee has been actively engaged in refining the purpose and structure of the leaflets, while maintaining open communication with the core team and other members of the Action for support and approval. The grantee also presented the leaflets to Action members during the meeting in Malta in June 2023 where valuable feedback was given, which in turn was taken into consideration and implemented appropriately.

Presently, English versions of all three leaflet formats (addressed to families, professionals, and policy makers, respectively) have been completed and meticulously reviewed by Ms. Kim Thomas, a freelance journalist and member of WG 6. The next crucial step involves translating the leaflets into various languages, a task that will be undertaken by interested Action members. Prior to dissemination, the leaflets will be presented to representatives from each targeted audience to gather valuable feedback. The first physical dissemination is planned to take place at the 43rd Society for Reproductive and Infant Psychology (SRIP) Annual Conference in Lausanne, Switzerland. Additionally, the project has led to the creation of other deliverables, such as transforming the leaflet content into posters and social media posts. Another opportunity has arisen in Ireland, where a member of the team of Ms. Julika Hudson has

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<sup>1</sup> This report is submitted by the grantee to the Action MC for approval and for claiming payment of the awarded grant. The Grant Awarding Coordinator coordinates the evaluation of this report on behalf of the Action MC and instructs the GH for payment of the Grant.

been asked to present on traumatic birth to local hospital staff and the leaflets and other material will be used for this purpose.

Upon the completion of the leaflet translation process, Action members will be granted access to the content for national and global dissemination in all aforementioned formats. Furthermore, this project has offered the grantee an invaluable opportunity to establish connections and collaborate with representatives from three key audiences: parents, midwives, and policymakers. Additionally, the project has facilitated networking with potential international dissemination resources, such as NGOs and relevant associations.

### **Description of the VM main achievements and planned follow-up activities**

Description and assessment of whether the VM achieved its planned goals and expected outcomes, including specific contribution to Action objective and deliverables, or publications resulting from the VM. Agreed plans for future follow-up collaborations shall also be described in this section.

*(max. 500 words)*

Grantee enters max 500 word summary here.

The goal of this project was to consolidate and disseminate the results to the research community, general public and policymakers. The leaflets targeting three main audiences (see above) aim to inform people in relevant positions of the importance to take steps to reduce its incidence, as well as information on how to recognize psychological sequelae that may arise from birth trauma and where to seek help (local contact details will be adapted according to the country of dissemination). This project presents a significant opportunity for all members of the Action to effectively share their work, fostering impactful outcomes and extending their network outreach. While the dissemination process is pending, it is on the verge of completion. Noteworthy achievements to date encompass a seamless exchange of expertise, a deepening of connections within the Action, both among the core group and other Action members. Furthermore, the project has facilitated the grantee's acquisition of diverse skills, including graphic design, networking, and the acquisition of novel knowledge.

Anticipated future collaborative endeavors encompass a comprehensive approach, including the translation of leaflets by representatives from a multitude of participating countries. Additionally, the project seeks to establish partnerships with influential entities possessing substantial followings, facilitating widespread dissemination of the produced leaflets. Moreover, efforts will be made to engage with hospitals and other relevant establishments, with the aim of implementing posters and distributing the leaflet content to their staff. Embracing an open-minded approach, the project remains receptive to exploring any viable opportunities for presenting the leaflets and their contents on a broader scale.