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## 1. **1.1 Executive Summary**

**Research:** On its fifth year of operation, MIDAP's scientific team comprises over 180 researchers, students, collaborators, and technicians who belong to its five host institutions as well as to other Chilean and foreign institutions. As in previous years, the scientific activity of MIDAP was organized around four basic lines of research, each of which includes a number of specific studies conducted by interdisciplinary teams of researchers.

**L1. Basic structures and bio-psycho-social processes.** The main 2018 accomplishments in this line include: Findings that support an association between depressive symptomatology and genetic polymorphisms, early life trauma, personality style, subjective well-being, self-construal, and social cognition in non-clinical and clinical samples. Personality styles in relation to experiential ways of getting depressed will continue to be investigated in a new project in their association with interpersonal sensitivity and social cognition. A sophisticated instrument to detect psychological vulnerability related to suicidal risk based on data mining technology was further developed. The concept of Complex Depression, intersecting depression and personality dysfunction, continued being developed. Two new studies were added: on brain wave synchrony as a mechanism to explain performance differences between depressive patients and health controls and on the development of an embodied approach to emotion regulation. Longitudinal studies. MIDAP has continued collaborating with three important ongoing longitudinal studies, which will allow to reach a developmental perspective of depression and to better understand the weight of psychosocial variables and comorbidity in its genesis and course.

**L2.: Health promotion and psychosocial prevention.** Along with previous results, the study in caregivers of people with dementia yielded information on the main personal features of successful caregivers in preventing their own depressive symptomatology. In addition, 2018 results of the Internet-Based Program for the Prevention and Early Intervention of Depression in Secondary School Students in Chile and Colombia show that Internet-based interventions are feasible and acceptable across populations. Furthermore, during 2018, a set of studies were conducted focusing on aspects of health care that must be improved in order to provide better care for people with depression: for instance, a longitudinal study on trajectories and predictors of depressive symptomatology in family caretakers of persons with dementia and another on how parental dyads or parent-baby triads interact to produce psychological difficulties. In 2018, MIDAP continued to implement a workshop to promote the skills of therapists in a context of adaptive indication, common factors of therapeutic change, and evidence-based practice.

**L3.: Psychotherapeutic interventions and change processes.** In this line of research, during 2018 the pilot study about mindfulness training and personality has continued to recruit participants. Similarly, the study on the evaluation of the effectiveness of adolescent identity treatment continued, with the data collection phase being conducted. The study on the effectiveness of computer-assisted cognitive behavioral therapy for adolescents with depression in Primary Health Care has been completed and the final report submitted. Additional results of the study "Video-Feedback Intervention Focused on Bond Quality and Parental Reflexive Functioning", completed in 2017, were published. The study on the Diagnosis and Prognosis of Depression in Psychotherapy shed further light into depressed patients' characteristics that modulate symptomatic presentation, underlying personality traits, and psychotherapeutic treatment. In the same vein, the study on profiles of depression and their relationship with therapeutic change has continued to yield data on indicators of good/bad prognosis of psychotherapy in depressive patients. The study "Discourse-Voice Regulation Strategies in Psychotherapeutic Interaction During Long-Term Psychotherapies" has been completed and the final report submitted to the funding agency, confirming the importance of studying micro-processes of change in psychotherapy. The study on electrophysiological correlations observed in depressive patients undergoing psychotherapy has also been completed. Three new studies were added: on affective-facial communication in psychotherapy, on the therapeutic alliance in depressive patients, and on the experience in psychotherapy of LGBT patients and their therapists.

**L4.: Rehabilitation and reintegration.** During 2018, 3 studies were completed: one on the experience of psychotherapy as reported by socially disadvantaged individuals in Chile and Colombia; another on the effects of early adverse experiences in the development and clinical management of complex affective

presentations; and another on training and supervision with technological assistance for depression management in primary care. A new study on the conceptualization and challenges of difficult patients in the public system was initiated.

**Productivity.** During 2018, collaboration between different categories of researchers has resulted in joint publications of 39 documents: 37 articles in journals indexed in Web of Sciences (27) or Scopus (10), one book chapter, and one treatment guide. In addition, 143 presentations were made at scientific congresses or conferences, 95% of which were held at international venues.

**Education, Training, and Capacity Building.** During 2018, MIDAP's Continuing Education area organized short courses to train professionals in health care, education, and other related areas. 47 doctoral, 20 master's, and 4 bachelor's students were part of MIDAP and two open selection processes were launched to promote Young researchers to the Adjunct category. Twelve young researchers were part of MIDAP's team of researchers. Scientific meetings, seminars, and workshops were regularly organized as part of the ongoing training of younger researchers, who also received support to apply for research funds and cover conference attendance expenses. The 2<sup>nd</sup> Latin American Workshop on Depression and Personality Research was held with 20 students from Latin America and Chile and senior researchers from the United States, Europe, the Middle East, and Chile.

**Networking.** During 2018, MIDAP has consolidated many of its international networks, securing external funding through CONICYT's International Cooperation Program. MIDAP's international networking activity is currently organized in six areas of scientific work: (a) Depression and Personality Dysfunction, (b) Biological and Personality Interactions and Cultural Aspects in the Development of Psychological Disorders, (c) Change Processes in Psychotherapy, (d) Longitudinal Studies on the Development of Depression, (e) Mindfulness and other Contemplative Practices, (f) E-Mental Health Research, and (g) Early Developmental Conditions. 23.1% of all publications produced in 2018 by MIDAP stem from formal international scientific networks. MIDAP's collaboration with the three Chilean longitudinal studies currently underway should also be mentioned here.

**Outreach and Connections.** During 2018, MIDAP took advantage of all available opportunities to disseminate its research projects in three areas: health, education, and the public. To do this, the Institute directed its activities toward three goals: bringing the knowledge of mental health professionals up to date, focusing preventive efforts on a segment of the population vulnerable to depression, and raising awareness in the general public about the impact of depression, the forms of diagnosis available, rehabilitation, and prevention. With the funding provided by Millennium, outreach activities were funded which consolidated the high levels of recognition already achieved by MIDAP among the academic community, the school community, the professional community, the media, and the public. MIDAP researchers participated in TV programs and other media. Likewise, courses and workshops aimed at psychologists and other health professionals were organized. International guests participated in many of these activities. Regarding collaboration with other sectors, MIDAP's joint work with the Ministry of Health stands out.

**Administration and Financial Status.** MIDAP's Management Team underwent a change in early 2018, as Susana Maldonado, Head of Management and Development, became Executive Director of the Institute. Also, researcher Alex Behn became Director of Research. This resulted in a small change in MIDAP's organizational chart. The management team met weekly, achieving a high level of efficiency during 2018. Similarly, the MIDAP's Council continued its regular meetings to discuss general guidelines and make regulatory decisions. The Institute received the total payment of the 2018 budget from the MSI by early July 2018, a 37.5% budget decrease compared with the previous year. These funds were predominantly devoted to regular activities implemented during the year, which resulted in major budget restrictions and budgetary adjustments. MIDAP continues to receive some financial support from CONICYT through funding for research projects conducted by several MIDAP researchers. Likewise, MIDAP received funding from UC's Research Agency –among other sources– to finance a number of international collaborative activities. The outflow structure for 2018 followed the same pattern of past years, with most of the MSI income being spent on salaries and bonuses, internal research grants, and support for attending scientific events, among other elements.

## **1.2 Resumen Ejecutivo**

**Investigación:** En su quinto año de funcionamiento, el equipo científico del MIDAP estuvo integrado por más de 180 investigadores, estudiantes, colaboradores y técnicos pertenecientes a las cinco instituciones anfitrionas, así como a otras instituciones chilenas y extranjeras. Como siempre, la actividad científica del MIDAP se organizó en torno a cuatro líneas de investigación, cada una de las cuales incluyó una serie de estudios específicos realizados por equipos interdisciplinarios de investigadores.

**L1. Estructuras básicas y procesos bio-psico-sociales:** Logros en esta línea incluyen: Hallazgos de asociación entre sintomatología depresiva y polimorfismos genéticos, trauma de vida temprana, estilo de personalidad, bienestar subjetivo, construcción del self y cognición social en muestras no clínicas y clínicas. Un nuevo proyecto estudiará estilos de personalidad en relación con formas experienciales de deprimirse, en su asociación con sensibilidad interpersonal y cognición social. Se siguió desarrollando un instrumento basado en tecnología de data mining para detectar vulnerabilidad psicológica relacionada con riesgo de suicidio. Continuó desarrollándose el concepto de depresión compleja que intersecta depresión y disfunción de personalidad. Dos nuevos estudios, sobre sincronía de ondas cerebrales para explicar diferencias de rendimiento entre pacientes depresivos y controles, y sobre un enfoque encarnado de regulación de las emociones.

Estudios longitudinales. MIDAP ha seguido colaborando con tres importantes estudios longitudinales en curso, que permitirán tener una perspectiva de desarrollo de la depresión y comprender mejor el peso de variables psicosociales y la comorbilidad en su génesis y curso.

**L2.: Promoción de la salud y prevención psicosocial:** El estudio sobre cuidadores de personas con demencia proporcionó información adicional sobre las características de cuidadores que previenen su propia sintomatología depresiva. Los resultados del Programa Basado en Internet para Prevención e Intervención Temprana de Depresión en Estudiantes Secundarios en Chile y Colombia mostraron que las intervenciones basadas en Internet son factibles y aceptables para todas las poblaciones. Se realizó una serie de estudios centrados en aspectos que deben mejorarse para proporcionar una mejor atención a personas con depresión, un estudio longitudinal sobre trayectorias y predictores de sintomatología depresiva en cuidadores familiares de personas con demencia, y sobre cómo interactúan las díadas parentales o las tríadas padre-hijo para producir dificultades psicológicas. Continuó el desarrollo del taller para promover habilidades de los terapeutas en un contexto de indicación adaptativa, factores comunes de cambio y práctica basada en la evidencia.

**L3.: Intervenciones psicoterapéuticas y procesos de cambio.** Durante 2018 se siguió reclutando participantes en el estudio piloto sobre la formación en Mindfulness y personalidad. En la misma dirección, se continuó con la recopilación de datos en el estudio sobre evaluación de la eficacia del tratamiento basado en la identidad en adolescentes. Se completó el estudio sobre la eficacia de la terapia cognitivo-conductual asistida por ordenador para adolescentes con depresión en Atención Primaria de Salud y se envió el informe final. Se publicaron resultados adicionales del estudio finalizado en 2017 sobre intervención de video-feedback focalizada sobre la calidad del vínculo y la función reflexiva parental. El estudio sobre diagnóstico y pronóstico de la depresión en psicoterapia arrojó más luz sobre las características de los pacientes deprimidos que modulan la presentación sintomática, los rasgos de personalidad subyacentes y el tratamiento psicoterapéutico. Del mismo modo, el estudio sobre perfiles de depresión y su relación con el cambio terapéutico ha seguido arrojando datos sobre indicadores de buen o mal pronóstico en psicoterapia con pacientes depresivos. Concluyó el estudio sobre estrategias de regulación de la voz en la interacción psicoterapéutica en psicoterapias largas y se envió el informe final a la agencia de financiación, confirmando la importancia de los microprocesos de cambio en psicoterapia. Se completó el estudio sobre correlaciones electrofisiológicas de pacientes depresivos en psicoterapia. Se añadieron tres nuevos estudios sobre comunicación afectivo-facial en psicoterapia, alianza terapéutica en pacientes depresivos y sobre la experiencia en psicoterapia de pacientes LGBT y sus terapeutas.

**L4.: Rehabilitación y reintegración.** Durante 2018 se realizaron 3 estudios sobre la experiencia de psicoterapia en personas socialmente desfavorecidas en Chile y Colombia; sobre los efectos de las primeras experiencias adversas en el desarrollo, sobre manejo clínico de presentaciones afectivas complejas; y sobre capacitación y supervisión con asistencia tecnológica para el manejo de la depresión en atención primaria. Se inició un nuevo estudio sobre la conceptualización y los desafíos de los pacientes difíciles en el sistema público.

**Productividad.** Durante 2018, la colaboración entre diferentes investigadores condujo a la publicación de 39 documentos: 37 artículos en revistas indexadas en Web of Sciences o en Scopus, un capítulo de libro y una guía de tratamiento. Hubo 143 presentaciones en congresos o conferencias científicas, 95% de las cuales se celebraron en sedes internacionales.

**Educación:** Durante 2018, el área de Educación Continua de MIDAP organizó cursos cortos para capacitar a profesionales en salud, en educación y en otras áreas relacionadas. 47 estudiantes de doctorado, 20 de maestría y 4 de licenciatura formaron parte de MIDAP y se realizaron dos procesos de selección para promover a los Investigadores Jóvenes a Adjuntos. Doce investigadores jóvenes formaron parte del equipo de investigación en 2018. Se organizaron reuniones, seminarios y talleres científicos periódicos como parte de la formación continua de investigadores jóvenes, quienes también recibieron apoyo para solicitar fondos de investigación y subvenciones para apoyar la asistencia a conferencias. Se llevó a cabo el II Taller Latinoamericano de Investigación sobre Depresión y Personalidad con 20 estudiantes de América Latina y Chile e investigadores de alto nivel de los Estados Unidos, Europa, el Medio Oriente y Chile.

**Trabajo en red:** Durante 2018, MIDAP consolidó muchas de sus redes internacionales a través del financiamiento externo del Programa de Cooperación Internacional de CONICYT. La actividad de las redes internacionales de MIDAP se organizó en seis focos: (a) Depresión y disfunción de personalidad, (b) Interacciones biológicas y de personalidad y aspectos culturales en el desarrollo de los trastornos psicológicos, (c) Procesos de cambio en psicoterapia, (d) Estudios longitudinales sobre el desarrollo de la depresión, (e) atención plena y otras prácticas contemplativas, (f) investigación salud mental en línea, y (g) condiciones de desarrollo temprano. El 23,1% de todas las publicaciones producidas en 2018 por MIDAP provienen de redes científicas internacionales formales. Hay que agregar el trabajo colaborativo con los tres estudios longitudinales chilenos actualmente en curso.

**Divulgación:** Durante 2018, el MIDAP aprovechó todas las oportunidades para difundir, en tres áreas, sus proyectos de investigación: salud, educación y público en general, dirigiendo las actividades hacia tres objetivos: actualizar los conocimientos de profesionales de salud mental, centrar los esfuerzos preventivos en población vulnerable a la depresión y sensibilizar al público en general sobre el impacto de la depresión, las formas de diagnóstico disponibles, la rehabilitación y la prevención. Con los fondos aportados por Milenio se financiaron actividades de divulgación que consolidaron los niveles de reconocimiento ya alcanzados en la comunidad académica, la comunidad escolar, la comunidad profesional, los medios de comunicación y el público en general. Investigadores de MIDAP participaron en programas de televisión y otros medios de comunicación. Se ofreció cursos y talleres dedicados a psicólogos y otros profesionales de la salud. Invitados internacionales participaron en muchas de estas actividades. En el ámbito de la colaboración destaca el trabajo conjunto iniciado con el Ministerio de Salud.

**Administración y Estado Financiero:** El Equipo Directivo de MIDAP cambió a principios de 2018, cuando Susana Maldonado, Directora de Gestión y Desarrollo, asumió como Directora Ejecutiva. En tanto el investigador Alex Behn se convirtió en Director de Investigación. El equipo directivo siguió reuniéndose semanalmente. Del mismo modo, el Consejo de MIDAP continuó sus reuniones regulares para discutir las directrices generales y tomar decisiones.

El Instituto recibió desde ICM el pago total de 2018 a principios de julio de 2018, con una disminución del 37,5% en comparación con el año anterior. Estos fondos se dedicaron principalmente a actividades ordinarias, lo que dio lugar a importantes restricciones y ajustes presupuestarios. MIDAP siguió recibiendo apoyo financiero de CONICYT a través del financiamiento de proyectos de investigación dirigidos por investigadores del MIDAP. Asimismo, MIDAP recibió fondos, entre otros, de la Agencia de Investigación de la UC para financiar algunas actividades de colaboración internacional. La estructura de egresos para el año 2018 siguió el mismo patrón de años anteriores, con la mayor parte de los ingresos de la ICM gastados en salarios y bonos, becas internas de investigación y apoyo para asistir a eventos científicos, entre otros elementos.

### **1.3. Outstanding Achievements**

2018 was especially relevant due to the number of MIDAP students –8 doctoral students and 12 master's students– who successfully completed their doctoral dissertations on topics related to at least one of the Institute's 4 lines of research. During 2018, four of MIDAP's young researchers were promoted to adjunct researchers. An Iranian postdoctoral researcher received a postdoctoral scholarship from the Chilean National Fund for Scientific and Technological Development (FONDECYT) to continue studying in Chile, at MIDAP. Nine doctoral students traveled abroad sponsored by MIDAP during 2018 for short-term traineeships. 3 young foreign researchers visited MIDAP to improve their knowledge about topics in which the Institute has vast expertise. Out of 143 studies presented at national and international conferences during 2018, 19 involved young researchers and post-doctoral researchers as co-authors (10 were led by them), while 78 included the participation of students (52 were led by students). Three young researchers, 3 post-doctoral researchers, and 15 graduate students received financial support from MIDAP to attend these events through application processes established to provide such aid. The quality of scientific publications continued to increase during 2018. Out of 39 articles published during 2018, 9 involved young researchers or post-doctoral researchers as co-authors (5 were led by such researchers) and 17 included the participation of students (4 were led by a student). MIDAP's 2<sup>nd</sup> Latin American Workshop on Depression and Personality Research received submissions from applicants from the whole Latin American region in September 2017, and was held from March 19 to 23, 2018 in Santiago of Chile. This workshop was closed with the shared decision to create a scientific-technical collaboration network to boost members' studies and strengthen their careers as researchers in the field of Depression and Personality. Six diploma programs, directed by MIDAP's researchers, received sponsorship from the Institute. All of these courses are a fundamental part of the activities conducted by MIDAP in collaboration with other universities. MIDAP's Continuing Education area organized, for the second time, some short courses created and taught by its researchers to train professionals in health care, education, and other related areas. As in previous years, all of these activities continue to demonstrate the effectiveness of MIDAP as an organization that contributes to improving health care in Chile, while also encouraging national and international clinical research collaborations. Dr. Mariane Krause, Director of MIDAP, officially stepped in as President of the Society for Psychotherapy Research (SPR). Dr. Juan Pablo Jiménez, Senior Researcher at MIDAP, received an award from the Universidad del Desarrollo for his contributions to clinical and scientific research in psychotherapy. Matías Irrarrázaval, Adjunct Researcher at MIDAP, was named Head of the Mental Health Department of the Disease Control and Prevention Division of the Chilean Ministry of Health. Dr. Alex Behn was named Vice-President for the International Society for the Study of Personality Disorders (ISSPD), in charge of establishing a Latin-America regional group, strongly embedded in MIDAP's regional networks.

## 2. Introduction

- a) **Description of the Institute:** The Millennium Institute for Research in Depression and Personality (MIDAP) is a scientific center that hosts researchers from various fields of the social and health sciences. MIDAP's main objective is to generate scientific knowledge based on a multidimensional understanding of depression in interaction with personality. A particular aim of this research agenda is to maximize the effectiveness of interventions through the identification of the agents and mechanisms of change that participate in prevention, psychotherapy and rehabilitation. In its fifth year of operation, MIDAP's scientific team includes over 180 researchers, students, collaborators, and technicians who belong to its five host institutions (Pontificia Universidad Católica de Chile [UC], Universidad de Chile [UCh], Universidad de Desarrollo [UDD], Universidad de la Frontera [UFRO], and Universidad de Valparaíso [UV]), as well as to other Chilean and foreign institutions.

MIDAP developed out of the "Psychotherapy and Change Research Group" and the "Psychological Intervention and Change in Depression" Millennium Nucleus. In the setting of these scientific initiatives, a combination of psychological, psychosocial, and psychophysiological approaches to depression were examined and tested. This multidimensional approach to the study of depression is continued by MIDAP including, at the same time, a differentiated analysis of personality and all the relevant dimensions involved in depression and personality disorders.

MIDAP's characteristic multidimensional and multidisciplinary approach aims at the construction of an empirical model that takes into account the etiology, prevention, intervention, and rehabilitation of depression. This approach addresses the relationship between depression and personality, along with the multiple dimensions of human functioning that have been empirically linked to this disorder. Thus, MIDAP aspires to conduct systematic research on each of these dimensions, which include developmental, cognitive, emotional, and behavioral variables, as well as others of a psychophysiological and genetic nature. MIDAP pursues this multidimensional scientific agenda using a variety of methods and multiple research design and analytic strategies, including cross-sectional, longitudinal, experimental and naturalistic designs, process-and outcome-oriented studies, and quantitative and qualitative data-analytic strategies.

The year 2018 marked a very important year for MIDAP's projection into the future and in particular towards the second half of its scientific trajectory. In 2019 the Institute will undergo its quinquennial evaluation, and 2018 was a year of important reflection and systematic work to engage in this process. Of note is the operation of a dedicated committee tasked with the development of a Strategic Plan. Results of this work include a new scientific model that compliments the original multidimensional model that still underlies the Institute's scientific activity but that poses additional and specific targets for prioritized research within the MIDAP's next five years of operation.

Also during 2018 MIDAP received a visit from the Millennium Scientific Initiative (ICM), including the Executive Director and the undersecretary of the Ministry of Economy, Development and Tourism. In this instance, MIDAP presented its advancement in scientific, training, outreach and network activities as well as a comprehensive analysis of strengths, weaknesses, threats and opportunities. Following this visit, ICM indicated that MIDAP is constituted by an "active, cohesive team, that calls on newer generations, is connected to the world, and is tackling an important problem –depression- from a psychological and biological perspective, looking for effective tools for its treatment". This description is indicative of the quality and spirit of MIDAP, pointing to a solid grounding to project the Institute's activity over the next five years, following the quinquennial evaluation.

MIDAP's studies are organized within four distinct lines of research. All lines of research include high level, cutting-edge scientific work, which is regularly presented in international conferences and published in scientific, peer-reviewed journals. In this way, MIDAP's scientific output continues to have a significant impact not only on scientific knowledge but also on the design and implementation of public policies intended to eliminate or mitigate the subjective and societal burden of depression. Indeed, the integration of multidimensional components to understand the etiology, maintenance and treatment of depression in



its interaction with personality will contribute to improved and more efficacious algorithms for indication of viable and cost-effective interventions.

- b) **Research Lines:** The scientific activity of MIDAP is organized around four basic lines of research, each of which includes a number of specific studies conducted by interdisciplinary teams of researchers from the fields of psychology, psychiatry, genetics, psychophysiology, neuroscience, anthropology and sociology (specific studies are presented in chapter 3 of this report):
1. **Basic bio-psycho-social structures and processes.** This line of research focuses on the origins and on the mechanisms that trigger, develop, and maintain psychological disorders, focusing on depression and personality dysfunction. It involves the assessment of multiple cultural, social, developmental, and psychobiological conditions involved in depression and personality.
  2. **Health promotion and psychosocial prevention.** This line of research focuses on evaluating the effectiveness of intervention strategies aimed at changing the early conditions associated with the development of depression and personality dysfunction. Scientific projects developed within this line aim at reducing the social exclusion of the psychologically handicapped, and fostering the capacities of mental health professionals.
  3. **Psychotherapeutic interventions and change processes.** This line of research focuses on the analysis of change processes and the effectiveness of psychological interventions. Studies examining change mechanisms and mediation as well as moderation components of psychological treatments are characteristic of scientific project developed within this line of research. Two of its studies involve multination process-outcome studies.
  4. **Rehabilitation and reintegration.** This line of research focuses on patient recovery and on decreasing chronicity of depression. Scientific efforts developed within this line focus on E-mental health strategies to prevent depression and maintain gains after treatment, the study of patient experiences in successful versus unsuccessful therapies, examination of early-life maltreatment and co-morbid personality dysfunction as risk factors of chronic or recurrent courses of depression.

Approaching the Institute's quinquennial evaluation, MIDAP has produced a remarkable corpus of scientific research, has significantly contributed to the training of local and international professionals and has establishes strong and sustainable international scientific collaborations. All of these aspects will be presented in this report.

- c) **Organization of researcher's team:** MIDAP is led by the Council of Associate Researchers, which holds monthly in-person meetings. The tasks of the Council include: organizing and coordinating all the scientific-academic activities of the Institute; actively participating in the research conferences held each semester; making decisions about the promotion of researchers belonging to the Institute; defining the rules of some internal resources and selecting their beneficiaries; and making strategic decisions about the research conducted at the Institute, among other tasks.

All the studies conducted within the four lines of research must be represented within the Council. In many cases, the Study Director is an Associate Researcher who represents the study before the Council. Increasingly though, and as a direct result of the Institute's efforts to foster the scientific development of early career researchers, the study leader is an Adjunct, Young, or Post-doctoral Researcher, but since there is always at least one Associate Researcher in each study, one of them represents the study within the Council. This course of action is intended to ensure coordination between the researchers of each category who work in each individual group as well as with MIDAP management. The Director of Research plays a relevant role in the coordination of research tasks within MIDAP. The Director of Research works alongside Study Directors and the Council of Associate Researchers in order to ensure the fulfillment of the scientific objectives of the Institute (see section 7).

