

Report on the outcomes of a Short-Term Scientific Mission¹

Action number: CA18211 - Perinatal Mental Health and Birth-Related Trauma: Maximising best practice and optimal outcomes (DEVotion)

Grantee name: Maite Larrucea Iruretagoyena

Details of the STSM

Title: Short-Term Scientific Mission

Start and end date: 01/06/2023 to 03/07/2023

Description of the work carried out during the STSM

Description of the activities carried out during the STSM. Any deviations from the initial working plan shall also be described in this section.

(max. 500 words)

-Monday 5th: Dr. Mirjam Oosterman has shown me the department where we will be working and we have been talking about the stay plan. She has provided me with a lot of articles and the project she is working on. We have agreed that I will read the project and by Thursday I will bring her proposals for possible papers. Also, we talked about the presentation I will make on Monday in front of the department about my thesis project and my stay in Amsterdam.

-Tuesday 6th: I have prepared the presentation for Monday, I have made the PowerPoint.

-Wednesday 7th: I have done a literature review and read Mirjam's Project in order to think about possible papers: 1) bidirectionality between mothers-children, 2) parenting profiles and their effect on child outcomes, 3) temperament profiles and parents' self-efficacy as predictor.

-Thursday 8th: I met with Mirjam to talk about the ideas we have for the paper, and we have agreed that I will do a small literature review. I also showed her the presentation for Monday and she made some suggestions to add.

-Friday 9th: rehearse the presentation and do a literature review.

-Monday 12th: made my presentation on my thesis project, which was very enriching not only to apply the suggestions they made to my work but also to meet the rest of my colleagues in the department. Afterward, I met with Mirjam and we were reviewing the data of her project to discuss possible projects. Also, Mirjam arranged some meetings with other colleagues, with whom I can chat during the rest of the week.

¹ 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.

-Thursday 13th: I met with Dr. Carlo Schuengel, one of the principal investigators of the study Mirjam is working on, who explained very well the benefits of preregistering the study we were considering. Also, I met AnnaLenna, a PhD student of Mirjam, and we shared ideas on how to approach the data analysis plan of the article.

-Wednesday 14th: I continued with the literature review and came up with the idea that I would like to present to the rest of the team for the article we are going to pre-register.

-Thursday 15th: I met again with Mirjam and we discussed the structure of the article. I started to do the introduction with what we proposed. We also talked about the collaborators of the study, and how I will be able to access the data of the project.

-Friday 16th: I work on the intro for the preregistration of the paper.

-Monday 19th: I met with Mirjam and her colleague Dr. Marije Verhage to advance the article approach. Also, I have continued to complete the pre-registration of the article.

-Thursday 20th: I have created a table to classify the studies that have been done in relation to temperament profiles.

-Wednesday 21st to July 3rd: I completed the pre-registration of the article.

Description of the STSM main achievements and planned follow-up activities

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

(max. 500 words)

The main objective of my Short-Term Scientific Mission was to work and collaborate on longitudinal analyses to answer questions related to the deliverables of the Cost Action DEVoTION. Specifically, this collaboration was part of *long-term impacts on women, infants, and family relationships* working group. Through this collaboration, we intend to respond to one of the main objectives of the action: *consolidate and disseminate current evidence and coordinate a joint effort to seek ways to optimise emotional and psychological outcomes for parents and families*. For this purpose, we worked on a scientific paper to address one of the central objectives of the DEVoTION action by combining data on parenting (parental-self-efficacy), as well as children's mental health measures (temperament profiles). This collaboration will be really helpful for *accelerating the translation of that knowledge into best practices shared across Europe*, and it will be really beneficial as a requirement for obtaining the international mention of my Ph.D.

For this purpose, during the STSM a study focused on analysing the stability of temperament profiles and the predictive role of parents' self-efficacy in these profiles has been proposed. This study will be pre-registered in the following weeks and will start to be written in September, with the intention to finalize it during the first semester. It is also expected that this collaboration will be the first of others to come in the future, which may be carried out within other COST actions.