### 3. Scientific and technological research:

- a) **Current status of the lines of research:** The scientific objectives of MIDAP are: (a) To produce scientific knowledge about depression and personality based on a multidimensional perspective that integrates cultural, social, developmental, psychological, psycho-physical, and genetic aspects; (b) To examine specific age-related characteristics associated with depression and personality during pregnancy/nursing, infancy, adolescence, adulthood, and older adulthood; and (c) To generate knowledge that can nourish mental health policies for the development of improved prevention, therapy, and rehabilitation services.

In order to achieve these scientific goals, MIDAP develops four lines of research (see Annex 2). MIDAP's studies are executed within these lines of research based on different funding sources, including the Millennium Scientific Initiative (MSI) as well as other sources: Fondecyt, Conicyt, and International Grants. Accordingly, MIDAP researchers are encouraged to apply for national and international grants, in order to sustain and/or continue their research.

The current chapter presents a summary of MIDAP's scientific activity during 2018. Organizing the information by line of research, we first present the scientific aim for each line summarily; then, we describe the main studies currently being developed within each line of research, pointing out their progress during the reported period (for instance, indicating related productivity as well as other hallmarks of scientific output). Results are discussed in an integrative fashion, with attention to MIDAP's scientific goals. We conclude with the difficulties and/or limitations encountered.

Of note, in previous reports of the Institute's activity we have used a different set of identifying codes for studies. We have simplified this scheme, and provide in Appendix 1 new codes as well as old codes for studies previously reported.

**Line of Research 1 (L1): Basic structures and bio-psycho-social processes.** This line of research focuses on the origins and mechanisms that trigger, develop, and maintain psychological disorders. It is essential to keep in mind that MIDAP understands depression as a multi-causal, multi-level phenomenon. Thus, scientific efforts within L1 intend to evaluate all the cultural, social, developmental, and psychobiological conditions involved in depression and personality dysfunction. Ongoing studies developed within this line tackle the following research question: **Considering each specific level, how are genetic determinants, bio-markers, and psychological and interpersonal variables associated – and interact- with depressive symptomatology, clinical depression, personality dysfunction, suicidality and people's subjective well-being?**

Currently there are nine studies at different stages being developed within L1. These studies cover a broad range of scientific problems related to biological, psychological and social processes that have progressively reached very interesting and significant conclusions.

Study 009-L1 (Gene-Culture Interaction in Depressive Symptomatology and Subjective Well-Being in Chile), has concluded its last year of operation yielding fascinating and very relevant findings. Of the 97 polymorphisms studied in a non-clinical sample, specific genotypes were significantly associated with depressive symptoms, specifically, the study found polymorphisms that increase the risk of depressive symptomatology and polymorphisms that decrease the risk of depressive symptomatology. This is an extremely relevant result, in particular in Chile, where rates of depressive symptoms are higher than in comparable countries. Additionally, and building on a vast corpus of international research, the study also found polymorphisms that intensify and polymorphisms that attenuate the effect of early trauma on the development of depressive symptomatology. Analyses conducted with a clinical sample of patients exhibiting depressive symptomatology, also found relations between polymorphisms of the FKBP5 gene, early trauma, and social cognition, contributing thus to the refinement of disease models that combine biological, psychological and social components. These findings present a significant advancement from initial information reported in the previous year, where particular profiles of risk for depression were specified at a phenotypic level with the help of depression and personality self-reports. Initial relationships

to genotypic level data were established previously, but currently the role of specific polymorphisms has been identified.

Studies 008-L1 (Meta-stress: a hormonal regulatory mechanism of meta-cognitive capacity) and 007-L1 (Multidimensional model of depression) have concluded their financing and have yielded additional findings regarding patients with depressed episodes that can be classified schematically as being either overly reliant or sensitive to interpersonal relationships (anaclitic pattern), or withdrawn and evidencing high levels of self-criticism (introjective pattern). This basic distinction is quite important and has emerged to be one of MIDAP's main systematic findings that contribute to the scientific literature on the heterogeneity of depression in relation to personality. An article published in *Frontiers in psychiatry* (Paper #16) showed that introjective individuals exhibited enhanced anhedonia symptomatology in self-reports, although these findings were not reproduced in an experimental task, pointing to an important methodological aspect of the study of depression from the stand-point of interpersonal relatedness and self-definition. At any rate, these findings are of scientific and clinical importance given that anhedonia is one of the main pathological components of depression. These findings will be further explored in a new project (FONDECYT REGULAR 2019 1191708), study 051-L1 (From metacognitive efficacy to interpersonal sensibility: an introduction to the Interpersonal Mind from the perspective of Social Cognition).

Study 011-L1 (Specifying the Assessment of Suicide Risk: A Study of the Psychological Variables Associated with Suicidal Behavior in Adolescents and Adults Seeking Help for Mental Health Problems) had finished recruitment during the last report and had presented relevant results in two published papers (not considered for the report covering 2018). Results had allowed for the development a sophisticated instrument to detect psychological vulnerability related to suicidal risk based on data mining technology. During 2018, the research team continued to work on measuring suicidal risk and published a locally validated version of the Reasons for Living inventory (RFL, Paper #28). This constitutes an important contribution of MIDAP to a nation-wide problem relates to improving detection of suicide risk, an area where MIDAP has certainly helped with developing new, cutting-edge instrumentation (Paper #9)

Study 044-L1 (Affective Disorders and Personality: Disease Mechanisms and Mechanisms of Change in Psychological Interventions) is mainly a mobility project between some of MIDAP's hosting institutions and Heidelberg University. However, during 2018 a collaborative article was published in the journal *Psyche* to introduce a special section devoted to the scientific production of MIDAP (Article, #31). The focus of the article was on Complex Depression, that is, the intersection between depressive symptomatology and personality dysfunction, a matter that lies at the very heart of the Institute's scientific program. Furthermore, the article presents a summary of several findings produced during the first five years of scientific activity of the Institute, including the need to address the heterogeneity of depression and the extent to which this heterogeneity is commanded, at least in part, by underlying personality dysfunction.

Additional new projects were added to L1 during 2018, including study 047-L1 (The role of BPD features on task performance in a cooperative task: focusing on brain wave synchrony as a mechanism to explain performance differences with health controls) and study 010-L1 (An embodied approach to emotion regulation as a first step for the future development of translational research). Both studies were funded through a competitive research grant offered by MIDAP and are currently in the process of setting-up. Study 047-L1 further contributes to the consolidation of L1 projects that cover neurophysiological correlates of personality dysfunction and depression, in this case, with a particular focus on Borderline Personality Disorder.

**Longitudinal studies.** MIDAP continues to invest in research modules concerning depression in major longitudinal studies being currently conducted in Chile. As reported previously, methodologically, the best scientific strategies to study basic components of the etiology, development, maintenance, and exacerbation of depressive symptomatology in a given context is to use of longitudinal research designs. As previously reported, MIDAP has partnered with Research Centers that are carrying out large-scale

longitudinal studies. Results from the first two waves (2010 and 2012) from the Encuesta Longitudinal de Primera Infancia (ELPI) [National Longitudinal Survey of Early Childhood] were presented in a previous report (2017). Third-wave data (2017) are still being compiled and a paper will be submitted for publication during 2019. Preliminary results show that the most important variable to explain behavioral problems in children was prenatal stress. Additionally, parental stress was overrepresented in mothers of a low socioeconomic status, low educational level, that did not have occupations and that had sons (as opposed to daughters).

In our previous report, results from the Center for the Study of Social Conflict and Cohesion (COES) through its Longitudinal Social Study of Chile (ELSOC) were reported for first-wave assessments. ELSOC collects data from over 3000 individuals aged between 18 and 75 years. This particular study uses a probabilistic sampling method and achieves a representativity level of 77% of the national population and 93% of urban-area population. ELSOC collects data through seven thematic modules, one of which –health and well-being– screens for mental health difficulties, including depression. Even though second-wave data has been collected, and is currently being compiled by COES, they are still not available for analyses. Thus, second-wave analyses will be conducted during 2019 and reported in the next reporting year.

First-wave results from the longitudinal study conducted by the Center for Intercultural and Indigenous Studies (CIIR) through ELRI were also reported in the previous year, with a particular emphasis on the mediational role of social support between discrimination and depressive symptoms for indigenous individuals. ELRI collects data from 3617 individuals aged 18 to 60 years. Individuals belong to different indigenous and non-indigenous groups from the north, central, and southern parts of Chile. Similar to ELSOC, second-wave data is being compiled by CIIR but are still not available for MIDAP. However, significant work has been done during 2018 on first-wave data of ELRI and ELSOC. The focus has been on instrumentation, where MIDP researchers have examined the dimensional structure of the Patient Health Questionnaire (PHQ-9). This contributes to clarify the current controversy about the dimensionality of the scale under the basic hypothesis that the structure is basically one-dimensional and that contains sub-sets of commonalities that bias de estimation of different bi-dimensional solutions. Results of a bi-factor model analysis through structural equations show that the PHQ-9 is essentially one dimensional, where a general depression factor captures 86,4% of the common variance of the model. These technical analyses are of great importance because the PHQ-9 is a prominently used instruments and its dimensional structure has a bearing on interpretation, in the case of MIDAP's longitudinal studies which use this scale.

In summary, L1 studies continue to provide evidence in support of MIDAP's multidimensional model that understands depression nested within personality and receiving influences from cultural, biological, psychological and genetic variables. During the reported period, we have produced additional evidence for the operation of psychophysiological processes underlying heterogeneous presentations of depression, in this case, with a particular focus on anhedonia, a key symptom of Major Depressive Disorder. At this point, the scientific stability of the distinction between introjective and anaclitic styles of personality is difficult to refute, and has emerged as one of MIDAP's main finding thus far. Our main study on genetic variables and depression has ended, and reports are being prepared. Interestingly this data will shed light into a question of great relevance for Chile, namely, why is it that Chileans show higher rates of depression that comparable countries? Results show that specific polymorphisms may partially explain this, both in direct relationship to depressive symptomatology but also considering the sensitivity to early adverse experiences. Study 009-L1 has produced a very large database that will require many analyses. Main results will be published during 2019. Finally, L1 studies have also produced significant methodological contributions, particularly in the form of instrumentation. Study 011-L1 and the longitudinal studies ELSOC and ELRI have allowed for refinement in instrumentation, creating new assessment tools and contributing to the deeper examination of psychometric properties of widely used scales. New studies

being developed within L1 will continue to provide coverage to neurophysiological correlates of personality dysfunction.

**Line of Research 2 (L2): Health promotion and psychosocial prevention.** This line of research focuses on assessing the effectiveness of intervention strategies aimed at changing the early conditions associated with the development of depression and personality dysfunction, reducing the social exclusion of people with psychological disabilities, and fostering the treatment capabilities of mental health professionals. Two sets of studies have been focusing on the scientific goals of L2. On the one hand, several studies continue to examine the implementation and effectiveness of depression prevention programs for children, adolescents, adults and families. Their current status and previously unreported scientific achievements are reported summarily.

Study 013-L2 (Implementation and Evaluation of the Effectiveness of an Evidence-Based Psycho-educational Program in a Group of Family Caregivers of People with Dementia) was concluded during 2018. As previously reported, the program is effective in reducing depressive symptomatology in caregivers of people with dementia. The program is also successful in increasing frequency and enjoyment of leisure activities. During the reported year 2018, more detailed findings published in the journal *Ansiedad y Estrés* (Paper #30) indicate that the coping mechanisms typically used by caretakers in the intervention were acceptance, religion, and active coping. Caretakers that used more emotional coping strategies could recruit more social support, exhibited less depressive symptomatology and the person being looked-after presented less unmet needs. Finally, the social support perceived by the caretaker was a full mediator between use of emotional coping strategies and the unmet needs of looked-after persons with dementia. These results are important for advancing towards a protective model of an at-risk population that has received little attention in international and local research. As such, they contribute to fill an important gap and are a stepping-stone for further research, in this case a newly awarded grant to continue research in this topic (study 049-L2 presented below). Of note, an article published in *Revista Médica de Chile* by a different group of MIDAP researchers also concluded that social support protects individuals with high cognitive reserve from developing depression (Paper #23). This is an interesting finding, which combined with results from 013-L2 may contribute to a more integrative model to of depression in older individuals with cognitive decline and their caregivers.

Study 021-L2 (Feasibility and Acceptability of the Piloting of a Staggered Internet-Based Program for the Prevention and Early Intervention of Depression in Secondary School Students in Santiago, Chile and Medellín, Colombia), was completed during 2017 and results were presented at the ISRII 9<sup>th</sup> Scientific Meeting. During 2018, an article was published in the *Journal of Affective Disorders* (Paper #10) presenting a systematic review of internet-based interventions for the prevention and treatment of depression in people living in developing countries. Results show that, as reported previously regarding study 021-L2, internet-based interventions are feasible and acceptable across populations, including adolescents, which signals the importance of these strategies for prevention at early stages of the illness in younger individuals.

On the other hand, a set of studies are being conducted focusing on aspects of health care that must be improved in order to provide better care for people with depression. Aspects examined by this scientific activity within MIDAP include the healthcare system, healthcare institutions, and health professionals.

First, two new studies were added to L2 covering this domain. Study 049-L2 (Trajectories and predictors of depressive symptomatology in family caretakers of persons with dementia: a longitudinal study) has secured 4 years of financing. This study (FONDECYT Regular 2019 1191726) is quite important for MIDAP, because it covers an at-risk population that has received little attention internationally, namely caretakers of patients diagnosed with dementia. The project will shed light into components that moderate the risk of developing depressive and anxious symptomatology in this group. The longitudinal design of the study adds to the stability of potential results. Study 015-L2 (Depressive Symptomatology during the transition to parenthood: integrating the meanings and relational dynamics of protagonists, FONDECYT INICIACIÓN 2018 11180820) was awarded three years of funding, and will cover the construction of co-

parentality. This will be explored in this study, further contributing to the examination of how dyads or triads interact to produce potential psychological difficulties and eventually, depressive symptomatology.

Study 016-L2 (Construction of a workshop to develop competencies in clinical psychologists for the management of complex depression in institutional contexts) continues to develop and to contribute to L2 by examining precursors of clinical improvement, in this case, therapist competencies. In an article published in *Revista Argentina de Clínica Psicológica* this study presents results regarding a treatment model based in common factors, adaptive treatment indication (responsiveness), and evidence-based practice. Furthermore, this study has examined the effects of training therapists in detecting personality dysfunction underlying depression that may complicate treatment response. These constitute a crucial set of findings, because they provide evidence for the development of training programs and provide a scientific basis for MDIAP's task of training human capital to mitigate the burden of depression and personality dysfunction in our society.

In summary, studies in L2 continue to provide good coverage regarding health promotion and prevention across the life span, indicating feasible and acceptable pathways to decrease the onset of mental health problems in early childhood through old age. Proven pathways involve direct, face-to-face interventions for parents, caregivers, and families as well as e-mental health strategies that have high escalation and dissemination potential. L2 is increasingly focused on at-risk populations, including adolescents and caretakers of persons with dementia. In this way, scientific efforts within L2 contribute to a broader range of prevention and health promotion tools developed within MIDAP. New studies presented above are expected to yield additional data regarding specific mechanisms that may carry the effects of preventive interventions, particularly in regards to the role of parental reflective functioning, and triadic dynamics.

**Line of Research 3 (L3): Psychotherapeutic interventions and change processes.** This line of research focuses on the analysis of change processes and on the effectiveness of psychological interventions. Projects developed within L2 aim to answer the following research questions: **What are the characteristics of patients, therapists, and therapeutic models associated with the therapeutic change process and its outcomes? What change mechanisms are involved in the generation of therapeutic outcomes? What type of interactions occur between the profiles of patient and/or therapists, process variables, and psychotherapeutic outcomes?** Their current status of L3 studies and previously unreported scientific achievements are reported summarily.

The project Mindfulness, Depression, and Personality: Researching Mind-Body Correlates in the Generation and Relief of Suffering continues to develop study 036-L3 (Pilot Study about mindfulness training and personality: articulating first-person and third-person in the study of mind-body processes), which is one of the studies testing the effectiveness of psychological interventions. MIDAP has been steadily developing a systematic research line in Mindfulness, a psychological construct related to well-being and change in psychotherapeutic interventions. The literature on the beneficial effects of Mindfulness across psychological problems, particular over those based on emotion dysregulation was efficiently summarized by MIDAP researchers in a publication in *Frontiers in Psychology* (reported in a previous report). MIDAP's scientific focus on Mindfulness as a promising promoter of change in psychological interventions has been further developed in the context of the international network "Psychosocial Interventions for the Promotion of Psychological Well-Being in Children and Adolescents" (details regarding this network are described summarily in section 5 of this report). During 2018, study 036-L3 continues to recruit participants and has been awarded funding from MIDAP. Results from the intervention are expected to be published after the intervention ends. Currently, 47 participants have enrolled in the mindfulness intervention, and provided baseline data. Post-intervention data for this study is still coming in.

An additional study focusing on the effects of specific psychological interventions is study 030-L3 (Evaluation of the Effectiveness of Adolescent Identity Treatment [AIT]: Assessment of the Psychotherapy Process and Outcome in Adolescents Diagnosed with Identity Diffusion), which continues with data collection in a coordinated process between the groups in Santiago, Heidelberg, and Basel, all

this in the setting of the multinational study “Adolescent Identity Treatment (AIT): A New Integrative Approach for Personality Pathologies.” The study has almost reached its recruitment goals, with a few cases still remaining in the Chilean arm. The design of the study is now published in the journal *Contemporary Clinical Trials Communications* (Paper #17). Preliminary results have been reported previously, supporting the non-inferiority premise of the study design in terms of the comparison between AIT, an innovative approach and DBT, a well-tested, state of the art and first line treatment for personality pathology for adolescents and adults. Further results of the trial will be reported upon completion of the study.

Study 037-L3 (Effectiveness of Computer-Assisted Cognitive Behavioral Therapy for Adolescents with Depression in Primary Health Care) is the third study being developed within L3 evaluating the effectiveness of a psychological intervention. As reported previously, the study found that the computer-assisted cognitive behavioral therapy intervention (TCC-c) was superior to a treatment-as-usual control in achieving symptomatic reduction at 4 and at 6 months of the treatment. This finding further supports the effectiveness of internet assisted psychological interventions and provides additional evidence to support MIDAP’s developing focus on e-mental health, a topic currently addressed by multiple studies. The study has concluded and a final report has been submitted to CONICYT. Not directly related with research on the provision of e-mental health strategies, this research project also yielded additional data that allowed for further instrumentation studies. In this regard, an additional paper was published in 2018 providing evidence for the use of the Patient Health Questionnaire-9 (PHQ-9) for the screening of depressive episodes in adolescents (Paper #3). The article concludes that the PHQ-9 is sensitive and specific enough to be used as a screening tool in adolescents with suspected depression. Thus the PHQ-9 can be used as a tool to detect depression in adolescents and then indication algorithms can be implemented to refer patients to E-mental health interventions. This combines an efficient screening procedure with computer-assisted interventions that have high dissemination potential.

Results from study 028-L3 (Video-Feedback Intervention Focused on Bond Quality and Parental Reflexive Functioning, Aimed at Mother-Father-Child Triads) were published in 2017 (presented in previous report) and show that video feedback is a valuable psychotherapeutic tool for early intervention in the family. The study has concluded, and a publication as well as a final report is being prepared. One article published during 2018 in *Psyke* showed, based on preliminary analyses, that reflective functioning moderated the relationship between couples’ satisfaction and depressive symptomatology in 50 couples with children under 3 years old. In individuals with high reflective functioning a stronger inverse relationship is observed between couples’ satisfaction and depression, compared to individuals with low reflective functioning. An inverse effect of couples’ satisfaction on depressive symptomatology was observed (Paper #36).

As reported previously (2017), study 033-L3 (Distinctions in the Diagnosis and Prognosis of Depression in Psychotherapy: Relational Patterns, Internal Conflicts, and Vulnerabilities of Psychic Functioning and their Relationship to Psychotherapy Process Variables) shed further light into patient characteristics that modulate symptomatic presentation, underlying personality traits and treatment response in depressed patients. The study is officially concluded, and main results have confirmed that depression is heterogeneous, rooted in personality functioning, and that personality styles have a bearing in differential treatment response for depressed patients. Results from study 034-L3 (Types of Depression, Therapeutic Alliance, and their Relation with Therapeutic Outcomes and Dropouts) were previously reported and the study has concluded. Study 035-L3 (Profiles of depression and their relationship to therapeutic change) continues to examine this topic with a grant from FONDECYT (Iniciación 11170561). Preliminary results were published in the journal *Psyke* in 2018 and further confirm that depression is a heterogeneous disorder that can express in self-critical or dependent types (Paper #34). This heterogeneous presentation is related to underlying personality styles. Specifically, patients exhibiting more dependence and self-criticism show less integration of personality structure measured with the Operationalized Psychodynamic Diagnosis System (OPD). An increase in dependency was related to less integration in self-perception and

object relations. More self-criticism was associated with less integrated internalized relations. In terms of treatment response, high dependency was associated with positive results in therapy. The project is ongoing, but results point to the importance of understanding depression in relationship to personality styles. This relationship appears to have a consistent bearing in the severity of patients as well as in the response to psychotherapeutic interventions. Study 034-L3 has also contributed to personality dysfunction research by translating, adapting and providing a psychometric study of the OPD-SQ measure. The study published in *Psyke* as part of a special issue dedicated to MIDAP research shows that this personality functioning measure has robust psychometric properties and can be used in clinical research locally. This set of findings provides an interesting complement to L1 one basic findings about heterogeneity of depression, by mapping this heterogeneity on change trajectories and change processes in psychotherapy.

Study 022-L3 (Discourse-Voice Regulation Strategies in Psychotherapeutic Interaction During Long-Term Psychotherapies) has officially concluded and a final report submitted to the funding agency. Main findings of the project were extracted from a total of 491 Relevant Episodes (317 change episodes and 174 rupture episodes). These episodes were extracted from a total of 374 psychotherapy sessions from five distinct treatments. Results show consistent and interesting relationships between discursive positions (e.g. reflective, propositional, etc.), regulations strategies and moments of change and rupture in psychotherapy. These results provide firm grounding to support the importance of studying micro-processes of change in psychotherapy.

In terms of neurobiological mechanisms that are related to change during psychotherapeutic interventions, study 025-L3 (Electrophysiological Correlates of Depression and Psychotherapy) has now concluded and a paper was published in *Studies of Psychology* during the reported year (Paper #13). Results of this study, which concluded in 2018 highlight the involvement of brain activity in the psychotherapy process in the behavioral coordination between therapist and patient. A model to further understand the embodied characteristics of the therapeutic interaction is proposed in this study. A new study focusing on behavioral and neurodynamic coordination stemmed from this model and was presented in L1 (047-L1).

Three new studies have been added to L3. Study 046-L3 (Characterizing episodes of rupture and resolution in the alliance from the facial-affective communication of patients and its association with change in psychotherapy: distinctions for clinical practice, FONDECYT Iniciación 11180671) was awarded funding for 3 years, study 048-L3 (Towards a comprehensive model of the therapeutic alliance in psychotherapy with depressed patients: understanding the relationships between the alliance, patient/therapist characteristics, process variables and outcome, FONDECYT Regular 1191299) was awarded 4 years of funding and study 050-L3 (Development of a Comprehensive Psychotherapy Model for LGBT Patients: a qualitative study of patient's and therapists experience in psychotherapy, FONDECYT Regular, 1190270) 4 years as well. The awarding of competitive external funds for these three studies speak to the consolidation of L3 within MIDAP. Study 046-L3 has subsumed study 024-L3 (Relationship between Personality and Emotional Regulation in Ruptures and Resolutions of the Therapeutic Alliance, and Psychotherapeutic Results in Patients with Depression).

Of note is that other MIDAP scientists associated formally with different research lines within MIDAP have also contributed with publications focusing on psychotherapeutic process research, in particular about the therapeutic alliance. This speaks to the cross-feeding of scientific outcomes from researchers across lines of research. Several articles were published by MIDAP researchers that contribute to L3, and several researchers have consolidated now in study 050-L3 (which is described above). Main findings of these articles that stem from secondary analyses of concluded studies are presented summarily. One article published in a special issue of *Counselling and Psychotherapy Research on Social Inequalities and Psychotherapy* concluded that patients benefit differentially from psychotherapy depending on their social status. In particular, the relationship between symptom change and change in life satisfaction was moderated by family income (Paper #22). An additional article published in the *Journal of Clinical Psychology* tackled a similar issue and provided evidence for the importance of patient and therapist match on sociodemographic variables for the development of the therapeutic alliance (Paper #19). The article



concludes that matching on gender, income, and age can be used for case assignment heuristics to promote additional growth early in the alliance early in treatment. An article published in the *Journal of Consulting and Clinical Psychology* showed that therapist feedback had no general effect on treatment outcome, therapy attendance and alliance. However, for more dysfunctional patients, negative feedback (i.e. high symptomatology) had a negative impact on outcome (Paper #21). Finally, an article published in *Revista Argentina de Clínica Psicológica* further explored a well-covered research topic within MIDAP, namely change episodes during psychotherapy. The article showed that the experience of the therapist during significant segments of the psychotherapeutic process can refer to multiple components, including herself, the patient, or the relationship. Furthermore, each one of these components can include cognitive, affective, behavioral, dimensions, as well as different expectations about roles and dispositions towards therapy and interventions. These experiences of the therapist have a bearing on the selection of interventions strategies and techniques utilized during the treatment (Paper #8).

In summary, L3 continues to concentrate a significant proportion of MIDAP's scientific efforts and scientific output. From effectiveness outcome research to studies focusing on micro processes of discourse-voice regulation, L3 provides a broad set of projects which have supplied findings that contribute significantly to understand mechanisms involved in psychotherapeutic change. Interventions that are traditional face-to-face as well as internet-based intervention have proven to be feasible, acceptable and effective for a range of patients, including adolescents, adults, elderly individuals and caretakers of individuals with dementia. Progress in process research continues, covering both traditional process variables (i.e. alliance) and unexplored components such as patient-therapist attribute match, socioeconomic disparity and the experience of therapists during relevant change moments.

**Line of Research 4 (L4): Rehabilitation and reintegration.** This line of research focuses on the patient's recovery and on reducing the chronicity and recurrence of depression. Research projects developed within L4 address the following questions: **(a) What are the post-treatment variables that are associated to decreased rates of relapse and chronicity? (b) what characterizes patients with recurrent and complex depression (depression comorbid with personality dysfunction), and how should they be managed in order to reduce recurrence of depressive disorders and its burden on the subjective and societal level?** The current status and previously unreported scientific achievements of L4 studies are reported summarily.

Study 029-L4 (Psychotherapy Follow-up: The participant's perspective), has concluded and a formal final report was submitted to CONICYT in March, 2018. However, additional data was published during 2018, including role in recovery. An article published in *Counselling and Psychotherapy Research* compared the experience of psychotherapy in socially disadvantaged individuals in Chile and Colombia, and concluded that psychotherapists need to take into account components of social order and status, including the fact that often times, in institutional settings, therapists and patients come from different socioeconomic sectors (Paper #7).

Study 038-L4 (Affective disorders and personality disorders: effects of early adverse experiences in the development and clinical management of complex affective presentations), has concluded during 2018. Articles have been submitted to journals and will be reported when published. Results from the study confirm the high prevalence of exposure to adverse early experiences in patients with depression and the detrimental effects this has on patient severity and treatment adherence. Additionally, the Childhood Trauma Questionnaire (CTQ) was adapted to Chile in the context of this project and psychometric properties were examined in a Master's dissertation. Results suggest that measure exhibits robust psychometric properties. The role of Early Adverse Experiences is at the center of L4 research, because they are likely to be one of the most robust predictors of chronicity and treatment resistance in patients suffering from complex forms of depression, namely those that involve personality dysfunction. These results have also been reproduced independently within MIDAP by study 009-L1.

Study 042-L4 (Training and supervision with technological assistance for the management of depression in primary care) has concluded formally, but during 2018 an additional paper was published in the *Journal*

of *Medical Internet Research* (Paper #11). The paper shows that the program was also effective in a sample of depressed adolescents in the Araucanía Region of Chile. This evidence is important to generalize findings and to design escalation studies for internet-assisted interventions to mitigate the burden of depression. The provision of effective supervision via computer-based protocols is essential to ensure adequate care of patients in remote regions and thus a substantial part of decreasing chronicity and relapse.

A new study, study 040-L4 (Difficult Patients: conceptualization and challenges in the public system), was awarded in 2018 and an article was submitted to the *Journal of Clinical Psychology*. In this study, clinicians working in the public care system in different parts of Chile were interviewed about their experience of a *difficult* patient. Results indicated that this experience goes significantly beyond patient attributes) e.g. diagnosis and encompass contextual and relational aspects. Further results will be reported in the next report, when they become available.

In summary, focus on early adverse experiences (EAE) continues to be developed within L4, focusing on the impact of EAE on the development of complexity markers in depressed patients. The study validating the CTQ has concluded and psychometric properties are known for the Spanish version in Chile. A new study was added to L4 which contribute to understand the role the management of complex patients in public care (*difficult* patients). Certainly, L4 remains underdeveloped compared to the other three lines of research. This need to be considered particularly at the moment where MIDAP is approaching its quinquennial evaluation and strategies to encourage research in rehabilitation and reintegration are called for.

- b) **Productivity:** During the third year of MIDAP, 39 scientific documents were published: 37 articles, one book chapter, and one treatment guide. With respect to scientific articles, 26 (67.6%) were published in journals indexed in *Web of Science* (with impact factors ranging between 0.143 and 4.671) and 11 (29.7%) in journals indexed in *SCOPUS* (with impact factors ranging between 0.14 and 1.471). Of these 37 articles, 13 (35%) were published in quartile 1 (Q1), two (5.4%) in quartile 2 (Q2) journals, and 22 (59.5%) in quartile 3 and 4 (Q3 and Q4) journals.

When looking at publications by line of research, most publications originated from L3 (48.7%) followed by L1 (33.3%), L2 (15.4%) and L4 (2.6%).

Out of a total of 38 publications authored or co-authored by MIDAP researchers, in 13 of them, only one researcher participated, in 9 of them two researchers from MIDAP participated, 8 articles were authored by three or more researchers, and 8 articles were co-authored by 4 or more researchers (see Annex 3.5). This means that a substantial part of the publications of the Institute were collaborative, and we will continue to encourage associative scientific work and publishing between researchers. Students were part of 9 of these publications which also points to an important focus of further development, namely to encourage joint publications between AR and students

MIDAP maintains the position reported in 2017 regarding “open access” publications. Some of these journals are of high quality (for example *Frontiers in Psychology* or *PLOS One*), they have rigorous peer-review procedures, and high-quality output with high dissemination, because there are no costs associated with access to articles. The cost of publication continues to be a difficulty for our researchers, particularly because Chilean researchers typically do not qualify for standard discounts given the development level of the country.

- c) **Outstanding publications:** Because scientific output in high-impact journals is of high relevance for the dissemination of MIDAP’s scientific achievements, publications in the following journals are of particular importance to be reported:

Jiménez, J.P. et al. (2018). **Psychotherapy and genetic neuroscience: an emerging dialogue.** *Frontiers in genetics*, 9, 257. This article provides and informed, and influential account of an emerging topic in psychotherapy research. As such, it positions MIDAP in a cutting-edge role and highlights the work being conducted with the Institute and within L1 in particular.

Krause, M. et al. (2018). **Psychotherapy for depression from the point of view of economically disadvantaged individuals in Chile and Colombia.** *Counselling and Psychotherapy Research*, 18(2), 178-189 and Behn, A.J. et al. (2018). **Change in symptomatic burden and life satisfaction during short-term psychotherapy: Focusing on the role of family income.** *Counselling and Psychotherapy Research*, 18(2), 133-142. Both studies were published in a special issue of the *Counselling and Psychotherapy Research* on Social Inequalities and Psychotherapy Research. This is quite an important topic, because even though sufficient evidence has showed that social inequalities contribute to the burden of depression and other mental health problems, a specific focus on psychotherapy research and this topic is lacking. The fact that two studies MIDAP were included in this special issue is remarkable.

Errázuriz, P., & Zilcha-Mano, S. (2018). **In psychotherapy with severe patients discouraging news may be worse than no news: The impact of providing feedback to therapists on psychotherapy outcome, session attendance, and the alliance.** *Journal of consulting and clinical psychology*, 86(2), 125. This article is highlighted first because of the impact factor of the journal (4.5), but also because it provides a nuanced re-interpretation of a basic feedback strategy, an area of psychotherapy research that has long tradition and an overall agreement that providing feedback is positive. This allows for a more careful approach to the use of therapist feedback.

Finally, Silva, J.R. et al. (2018). **Introjective individuals tend towards anhedonia: Self-report and experimental evidence.** *Frontiers in psychiatry*, 9, 298 is highlighted because it expands on MIDAP multidimensional model, bringing together a cardinal symptom of depression and underlying personality styles. Furthermore, the study contributes to strengthen the idea of heterogeneity in depressive presentations as a function of personality functioning, which is a central proposition in the Institute's research model.

### Summary table

Category of Publication <sup>1</sup>	MSI Center Members	Number of Publications coauthored by students	Total Number of Publications
ISI/WOS Publications or Similar to ISI/WOS Standard	Associate Researchers	8	17
	Others Researchers	3	9
SCOPUS Publications or Similar to SCOPUS Standard	Associate Researchers	1	5
	Others Researchers	6*	6
SCIELO Publications or Similar to SCIELO Standard	Associate Researchers	0	0
	Others Researchers	0	0
Books & Chapters of Books	Associate Researchers	0	1
	Others Researchers	1	1
Other Scientific Publications	Associate Researchers	0	0
	Others Researchers	0	0
<b>Total</b>		19*	39

<sup>1</sup> Sources: <https://jcr.clarivate.com/>; <https://www.scopus.com/>; <https://www.scimagojr.com>

\* One SCOPUS article was coauthored by a MIDAP doctoral student and an external researcher (from the Universidad Nacional de Córdoba, Argentina), without the participation of a MIDAP researcher.

**d) Congress Presentations:** During 2018, 143 presentations were delivered, with an outstanding 95% of them in international venues (details are presented in Appendix II). Twenty-six presentations stem from L1 (3 national, 23 international), 28 from L2 (1 national, 27 international), 81 from L3 (3 national, 78 international), and 8 from L4 (all of them international).

## Summary Table

Type of Researcher	Type of presentation	National Events	International Events
Associate Researchers	Conferences, oral communications, poster communications, others (Specify)	1	52
	Invited presentations (not included in above row)	1	3
Other researchers	Conferences, oral communications, poster communications, others (Specify)	4	66
	Invited presentations (not included in above row)	1	2
Students	Conferences, oral communications, poster communications, others (Specify)	0	13
	Invited presentations (not included in above row)	0	0

### Other achievements:

- **Patents:** The patent application submitted in 2017 for the “System and Method to Detect People with Suicidal Ideation” continues being processed in the National Institute of Intellectual Property (INAPI). The owners of this pending patent are Jorge Barros (MIDAP’s Collaborative Researcher), Susana Morales (MIDAP’s Adjunct Researcher), Arnol García, and Orietta Echávarri (MIDAP’s Adjunct Researcher).
- **Intellectual property:** No information is reported here during the 2018 period.
- **Organization of Scientific Events:** During 2018, MIDAP organized its Second Latin American Workshop on Research in Depression and Personality. Twenty students from Latin America and Chile participated in the activity alongside senior researchers from the USA, Europe, Middle East, and Chile. Details about this activity are reported in the training section (4b). Additionally, during 2018, the Latin American Network on Process Research had two scientific meetings one in August, and the second one in December. Further details about these activities are provided in Chapter 5 (Networking). Also, during 2018 MIDAP participated with a panel in the Psychotherapy Congress which took place in August 2018 in Reñaca and also with a Symposium in the SONEPSYN Congress in Pucón, in November 2018. (More details in Annex 4).
- **Scientific Editorial Boards:** The participation of different MIDAP’s researchers in Editorial Boards is showed in Appendix II. In addition, during 2018, MIDAP’s Director of Research, Dr. Alex Behn, guest-edited a special issue of the *Journal of Clinical Psychology* on the topic of Complex Depression (i.e. depression concurrent with personality dysfunction). This issue will be published in April, 2019. Also, during 2018 Springer entrusted MIDAP with the production of a series of edited books on the topic of Depression and Personality. Several researchers from MIDAP will edit these different books under the general editorial supervision of the Director of MIDAP, Dr. Mariane Krause.
- **Awards:** During 2018, the *Premio Luis Tapia Villanueva por Trayectoria Profesional*, was awarded by the Universidad del Desarrollo to the Senior Researcher of MIDAP, Dr. Juan Pablo Jiménez.

In addition, during 2018, Dr. Mariane Krause, Director of MIDAP, who was President-Elect in 2017, officially stepped in as President of the Society for Psychotherapy Research (SPR).

#### 4. **Education and Capacity Building**

- a) **Education, Training and Capacity Building:** As of 2018, MIDAP has received 130 young trainees during its first four years of operation. Specifically, MIDAP has hosted 18 undergraduate students, 44 master's students, 57 doctoral students, and 11 postdoctoral researchers. In addition, 11 young students have visited us from abroad to receive training in specific research areas that will enrich their subsequent professional development. Also, a considerable number of research assistants have worked at the institute, mostly young people working on mental health topics.

This large overall figure reflects young people's interest in joining MIDAP, since they regard it as a center of excellence for several reasons: its association with formal postgraduate programs, the quality of the research it conducts, and the opportunities it offers to the young people who enter it. MIDAP does not just provide formal education, but also the possibility of becoming directly involved in all the activities conducted by the institute in its three areas of operation apart from professional training: research, outreach, and networking. This is reflected in the multiple sections of this Report, since each activity and/or product is enriched by the participation and support of our students, postdoctoral researchers, young researchers, and researchers-collaborators. Another major factor that influences students' interest is the possibility of receiving funding allocated to and managed by MIDAP to conduct residencies at leading foreign education centers, mainly in Europe, as noted in prior annual reports.

Forty-seven doctoral students, 20 master's students, and 4 undergraduate students were part of MIDAP during 2018, many of whom had joined the center during the same year, thus equaling the figure reached in past years despite the turnover due to regular graduation processes. Detailed information in Annex 5. Most of the doctoral students arrived from the Doctoral Program in Psychotherapy (DPP), jointly offered by UC and UCh. The other students are enrolled in Doctoral Programs in Psychology (UC, UCh, USACH), one in UDEC's Doctoral Program in Mental Health, 2 in UDD's Doctoral Program in Developmental Sciences and Psychopathology; 2 in UC's Doctoral Program in Neuroscience, one in UC's Doctoral Program in Public Health, and one in a Doctoral Program in Anthropology (King's College London). Most of MIDAP's master's students came from UC's MSc in Clinical Psychology, while the rest came from UCh's MSc in Child and Adolescent Clinical Psychology, UC's MScs in Psychology and Health Psychology, and Universidad de Maimónides' (Buenos Aires) MSc in Psychogerontology.

This year, MIDAP launched two open selection processes to promote Young Researchers to Adjunct Researchers, in May and October 2018. All of MIDAP's Young Researchers were invited to apply (see details of the process in Annual Report 2017, page 22). In addition, all those who received their PhD during the last two years as students associated with the Institute, and who remain linked to MIDAP-led projects as Collaborator-Researchers, were invited to participate in a internal call for applicants to incorporate Young Researchers into MIDAP. This process evaluated whether the applicants were active participants in the four areas in which MIDAP operates: internationally competitive research, training of new scientists, generation and maintenance of international collaboration networks, and outreach. See results of all processes in next section.<sup>1</sup>

Twelve Young Researchers were part of MIDAP in 2018, 75% of whom received fees for their work as researchers in studies conducted within MIDAP. Participating in a research team is in and of itself a learning opportunity and a chance to develop knowledge and research skills.

All Young Researchers, Post-Doctoral Researchers, and students were an important target audience in MIDAP's four general research meetings of the year 2018, where various aspects of the Depression and Personality research conducted within MIDAP were presented. In addition, through predetermined quotas, Young Researchers, Post-doctoral Researchers, and students have access to regular workshops and seminars endorsed and/or organized by MIDAP. Furthermore, MIDAP gives them the chance to apply for

<sup>1</sup> Collaborator-Researchers constitute a category used by MIDAP to designate individuals who support the Institute's scientific-technical activities but without any productivity obligations and without any direct MIDAP funding. In addition, MIDAP can provide these novice researchers with institutional support for their applications for external research grants.

partial grants to support conference attendance and thus improve their ability to present results in national and international contexts and establish collaboration networks. We have continued offering scholarships for MIDAP's graduate students to carry out short-term research residencies abroad with the financial support of three of our host universities (UC, UDD, and UFRO) and through the international research grant from CONICYT to conduct the study “Affective Disorders and Personality: Disease Mechanisms and Mechanisms of Change in Psychological Interventions” (PII20150035 PCI-CONICYT) (see details in Annex 5.2).

Additionally, Young and Postdoctoral Researchers, along with Javier Morán, UC's doctoral student currently working in the Universidad de Valparaíso (one of our Host Institutions), were invited to take an active part in MIDAP's 5th Research Conference, held in Casablanca, Valparaíso Region, on December 10, 2018, alongside MIDAP's Associate, Adjunct, and Senior Researchers.

A relevant milestone in 2018 was the organization of the Second Latin American Workshop on Depression and Personality, after the success of the previous workshop held at UC in November, 2015 (more details in the following section).

Apart from the usual activities for training young researchers from Chile and the rest of Latin America, MIDAP's continuing education area offered several courses mainly aimed at young public or private sector professionals who wished to learn about new tools and acquire knowledge applicable to their fields of expertise (more details in the following section).

#### **b) Achievements and results:**

2018 was especially relevant due to the number of MIDAP students who successfully completed their theses on topics related to at least one of the Institute's 4 lines of research: 8 doctoral students and 12 master's students. More details in Appendix 4.

As part of the policies established at MIDAP to encourage the scientific education of young researchers, from mid-2017 to date, all those who obtain their doctoral degrees as students attached to the Institute, and who have continued to be part of projects conducted by MIDAP, are invited to stay at the Institute as Collaborator-Researchers. In consequence, 7 new Collaborator-Researchers were welcomed to MIDAP in 2018: Catalina Sieverson, Cecilia de la Cerda, Constanza Baquedano, Javiera Duarte, Johana Zapata, María José León, and Martina Fischersworing, who joined other 2 who had become part of the Institute the previous year: Alberto Botto and Caroline Leighton. In the promotion process above mentioned, many of these researchers applied to be incorporated as Young Researchers. Alberto Botto's, Cecilia de la Cerda's, and Javiera Duarte's applications were accepted. Finally, during 2018, four of MIDAP's Young Researchers were promoted to Adjunct Researchers through the Institute's competitive process established for this purpose: Paul Vöhringer, Claudia Capella, Alex Behn, and Francisca Pérez.

Iranian postdoctoral researcher Maryam Farhang received a Chilean postdoctoral scholarship to continue since 2019 her research to develop, implement, and evaluate a yoga-based mindfulness (YBM) intervention aimed at improving functional status (cognitive and physical function), well-being, and delay frailty, while also preventing the occurrence of anxiety and depressive symptoms among older adults (60 to 75 age) with mild cognitive impairment (MCI). She is being sponsored by Dr. Graciela Rojas in collaboration with Dr. Claudia Miranda, both of whom are Associate Researchers at MIDAP.

Nine doctoral students traveled abroad sponsored by MIDAP during 2018 for short-term traineeships. They were: Yamil Quevedo (L1) and Fanny Leyton (L3), both funded by UC's Research Agency; Karla Álvarez (L2), funded by UC's School of Psychology; Fernando Parada (L2), José Luis Rossi (L1), Ana María Gallardo (L2), and Marianne Cottin (L3), all funded by grant PII20150035 PCI-CONICYT, and Augusto Mellado (L3) and Karina Zúñiga (L3), both jointly funded by UC's School of Psychology and grant PII20150035 PCI-CONICYT. Detailed information on the research visits is shown in Annex 5.2a.

During 2018, 3 young foreign researchers visited MIDAP to improve their knowledge about topics in which the Institute has vast expertise. The Spanish doctoral student Nerea Galván, from the Research

Group for the Observational Analysis of Verbal Behavior in Clinical Contexts of the Universidad Autónoma de Madrid, Spain, took a short-term traineeship in MIDAP between March and May 2018, where she studied various aspects of verbal behavior in therapy and therapeutic relationship. Nina Immel, enrolled in the Developmental & Clinical Psychology Program (Master of Science) of Heidelberg University, Germany, also completed a 9-month stay in MIDAP, working on different aspects in some of the Institute's lines of research, such as psychotherapeutic interventions and change mechanisms; the study on the effectiveness of psychological interventions aimed at preventing depressive disorders and suicidality (E-Mental Health); the study on psychotherapeutic change processes; and the study on the subjective construction of suicide risk in adolescents. Finally, Johannes Feldhege, MSc, doctoral student of the Hospital University Heidelberg, was the first German student to visit MIDAP sponsored by a grant of the Program "Mobilitätsmaßnahmen im Rahmen internationaler Forschungskooperationen", Heidelberg University. He spent around one month in Chile working with an Ecological Momentary Assessment (EMA) data set from a study in which Heidelberg's researchers collected data on depression to explore how to use such data to develop feedback materials for clinicians (more details in Annex 5.2b).

Álvaro Jimenez (postdoctoral researcher), Pablo Martínez (doctoral student), and Priscilla Jiménez (masters' student) were selected by MIDAP to attend the 2018 version of the seminar "Jóvenes ConCiencia, pensando Chile desde la Ciencia" [Youth InScience: Reflecting on Chile from a Scientific Perspective], held on September 26 - 28, 2018 in Mantagua, Region of Valparaíso. During this activity, annually organized by MSI, the youngest members of Millennium Nuclei and Institutes share their experiences and think about how they can help improve Chile's future.

Out of 143 studies presented at national and international conferences during 2018, 19 involved Young Researchers and Post-Doctoral Researchers as co-authors (10 were led by them), while 78 included the participation of students (52 were led by students). Three Young Researchers, 3 Post-Doctoral Researchers, and 15 graduate students received financial support from MIDAP to attend these events through application processes established by MIDAP to provide such aid.

Out of 39 articles published during 2018, 8 involved Young or Post-Doctoral Researchers as co-authors (4 were led by such researchers) and 17 included the participation of students (4 was led by a student).

After the success of the 1<sup>st</sup> Latin American Workshop on Depression and Personality, organized by MIDAP in November 2015, the Institute has continued to pursue other training activities aimed at young scientists, thus fulfilling one of its main objectives. MIDAP's 2<sup>nd</sup> Latin American Workshop on Depression and Personality began receiving submissions from applicants from the whole Latin American region in September 2017, and was held from March 19 to 23, 2018 in Santiago of Chile. The Workshop lasted 35 hours and comprised theoretical and practical sections combined in a balanced manner. The workshop had 7 international guests: Dr. John F. Clarkin (Weill Cornell Medical College, Ithaca, USA); Dr. Sabine Herpertz (Heidelberg University, Germany); Dr. Gary M. Diamond (Ben-Gurion University of the Negev, Beer Sheva, Israel); Dr. Susanne Schlüter-Müller (Psychiatric University Hospital, University of Basel, Switzerland, and MIDAP Adjunct Researcher); Dr. Klaus Schmeck (Psychiatric University Hospital, University of Basel, Switzerland, and MIDAP Adjunct Researcher); Dr. Fernanda Serralta (Universidade UNISINOS, Brazil); and Juan Carlos Jaramillo (Universidad CES, Medellín, Colombia). The rest of the team was composed of MIDAP's researchers Mariane Krause, Juan Pablo Jiménez, Paula Dagnino, Carla Crempien, Guillermo De la Parra, María Pía Santelices, Alex Behn, Paula Errázuriz, Daniel Espinosa (Colombia), and Susana Morales.

Nineteen psychologists and one occupational therapist from universities in Argentina, Brazil, Colombia, Guatemala, Panama, Venezuela, and Chile were selected by MIDAP, based on their research profile and the level of progress of their projects, to take part in the Second Latin American Workshop. There were student presentations, open discussion events, supervision of theses or research projects, and group work meetings, among other events. People who attended the Workshop had the opportunity to present their own research, receiving feedback from foreign experts and the rest of the attendees. Also, positions were opened for other researchers and students linked to MIDAP, EPUC, and the Mental Health Unit of the

San Joaquín Medical Center, along with other professionals, to sign up and attend the plenary conferences and presentations. The Second Latin American Workshop was closed with the decision –subscribed by all participants– to form a scientific-technical collaboration network to boost members' studies and strengthen their careers as researchers in the field of Depression and Personality.

This successful event, along with the success of the "Social Processes and Mental Health" Summer School, held in Heidelberg, Germany, from April 18 to April 26, 2017 (see 2017 MIDAP's Annual Report), encouraged Doctors. Klaus Schmeck and Susanne Schlüter-Müller to conduct coordination meetings with MIDAP researchers to organize a new Summer School open to European and Latin American doctoral students, to be held in Basel, Switzerland. The event will take place in 2019. In it, participants will receive career advice from senior scientists –some of them MIDAP's researchers– and will also be engaged in peer-to-peer mentoring discussions, among other activities.

Six diploma programs, directed by MIDAP's researchers, requested sponsorship from the Institute in 2018. The issues addressed in these programs were: "Personality Disorders: Theory, Diagnosis, and Treatment" (UC), "Diagnosis, Indication, and Strategies in Psychotherapy: Operationalized Psychodynamic Diagnosis (OPD-2)" (UC), "Interventions for Depression and Other Mood Disorders: Conceptualization and Intervention Strategies" (UC), "Mindfulness and Psychotherapy" (UC), "Couples Psychotherapy from a Systemic-Relational Approach" (UC), and "Psychotherapy Research for Mental Health Professionals" (UDP). All of these courses are a fundamental part of the activities conducted by MIDAP in collaboration with other universities.

MIDAP's Continuing Education area organized, for the second time, some short courses created and taught by its researchers to train professionals in health care, education, and other related areas. The 2018 courses were:

- a. **"Mindfulness, Science, and Health"** with Sebastián Medeiros, September 2018, 32 attendees: experiential and didactic course on the contributions of mindfulness and compassion practice to personal and relational well-being. The course combined experiential learning –through multiple contemplative practices– with theoretical conceptualizations about mindfulness and its scientific correlates. Aimed at health professionals and others from related fields.
- b. **"Depression in Older Adults: A Comprehensive Clinical Approach"** with Susana González and Javiera Rosell, October 2018, 37 attendees: a course aimed at developing a theoretical and technical understanding for a comprehensive clinical response to depression in older adults. Aimed at psychologists, psychiatrists, family doctors, other medical specialists, and professionals from related fields.
- c. **"Suicide Risk: Assessment and Management"** with Susana Morales, Orietta Echávarri, and Claudia Moya, October 2018, 40 attendees: its objective was to present effective tools for detecting, evaluating, and managing suicide risk to professionals working with people who may be susceptible to it. For health care professionals and others working in related disciplines who are in contact with potentially at-risk adolescents or adults.

As in previous years, all of these activities continue to demonstrate the effectiveness of MIDAP as an organization that contributes to improving health care in Chile, while also encouraging national and international clinical research collaborations.

**c) Destination of students:**

Several students who were awarded their PhD in 2018 are currently affiliated with a university, but most are on fixed-term contracts and without an academic position. Also, many of them are still involved in clinical work, putting into practice what they learned throughout the doctoral program and the results of their own research. Most of them are still affiliated with MIDAP as Young Researchers or Collaborator-Researchers, working on their own studies on topics associated with MIDAP's lines of research and applying for a variety of research grants –in some cases with MIDAP support– in order to continue developing their career as researchers.



## 5. **Networking and other collaborative work**

**a) Networking:** During 2018, MIDAP has consolidated many of its international networks, securing external funding from the International Cooperation Program of CONICYT (PCI-CONICYT). Currently, MIDAP's international activity can be organized in six areas of scientific work: (a) Depression and Personality Dysfunction, (b) Biological and Personality Interactions and Cultural Aspects in the Development of Psychological Disorders, (c) Change Processes in Psychotherapy, (d) Longitudinal Studies on the Development of Depression, (e) Mindfulness and other Contemplative Practices, (f) E-Mental Health Research, and (g) Early Developmental Conditions. Of note, during 2018, is that 23,1% of all publications produced by MIDAP stem from formal international scientific networks. Collaborative activity within the above-mentioned areas will be reported under the current heading (Networking and Annex 6.1) as well as under the heading other Collaborative activities (Annex 6.2).

### **a.1) Depression and Personality Dysfunction**

The study “Active Ingredients of Change in Transference Focused Psychotherapy: Towards the identification of candidate interventions for short-term, modular interventions for patients with complex, treatment-resistant depression” continues to develop between UC, MIDAP, and the Personality Disorders Institute at Cornell University. In March 2018, Professor John Clarkin, Co-Director of the Institute visited Chile in the context of our Latin-American Graduate Workshop in Depression and Personality Research. Dr. Clarkin delivered lectures and supervised doctoral students.

A scientific collaboration grant was awarded by CONICYT (PCI REDES180104) to establish an International Network for the Study of the Heterogeneity of Depression. Researchers from The University of Sheffield and from Columbia University (Global Mental Health Lab) are participating in this network. The theme of this network is quite timely, particularly considering, as presented in Chapter 3, that the heterogeneity of depression has been well documented in the scientific activity of MIDAP thus far.

Another international scientific and training network that continues to strengthen involves MIDAP, the P. Universidad Católica de Chile, the Universidad de Chile and Heidelberg University. This network, which stems from a scientific and training collaboration for the development of the Doctoral Program in Psychotherapy, going over ten years now, was formalized during 2015 through the project “Affective Disorders and Personality: Disease Mechanisms and Mechanisms of Change in Psychological Interventions (PCI-CONICYT PII20150035). This project is primarily intended to allow for mobility of doctoral students between Chile and Germany. During 2018, more students attended research stays in Heidelberg at the Institute for Medical Psychology, The University Clinic, and the Psychotherapy Research Unit. All these students are developing dissertations in joint, international projects carried out within the scope of the project. In March 2018, Sabine Herpertz, Principal Researcher of this project abroad visited Chile in the context of the Latin-American Workshop in Depression and Personality Research organized by MIDAP. A paper on depression and personality dysfunction was published collaboratively with Dr. Herpertz during 2018 (Paper #31) signaling the strength of this international collaboration. A new Doctoral Summer School is was organized to take place in Heidelberg during 2019.

**a.2) Biological and Personality Interactions and Cultural Aspects in the Development of Psychological Disorders.** During 2018, an international collaboration grant was awarded by CONICYT (PCI REDES180050) to create the International Network for Research in Psychotherapy and Mental Health in Sexual and Gender Diversity. This particular topic of research has developed in MIDAP within L1 and L3, and this international network will promote that researchers from MIDAP, Universidad Diego Portales, Ben Gurion University (Israel), Pink Consultores (Colombia), and PVPP Research Center (Brazil) will collaborate to exchange knowledge and methodologies to foster research in this topic.

**a.3) Change Processes in Psychotherapy.** In November, 2017, MIDAP obtained funding from CONICYT (PCYREDES170188) to establish a Latin-American Network for Psychotherapy Process Research. This network is composed of researchers working in MIDAP, researchers from Universidad CES in Colombia, researchers from the Laboratory for Studies in Psychotherapy and Psychopathology at the Universidad de Unisinos in Brazil, researchers from the Center for Focal Psychoanalytic Interventions

in Uruguay, and researchers from the Clinical Psychology Research Team at Universidad de Belgrano, Argentina. During the first year of operation of this network, two research symposia in Chile were organized with researchers from all centers involved in August and in December 2018. Reports of scientific findings, exchanges of methodological approaches and work on additional joint applications for scientific funding took place during these meetings. This Latin American Network continues to spearhead coordinated research in process research in the region.

The progress of the study “Randomized Trial: Adolescent Identity Treatment (AIT): A New Integrative Approach to Personality Pathologies” continued to recruit patients during 2017 in Santiago at the Schilkrut Institute, at the Child and Adolescent Psychiatric Hospital in Basel, Switzerland, and at Heidelberg University in Germany. This network is intended to examine pathologies such as depression and personality problems in an adolescent population, and specifically has the scientific objective of conducting a multi-center study about the effectiveness and change mechanisms of AIT in adolescents with and without depression. During 2018, the AIT study has almost completed patient recruitment and a joint publication of the study design was achieved (Paper #17).

In 2017, funds were awarded from CONICYT (PCI REDES170397) to establish a research network on Therapeutic Alliance and Outcome in Psychotherapy with Michael Constantino at the University of Massachusetts at Amherst, USA and with Sigal Zilcha-Mano who is the head of the Psychotherapy Research Laboratory at the University of Haifa, Israel. Both researchers visited Chile in November 2018, worked on joint scientific publications, and participated in a public symposium entitled “Informing psychotherapy with research findings: using motivational interviewing and focusing on the therapeutic alliance to improve treatment”. Dr. Zilcha-Mano also participated in an International Seminar entitled “Findings in psychotherapy research for adults and adolescents: development of treatment, change processes and therapeutic alliance” alongside colleagues from the AIT network Dr. Klaus Schmeck and Susanne Schlüter-Müller.

**a.4) Mindfulness and other Contemplative Practices.** MIDAP continues its ongoing scientific and training networks in a broader, more global arena. The formal collaboration agreement between MIDAP, the Zhaw School of Applied Psychology at the University of Zürich, the Università Roma Tré, and the Faculty of Psychology at Vietnam National University in Ho Chi Minh City continues to provide a formal context for international research and training initiatives. This network has the purpose of implementing joint research activities with a focus on the development and implementation of projects in the area of “Mindfulness-related interventions in schools and other contexts”. During 2018, Dr. Alvaro Langer from MIDAP alongside the Swiss colleague Dr. Christoph Steinbach have been working on a book entitled “Enhancing Resilience in Youth” which will be published by Springer, International and that includes contributions by other researchers at MIDAP as well. The book covers different issues regarding psychological wellbeing in youth, including mindfulness-based interventions.

**a.5) E-Mental Health Research.** In the area of E-Mental Health Research, MIDAP continues to develop fruitful scientific collaborations that have centered this line of research, which is one of the most prominent within the Institute. The project “E-Mental Health for Depression: Latin-American Experiences” has ended (PCI REDES 150005). Even though scientific collaborations persist within this network, a grant to continue the work of this network including colleagues in Europe was unfortunately not awarded during 2018. However, an additional international research project between MIDAP and Heidelberg University was submitted to the Grant for the Development of Joint Research Projects CONICYT-CHILE / BMBF-Germany. The proposed project aims to develop a set of innovative studies that use Ecological Momentary Assessment for clinical benefit of patients with common depression (Heidelberg arm), and comorbid depression and borderline personality disorder (Santiago arm).

**a.6) Early Developmental Conditions.** During 2018, an international research grant was awarded by CONICYT to create the Network for the Study of Emotion Regulation within the Family Context, involving researchers from Universidad del Desarrollo and MIDAP in Chile, University of California Davis in the USA, and the University of Melbourne in Australia. The aim of the network is to foster

scientific exchange and develop multilateral training initiatives. Results of the operation of this network will be communicated in the next reporting period as its activities are scheduled to start in 2019.

**b) Other collaborative activities.**

As previously reported, regarding the development of **longitudinal studies**, MIDAP has partnered with national research centers, which has resulted in a significant strengthening of Research Line 1 (details are presented in Section 3). Specifically, MIDAP has contracted with the Center for Intercultural and Indigenous Studies (CIIR) to include a mental health module in the Longitudinal Survey on Intercultural Relationships (ELRI). MIDAP has also contracted with the Center for the Study of Social Conflict and Cohesion (COES) to include a mental health module for depression and subjective well-being in the Longitudinal Social Study of Chile (ELSOC). Finally, the Encuesta Longitudinal de Primera Infancia (ELPI) [National Longitudinal Survey of Early Childhood] has produced third-wave data which will be published in 2019.

In addition, regarding **early developmental conditions**, MIDAP continues to have researchers participating formally in the Attachment & Adoption Research Network, which includes 12 countries in four continents. The network brings together an international group of researchers with the scientific aim of examining the development of attachment bonds in children deprived of their families. The network provides common instrumentation to advance research in this topic and aggregates findings in collaborative publications. Our Associated Researcher and through 2018 Alternate Director of MIDAP, Dr. Pia Santelices is a formal member of the Chile team within this network.

Under a newly awarded research project, (FONDECYT Regular 1191299) a scientific collaboration with Psicomédica Clinical Group, a Santiago-based mental health treatment center continues to flourish. Psicomédica has been a valuable partner in MIDAP's clinical research, including the development of a former FONIS project.

MIDAP has also started to collaborate with the International Society for the Study of Personality Disorders (ISSPD), where MIDAP's Director of Research, Dr. Alex Behn is Vice-President in charge of the Latin American Group, and where during 2018, the director of MIDAP, Dr. Mariane Krause was invited to deliver a Keynote Address in the 2019 conference in Vancouver. MIDAP is in fact supporting the organization of this conference.

## 6. Outreach and connections with other sectors

- a) **Outreach:** In its fourth year of operation as a Millennium Institute, MIDAP continued working to disseminate its scientific work and the progress of its research projects on Depression and Personality in three areas: health, education, and the general public. This has made it possible to direct the Institute's activities toward three goals: bring the knowledge of mental health professionals up to date, focus preventive efforts in a segment of the population vulnerable to depression (school students), and raise awareness in the general public about the impact of this disorder, the forms of diagnosis available, rehabilitation, and –especially given the high suicide rates observed in 2018–, prevention. Detailed information in Annexes 7.1 a 7.3.

With the funding provided by the Millennium initiative, four outreach activities were conducted in 2018, all of which increased MIDAP's standing as a household name in the mental health field. The Institute boasts high levels of recognition among the academic community, the school community, the professional community linked to its lines of research, the media, and the general public, eager to receive information about the topics studied by MIDAP.

In the Education area, MIDAP completed its cycle of workshops entitled "Suicide prevention in school settings" in all the regions of Chile. These workshops were aimed at principals, teachers, school officials in charge of school climate, and primary and secondary education psychologists. The final events in the 2018 cycle were a workshop in Rancagua (August 17), attended by 22 people, and another in Copiapó (August 31), attended by 46 people. MIDAP's work in this field is aligned with that of the Mental Health Department of the Ministry of Health, which has given priority to educational initiatives. Participants confirmed that acquiring knowledge and tools for managing suicide risk in this population is greatly interesting (and necessary) to them, with 90% reporting being greatly satisfied with the workshop. To complement this activity, a three-minute video about the benefits of psychotherapy was produced. Since it is not tied to a specific time-frame, this psychoeducational tool can be used in all dissemination and outreach activities in which MIDAP takes part.

In the general community area, MIDAP implemented two high-impact interventions in terms of the size and diversity of their audiences. Both sought to raise awareness about the problems that depression generates in all the areas of a person's life and dispel the myths that still surround this disease and its treatments. These were the 5th Cycle of Scientific Coffee Meetings on Depression and Personality and the Institute's participation in the National Week of Science and Technology, organized by CONICYT's Explora Program.

Building on the success of the “scientific coffee meetings” open to the community, MIDAP organized four of these talks in 2018, which were held in June and July in the Café Literario Parque Balmaceda. The events were attended by 182 people in total, which greatly exceeded our expectations. In the coffee meetings, MIDAP researchers spoke about the progress made in their fields of research, touching upon the following topics: "Mental health in family caregivers: Who takes care of them?", "Parents' childhood trauma: What to do to keep history from repeating itself?", "Trans and gender non-conforming people: How to take care of their mental health?", and “Mental health in immigrant families: Let's put ourselves in the other's shoes”. All events included a question and answer session. Evaluation surveys showed that participant satisfaction reached nearly 100%. Also, several topics were suggested for future talks.

In addition, MIDAP participated for two days in the National Science and Technology Week, a major and successful annual event that brings science closer to the community. The Institute's stand at the Santiago Metropolitan Park, where the fair was held in October (attended by nearly 12,000 people), provided psychoeducational information about depression aimed at informing the audience about actions that can prevent mood disorders and healthy lifestyles. The stand was hosted by three advanced Psychology majors who were in charge of disseminating the scientific activities conducted by MIDAP and distributing printed psychoeducational materials about 8 healthy habits, five emotion regulation strategies, emotional care, and when to seek psychological help, among other topics; also they handed a variety of items such as pins, balloons, wristbands, fridge magnets, and stickers, most of which belonged to the “Cuida tu ánimo” [Take

Care of Your Mood] program. A day-long set of psychoeducational videos focused on emotional care and well-being were shown at the Institute's stand, produced for prior Millennium Outreach funding applications.

The last Outreach activity conducted by MIDAP thanks to Millennium funding in 2018 was an episode about mental health of the scientific dissemination series “Exploradores, del átomo al cosmos” [Explorers, from the Atom to the Cosmos], broadcast on Canal 24Horas on July 18, where the Institute played a leading role. The episode, divided into three stories, revealed the results of studies on three topics (“Healthy bonds in early childhood”, “Female depression”, and “Supporting caregivers of older adults with dementia”) from a point of view informed by the experience of their respective lead researchers: M. Pía Santelices, Graciela Rojas, and Claudia Miranda. In addition, the Director of the Institute, Mariane Krause, referred to the areas studied by MIDAP's four lines of research in a live interview. The program was broadcast in the prime time slot and repeated three times during the same week of its debut, in different slots. The episode was watched by around 330 thousand people, thus surpassing expectations of 100 thousand viewers. In addition, the episode was broadcast four times on TVN's international channel and on the free-to-air channel on the Sunday morning after its Wednesday premiere.

In addition to the activities conducted with Outreach funds, the Institute conducted many other initiatives of this type in 2018. The year started with MIDAP's participation in the WOMAD music and dance festival, held on February 18 in La Paz square, opposite the General Cemetery of Santiago. The Institute's stand, hosted by the “Cuida tu ánimo” team, provided information aimed at promoting emotional well-being and encouraging early intervention when dealing with potential mental health problems in adolescents and young adults. This outreach activity, first implemented some years ago, has provided the general public with information, videos, and strategies for regulating our emotions and identifying certain thinking errors that we tend to commit when our mood worsens. Postdoctoral Researcher Álvaro Jiménez hosted MIDAP's stand.

As part of the 2<sup>nd</sup> Latin American Workshop on Depression and Personality (see Section 4), organized by MIDAP, in March 23 the Institute hosted the International Seminar “Borderline Personality Disorder: What have we learned about disease mechanisms and effective treatment strategies?”, which included the international speakers Dr. Sabine Herpertz and Dr. John Clarkin, followed by a conversation event with Dr. Candice Fischer and Dr. Alex Behn, both Pontificia Universidad Católica de Chile professors and MIDAP members. This seminar was very well attended and boasted excellent public participation.

On April 18, MIDAP and the Early Childhood program of the UC Faculty of Psychology hosted the Seminar-Workshop “Dialog between Research and Interventions in Early Childhood” at UC's Centro de Extensión, aimed at psychologists, educators, and other mental health and early childhood professionals. Two leading researchers gave presentations: Nicolás Lorenzini, Chilean psychologist of the Anna Freud Centre (UK), and Rocío Escobar, Guatemalan psychologist and PhD in Psychology (Michigan State University, USA), along with M. Pía Santelices, Deputy Director of MIDAP. Apart from these presentations, the Seminar also included a round-table discussion and two workshops where the participants discussed the latest research and clinical interventions aimed at children in Chile and abroad.

On April 19, MIDAP hosted the Seminar-Workshop “Herramientas psicoterapéuticas y psicoeducativas para prevenir el riesgo infantil basadas en el PMTO™ (Psychotherapeutic and psychoeducational tools to prevent childhood risk based on the PMTO [Parenting Management Training, the Oregon Model]). In this event, aimed at professionals and students working in the health care, education, and social work areas, Dr. Rocío Escobar presented the results on her work using this parenting system in immigrant communities and showed its application, explaining that it not only draws young people away from gangs and drugs, but also helps parents heal their own childhood wounds.

Through its Director, Mariane Krause, its Deputy Director, M. Pía Santelices, and Young Researcher Sebastián Medeiros, MIDAP participated in an episode of CNN's scientific dissemination program “Por la Razón y la Ciencia” [For Reason and Science], broadcast on June 30. In the episode entitled

"Happiness", these MIDAP members discussed their research and knowledge about happiness and mental health.

On August 29, Alex Behn, MIDAP's Director of Research, gave the presentation “Viaje a las Estrellas: mucho más que un desafío tecnológico” [Space travel: Much more than a technological challenge] before an audience of young Chileans who will be protagonists in our society in 2030. This event was held as part of ‘Encuentros de El Mercurio’ [sponsored by the newspaper]. The talk was hosted jointly with the Astrophysics Millennium Institute (MAS), with Dante Minniti, its deputy director, officiating as counterpart. This event illustrated the successful collaboration of two Millennium Institutes in two different domains, with astronomy and mental health experts showing the young audience how both disciplines can play a part in the great human enterprise of space exploration.

In early September, MIDAP and the Universidad de Valparaíso hosted the International Seminar “Terapia basada en la mentalización: aportes desde la clínica para la intervención con adolescentes” [Mentalization-based therapy: Contributions from the clinical field for adolescent interventions]. The event was enriched by the participation of three distinguished guests: Svenja Taubner, who has led the Psychosocial Prevention Institute of the Heidelberg University Hospital (Germany) for two years; psychologist, Universidad de Valparaíso academic, and MIDAP doctoral student Javier Morán; and psychologist and MIDAP Young Researcher Cecilia de la Cerda, who is also an academic in the Universidad de Playa Ancha. Attended by over seventy psychiatrists, psychologists, and social workers from the Valparaíso Region, this event enabled participants to obtain first-hand information about the studies and experiences of three mental health professionals who discussed the topic of mentalization from three different perspectives, explaining their research on Mentalization Based Therapy for adolescent patients with depression.

In another example of MIDAP's public involvement, Director Mariane Krause joined the ‘Café del Futuro’ [Future Coffee Meeting] devoted to the topic of happiness. Held on September 27, the conversation organized by Congreso Futuro attracted a crowd that filled the “Pacto Arte Bar”, located in the municipality of Providencia, Santiago. In this activity, Dr. Krause, sociologist Viviana Salinas, Director of the Millennium Nucleus for the Study of the Life Cycle and Vulnerability, and economist Dante Contreras, Director of the Center for the Study of Conflicts and Social Cohesion (COES), jointly analyzed what happiness is.

In 2018, our Institute initiated a pilot project together with the MAS Institute: a cycle of 8 talks about Mental Health and Astronomy entitled ‘Mirar el universo exterior...y también el interior’ [Looking at outer space... and also at our inner space], aimed at women interned in the Women's Penitentiary of San Joaquín, Santiago. This place was selected because a UC academic had established contact with the person in charge of one of the pastoral groups at this institution, and also because the Penitentiary located in the same neighborhood as MIDAP and MAS. Second, because both Institutes have an interest in holding scientific dissemination events for parts of the population who are unable to take part in such activities (institutional responsibility toward society). Although few people attended the cycle of talks (15 people per session), the event had a qualitative impact, generating enthusiasm, curiosity, and motivation. In addition, the sessions devoted to mental health provided guidance regarding personal issues. For all these reasons, the cycle of talks was included as an official outreach activity approved by Millennium for 2019.

November was filled to the brim with MIDAP outreach activities, including a Colloquium open to the general public and specialists entitled “Mindfulness and Its Clinical Applications”, held at the San Joaquín Campus of UC on the 12th. The event, organized by the MIDAP management team, saw four MIDAP scientists –Catherine Andreu, Álvaro Langer, Carla Crempien, and Sebastián Medeiros, who coordinated the meeting– and guest Simón Guendelman, psychiatrist and doctoral researcher at Humboldt University (Germany), show their studies on the application of Mindfulness in several fields, ranging from preventive interventions aimed at school students to the treatment of patients with psychosis.

On November 19 - 22, an international Seminar-Workshop was held at the Universidad de Valparaíso to teach participants to employ the Operationalized Psychodynamic Diagnosis (OPD-2) with child-adolescent patients. The event was led by four MIDAP researchers, Guillermo de la Parra, Elyna Gómez-Barris, Susanne Schlüter-Müller, and Klaus Schmeck, who were joined by specialists Inge Seiffge-Krenke (Berlin, Germany), Nicolás Bagattini (Montevideo, Uruguay), and Chilean psychiatrist Alejandra Voigt (Hospital Psiquiátrico del Salvador, Valparaíso), who coordinated the activity.

Lastly, on November 23, the “Seminario Internacional sobre Investigación en Psicoterapia” [International Psychotherapy Research Seminar] was held in Santiago. This academic event was an excellent illustration of the quality and sustainability of MIDAP's international relations and illustrated the diversity of the topics studied by its scientists. Experts from Switzerland and Israel who work alongside MIDAP researchers, before a capacity crowd gathered at the Aula Magna of UC's Casa Central, discussed their ongoing studies about new psychotherapeutic treatments, change processes, and aspects of the therapist-patient alliance.

- b) Connections with other sectors:** In 2018, MIDAP managed to consolidate its presence in several collaborative initiatives involving other sectors, mainly in the Chilean health care field. This has enabled MIDAP to achieve its goal of making a relevant contribution to national mental health practices and policies through the systematic dissemination of research results among citizens, disciplinary groups, and decision-makers, as well as through the training of professionals and technicians in the health, education, and labor areas. This section provides information about some of these connections. For a more detailed list, see Annex 8.

In the public field, several researchers from all areas of MIDAP have continued to provide technical support to several agencies of the Chilean Ministry of Health. These activities were connected, for example, with the prevention of suicidal behavior in schools. Several MIDAP researchers participated in the preparation of a set of guidelines to facilitate the work of education professionals and school staff, a task which was completed in December 2018. In addition, apart from joining other technical committees, MIDAP members took part in the production of the Ministry of Health's guidelines for treating anxious disorders. MIDAP's collaboration with some public hospitals in Santiago continued, mostly through scientific consultancy services regarding several mental health topics. These tasks included the generation of intervention protocols for family caregivers of people with dementia, and another about multidimensional assessment and its correlation with schizophrenic patients.

In addition, it should be noted that Matías Irrarrázaval, Adjunct Researcher at MIDAP, was named Head of the Mental Health Department of the Disease Control and Prevention Division of the Chilean Ministry of Health during the first semester of 2018. This agency develops and monitors policies, plans, and programs for the prevention and control of mental problems and disorders, following the community model of mental health and psychiatry. It produces guidelines and regulatory instruments and provides the technical resources needed to fulfill the government's health aims: improving people's well-being and meeting their mental health needs.

During 2018, MIDAP also conducted collaborative research in some private health institutions that provide psychological care. Some MIDAP studies, led by MIDAP researchers, are still being conducted in these centers (e.g. a study of the effectiveness of an Internet-based intervention for treating depression, aimed at improving depression management -L4-, at Psicomédica Medical & Research Group and a mindfulness-based stress reduction and cognitive therapy program at the Mindfulness and Medicine Center, Santiago). Unfortunately, in April 2018, the company AccuHealth Ltda. decided to close down its psychology area. This cut short the collaboration between MIDAP researchers and the professionals belonging to this area. The joint effort, which had started in 2016, aimed to generate a research project about the effectiveness of an intervention-focused intervention for patients with diabetes and depression.

In the education sector, our partnership with EXPLORA-CONICYT, the main Chilean scientific outreach agency (part of the Ministry of Education), was again essential for the execution and successful

completion of workshops on suicide prevention in school contexts, implemented across all regions of the country. This outreach activity made it possible to make available knowledge and tools to manage suicide risk in this population to over 1,200 education professionals in the last 6 years (see details in section 6a and Annex 7.1).

MIDAP's Director Mariane Krause continued being part of CONICYT's Council, a body that –among other tasks– advises the Chilean Government on scientific policy issues. In addition, several other MIDAP researchers have continued to be part of the evaluation committees of the grants that CONICYT awards every year to support Chile's scientific and technological development.

In the technological entrepreneurship and innovation area, researcher Pamela Foelsch, with the support of the government agency Start-Up Chile, developed CleVer Family, a downloadable application for parents that makes it easier for them to preserve their bonds with their children while away from them (for instance, due to work, travel, disease, or divorce).

In addition, at an international level, researcher Olga Fernández participated in the evaluation of the qualitative component of the de-institutionalization survey conducted by the Mental Health and Substance Abuse Unit of the Pan American Health Organization (Washington, USA), which included data from 7 countries in Latin American and the Caribbean. This survey is part of the work conducted by PAHO/WHO to support regional activities and strategies for privileging the expansion of mental health community services over institutionalization, an effort that MIDAP researcher Matías Irrarrázaval has also joined.

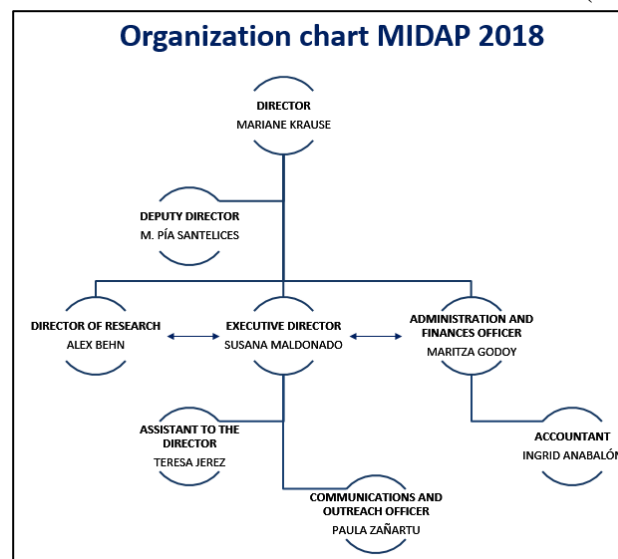
## 7. Administration and Financial Status

### a) Organization and administration:

MIDAP's Management Team, which executes the decisions of its leaders and council (see Annual Report 2017), underwent a change in early 2018, as Susana Maldonado, Head of Management and Development, became Executive Director of the institute. Also, researcher Alex Behn became Director of Research (see organization chart).

The Management Team holds weekly internal meetings and also gets together with the MIDAP's Council, integrated by all Associate Researchers, plus two Senior Researchers residing in Chile. During this year, Council members worked in several committees established to fulfill necessary tasks for the operation of MIDAP (scholarship evaluation committee and researcher promotion committee) and to define the strategies needed to meet the Institute's mid- and long-term research goals, relevant for the five-year evaluation process that will constitute a major milestone in 2019.

An Associate or Senior Researcher represent MIDAP's ongoing studies in the Council. Each study has a team composed of researchers and research assistants, most of whom receive payment through MSI funds for part-time staff. The other research assistants are supported through external funds provided through additional research projects led by MIDAP researchers.



Category	Female	Male	TOTAL
Assistant & Technicians	32	22	54
Administrative Staff	3	1	4
<b>TOTAL</b>	<b>35</b>	<b>23</b>	<b>58</b>



MIDAP depends on five Host Institutions (see Introduction). In terms of infrastructure and administrative duties, our Institute primarily relies on the support of UC's School of Psychology (EPUC). General facilities provided by all Host Institutions are detailed in past reports.

- b) Financial Status** (Annex 9): The Institute received the total payment of its fifth financial contribution (2018 budget) from the MSI by early July 2018 (US\$449,297), a 37.5% budget decrease compared with the previous year. These funds were predominantly devoted to regular activities implemented during the year, which resulted in major budget restrictions. These limitations, for instance, made it impossible to maintain the monthly stipend allocated to postdoctoral researchers recruited in 2017, caused the Institute not to incorporate new young researchers with Millennium funding, affected the hiring of new research assistants, and forced us to devise more competitive mechanisms to award internal research grants, and to reduce the funding of internal grants to cover the expenses of attending scientific events, among other budgetary adjustments.

Additionally, MSI contributed with US\$ 15,956 for Outreach activities, slightly below the funding allocated in 2017. Similar to 2017, no additional funding was available from MSI for collaboration network activities. However, three MIDAP researchers and collaborators received new financial support for two years (starting in 2018) through the “Program for the support of international networking among research centers”, part of CONICYT's International Cooperation Program (PCI): Alex Behn, Claudio Martínez, and Carola Pérez (ca. US\$ 24,900 each).

MIDAP continues to receive some financial support from CONICYT (FONDECYT, FONIS, PCI's REDES, and PII) through funding for other research projects conducted by several MIDAP researchers (around US\$ 167,590), UC's Research Agency funds to finance the research visits of 4 doctoral students who traveled to foreign research centers (US\$ 11,232), and the expenses of distinguished foreign guests invited to different MIDAP activities held during 2018 (US\$ 4,680), among other small grants obtained from different sources.

The outflow structure for the year 2018 followed the same pattern of past years, with most of the MSI income being spent on researchers' and students' salaries and bonuses, internal research grants (including research assistants' salaries and partial support for publications), and support for attending scientific events, among other elements.

## **Annex 1.- Institute Researchers**

### **1.1 Associate Researchers**

<b>Full Name</b>	<b>Research Line</b>	<b>Nationality</b>	<b>Gender</b>	<b>Date of birth</b>	<b>Profession</b>	<b>Academic Degree</b>	<b>Affiliation</b>	<b>Current Position</b>	<b>Relation with Center</b>
Mariane Krause Jacob	Psychotherapeutic interventions and change processes. Rehabilitation and reintegration. .	Chilean	F	17-10-1955	Psychologist	D	Pontificia Universidad Católica de Chile	Full Professor	2
María Pía Santelices Álvarez	Health promotion and psychosocial prevention.	Chilean	F	04-02-1969	Psychologist	D	Pontificia Universidad Católica de Chile	Associate Professor	2
Claudia Miranda Castillo	Health promotion and psychosocial prevention.	Chilean	F	17-12-1974	Psychologist	D	Pontificia Universidad Católica de Chile	Assistant Professor	2
J. Carola Pérez Ewert	Basic bio-psycho-social structures and processes. Rehabilitation and reintegration.	Chilean	F	21-03-1970	Psychologist	D	Universidad del Desarrollo	Adjunct Researcher	2
María Graciela Rojas Castillo	Basic bio-psycho-social structures and processes. Rehabilitation and reintegration.	Chilean	F	24-09-1954	Psychiatrist	D	Universidad de Chile	Full Professor	2
Claudio Martínez Guzman	Psychotherapeutic interventions and change processes.	Chilean	M	06-04-1962	Psychologist	D	Universidad Diego Portales	Associate Professor	2
Luis Antonio Salazar Navarrete	Basic bio-psycho-social structures and processes.	Chilean	M	29-08-1960	Medical Technologist	D	Universidad de la Frontera	Full Professor	2
Diego Cosmelli	Basic bio-psycho-social structures and processes.	Chilean	M	18-01-1973	Biochemist	D	Pontificia Universidad Católica de Chile	Associate Professor	2

Vania Martínez	Psychotherapeutic interventions and change processes. Health promotion and psychosocial prevention.	Chilean	F	14-01-1970	Psychiatrist	D	Universidad de Chile	Associate Professor	2
Jaime Silva	Basic bio-psycho-social structures and processes.	Chilean	M	07-07-1972	Psychologist	D	Universidad del Desarrollo, Universidad de la Frontera	Associate Professor	2
Alemka Tomicic Suñer	Basic bio-psycho-social structures and processes. Psychotherapeutic interventions and change processes.	Chilean	F	17-09-1976	Psychologist	D	Universidad Diego Portales	Adjunct Professor	2

## 1.2 Young Researchers

Full Name	Research Line	Nationality	Gender	Date of birth	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Álvaro Vergés Gómez	Basic bio-psycho-social structures and processes.	Chilean	M	01-01-1981	Psychologist	D	Pontificia Universidad Católica de Chile	Assistant Professor	2
Cristián Cáceres Rocuant	Rehabilitation and reintegration.	Chilean	M	14-01-1984	Psychologist	U	PsicoMedica Research & Clinical Group	Clinical director	2
Alex Behn Berliner	Rehabilitation and reintegration. . Basic bio-psycho-social structures and processes.	Chilean	M	12-08-1979	Psychologist	D	Pontificia Universidad Católica de Chile	Adjunct Professor	2
Francisca Sofía Pérez Cortés	Health promotion and psychosocial prevention.	Chilean	F	21-10-1983	Psychologist	D	Universidad Alberto Hurtado	University Professor	2
Claudia Capella	Psychotherapeutic interventions and change processes.	Chilean	F	07-01-1979	Psychologist	D	Universidad de Chile	University Professor	2

	Health promotion and psychosocial prevention.								
Sebastián Medeiros Urzúa	Psychotherapeutic interventions and change processes. Health promotion and psychosocial prevention.	Chilean	M	28-01-1978	Psychiatrist	Equivalent to M	Pontificia Universidad Católica de Chile	University Professor	2
Henry Daniel Espinosa Duque	Health promotion and psychosocial prevention.	Colombian	M	10-08-1983	Psychologist	D	Universidad CES - Medellín	Researcher and university professor	2
Cristian Montenegro Cortés	Basic bio-psycho-social structures and processes.	Chilean	M	02-06-1983	Sociologist	D	Pontificia Universidad Católica de Chile and Ministerio de Salud	University Professor	2
Cecilia Juanita de la Cerda Paolinelli	Psychotherapeutic interventions and change processes.	Chilean	F	26-02-1966	Psychologist	D	Universidad de Playa Ancha	University Professor	2
Alberto Botto	Basic bio-psycho-social structures and processes.	Chilean	M	29-07-1975	Psychiatrist	D	Departamento Psiquiatría Oriente de la Facultad de Medicina de la U. de Chile	Assistant Professor	2
A. Javiera Duarte Soto	Psychotherapeutic interventions and change processes.	Chilean	F	25-04-1980	Psychologist	D	Universidad Diego Portales	University Professor	2

### 1.3 Senior Researchers

Full Name	Lines of Research	Nationality	Gender	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Horst Kaechele	Psychotherapeutic interventions and change processes.	German	M	Psychiatrist	D	International Psychoanalytic University Berlin	Professor	2

Adam Horvath	Psychotherapeutic interventions and change processes.	Canadian	M	Psychologist	D	Simon Fraser University	Professor Emeritus, Counselling Psychology Program (Education) & Department of Psychology	2
Peter Fonagy	Psychotherapeutic interventions and change processes.	British	M	Psychologist	D	University College London	Head of Department, Research Department of Clinical, Educational and Health Psychology and Anna Freud Memorial Center	2
Juan Pablo Jiménez	Basic bio-psycho-social structures and processes.	Chilean	M	Psychiatrist	D	Universidad de Chile	Full Professor	2
Guillermo de la Parra	Psychotherapeutic interventions and change processes.	Chilean	M	Psychiatrist	D	Pontificia Universidad Católica de Chile	Full Professor	2

#### 1.4 Postdoctoral Researchers

Full Name	Research Line	Nationality	Gender	Date of birth	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Maryam Farhang	Basic bio-psycho-social structures and processes.	Iranian	F	20-04-1984	Psychologist	D	MIDAP Institute	Postdoctoral Researcher	2
Catherine Iris Andreu Cafati	Psychotherapeutic interventions and change processes.	Chilean	F	25-11-1988	Engineer	D	Pontificia Universidad Católica de Chile	University Professor	2
Viviana Alejandra Guajardo Tobar	Rehabilitation and reintegration.	Chilean	F	08-01-1976	Psychiatrist	D	Hospital El Pino		2
Alvaro Jiménez Molina	Basic bio-psycho-social structures and processes.	Chilean	M	14-03-1985	Psychologist	D	MIDAP Institute	Postdoctoral Researcher	2

### 1.5 Other Researchers (Adjunct Researchers)

Full Name	Research Line	Nationality	Gender	Date of birth	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Eugenio Fernando Rodríguez Balboa	Basic bio-psycho-social structures and processes.	Chilean	M	02-03-1962	Psychologist	D	Pontificia Universidad Católica de Chile	Associate Professor	2
Orietta Echávarri	Basic bio-psycho-social structures and processes.	Chilean	F	14-04-1963	Psychologist	M	Pontificia Universidad Católica de Chile	Assistant Professor	2
Candice Fischer Perlman	Rehabilitation and reintegration.	Chilean	F	22-03-1977	Psychologist	D	Pontificia Universidad Católica de Chile	Adjunct Professor	2
Susana González	Health promotion and psychosocial prevention.	Chilean	F	25-04-1958	Psychiatrist	D	Pontificia Universidad Católica de Chile	Adjunct Professor	2
Luisa Herrera	Basic bio-psycho-social structures and processes.	Chilean	F	22-12-1963	Biochemist	D	Universidad de Chile	Associate Professor	2
Felipe Martínez	Basic bio-psycho-social structures and processes.	Chilean	M	07-06-1978	Anthropologist	D	Pontificia Universidad Católica de Chile	Assistant Professor	2
Klaus Schmeck	Psychotherapeutic interventions and change processes.	Swiss	M	26-07-1956	Psychologist	D	Psychiatric University Hospital Basel (UPK)	Ordinarius für Kinder- und Jugendpsychiatrie Kinder- und Jugendpsychiatrische Klinik	2
Nelson Valdés Sánchez	Basic bio-psycho-social structures and processes. Psychotherapeutic interventions and change processes.	Panamanian	M	23-07-1971	Psychologist	D	MIDAP Institute	Adjunct Researcher	2
Susana Maldonado Curti	Basic bio-psycho-social structures and processes.	Chilean	F	24-08-1960	Biologist	M	MIDAP Institute	Executive Director	2

Stephanie Bauer	Health promotion and psychosocial prevention. Psychotherapeutic interventions and change processes.	German	F	09-04-1975	Psychologist	D	University Hospital Heidelberg	Chief Researcher at Center for Psychotherapy Research	2
Paula Errázuriz Arellano	Psychotherapeutic interventions and change processes. Rehabilitation and reintegration.	Chilean	F	31-10-1978	Psychologist	D	Pontificia Universidad Católica de Chile	Adjunct Professor	2
Sergio Gloger	Rehabilitation and reintegration.	Chilean	M	30-04-1950	Psychiatrist	Equivalent to M	PsicoMedica Research & Clinical Group	Director	2
Patrick Luyten	Psychotherapeutic interventions and change processes. Basic bio-psychosocial structures and processes.	British	M		Psychologist	D	Research Department of Clinical, Educational and Health Psychology, University College London	Professor and researcher	2
Susana Morales Silva	Basic bio-psychosocial structures and processes.	Chilean	F	02-10-1962	Psychologist	D	Pontificia Universidad Católica de Chile, Departamento de Psiquiatría	Adjunct Researcher	2
Susanne Schlueter-Müller	Psychotherapeutic interventions and change processes.	Swiss	F	19-02-1954	Psychiatrist	D	Institut für Psychotherapie des Kindes- und Jugendalters der Universitätskliniken Basel, Bern, Zürich.	Professor and researcher	2
Marcia Olhaberry	Psychotherapeutic interventions and change processes.	Chilean	F	24-02-1969	Psychologist	D	Pontificia Universidad Católica de Chile	Adjunct Professor	2
Diana Rivera Ottenberg	Psychotherapeutic interventions and change processes.	Chilean	F	01-04-1957	Psychologist	D	Pontificia Universidad Católica de Chile	Adjunct Professor	2

Álvaro Ignacio Langer Herrera	Health promotion and psychosocial prevention.	Chilean	M	29-05-1979	Psychologist	D	Universidad Austral de Chile, Escuela de Psicología	Assistant Professor	2
Carmen Olivari Piña	Basic bio-psycho-social structures and processes.	Chilean	F	06-11-1954	Psychologist	M	Pontificia Universidad Católica de Chile	Adjunct Professor	2
Manuel Ortiz Parada	Basic bio-psycho-social structures and processes.	Chilean	M	15-10-1975	Psychologist	D	Universidad de la Frontera	Assistant Professor	2
Pamela Anne Foelsch	Psychotherapeutic interventions and change processes.	North American	F	10-09-1964	Psychologist	D	Instituto Médico Schilkrut	Research Director	2
Carolina Altimir Collao	Psychotherapeutic interventions and change processes.	Chilean	F	06-11-1975	Psychologist	D	Universidad de Las Américas	Coordinator of Research in Social Sciences	2
Matías Irrarrázaval Domínguez	Health promotion and psychosocial prevention	Chilean	M	21-07-1978	Psychiatrist	M	Universidad de Chile, Departamento de Psiquiatría y Salud Mental, Facultad de Medicina	Assistant Professor	2
Carla Crempien Robles	Psychotherapeutic interventions and change processes.	Chilean	F	18-05-1967	Psychologist	D	MIDAP Institute	Adjunct Researcher	2
Paula Dagnino Robles	Psychotherapeutic interventions and change processes.	Chilean	F	27-11-1975	Psychologist	D	Universidad Alberto Hurtado	University professor, chief of the clinical area	2
Olga María Fernández González	Psychotherapeutic interventions and change processes.	Chilean	F	10-11-1964	Psychologist	D	Universidad de Chile, Departamento de Psiquiatría y Salud Mental	Assistant Professor	2
Paul Vohringer Cárdenas	Basic bio-psycho-social structures and processes.	Chilean	M	11-10-1975	Psychiatrist	M	Universidad de Chile, Departamento de Psiquiatría y Salud	Assistant Professor	2



Francisca Sofía Pérez Cortés	Health promotion and psychosocial prevention	Chilean	F	21-10-1983	Psychologist	D	Universidad Alberto Hurtado	University professor	2
Claudia Capella	Psychotherapeutic interventions and change processes.	Chilean	F	07-01-1979	Psychologist	D	Universidad de Chile.	University professor	2
Alex Behn Berliner	Basic bio-psycho-social structures and processes. Rehabilitation and reintegration.	Chilean	M	12-08-1979	Psychologist	D	Pontificia Universidad Católica de Chile	Assistant Professor	2

**NOMENCLATURE:****[Gender]**

[M] Male [F] Female

**[Academic Degree]**[U] Undergraduate [M] Master  
[D] Doctoral**[Relation with Center]**

[1] Full time [2] Part time

**Annex 2.- Research Lines**

N°	Research Line	Research Line Objectives	Description of Research Line	Researchers	Research Discipline	Starting Date	Ending Date
1	Basic bio-psycho-social structures and processes.	This line of research focuses on the origins and the mechanisms that trigger, develop, and sustain psychological disorders. It includes the assessment of the multiple cultural, social, developmental and psychobiological conditions involved in depression and personality.	It includes the assessment of the multiple cultural, social, developmental and psychobiological conditions involved in depression and personality. Some topics for specific studies of this line are: - Interaction of cultural, social, and family variables in the prevalence of depressive disorders, suicide risk, and subjective experience of illness. - Confluence of cultural aspects and genetic susceptibilities with personality types and depression in the Chilean population. - Conditions of labor and educational contexts for subjective wellbeing and depression. - Trauma and alterations of early attachment as determinants of depression and personality disorders. - Psychobiological correlates of depressive disorders in interaction with personality types and structures.	<ul style="list-style-type: none"> <li>· Juan Pablo Jiménez</li> <li>· J. Carola Pérez</li> <li>· Luis Salazar</li> <li>· Alemka Tomicic</li> <li>· Susana Maldonado</li> <li>· Orietta Echávarri</li> <li>· Luisa Herrera</li> <li>· Felipe Martínez</li> <li>· Susana Morales</li> <li>· Jaime Silva.</li> <li>· Manuel Ortiz</li> <li>· Cristian Montenegro</li> <li>· Diego Cosmelli</li> <li>· Peter Fonagy</li> <li>· Carmen Olivari</li> <li>· Álvaro Jiménez</li> <li>· Eugenio Rodríguez</li> <li>· Nelson Valdés</li> <li>· Maryam Farhang</li> <li>· Paul Vohringer</li> <li>· Graciela Rojas</li> <li>· Patrick Luyten</li> <li>· Álvaro Vergés</li> <li>· Alex Behn</li> <li>· Alberto Botto</li> </ul>	Genetics and evolution. Psychosomatic Medicine (including Psychiatry) Psychobiology Physical anthropology Other specialties of the biology Other Psychologies Other sociologies Psychology of personality.	24-12-14	
2	Health promotion and psychosocial prevention.	This line of research focuses on evaluating the effectiveness of intervention strategies aimed at changing the early conditions	It includes: - Assessment of the effectiveness of media campaigns aimed at transforming social representations and practices associated with the social determinants of disorders and with social exclusion. - Impact of social support programs and early attachment interventions on	<ul style="list-style-type: none"> <li>· María Pía Santelices</li> <li>· Susana González</li> <li>· Francisca Pérez</li> <li>· Claudia Miranda</li> <li>· Vania Martínez</li> <li>· Matías Irarrázaval</li> <li>· Claudia Capella</li> </ul>	Other Psychologies Clinical Psychology	24-12-14	

		associated with the development of depression and personality disorders and reducing the social exclusion of the psychologically handicapped and fostering the capacities of mental health professionals.	psychological wellbeing and the prevention of disorders. - Effectiveness of interventions geared towards preventing depressive disorders and suicidality among adolescents attending school. - Design and evaluation of interventions aimed at increasing the problem-solving capacity of mental health teams in primary health care.	<ul style="list-style-type: none"> <li>· Daniel Espinosa</li> <li>· Francisca Pérez</li> <li>· Sebastián Medeiros</li> <li>· Álvaro Langer</li> <li>· Stephanie Bauer</li> </ul>	Cultural and Social Anthropology  Psychosomatic Medicine (including Psychiatry)  Other specialties of medicine.		
3	Psychotherapeutic interventions and change processes.	This line of research focuses on the analysis of change processes and the effectiveness of psychological interventions	Two of these studies imply multinational process-outcome studies: - Impact of the operational psychodynamic diagnosis of personality (OPD) on the suitability, effectiveness, and change process in psychotherapies for depression. - Impact of meditation and mindfulness on depressive symptoms, psychological wellbeing, as well as on psycho-physiological correlates and personality. - Change mechanisms involved in the effectiveness of psychotherapies for depression and personality disorders in different approaches and age groups, such as AIT (Multinational Study), computer-based CBT for adolescents, psychodynamic therapy, gestalt therapy, mindfulness therapy, and group therapy for the elderly. - Interaction of personality styles and depressive symptoms in shaping the subjective experiences of adolescents, adults, and older adults concerning psychotherapeutic success or failure.	<ul style="list-style-type: none"> <li>· Sebastián Medeiros</li> <li>· Adam O. Horvath</li> <li>· Diana Rivera</li> <li>· Claudio Martínez</li> <li>· Vania Martínez</li> <li>· Mariane Krause</li> <li>· Alemka Tomicic</li> <li>· Claudia Capella</li> <li>· Pamela A. Foelsch</li> <li>· Carla Crempien</li> <li>· Paula Dagnino</li> <li>· Susanne Schlueter-Müller</li> <li>· Klaus Schmeck</li> <li>· Horst Kaechele</li> <li>· Catherine Andreu</li> <li>· Peter Fonagy</li> <li>· Patrick Luyten</li> <li>· Marcia Olhaberry</li> <li>· Olga Fernández</li> <li>· Paula Errázuriz</li> <li>· Nelson Valdés</li> <li>· Carolina Altimir</li> <li>· Claudia Capella</li> <li>· Stephanie Bauer</li> <li>· Cecilia de la Cerda</li> </ul>	Clinical Psychology  Psychosomatic Medicine (including Psychiatry)  Other Psychologies  Other specialties of the biology	24-12-14	

			<ul style="list-style-type: none"> <li>- Effectiveness of the application of E-Mental Health devices for decreasing depressive symptoms in adolescents (Multinational Study).</li> <li>- Physiological and neural correlates and effects of psychotherapeutic change processes, considering different personality types and structures, regulation processes and mentalization.</li> </ul>	<ul style="list-style-type: none"> <li>· Javiera Duarte</li> <li>· Guillermo de la Parra</li> </ul>			
4	Rehabilitation and reintegration.	This line focuses on patient recovery and on decreasing the chronicity of the depression.	<p>It includes the following research topics:</p> <ul style="list-style-type: none"> <li>- Determination of personality and bio-psychological variables involved in chronicity of depression and resistance to treatment.</li> <li>- Effectiveness of interventions oriented to family conditions and dynamics involved in recovery after a suicide attempt.</li> <li>- Effectiveness of the application of E-Mental Health devices for decreasing the chronicity of recurrent depressive disorders and an effective return to work after treatment. This study involves the conjoined work with German experts in E-Mental Health and the Chilean Safety Association (ACHS).</li> <li>- Effectiveness of social inclusion strategies for older people who suffer from depressive disorders.</li> </ul>	<ul style="list-style-type: none"> <li>· Sergio Gloger</li> <li>· Candice Fischer</li> <li>· Mariane Krause</li> <li>· Carola Pérez</li> <li>· Alex Behn</li> <li>· Paula Errázuriz</li> <li>· Viviana Guajardo</li> <li>· Graciela Rojas</li> <li>· Cristián Cáceres</li> <li>· Alex Behn</li> </ul>	<p>Clinical Psychology</p> <p>Other Psychologies</p> <p>Psychosomatic Medicine (including Psychiatry)</p>	24-12-14	

**Annex 3. Publications (Total or partially financed by MSI)**

Category of Publication	MSI Center Members	Reference
<b>ISI/WOS Publications or Similar to ISI/WOS Standard</b>	Associate Researchers	<ol style="list-style-type: none"> <li>1. Andreu CI, Cosmelli D, Slagter HA, Franken IHA, (2018), Effects of a brief mindfulness- meditation intervention on neural measures of response inhibition in cigarette smokers. PLoS ONE 13(1): e0191661. , , , , s.n., <a href="https://doi.org/10.1371/journal.pone.0191661">https://doi.org/10.1371/journal.pone.0191661</a></li> <li>2. Boncompte, G., &amp; Cosmelli, D., (2018), Neural Correlates of Conscious Motion Perception. , Frontiers in Human Neuroscience 12:355, s.n., 12:355. doi: 10.3389/fnhum.2018.00355</li> <li>3. Borghero, F., Martínez, V., Zitko, P., Vöhringer, P., Cavada, G., &amp; Rojas, G., (2018), Tamizaje de episodio depresivo en adolescentes. Validación del instrumento PHQ-9, Revista Médica de Chile; 146: 479-486, s.n., <a href="http://dx.doi.org/10.4067/s0034-98872018000400479">http://dx.doi.org/10.4067/s0034-98872018000400479</a></li> <li>4. De la Cerda, C., Martínez, C., &amp; Tomicic, A. , (2018), La función reflexiva como aprendizaje procedural en la interacción terapéutica: el funcionamiento reflexivo-relacional, Revista Argentina de Clínica Psicológica <a href="http://www.clinicapsicologica.org.ar/articulos_recientes.php">http://www.clinicapsicologica.org.ar/articulos_recientes.php</a>, 1851-7951, <a href="https://doi.org/10.24205/03276716.2018.1055">https://doi.org/10.24205/03276716.2018.1055</a></li> <li>5. Gaete, J., Rojas, G., Fritsch, R., &amp; Araya, R., (2018), Association between school membership and substance use among adolescents. Frontiers in Psychiatry 9:25, s.n., 10.3389/fpsy.2018.00025</li> <li>6. Jiménez, JP; Botto, A; Herrera, L; Leighton, C; Rossi, JL; Quevedo, Y; Silva, JR; Martínez, F; Assar, R; Salazar, LA; Ortiz, M; Ríos, U; Barros, P; Jaramillo, K; &amp; Luyten, P., (2018), Psychotherapy and Genetic Neuroscience An Emerging Dialog, Frontiers in Genetics 9:257, 1664-8021, 10.3389fgene.2018.00257</li> <li>7. Krause, M., Espinosa, H. D., Tomicic, A., Córdoba, A. C., &amp; Vásquez, D., (2018). Psychotherapy for depression from the point of view of economically disadvantaged individuals in Chile and Colombia, Counselling and Psychotherapy Research 18(2): 178–189, s.n., DOI: 10.1002/capr.12171</li> <li>8. Krause, M., Venegas, F., Danigno, P., &amp; Altimir, C. (2018). La experiencia subjetiva del terapeuta durante segmentos significativos en psicoterapia. Revista Argentina de Clínica Psicológica, Vol. XXVII, N°2, 250-273. s.n., 10.24205/03276716.2018.1065</li> <li>9. Maino, MP; Morales, S., Echávarri, O., Barros, J., García, A., Moya, C., Szmulewicz, T., Fischman, R., Núñez, C., &amp; Tomicic, A. (2018). Suicide risk configuration system in a clustered clinical sample: a generalized linear model obtained through the LASSO technique, Brazilian Journal of Psychiatry, 1516-4446O, <a href="http://dx.doi.org/10.1590/1516-4446-2017-0028">http://dx.doi.org/10.1590/1516-4446-2017-0028</a></li> <li>10. Martínez, P., Rojas, G., Martínez, V., Lara, M.A., Pérez, JC. (2018). Internet-based interventions for the prevention and treatment of depression in people living in developing countries: A systematic review, Journal of</li> </ol>

		<p>Affective Disorders 234 (2018) 193–200, 0165-0327, <a href="https://doi.org/10.1016/j.jad.2018.02.079">https://doi.org/10.1016/j.jad.2018.02.079</a></p> <ol style="list-style-type: none"> <li>11. Martínez, V., Rojas, G., Martínez, P., Zitko, P., Irarrazaval, M., Luttges, C., &amp; Araya R. (2018). Remote Collaborative Depression Care Program for Adolescents in Araucanía Region, Chile: Randomized Controlled Trial., <i>Journal of Medical Internet Research</i> , s.n., 0.2196/jmir.8021</li> <li>12. Pérez, J.C.; Coe, S.; Irarrazaval, M., (2018), Is maternal depression related to mother and adolescent reports of family functioning? <i>Journal of Adolescence</i> 63 (2018) 129–141. 0140-1971, <a href="https://doi.org/10.1016/j.adolescence.2017.12.013">https://doi.org/10.1016/j.adolescence.2017.12.013</a></li> <li>13. Rodríguez, E., Martínez, C., Díaz, M., Flores, J., Alvarez-Ruf, J., Crempien, C., Valdés, C., Campos, G., Artigas, C., Armijo, I., Krause, M. &amp; Tomicic, A. , (2018) Neurodynamics inside therapeutic interaction: a case study with simultaneous EEG recording / La neurodinámica en el contexto de la interacción terapéutica: un estudio de caso con una grabación simultánea de EEG, <i>Estudios de Psicología / Studies in Psychology</i>, 2018 Vol. 39, No. 1, 179–204. 0210-9395, <a href="https://doi.org/10.1080/02109395.2017.1407902">https://doi.org/10.1080/02109395.2017.1407902</a></li> <li>14. Rojas G, Guajardo V, Martínez P, Castro A, Fritsch R, Moessner M, Bauer S. (2018). A remote collaborative care program for patients with depression living in rural areas: Open-label trial, <i>Journal of Medical Internet Research</i>, s.n., 10.2196/jmir.8803.</li> <li>15. Rojas, MG; V. Guajardo, P. Martínez y R. Fritsch (2018). Depresión posparto: tamizaje, uso de servicios y barreras para su tratamiento en centros de atención primaria, <i>Rev Med Chile</i> 146: 1001-1007, s.n., <a href="http://dx.doi.org/10.4067/s0034-98872018000901001">http://dx.doi.org/10.4067/s0034-98872018000901001</a></li> <li>16. Silva, JR; Vivanco-Carlevari, A; Martínez, C; &amp; Krause, M. (2018). Introjective Individuals Tend Toward Anhedonia: Self-Report and Experimental Evidence, <i>Frontiers in Psychiatry</i> 9:298. s.n., 10.3389/fpsyt.2018.00298</li> <li>17. Zimmermann, R., Krause, M., Weise, S., Schenk, N., Furer, L., Schrobildgen, C., Schluter-Muller, S., Valdes, N., Koenig, J., Kaess, M., &amp; Schmeck, K. , (2018), A design for process-outcome psychotherapy research in adolescents with Borderline Personality Pathology, <i>Contemporary Clinical Trials Communications</i> 12, 182–19. , , , , 2451-8654, <a href="https://doi.org/10.1016/j.conctc.2018.10.007">https://doi.org/10.1016/j.conctc.2018.10.007</a></li> </ol>
	Others	<ol style="list-style-type: none"> <li>18. Zilcha-Mano, S., Lipsitz, I., &amp; Errázuriz, P. (2018). When is it Effective to Focus on the Alliance? Analysis of a Within-Client Moderator. , <i>Cognitive Therapy and Research</i> 42:159–171. s.n., <a href="https://doi.org/10.1007/s10608-017-9867-4">https://doi.org/10.1007/s10608-017-9867-4</a></li> <li>19. Behn, A., Davenzo, A., &amp; P. Errázuriz. (2018). Client and therapist match on gender, age, and income: Does match within the therapeutic dyad predict early growth in the therapeutic alliance? , <i>Journal of Clinical Psychology</i>. 2018;1–19. s.n., <a href="https://doi.org/10.1002/jclp.22616">https://doi.org/10.1002/jclp.22616</a></li> <li>20. De la Parra, G, Gómez-Barris, E., Zúñiga, K., Dagnino, P., &amp; Valdés, C. (2018). Del “diván” al policlínico: un modelo de psicoterapia para</li> </ol>

		<p>instituciones. Aprendiendo de la experiencia (empírica)., Revista Argentina de Clínica Psicológica, Vol. XXVII, N°2, 182-202, s.n., 10.24205/03276716.2018.1057</p> <p>21. Errázuriz, P., &amp; Zilcha-Mano, S. (2018). In Psychotherapy With Severe Patients Discouraging News May Be Worse Than No News: The Impact of Providing Feedback to Therapists on Psychotherapy Outcome, Session Attendance, and the Alliance, Journal of Consulting and Clinical Psychology, 86(2), 125-139, s.n., 10.1037/ccp0000277</p> <p>22. Behn, A. J., Errázuriz, P. A., Cottin, M., &amp; Fischer, C. (2018). Change in symptomatic burden and life satisfaction during short-term psychotherapy: Focusing on the role of family income, Counselling and Psychotherapy Research, 18(2), s.n., doi: 10.1002/capr.12158</p> <p>23. Cancino, M., Rehbein, L., &amp; Ortiz, M. (2018). Funcionamiento cognitivo en adultos mayores: Rol de la reserva cognitiva, apoyo social y depresión, Revista Médica de Chile, 146, 315-322, s.n., DOI: <a href="http://dx.doi.org/10.4067/s0034-98872018000300315">http://dx.doi.org/10.4067/s0034-98872018000300315</a>.</p> <p>24. Hernández, C., &amp; Rivera, D. (2018). Adaptación Transcultural y Evaluación de las Estructuras Factoriales del Test de Adicción a Internet en Chile: Desarrollo de una Versión Abreviada, Revista Iberoamericana de Diagnóstico y Evaluación N°49 · Vol.4 · 143-155, 1135-3848, <a href="https://doi.org/10.21865/RIDEP49.4.12">https://doi.org/10.21865/RIDEP49.4.12</a></p> <p>25. Kirchner, T., Magallón-Neri, E., Ortiz, M., Planellas, I., Forns, M., &amp; Calderón, C. (2018). Adolescents' daily perception of internalizing emotional states by means of smartphone based ecological momentary assessment, The Spanish Journal of Psychology, 20, 1-11. s.n., <a href="https://doi.org/10.1017/sjp.2017.70">https://doi.org/10.1017/sjp.2017.70</a></p> <p>26. Schneider W, Benecke C, de la Parra G, Freyberger H, Initialgruppe Operationalisierte Psychodynamische Diagnostik. (2018). Entwicklungsgeschichte, Konzepte und Perspektiven OPD, Psychotherapeut; Sep 1, 2018, Vol. 63 Issue 5, p373-380, 8p. 09356185, 10.1007/s00278-018-0305-1</p>
<b>SCOPUS Publications or Similar to SCOPUS Standard</b>	Associate Researchers	<p>27. Cortés, A., Fernández, O., Capella, C., Espinosa, H., &amp; Krause, M. (2018). ¿Qué es lo que cambia en la Psicoterapia? La Perspectiva de Pacientes Adolescentes con Síntomas Depresivos, sus Terapeutas y Observadores Externos, Psykhe, 27(2)., 0717-0297, <a href="http://dx.doi.org/10.7764/psykhe.27.2.1134">http://dx.doi.org/10.7764/psykhe.27.2.1134</a></p> <p>28. Echávarri, O., Morales, S., Maino, MP., Barros, J., Szmulewicz, M., Armijo, I., Larraza, D., Longo, A., Martín, C., Núñez, C., Fischman, R., Moya, C., &amp; Tomicic, A. (2018). Validación de la Escala Razones Para Vivir en Consultantes a Salud Mental de la Región Metropolitana de Chile, Psykhe 27(1), 1-17, 0717-0297, <a href="https://doi.org/10.7764/psykhe.27.1.1153">https://doi.org/10.7764/psykhe.27.1.1153</a></p> <p>29. Mellado, A., Pérez, J. C., Suarez, N., Dagnino, P., Gloger, S., &amp; Krause, M. (2018). Autocriticismo en Pacientes con Depresión y sus Repercusiones para el Abandono en Psicoterapias Breves, Psykhe, 27(2). 0717-0297, <a href="http://dx.doi.org/10.7764/psykhe.27.2.1137">http://dx.doi.org/10.7764/psykhe.27.2.1137</a></p>

		<p>30. León-Campos, M. O., Slachevsky A., &amp; Miranda Castillo C. (2018). Afrontamiento, apoyo social y depresión en cuidadores informales y su relación con necesidades no cubiertas de personas con demencia. <i>Ansiedad y Estrés</i>, Volume 24, Issues 2–3. s.n., <a href="https://doi.org/10.1016/j.anyes.2018.04.001">https://doi.org/10.1016/j.anyes.2018.04.001</a></p> <p>31. Behn, A., S. Herpertz &amp; M. Krause. (2018). The Interaction between Depression and Personality Dysfunction: State of the Art, Current Challenges, and Future Directions. Introduction to the Special Section. <i>Psyke</i> 27(2), 1-12, 0717-0297, <a href="https://doi.org/10.7764/psyke.27.2.1501">https://doi.org/10.7764/psyke.27.2.1501</a></p>
	Others	<p>32. De la Parra, G., Undurraga, C., Crempien, C., Valdés, C., Dagnino, P. &amp; Gomez-Barris, E. (2018). Estructura de personalidad en pacientes con depresión: Adaptación de un instrumento y resultados preliminares, <i>Psyke</i>, 27(2), 0717-0297, <a href="http://dx.doi.org/10.7764/psyke.27.2.1133">http://dx.doi.org/10.7764/psyke.27.2.1133</a></p> <p>33. Duero, D.G.; &amp; Osorio, F.J. (2018). Phenomenological narrative contributions to understand the narrative strategies that shape the autobiographical account throughout different moments of the therapeutic process. <i>Research in Psychotherapy: Psychopathology, Process and Outcome</i>, 21(2), 98-115, s.n., doi:10.4081/ripppo.2018.309</p> <p>34. Dagnino, P., Valdés, C., de la Fuente, I., Harismendy, A., Gallardo, A. M., Gómez-Barris, E., &amp; de la Parra, G. (2018). Impacto de la Personalidad y el Estilo Depresivo en los Resultados Psicoterapéuticos de Pacientes con Depresión. <i>Psyke</i>, 27 (2). 0717-0297, <a href="http://dx.doi.org/10.7764/psyke.27.2.1135">http://dx.doi.org/10.7764/psyke.27.2.1135</a></p> <p>35. Valdés, N., Gómez, D., &amp; Reinel, M. (2018). Momentos de ruptura y resolución de la alianza terapéutica en el caso de una adolescente diagnosticada con Difusión de Identidad: su impacto en el resultado terapéutico. <i>Psyke</i>, 27(2), 0717-0297, <a href="http://dx.doi.org/10.7764/psyke.27.2.1136">http://dx.doi.org/10.7764/psyke.27.2.1136</a></p> <p>36. León, M.J., Olhaberry, M., Hernández, C., &amp; Sieverson, C. (2018). Satisfacción de Pareja y Depresión: ¿Es la Función Reflexiva una Variable Interviniente? <i>Psyke</i>, 27 (2), 0717-0297, <a href="http://dx.doi.org/10.7764/psyke.27.2.1139">http://dx.doi.org/10.7764/psyke.27.2.1139</a></p> <p>37. De la Parra, G. (2018). Reseña: Terapia Dinámica Interpersonal Breve, Guía Clínica Brief Dynamic Interpersonal Therapy: A Clinician's Guide de Alessandra Lemma, Mary Target y Peter Fonagy. <i>REV CHIL NEURO-PSIQUIAT</i> 56 (3): 201-204, s.n., <a href="http://dx.doi.org/10.4067/s0717-92272018000300201">http://dx.doi.org/10.4067/s0717-92272018000300201</a></p>
<b>SCIELO Publications or Similar to SCIELO Standard</b>	Associate Researchers	
	Others	
<b>Books &amp; Chapters of Books</b>	Associate Researchers	<p>38. Martínez, C. Tomicic, A., Gálvez, C., Rodríguez, J. Rosenbaum, C., Aguayo, F. (2018). Psicoterapia Culturalmente Competente para el Trabajo con Pacientes LGBT+. Una Guía para Psicoterapeutas y Profesionales de la Salud Mental, Centro de Estudios en Psicología Clínica</p>



		& Psicoterapia, Universidad Diego Portales (CEPPS-UDP). Santiago, Chile, s.n.	
	Others	39. Rivera, D., & Hernández Contreras, C., (2018), Conectados y desconectados: El impacto de las tecnologías de la información y la comunicación en las interacciones familiares, En M. Muñoz & C. Reyes (Eds). La Familia en Tiempos de Cambio (pp. 149-169). Santiago: Uqbar Editores, s.n.	
<b>Other Publications</b>	Associate Researchers		
	Others		

### 3.5.- Collaborative publications:

Category of Publication	1 researcher		2 researchers		3 researchers		4 or more	
	N°	%	N°	%	N°	%	N°	%
<b>ISI/WOS Publications or Similar to ISI/WOS Standard</b>	9	23.68	5	13.16	7	18.42	4	10.53
<b>SCOPUS Publications or Similar to SCOPUS Standard</b>	3	7.89	3	7.89	1	2.63	4	10.53
<b>SCIELO Publications or Similar to SCIELO Standard</b>	0	0.00	0	0.00	0	0.00	0	0.00
<b>Books and chapters</b>	1	2.63	0	0.00	0	0.00	0	0.00
<b>Other Publications</b>	0	0.00	1	2.63	0	0.00	0	0.00
<b>Total of publications (38*)</b>	<b>13</b>	<b>34.21</b>	<b>9</b>	<b>23.68</b>	<b>8</b>	<b>21.05</b>	<b>8</b>	<b>21.05</b>

\* We considered only 38 of our 39 2018's publications, because one SCOPUS' article was coauthored by a MIDAP's doctoral student and an external researcher (from the Universidad Nacional de Córdoba, Argentina), without the participation of a MIDAP's researcher.

**Annex 4.- Organization of Scientific Events**

Scope	Title	Type of Event	City	Country	Responsible Researcher
International	1 <sup>st</sup> Meeting - Methodological workshop of the Latin-American Network for Psychotherapy Process Research	Workshop	Santiago	Chile	Carolina Altimir
International	2 <sup>nd</sup> Meeting - Methodological workshop of the Latin-American Network for Psychotherapy Process Research	Workshop	Santiago	Chile	Carolina Altimir
International	II Latin American Workshop on Research in Depression and Personality	Workshop	Santiago	Chile	Alex Behn
International	Panel “Psychotherapy of the psychic structure: the diagnostic to the intervention”, in the 13° Congreso Chileno de Investigación en Psicoterapia	Panel	Reñaca	Chile	Carolina Altimir
National	Symposium on the research developed in MIDAP Institute, in SONEPSYN 2108 (LXXIII Congress of the Society of Neurology, Psychiatry and Neurosurgery)	Symposium	Pucón	Chile	María Graciela Rojas

## **Annex 5.- Education and capacity building**

### **5.1 Capacity Building inside MSI Centers**

Tutor	Undergraduated Student		Graduated Students				Total
			Master		Doctoral		
	F	M	F	M	F	M	
Eugenio Rodríguez	0	0	0	0	0	2	2
Claudio Martínez	1	0	0	0	2	1	4
María Pía Santelices	0	0	3	0	8	0	11
Mariane Krause	0	0	0	0	6	2	8
Marcia Olhaberry	0	0	3	0	2	0	5
María Graciela Rojas	0	0	1	0	3	1	5
Claudio Martínez - Paula Errázuriz	0	0	0	0	1	0	1
Alemka Tomicic	0	0	0	1	0	0	1
Eugenio Rodríguez - Jaime Silva	0	0	0	0	1	0	1
Diana Rivera	0	0	0	0	2	1	3
Juan Pablo Jiménez	0	0	0	0	1	3	4
Guillermo de la Parra	0	0	0	0	2	0	2
Paula Errázuriz	0	0	0	1	1	1	3
Carmen Olivari	0	0	2	0	0	0	2
Candice Fischer	1	0	0	0	0	0	1
Alex Behn	0	0	3	0	0	0	3
Vania Martínez	1	0	2	0	0	1	4
Claudia Miranda	0	0	2	0	0	0	2
Alex Behn - Sergio Gloger	0	0	0	1	0	0	1
Álvaro Vergés	0	0	0	0	1	0	1
Paula Errázuriz - Vania Martínez	0	0	0	0	1	0	1
Luisa Herrera	0	1	0	0	0	0	1
Paula Dagnino	0	0	0	0	0	1	1
Total	3	1	16	3	31	13	67

**Annex 5.2.a - Short-term Traineeships of MSI students**

Student Name	Institution	Country	Advisor	Project Description	Starting Date	Ending Date
Fanny Lorena Leyton Álvarez	Universidad The New School For Social Research	United States of America	Howard Steel	Supervision by an expert in the subject, Dr. Steel. Training in instruments for evaluating patterns of attachment, dyadic interaction, and reflective functioning in children and adults.	31-07-2018	31-01-2019
Karla Álvarez Kozubová	Charles University	Czech Republic	Eva Sirová	Collection of data from a subsample of Czech families with adolescent children, which will make it possible to perform a comparison with a Chilean sample.	20-09-2018	20-02-2019
Ana Karina Zuñiga Caiseo	Universidad de Heidelberg	Germany	Svenja Taubner	Consolidation of thesis project, preliminary interview analysis, and production of a presentation for the 49th SPR Meeting in Amsterdam. Presentation of a research project at the Institute of Psychosocial Prevention and securing supervision.	26-05-2018	28-07-2018
José Luis Rossi Mery	Universidad de Heidelberg	Germany	Thomas Fuchs	Doctoral thesis guidance and participation in meetings of the research team working at Heidelberg University's Clinic. Participation as a speaker in the 49th SPR Meeting in Amsterdam.	23-06-2018	01-08-2018
Ana María Gallardo Zanetta	Universidad de Heidelberg	Germany	Christine Bark	Research traineeship to consolidate thesis project; treatment of patients; participation in clinical and team meetings. Alliances were established to participate in future activities at the Institute.	13-06-2018	13-07-2018
Fernando Antonio Parada Zelada	Universidad de Heidelberg	Germany	Stephanie Bauer	Research traineeship to initiate doctoral thesis co-supervision. Traineeship at the psychotherapy research laboratory.	12-01-2018	22-02-2018
Marianne Cottin Redondo	Universidad de Heidelberg	Germany	Katja Bertsch and Stephanie Bauer	Research traineeship at Heidelberg to consolidate thesis project and traineeship at the research laboratory.	18-01-2018	03-03-2018

Augusto Mellado Mora	Universidad de Heidelberg	Germany	Svenja Taubner	Research traineeship to consolidate thesis project, weekly meetings with the Psychosocial Prevention Institute team, presentation of relevant aspects of the thesis project, and production of a presentation for the 49th SPR Meeting. Traineeship at the research laboratory.	26-05-2018	28-07-2018
Iván Yamil Quevedo Labbé	CHU Sainte Justine Hospital Research Center	Canada	Linda Booji	Collaboration with Dr. Linda Booji to produce a theoretical review about epigenetics and psychotherapy in patients with personality disorders. Review of a strategy for analyzing longitudinal epigenetic data.	02-09-2018	02-10-2018

#### Annex 5.2.b.-: Short-term Traineeships in MIDAP

Intern Type	Intern Name	Academic Degree	Home Institution	Country	Project Description	Starting Date	Ending Date
Student	Nina Immel	Master's Degree	Heidelberg University	Germany	Study of psychotherapeutic interventions and change mechanisms. Participation in weekly meetings with staff, coding of relevant psychotherapy episodes, assistance in the registration of therapies. Participation in a study on the effectiveness of psychological interventions aimed at preventing depressive disorders and suicide (E-Mental Health). Participation in weekly meetings with staff, observation of therapies in the one-way mirror room (once per month), literature review, and visits to participating schools. Study of psychotherapeutic change processes and participation in a study on the subjective construction of suicide risk in adolescents: participation in weekly meetings with staff, literature review, and episode coding.	01-03-2018	21-12-2018
Student	Nerea Galván	PhD	Universidad Autónoma de Madrid,	Spain	Study of aversive verbal control in therapy.	02-03-2018	30-05-2018

			ACOVEO research group (Research Group for the Analysis of Verbal Behavior in Clinical Contexts with an Observational Methodology)				
Student	Johannes Feldhege	PhD	Heidelberg University	Germany	Academic exchange through meetings with colleagues to learn about their projects and research. Collaboration with doctoral student for presenting the final project dissertation. Extraction of an EMA dataset from a study that collected data about depression and determined how to use these data to produce feedback materials for clinicians.	07-06-2018	31-07-2018

## **Annex 6.- Networking and other collaborative work**

### **6.1 Networking**

Network Name	Network Scope	Researchers				Institutions
		From the Center		External		
		Researchers	Postdocs / Students	Researchers	Postdocs / Students	
E-Mental Health: New Information Technologies in Mental Health	International	6	3	2	2	MIDAP; University Hospital of Heidelberg, Germany; Universidad de Antioquia, Colombia; Universidad CES, Colombia; Instituto Nacional de Psiquiatría Ramón de la Fuente Muñiz, Mexico; Psicomédica- Clinical and Research Group, Chile; Asociación Chilena de Seguridad
International network for the study of the heterogeneity of depression	International	6	1	5	2	MDAP, Global Mental Health Lab, Columbia University, The University of Sheffield
International network for research in psychotherapy and mental health in sexual and gender diversity	International	2	0	8	0	Clinical Psychology and Psychotherapy (CEPPS-UDP); MIDAP; Universidad de Belgrano, Argentina; Queen’s University, Canada; The Center for Attachment Research of the New School of Social Research, United State of America; and Psychotherapy Research Lab of the Ben-Gurion University, Israel.
Network for the study of emotion regulation within the family context	International	1	2	4	0	Universidad del Desarrollo, University of Melbourne / Mindful Centre for Training and Research in Developmental Health, University of California Davis / Healthy Emotions, Relationships and Development (HERD) lab/ MIDAP
Active Ingredients of Change in Transference Focused Psychotherapy: Towards the identification of candidate interventions for short-term, modular interventions for patients with complex, treatment-resistant depression	International	1	1	4	0	Pontificia Universidad Católica de Chile, MIDAP, and Personality Disorders Institute at Cornell University

Estudio aleatorizado: Adolescent Identity Treatment (AIT): Una nueva aproximación integrativa para patología de la personalidad	International	3	2	3	2	MIDAP; Child and Adolescent Psychiatric Hospital, Basil, Switzerland; University Hospital of Heidelberg, Germany; Instituto Médico Schilkrut, Chile
"Mindfulness- related interventions in schools: current perspectives for intercultural research and practice"	International	4	0	7	0	School of Applied Psychology, University of Applied Sciences de Zürich, Switzerland; Università Roma Tre, Italy; Faculty of Psychology, University of Social Sciences and Humanities, Vietnam National University Ho Chi Minh City, Vietnam; University of Applied Sciences Northwestern Switzerland, School of Business, Windisch, Switzerland; Universidad de Almería, Spain; Department of Psychology, University of Moscow, Russia; and MIDAP, Chile.
"Affective disorders and personality: Disease Mechanisms and Mechanisms of Change in Psychological Interventions"	International	16	13	1	0	MIDAP; University Hospital of Heidelberg, Germany
Therapeutic Alliance and Outcome in Psychotherapy	International	2	0	2	0	University of Massachusetts at Amherst, USA; Psychotherapy Research Laboratory at the University of Haifa, Israel; y MIDAP
Latin American Network for Psychotherapy Process Research	Latin American	9	0	4	0	Equipo de Investigación en Psicología Clínica, Universidad de Belgrano, Argentina; Laboratorio de Estudios en Psicoterapia y Psicopatología, Universidad UNISINOS, Brazil; Grupo de Investigación Psicología, Salud y Sociedad, Universidad CES, Colombia; Centro de Intervenciones Psicoanalíticas Focalizadas, Uruguay; and MIDAP, Chile.
Research of conditions of early development, aspects of personality and mentalizing in depression	International	6	3	4	0	MIDAP; Research Group on Stress and Depression, Catholic University of Leuven (Belgium); University College of London, UK; "Parent Infant Consultation" y "Operationalized Psychodynamic Diagnosis (OPD) Task Force" , University Hospital of Heidelberg, Germany



Intercultural research in attachment, depression and early infancy	International	1	2	3	2	MIDAP; Infant and Perinatal Mental Health Team, Psychopathology and Health Processes Laboratory, Université Paris V, France; Université de Lausanne, Switzerland
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### **Annex 6.2.- Other collaborative activities**

Activity Name	Objective	Description	Co-Participants Institutions	Number of Research from the Center	Number of Postdocs/Students from the Center	Number of External Research	Name of Center Associate Researchers participating in the activity
Longitudinal Studies: ELRI	Examine the relationship between intercultural relations and conflict and mental health markers, including depression.	MIDAP introduced a mental health module in the Longitudinal Survey on Intercultural Relations (ELRI), of the Centro de Estudios Interculturales e Indígenas (CIIR)	Center for Intercultural and Indigenous Studies (CIIR)	1	1		Álvaro Vergés (Adjunct)
Longitudinal Studies: ELSOC	Examine the longitudinal trajectory of mental health markers, including depression, as they relate to social conflict and cohesion.	MIDAP introduced a mental health module in the Estudio Social Longitudinal de Chile (ELSOC) from the Centro de Estudios de Conflicto y Cohesión Social (COES)	Center for the Study of Social Conflict and Cohesion (COES)	2	1		Mariane Krause Graciela Rojas
Longitudinal Studies: (ELPI)	Monitor the longitudinal trajectory of mental health markers in a	MIDAP established a partnership with the Survey of First Infancy (ELPI)	Ministry of Social Development and Family	1	1		María Pía Santelices

	cohort of children followed by the ELPI Survey.						
Attachment & Adoption Research Network	Engage in coordinated international research in adoption and attachment.	The network coordinates global research in this topic, by putting together human capital, and scientific instrumentation.	More than 20 from different countries	1		40	María Pía Santelices
ISSPD	Collaborate in a prominent scientific federation on the topic of personality disorders	The ISSPD is a global Federation that brings together scientists that cover the topic of personality disorders and personality dysfunction.	International Society for the Study of Personality Disorders (ISSPD)	1			Alex Behn (Adjunct)
Psicomédica	To collaborate with Psicomédica in the execution of empirical studies on depression and psychotherapy	Psicomédica is a mental health outpatient clinic in Santiago that treats patients under the depression GES program.	Psicomédica Clinical Group	5			Adjunct Researchers: Alex Behn Sergio Gloger, Candice Fischer, Cristián Cáceres, Paula Errázuriz

**Annex 7. - Outreach****7.1 Outreach activities throughout the period**

Event Title	Type of Event	Scope	Target Audience	Date	Country	Region	N° of Attendees	Duration in days	Participating Researchers	Responsible for the activity
Workshop in various regions: "Suicide Prevention in School Contexts"	Educational workshop	National	Primary and Secondary teachers	31-08-2018	Chile	Atacama	46	1	Vania Martínez. Alvaro Jiménez	Julio de Villegas
Scientific coffee meeting: "Trauma in parents' childhood"	Talk	National	Community in general	03-07-2018	Chile	Metropolitan Region, Santiago	49	1	María Pía Santelices	Julio de Villegas
Scientific Coffee Meeting: "Mental health in immigrant families"	Talk	National	Community in general	17-07-2018	Chile	Metropolitan Region, Santiago	34	1	Ana María Gallardo (doctoral student)	Julio de Villegas
EXPLORA-CONICYT's Science and Technology Party [Fiesta de la Ciencia y la Tecnología]	Science fair	National	Community in general	13-10-2018	Chile	Metropolitan Region, Santiago	1000	2		Julio de Villegas
Scientific TV program: "Exploradores" [Explorers], broadcast by Canal 24horas	Chapter of a TV program	National	Community in general	18-07-2018	Chile	Metropolitan Region, Santiago	330000	3	Mariane Krause Graciela Rojas Claudia Miranda María Pía Santelices	Julio de Villegas
Mindfulness, Science, and Health	Course	National	Industries and services	07-09-2018	Chile	Metropolitan Region, Santiago	32		Sebastián Medeiros	Susana Maldonado
Suicide Risk: Assessment and Management	Course	National	Industries and services	26-10-2018	Chile	Metropolitan Region, Santiago	40	2	Orietta Echávarri	Susana Maldonado

									Susana Morales	
Scientific Coffee Meeting: "Mental health in family caregivers"	Talk	National	Community in general	26-06-2018	Chile	Metropolitan Region, Santiago	50	1	Claudia Miranda	Julio de Villegas
Scientific coffee meeting: "Trans and gender non-conforming people"	Talk	National	Community in general	10-07-2018	Chile	Metropolitan Region, Santiago	49	1	Alemka Tomicic	Julio de Villegas
Seminar "Mentalization-based Therapy: contributions from the clinic for intervention with adolescents".	Seminar	International	Community in general	01-09-2018	Chile	Valparaíso	70	1	Javier Morán (doctoral student) and Cecilia de la Cerda	Julio de Villegas
International Seminar "Towards Culturally Competent Psychotherapy with LGBTI People".	Seminar	International	Community in general	20-03-2018	Chile	Metropolitan Region, Santiago	80	1	Alemka Tomicic	Alemka Tomicic
Seminar "Dialogue between Research and Interventions in Early Childhood".	Seminar	International	Community in general	18-04-2018	Chile	Metropolitan Region, Santiago	59	1	María Pía Santelices	Julio de Villegas
International Seminar "Research Findings in Psychotherapy for Adolescents and Adults".	Seminar	International	Community in general	23-11-2018	Chile	Metropolitan Region, Santiago	100	1	Alex Behn Mariane Krause Susanne Schlüter-Müller Klaus Schmeck	Julio de Villegas
4 <sup>th</sup> WOMAD CHILE Festival	Festival	International	Community in general	19-02-2018	Chile	Metropolitan Region, Santiago	50000	3	Alvaro Jiménez	Julio de Villegas and Álvaro Jiménez

International Seminar-Workshop “OPD-2 for Children and Adolescents”	Workshop	National	Industries and services	19-04-2018	Chile	Valparaíso	80	4	Guillermo de la Parra Susanne Schlüter-Müller Klaus Schmeck	Guillermo de la Parra
Series of talks on Mental Health and Astronomy ‘Look at the Outer Universe...and also the Inner Universe’	Talks	National	Women inmates of the San Joaquín Women's Penitentiary Center	11-05-2018	Chile	Metropolitan Region, Santiago	60	4	María Pía Santelices Sebastián Medeiros Olga Fernández	Julio de Villegas - M. Pía Santelices
International Seminar “Bordeline Personality Disorder: What have we learned about disease mechanisms and about effective treatment strategies?”	Seminar	National	Community in general	22-03-2018	Chile	Metropolitan Region, Santiago	113	1	Alex Behn, Candice Fischer, Mariane Krause	Julio de Villegas
Diagnostic Strategies, Indication and Psychotherapeutic Planning for Primary Health Care	Course	National	Industries and services	19-11-2018	Chile	de los Lagos	35	2	Carla Crempien Guillermo de la Parra	Carla Crempien
Depression and Older Adults: A Comprehensive Clinical Approach	Course	National	Industries and services	19-10-2018	Chile	Metropolitan Region, Santiago	37		Susana González Javiera Rosell (doctoral student)	Susana Maldonado
Workshop in various regions: "Suicide Prevention in School Contexts"	Educational workshop	National	Primary and Secondary teachers	17-08-2018	Chile	Libertador General Bernardo O'Higgins	22	1	Vania Martínez Alvaro Jiménez	Julio de Villegas

Colloquium 'Research on Mindfulness and Clinical Applications'.	Colloquium	National	Industries and services	12-11-2018	Chile	Metropolitan Region, Santiago	45	1	Sebastián Medeiros Carla Crempien Álvaro Langer Catherine Andreu	Susana Maldonado and Paula Zañartu
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## **7.2. - Products of outreach**

Name of Product	Product Objective	Target Audience	Type of Product	Scope
Theatrical script	To introduce a general audience to the topic of "Trauma in parents' childhood".	Community in general.	Theatrical script	National
Theatrical script	To introduce a general audience to the topic of "Trans and gender non-conforming people".	Community in general.	Theatrical script	National
News story: "Healthy bonds in early childhood"	To provide information about the importance of healthy bonds in early childhood.	Community in general.	Audiovisual news story	National
Psychoeducational material	This material aims to provide an initial degree of awareness about the need to protect one's mental health. The goal is to “plant a seed” for participants to discover the importance of acquiring healthy habits, thus helping reduce the stigmatization associated with mental diseases from an early age.	Community in general.	Selfie framework, drawings on "healthy habits", brochures, bracelets, magnets, others	National
Chapter of TV program: "Explorers: from the Atom to the Cosmos"	To inform viewers of research conducted by MIDAP in the fields of mental health promotion, prevention, depression treatment and rehabilitation, and personality, highlighting the Center's contributions to our understanding of this disease, which is highly prevalent in Chile. Also, to encourage viewers to appreciate science as a major driver of our country's development.	Community in general.	Chapter of a TV program	National
Theatrical script	To introduce a general audience to the topic of "Mental health in family caregivers".	Community in general.	Theatrical script	National

Theatrical script	To introduce a general audience to the topic of "Mental health in immigrant families".	Community in general.	Theatrical script	National
News story "Female depression"	To inform viewers about the levels, causes, and consequences of depression in women.	Community in general.	Audiovisual news story	National
News story "Supporting caregivers of older adults with dementia"	To inform viewers of an innovative initiative called “Taking care of others while caring for ourselves”, a workshop aimed at supporting caregivers of patients with dementia and sharing strategies with them to enable them to fulfill their role while also protecting their own mental health.	Community in general.	Audiovisual news story	National
Psychoeducational video on psychotherapy	Support the various outreach and general extension activities of MIDAP and, in particular, the educational workshops on adolescent suicide prevention. An animated video of about 4 minutes teaches about the benefits of psychotherapy, the importance of asking for help, what is done in the sessions and what can be expected in the sessions.	Community in general.	Video	National

### **7.3.- Articles and Interviews**

Type of Media and Scope	Local / Regional		National		International		Total
	N° Interviews	N° Articles	N° Interviews	N° Articles	N° Interviews	N° Articles	
Written	0	0	2	16	0	0	18
Internet	0	4	1	7	1	0	13
Audiovisual	0	1	9	1	1	0	12
<b>Total</b>	0	5	12	24	2	0	43

**Annex 8. - Connections with other sectors**

<b>Activity</b>	<b>Type of Connection</b>	<b>Type of Activity</b>	<b>Country of institution</b>	<b>Agent Type</b>	<b>Economic Sector</b>
Collection of three illustrated children's books about gender	Collaboration	Project development	Chile	Private companies	Education
Laying the groundwork for collaboration in a research project on the effectiveness of an intervention targeting depression in patients with diabetes and depression	Collaboration	Prospective activity	Chile	Private companies	Medicine and human health
Collaboration agreement with 3 Chilean research centers which are currently conducting longitudinal studies	Collaboration	Study	Chile	Research centers	Research and development
Scientific dissemination activities	Technical collaboration		Chile	Centralized and decentralized public institutions	Education
Advisor to the National Committee for Scientific and Technological Research	Collaboration	Consultancy	Chile	Participation in Committees and Initiatives for supporting public and private sector entities	Scientific and technological development
Validation of the Chilean version of the Youth Therapeutic Outcome Questionnaire for Adolescents (Y-OQ-SR 2.0).	Collaboration	Study	Chile	Private companies	Medicine and human health
An embodied approach to emotional regulation as the first step for the future development of translational research	Collaboration	Study	Chile	Private companies	Medicine and human health
Evaluation of the de-institutionalization survey in 7 countries of Latin America and the Caribbean	Collaboration	Study	United States of America	INTERNATIONAL AGENCY - PAHO/WHO	Health
Development of the Guidelines for preventing suicidal behavior in schools	Collaboration	Technical cooperation committee	Chile	Centralized and decentralized public institutions	Medicine and human health



CleVer Family (application)	Collaboration	Project development	Chile	Centralized and decentralized public institutions	Technological entrepreneurship and innovation
Presentation of results of Fondecyt project no. 1141279	Collaboration	Work committee	Chile	Centralized and decentralized public institutions	Health
Mindfulness program - Mental Health Unit	Collaboration	Scientific training	Chile	Private companies	Medicine and human health
Program: Mindfulness-based stress reduction and cognitive therapy (MBSR and MBCT)	Collaboration	Study	Chile	Private companies	Medicine and human health
Head of Mental Health Research, Hospital el Pino	Collaboration	Scientific consultancy.	Chile	Centralized and decentralized public institutions	Medicine and human health
Member of CONICYT G2-G3 Medicine panel	Collaboration	Scientific consultancy.	Chile	Centralized and decentralized public institutions	Scientific and technological development
Member of CONICYT scholarship evaluation committee	Collaboration	Technical consultancy	Chile	Centralized and decentralized public institutions	Scientific and technological development
Intervention protocol for family caregivers	Collaboration	Scientific consultancy.	Chile	Centralized and decentralized public institutions	Medicine and human health

**Annex 9.- Total incomes:**

US\$ 1 = Chilean \$641

Funds	Accumulated incomes to last year [\$]	2018 Incomes		Total incomes to 2018 [\$]
		Amount [\$]	Percentage of resources used by the Center [%]	
MSI Regular funds	1.083.515.941	288.000.000	56%	1.371.515.941
MSI Networks	12.700.000	---	---	12.700.000
MSI Outreach	40.060.554	10.227.911	100%	50.288.465
CONICYT- PCI (M\$105.000 x 3 years)	70.000.000	35.000.000	91%	105.000.000
FONDECYT	136.938.400	41.426.825	100%	178.365.225
POSTDOC FONDECYT	4.200.000	---	---	4.200.000
CONICYT CAPITAL HUMANO	4.692.450	---	---	4.692.450
CONICYT – ECOS-Sud	872.000	---	---	872.000
CONICYT FONIS	36.000.000	---	---	36.000.000
US NIMH	1.308.000	---	---	1.308.000
CONICYT- PCI REDES150005	15.400.000	---	---	15.400.000
CONICYT- PCI REDES170188	15.900.000	---	---	15.900.000
CONICYT- PCI REDES180104	----	16.000.000	2%	16.000.000
UC Fund for scholarships (Host institution)	7.200.000	7.200.000	100%	14.400.000
Training courses for public health services	2.300.000	7.910.998	100%	10.210.998
Swiss Bilateral Programmes Latin America	4.250.000	---	---	4.250.000
UC's Research Agency Funds	3.000.000	3.000.000	100%	6.000.000
Programm “Mobilitätsmaßnahmen im Rahmen internationaler Forschungsk Kooperationen“, Heidelberg University	4.977.000	4.977.000	100%	9.954.000
<b>TOTAL</b>	<b>\$1.443.314.345</b>	<b>\$413.742.734</b>		<b>\$1.857.057.079</b>

**Annex 10.- Exchange:****MIDAP's researchers going abroad**

<b>Category</b>	<b>Name</b>	<b>Type of activity carried out</b>	<b>Period</b>	<b>Visited country</b>	<b>Funding source (MSI/External/Mixed)</b>
Associate researcher	Mariane Krause	Different coordination meetings concerning international projects with participation of MIDAP: Heidelberg University, Heidelberg, Germany (PII20150035); and Child and Adolescent Psychiatric Hospital, Basil, Switzerland (AIT). In addition, she participated in several meetings about the next SPR International Congress in Amsterdam, The Netherlands.	January 14-29, 2018	Germany, The Netherlands, and Switzerland	MSI
Associate researcher	Mariane Krause	Invited professor in a graduate course on research methodology, to being part as member of the doctoral thesis of Carolina Castrillón, and to supervise some doctoral and master's thesis, Universidad de Antioquia, Colombia	February 26 – March 07, 2018	Colombia	External
Associate researcher	Mariane Krause	Participation as Elect President of the Society for Psychotherapy Research in the 49th Annual International Meeting SPR, Amsterdam, The Netherlands	June 23 – July 04, 2018	The Netherlands	External
Postdoctoral researcher	Alvaro Jiménez	Research stay at the Centre de Recherche Médecine, Sciences, Santé, Santé Mentale, Société, Cermes3, Université Paris Descartes / École des Hautes Études en Sciences Sociales	June 27 – July 06, 2018	France	External
Associate researcher	Mariane Krause	Keynote speaker at the I Simposio Internacional de Psicología, Salud y Comportamiento, and research meetings with Colombian colleagues. Universidad Nacional y Universidad El Bosque de Colombia, Bogotá, Colombia	October 24-29, 2018	Colombia	External

**Visiting researchers**

<b>Name</b>	<b>Nationality</b>	<b>Type of activity carried out</b>	<b>Period</b>	<b>Country from which traveled</b>	<b>Funding source (MSI/External/Mixed)</b>
John Clarkin	North American	Keynote speaker at the MIDAP's 2nd Latin American Workshop on Depression and Personality, and speaker at the International Seminar "Borderline Personality Disorder: What have we learned about disease mechanisms and effective treatment strategies?"	March 19 – 23, 2018	USA	Mixed
Fernanda Serralta	Brazilian	Keynote speaker at the MIDAP's 2nd Latin American Workshop on Depression and Personality	March 19 - 23, 2018	Brazil	Mixed
Juan Carlos Jaramillo	Colombian	Speaker at the MIDAP's 2nd Latin American Workshop on Depression and Personality	March 19 - 23, 2018	Colombia	Mixed
Klaus Schmeck	Swiss	Keynote speaker at the MIDAP's 2nd Latin American Workshop on Depression and Personality	March 19 - 23, 2018	Switzerland	Mixed
Susanne Schlüter-Müller	Swiss	Keynote speaker at the MIDAP's 2nd Latin American Workshop on Depression and Personality	March 19 - 23, 2018	Switzerland	Mixed
Daniel Espinosa	Colombian	Speaker at the MIDAP's 2nd Latin American Workshop on Depression and Personality	March 19 - 23, 2018	Colombia	Mixed
Gary Diamond	Israeli	Keynote speaker at the MIDAP's 2nd Latin American Workshop on Depression and Personality	March 19 - 23, 2018	Israel	Mixed
Sabine Herpertz	German	Keynote speaker at the MIDAP's 2nd Latin American Workshop on Depression and Personality, and speaker in the International Seminar "Borderline Personality Disorder: What have we learned about disease mechanisms and effective treatment strategies?"	March 21-23, 2018	Germany	Mixed
Rocío Escobar	Guatemalan	International speaker at the Seminar-Workshop (Psychotherapeutic and	April 15-20 2018	USA	Mixed

		psychoeducational tools to prevent childhood risk based on the PMTO [Parenting Management Training, the Oregon Model])			
Nicolás Lorenzini	Chilean	International speaker at the Seminar-Workshop (Psychotherapeutic and psychoeducational tools to prevent childhood risk based on the PMTO [Parenting Management Training, the Oregon Model])	April 15-20, 2018	United Kingdom	Mixed
Svenja Taubner	German	International speaker at the International seminar “Mentalization-based therapy: Contributions from the clinical field for adolescent interventions” and participate as keynote speaker at the 13° Congreso Latinoamericano de Investigación en Psicoterapia	August 18-23, 2018	Germany	Mixed
Fernanda Serralta	Brazilian	Participation in the first research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT) and in the panel organized by the network at the 13° Congreso Latinoamericano de Investigación en Psicoterapia	August 23 - 29, 2018	Brazil	Mixed
Denise Defey	Uruguayan	Participation in the first research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT) and in the panel organized by the network at the 13° Congreso Latinoamericano de Investigación en Psicoterapia	August 23 - 29, 2018	Uruguay	Mixed
Julieta Olivera	Argentinian	Participation in the first research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT) and in the panel organized by the network at the 13° Congreso	August 23 - 29, 2018	Argentina	Mixed

		Latinoamericano de Investigación en Psicoterapia			
Daniel Espinosa	Colombian	Participation in the first research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT) and in the panel organized by the network at the 13° Congreso Latinoamericano de Investigación en Psicoterapia	August 23 - 29, 2018	Colombia	Mixed
Juan Carlos Jaramillo	Colombian	Participation in the first research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT)	August 23 - 29, 2018	Colombia	Mixed
Simón Guendelman	Chilean	Research stay at Centro de Salud Mental UC with MIDAP's Young Researcher Sebastián Medeiros and participation as speaker in the MIDAP's Colloquium "Mindfulness and Its Clinical Applications"	November 5 – 13, 2018	Germany	External
Johannes Ehrental	German	Research stay at Universidad Alberto Hurtado with MIDAP's Adjunct Researcher Paula Dagnino	November 17-24, 2018	Germany	External
Susanne Schlüter-Müller	Swiss	Professor at the International seminar-workshop: OPD-2 for children and adolescents, and speaker at the International Seminar "Findings in adolescent and adult psychotherapy research: Treatments, change processes, and therapeutic alliance"	November 18-24, 2018	Switzerland	Mixed
Klaus Schmeck	Swiss	Professor at the International seminar-workshop: OPD-2 for children and adolescents, and speaker at the International Seminar "Findings in adolescent and adult psychotherapy research: Treatments, change processes, and therapeutic alliance"	November 18-24, 2018	Switzerland	Mixed
Sigal Zilcha-Mano	Israeli	Research stay in the framework of the collaborative project REDES170397:	November 19-24, 2018	USA	External

		Network on Therapeutic Alliance and Outcome in Psychotherapy, with Dr. Paula Errázuriz, and invited speaker at the International Seminar “Findings in adolescent and adult psychotherapy research: Treatments, change processes, and therapeutic alliance”			
Michael Constantino	North American	Research stay in the framework of the collaborative project REDES170397: Network on Therapeutic Alliance and Outcome in Psychotherapy, with Dr. Paula Errázuriz	November 19-23, 2018	USA	External
Andrés Roussos	Argentinian	Participation in the second research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT)	December 11-13, 2018	Argentina	Mixed
Daniel Espinosa	Colombian	Participation in the second research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT)	December 09-15, 2018	Colombia	Mixed
Juan Carlos Jaramillo	Colombian	Participation in the second research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT)	December 09-12, 2018	Colombia	Mixed
Fernanda Serralta	Brazilian	Participation in the second research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT)	December 09-13, 2018	Brazil	Mixed
Rodrigo Lopes	Brazilian	Participation in the second research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT)	December 09-13, 2018	Brazil	Mixed
Denise Defey	Uruguayan	Participation in the second research workshop of the Latin-American Network for Psychotherapy Process	December 09-13, 2018	Uruguay	Mixed

		Research (REDES170188 PCI-CONICYT)			
Brenda Acuña	Uruguayan	Participation in the second research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT)	December 09-13, 2018	Uruguay	Mixed
Carla Mantilla	Peruvian	Participation in the second research workshop of the Latin-American Network for Psychotherapy Process Research (REDES170188 PCI-CONICYT)	December 09-12, 2018	Peru	Mixed



**APPENDIX I: Set of new identifying codes for MIDAP studies**

<b>Line of Research*</b>	<b>Former code</b>	<b>New code</b>	<b>Study</b>	<b>Director</b>
1	EPSS_1 (D)	001-L1	Power dynamics in the intimacy of couple relationships and psychological distress	Carmen Olivari
1	EPSS_1 (C)	002-L1	Longitudinal study on family functioning, adolescent temperament, and depressive symptomatology in the mother/adolescent dyad.	Carola Pérez
1	EPSS_1 (B)	003-L1	Subjective Construction of the Suicide Process in Young Lesbian, Gay, and Bisexual People	Claudio Martínez / Alemka Tomicic
1	N/A	004-L1	Stimulus setup and validation for the project "An integrative psychophysiological study of the effects of contemplative practices on well-being; a cross-sectional and longitudinal approach".	Diego Cosmelli
1	N/A	051-L1	From metacognitive efficiency to interpersonal sensitivity: An introduction to the interpersonal mind from the perspective of social cognition	Jaime Silva
1	N/A	005-L1	A system for information management, experimental record keeping, and secure storage of participant data in complex experimental contexts.	Diego Cosmelli
1	N/A	006-L1	Neural patterns of mother-child interaction when the mother is/is not diagnosed with postpartum depression (Diana Arias' thesis)	Graciela Rojas / Marcela Peña
1		007-L1	A multidimensional model of depression.	Jaime Silva
1	EPSS_5 (A) y EPSS_5 (B)	008-L1	MetaStress: A hormonal mechanism regulating metacognitive capacity	Jaime Silva
1	EPSS_2	009-L1	Gene-Culture interaction in depressive symptomatology and subjective well-being in Chile	Juan Pablo Jiménez
1	N/A	010-L1	An embodied approach to emotional regulation as the first stage of the future development of translational research	Nelson Valdés
1	N/A	047-L1	The role of BPD features on task performance in a cooperative task: focusing on brain wave synchrony as a mechanism to explain performance differences with healthy controls	Alex Behn
1		044-L1	Affective Disorders and Personality: Disease Mechanisms and Mechanisms of Change in Psychological Interventions	Marianne Krause
1	EPSS_1 (A)	011-L1	Evaluating and predicting suicide risk	Susana Morales / Orietta Echávarri
2	PSPS_3C and Red_P-001	012-L2	Mindfulness-based depression prevention in children and adolescents	Álvaro Langer

2	Contributes to PSPS_1 (A)	013-L2	Implementation and assessment of the effectiveness of an evidence-based psychoeducational program in a group of family caregivers of people with dementia	Claudia Miranda
2	PSPS_3E	014-L2	Pilot study and clinical trial of an Internet-based program for prevention and early intervention in adolescent depression	Daniel Espinosa
2	N/A	015-L2	Depressive symptomatology during the transition toward parenting: Integrating the meanings and relational dynamics of the protagonists	Francisca Pérez
2	N/A	016-L2	Construction of a device-workshop to enable clinical psychologists to develop competences for managing complex depressions in institutional contexts	Guillermo de la Parra
2	PSPS_6	017-L2	A collaborative study on the development of psychotherapists in training	Juan Pablo Jimenez / Paula Dagnino
2	PSPS_2 (A)	018-L2	Attachment and Mentalization intervention for caregivers of preschoolers	María Pía Santelices
2	PSPS_2 (C)	019-L2	Pilot Intervention: Preventive Depression Intervention Program for Chilean Families	Matías Irrarrázaval
2	PSPS_1 (A)	020-L2	Social representations of old age in health care professionals and their influence on the diagnosis of depression in older adults.	Susana González
2	N/A	049-L2	Trajectories and predictors of depressive and anxious symptomatology in family caregivers of people with dementia: a longitudinal study	Claudia Miranda
2	PSPS_3A y PSPS_3D	021-L2	Effectiveness of a staggered Internet-based program for prevention and early intervention in adolescent depression	Vania Martinez
3	IPCC_6 ©	022-L3	Discourse-voice regulation strategies in psychotherapeutic interaction in long-term therapies	Alemka Tomicic
3	IPCC_1 (B)	023-L3	Evaluation of the impact of the use of the Operationalized Psychodynamic Diagnosis System (OPD-2) on psychotherapeutic outcomes in patients with depression.	Carla Crempien
3	IPCC_7	024-L3	Links between personality, emotional regulation in ruptures and resolutions of the alliance, and psychotherapeutic outcomes in patients with depression	Carolina Altimir
3		025-L3	Electrophysiological correlates of depression and psychotherapy	Claudio Martínez
3	IPCC_6 (B)	026-L3	Mentalization and change in psychotherapies of patients with personality disorders	Claudio Martínez
3	IPCC_3H	027-L3	Couples therapy for depression treatment: Effectiveness and change mechanisms	Diana Rivera
3	PSPS_2 (B)	028-L3	Video-feedback intervention focused on bond quality and parental reflective functioning, aimed at mother-father-child triads	Marcia Olhaberry

3	IPCC_3 (A)	030-L3	Evaluation of the Effectiveness of Identity Treatment for Adolescents (ITA): Assessment of the Psychotherapy Process and Outcome in Adolescents Diagnosed with Identity Diffusion	Nelson Valdés
3	IPCC_3 (E1)	031-L3	Communicational characteristics in patients with introjective and anaclitic depression	Nelson Valdés
3	IPCC_3 (E2)	032-L3	Change mechanisms involved in psychotherapeutic processes-continuity of a line of change process research	Nelson Valdés
3	IPCC_1 (A)	033-L3	Distinctions in depression diagnosis and prognosis in psychotherapy: Relational patterns, internal conflicts, and vulnerabilities of psychic functioning and their relationship with psychotherapeutic process variables	Paula Dagnino
3	N/A	035-L3	Depression profiles and their relationship with the therapeutic process	Paula Dagnino
3	IPCC_2	036-L3	Pilot study on mindfulness training and personality: Articulating the first and the third person in the study of mind-body processes	Sebastián Medeiros
3	N/A	046-L3	Characterization of alliance rupture and resolution episodes based on patients' and therapists' affective-facial communication and their association with psychotherapeutic change: distinctions for clinical practice	Carolina Altimir
3	N/A	048-L3	Towards a comprehensive model of the therapeutic alliance in psychotherapy with depressed patients: understanding the relationship between the alliance, patient/therapist characteristics, process variables, and outcome	Paula Errázuriz
3	N/A	050-L3	Developing a comprehensive model of psychotherapy for LGBT patients: A qualitative study of patients' and psychotherapists' experiences	Alemka Tomicic
3	IPCC_3 (B)	037-L3	Effectiveness of a computer-assisted cognitive-behavioral therapy for adolescents with depression being treated in primary health care centers in Santiago de Chile	Vania Martínez
4	REI_5	038-L4	Affective and personality disorders: Effects of early adversity experiences on the development and clinical management of complex affective symptomatology	Alex Behn
4	N/A	039-L4	Modular diagnosis and adaptations for the treatment of complex depression	Alex Behn / Paula Errázuriz / Candice Fischer
4	REI_7 and IPCC_4	029-L4	Psychotherapy follow-up for depression: The participants' perspective in multiple cultures	Mariane Krause
4	N/A	040-L4	Difficult patients: Conceptualization and challenges for mental health treatment in the public system	Candice Fischer
4	REI_3B	041-L4	Effectiveness of an Internet-based intervention for treating depression: Toward the improvement of depression management (ASCENSO-FONIS)	Carola Pérez

4	PSPS_4 (A)	042-L4	Technologically assisted training and supervision for depression management in primary health care	Graciela Rojas
4		043-L4	A collaborative computer-assisted cognitive-behavioral educational and psychological treatment for depressed patients with chronic diseases in primary care	Graciela Rojas
4		045-L4	Follow-up of adolescents who attempt suicide post-hospitalization in a private mental health center of Santiago de Chile	Olga Fernández

\*Lines of research:

1. Basic bio-psycho-social structures and processes.
2. Health promotion and psychosocial prevention.
3. Psychotherapeutic interventions and change processes.
4. Rehabilitation and reintegration

**APPENDIX II: Congresses presentations**

Nº	Name	Line	Scope	Event	Type of presentation	Country	Date
1	Alamo, N., Capella, C., & Nuñez, L. The role of parents in child's psychotherapy.	3	International	49th Annual International Meeting Society for Psychotherapy Research	Poster	The Netherlands	27-06-2018
2	Alamo, N., Capella, C., Nuñez, L. & Krause, M. What changes, who changes and how is this change during psychotherapeutic process with children? Therapists, children and parents' perspectives from a qualitative approach.	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
3	Alamo, N., Nuñez, L., Capella, C. & Krause, M. ¿Qué es lo que cambia en la psicoterapia infantil? Una aproximación cualitativa desde la mirada y la voz de los niños/as?	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
4	Altimir, C., Reinel, M. & Vásquez, D. Good enough, but not enough: Patients' and therapists' perspectives on unfulfilled therapy process	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
5	Álvarez, C., Farkas, Ch., del Real, M., Strasser, K., Santelices, M.P; Sieverson, C. Influencia del contexto de cuento versus juego en el lenguaje mental materno a los 12 y 30 meses de edad del niño: Implicancias para la intervención	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
6	Álvarez, K. & Olhaberry, M. Adolescent life satisfaction and its relation with triadic interactions and mental health.	2	International	49th Annual International Meeting Society for Psychotherapy Research	Poster	The Netherlands	27-06-2018
7	Álvarez, K. & Olhaberry, M. Adolescent life satisfaction and its relation with triadic interactions and mental health.	2	International	16th WAIMH World Congress	Oral communication	Italy	26-05-2018

8	Andreu, CI; García-Rubio, C; Albert-Bitaube, J; Schonert-Reichl, K; Cosmelli, Diego; Dorjee, D. Bringing mindfulness where it is really needed: A Randomized Controlled Trial assesing the effects of a mindfulness based intervention on executive functions in children of a high-risk school in Latin-America	1	International	European Summer Research Institute 2018	Poster	Germany	20-08-2018
9	Azócar, E., & Capella, C. Evolución del cambio en niños, niñas y adolescentes víctimas de agresiones sexuales durante sus procesos de psicoterapia.	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
10	Behn, A., Errazuriz, P., Cottin, M. & Fischer, C. Change in symptomatic burden and life satisfaction during short-term psychotherapy: focusing on the role of family income.	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
11	Behn, A., Errázuriz, P., Fischer, C., Davanzo, A. & Cottin, M. Algunos hallazgos sobre moderadores de la alianza terapéutica: el caso del ingreso socio-económico y del match entre características del paciente y del terapeuta.	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
12	Borzutzky, A., Quevedo, Y., Foelsch, P., Mayo, J., & Steinsapir, K. Cambios en la conciencia de enfermedad en relación con apego y funcionamiento interpersonal: ¿Las vulnerabilidades en el funcionamiento facilitan o inhiben la capacidad de aumentar la conciencia de enfermedad durante un tratamiento de abuso de sustancias?	4	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Poster	Chile	24-08-2018
13	Brinda, V., Figueroa, F., & Olhaberry, M. Infant Development Delay : Association with Maternal sensitivity, Parenting styles and Postpartum depressive symptoms	2	International	16th WAIMH World Congress	Oral communication	Italy	26-05-2018
14	Capella, C., Rodriguez, L., Azocar, E., & Nuñez, L. Process of change in psychotherapy with children and adolescents who have been sexually abused	2	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018

15	Castillo, D., Galdames, V., Guridi, J., Parra, C., Quiroga, R., & Morales, I. La relación terapéutica en psicoterapia desde...	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
16	Colli, A., de la Cerda, C., Ensink, K., Kivity, Y., Levy, K., Markowitz, J., Martínez, C., Milrod, B., Nolte, T., Philips, B., Rudden, M., & Taubner, S. Reflections on the Function of Mentalizing: Measurement and Related Issues Concerning Psychotherapy Research	3	International	49th Annual International Meeting Society for Psychotherapy Research	Round table	The Netherlands	27-06-2018
17	Cornejo, F., Assar, R., Reyes, E., Miranda A., Jimenez, J.P., Barros, P., Jaramillo, K., Botto, A., Leighton, C., Quevedo, Y., Martinez, F., & Herrera, L. Sensibilidad genética diferenciada para el desarrollo de sintomatología depresiva en relación a experiencias de estrés temprano.	1	National	LXI Reunión Anual de la Sociedad de Biología de Chile	Poster	Chile	20-11-2018
18	Correa, J., Girardi, M., Valdés, N., & Aliaga, M. Identificando el Foco Afectivo Interpersonal (FAI): efectividad de la Psicoterapia Dinámica Interpersonal en el tratamiento de pacientes depresivos y ansiosos	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
19	Cottin, M. & Behn, A. Early Adverse Experiences and the Course of Major Depressive Disorder: A Latent Class	4	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
20	Cottin, M. & Behn, A. Validadores diagnósticos en Salud Mental: El rol de las vulnerabilidades en la Personalidad	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
21	Crempien, C., Medeiros, S. & Fischer, C. Estudio exploratorio del impacto de programas de formación clínica en la persona del terapeuta y el aporte de la práctica mindfulness	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
22	Danigno, P., González, F., Morales, F., Saralegui, D., & Ugarte, M. Factores de vulnerabilidad para la Depresión: ¿Incide el funcionamiento estructural?	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia	Oral communication	Chile	24-08-2018

				SPR. 15° Congreso Chileno de psicoterapia			
23	Danigno, P., González, F., Morales, F., Saralegui, D., & Ugarte, M. Impact of personality functioning, self-criticism, and dependency on psychotherapeutic change in depressed patients	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
24	de la Cerda, C., Pérez, J.C., Tomicic, A., Martínez, C., Duarte, J. & Morán, J. Dos Trayectorias de la Mentalización: “Que no es lo mismo pero es igual”	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
25	de la Cerda, C., Pérez, J.C., Tomicic, A., Martínez, C., Duarte, J. & Morán, J. Two mentalizing trajectories: recognition for diversity or equality in difference	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
26	de la Parra, G. Psicoterapia en Salud Mental, una prestación indispensable	3	National	III Congreso Chileno de Estudiantes de Medicina. Pontificia Universidad Católica de Chile.	Oral communication	Chile	01-07-2018
27	de la Parra, G., Crempien, C., Gómez-Barris, E., Danigno, P. & Serrat, M. Psicoterapia de la estructura psíquica: del diagnóstico a la intervención	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
28	de la Parra, G., Zúñiga, K. & Danigno, P. Investigación Orientada a la Práctica: resultados de la experiencia de una unidad de psicoterapia de incorporar la investigación a la práctica clínica cotidiana	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
29	de la Parra. Personalidad y depresión, la mirada dimensional del OPD, resultados en investigación y reflexiones clínicas	3	National	LXXIII Congreso de la Sociedad de Neurología, Psiquiatría y Neurocirugía	Oral communication	Chile	08-11-2018
30	Díaz, C., Saavedra, C., Rivera, D., & Valdés, N. Single Case Study in Episodes and Moments of Change in Couple Therapy, a preliminary proposal of Generic Indicators of Change for Couple Therapy	3	International	49th Annual International Meeting Society for Psychotherapy Research	Poster	The Netherlands	27-06-2018



31	Díaz, R., Hernández, C., Valdés, N., Quevedo, Y., Orellana, G., Barros, P. Variabilidad del ritmo cardíaco, regulación emocional y funcionamiento psicológico: Explorando el sustrato fisiológico detrás del cambio psíquico	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
32	Duarte, J. La experiencia de los pacientes sobre momentos de encuentro en psicoterapia: Un estudio microfenomenológico sobre la experiencia de encuentro	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
33	Duarte, J., Martínez C., & Tomicic, A. From moments of meeting to episodes of meeting in psychotherapy: Patients and therapists' lived experience on feeling met and their relevance for the psychotherapeutic process	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
34	Echávarri, O., Szmulewicz, T., Morales, S., Mora, C., Núñez, C., & Fishman, R. Experiencia subjetiva de la familia ante el intento de suicidio de un hijo/a adolescente-joven	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
35	Errazuriz, P. & Zilcha-Mano, S. El desarrollo temprano de los mecanismos de cambio como un predictor del cambio posterior y el resultado del tratamiento: el caso de la alianza terapéutica	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
36	Errazuriz, P. & Zilcha-Mano, S. In psychotherapy with severe patients discouraging news may be worse than no news: The impact of providing feedback to therapists on psychotherapy outcome, session attendance, and the alliance	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
37	Escobar, K., & Dagnino, P. Mujer con depresión, hombre con depresión: ¿Pesquisamos las diferencias?	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Poster	Chile	24-08-2018

38	Espinosa, D., Cordoba, C., Jaramillo, J., & Ocampo, D. Experience in psychotherapy from the perspective of patients and therapists in a mental health care institution in Colombia	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
39	Espinosa, D., Jaramillo, J., Ocampo, D., Vásquez, C., Soto, J., Gómez, I., Lema, J., & Krause, M. La psicoterapia pensada para el contexto: experiencia psicoterapéutica de pacientes y terapeutas en una institución colombiana	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
40	Espinosa, D., Martínez, V., Fernández, M., Jaramillo, J., Córdoba, A., Estrada, P., Camargo, L., Rincón, J. & Krause, M. "Cuida tu ánimo": un programa para la prevención e intervención temprana de la depresión adolescente: La experiencia de Colombia	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
41	Eubanks, E., & Valdés, N. Alliance ruptures	3	International	49th Annual International Meeting Society for Psychotherapy Research	Round table	The Netherlands	27-06-2018
42	Farhang, Maryam, Claudia Miranda-Castillo, Miriam Rubio, Guilherme Furtado. "Impact of mind-body Intervention in older adults with mild cognitive impairment (MCI): Systematic Review".	2	International	49th Annual International Meeting Society for Psychotherapy Research	Poster	The Netherlands	27-06-2018
43	Fernández, M., Espinosa, D., Martínez, V., Jaramillo, J., Córdoba, A., Sánchez, D., Rojas, G., Moesner, M., Bauer, S., Krause, M. Pilot study of the online program "Cuida tu ánimo" for the prevention and early intervention of adolescent depression	2	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
44	Fernandez, O., Fernández, S. & Krause, M. Dissatisfaction with psychotherapy: The perspective of adolescents and their therapists	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
45	Fernández, S., Fernandez, O. & Krause, M. Understanding therapeutic change in adolescents, from the perspective of patients, therapists and their parents	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018

46	Fernandez, S., Krause, M. & Armas, P. Building expectations in child psychotherapy, from the perspective of the participants	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
47	Fischer, C. Difficult Patients: conceptualization and challenges for therapists working in Chilean public health services	4	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
48	Fischersworring, M. La vivencia de bienestar y malestar del terapeuta y su relación con las experiencias vividas en terapia con pacientes	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
49	Fischersworring, M., Garcia, J., & Tomicic, A. How did I become the psychotherapist that I am? A biographical approach for the study of the development of professional identity	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
50	Fuentes, R., Cárdenas, J., Navarro, M., Escobar, M. & Langer, A. Flexibilidad psicológica y religiosidad: Hacia una perspectiva en salud mental.	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Poster	Chile	24-08-2018
51	Fuentes, V., Miranda, D. & Errazuriz, P. The trajectories of change from different perspectives	3	International	49th Annual International Meeting Society for Psychotherapy Research	Poster	The Netherlands	27-06-2018
52	Gallardo, A. Parentalidad en Contexto de Migración: Una revisión teórica	1	International	V Congreso de la Red Iberoamericana de Apego	Oral communication	Uruguay	08-11-2018
53	Gallardo, A. Parenting in Migration Context: An overlook of migration in the Chilean Context and why it is important to approach this topic in Psychotherapy Research	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
54	Gallardo, A., Badilla, G., Farkas, Ch., Wang, W., & Valloton, C. ¿Puede la mentalización de los cuidadores moldear el temperamento de los hijos? Estudio comparativo de díadas chilenas y estadounidenses a los 12 y 30 meses de edad	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018

55	Galvez, C., Rodríguez, J., Aguayo, F., Martínez, C., Tomicic, A. & Rosembaum, C. Formación de Psicoterapeutas Culturalmente Competentes para la Atención de Personas LGBT	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
56	Girardi, M., Florenzano, A., & Valdés, N. Psicoterapia Dinámica Interpersonal para la Ansiedad y la Depresión: replicación del modelo desarrollado por Lemma, Target y Fonagy en una muestra de pacientes chilenos	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
57	Gomez, D., & Santelices, M.P. Relaciones entre la parentalidad y el temperamento infantil y sus implicancias para el desarrollo socioemocional infantil. Desafíos para la intervención en primera infancia.	2	International	V Congreso de la Red Iberoamericana de Apego	Oral communication	Uruguay	08-11-2018
58	Gomez, D., Farkas, Ch. & Santelices M.P. Development of social-emotional abilities in children from 12 to 30 months and their relationship with the quality of parental interactions.	2	International	16th WAIMH World Congress	Oral communication	Italy	26-05-2018
59	Gomez, D., Santelices, M.P., & Farkas, Ch. Relaciones entre las interacciones parentales y el temperamento infantil y sus implicancias para el desarrollo socioemocional infantil. Desafíos para la intervención en primera infancia	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
60	Gomez, J.M., Fernández-Álvarez, J., Boswell, J., Kramer, U., Tomicic, A., Talia, A., Nuñez, L., Oliveira, T., & Dolev, T. Being a young researcher in psychotherapy: challenges and strategies to deal with them	3	International	49th Annual International Meeting Society for Psychotherapy Research	Round table	The Netherlands	27-06-2018
61	Gomez-Barris, E., de la Parra, G., Zuñiga, K. & Dagnino, P. The challenge of incorporating research into everyday clinical practice: the experience of a psychotherapy unit in Santiago de Chile	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018

62	Gomez-Barris, E., Valdes, N. & Krause, M. Development of a guideline of observation of therapeutic strategies and interventions focused on structural deficits of personality	3	International	49th Annual International Meeting Society for Psychotherapy Research	Poster	Chile	27-06-2018
63	Gomez-Barris, E., Valdes, N. & Krause, M. Estrategias e intervenciones con pacientes "difíciles": desarrollo de una pauta de observación desde el modelo del sistema OPD	4	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
64	González, Y., Kremer, B., Pérez, H., Ulloa, I., & Morán, J. ¿Cómo hablan pacientes adolescentes y sus terapeutas cuando se rompe y repara la alianza terapéutica?	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Poster	Chile	24-08-2018
65	Guzmán, M. Los silencios desde la perspectiva de los terapeutas: una comprensión en segunda persona de la interacción en psicoterapia	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	The Netherlands	24-08-2018
66	Guzmán, M., San Martín, D., Tomicic, A., Vidal, J., Soto, M., Jaime, D. & Martínez, C. Comunicación no-verbal y paraverbal en psicoterapia: El caso de la Paciente N.	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Poster	Chile	24-08-2018
67	Guzmán, M., Vidal, J., Soto, M. & Martínez, C. Manifestaciones de los silencios de la interacción terapéutapaciente en una psicoterapia de larga duración	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
68	Hernández, C. & Rivera, D. The Internet is everywhere! A formal theoretical and methodological background for the study of the influence of Information and Communication Technologies in psychopathology and psychotherapy research.	1	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
69	Irrázaval, M. Conducta Suicida en Jóvenes Adolescentes en las Américas	2	International	Instituto Nacional de Psiquiatría, México	Oral communication	USA	06-04-2018

70	Jaramillo, J., & Espinosa, D. Método Clínico Psicológico: Un modelo transteórico de formulación de caso	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
71	Jiménez, A. Violence and suffering in precarious contexts: Mental health in everyday life in Latin America	4	International	PLASMA Workshop 2: Cartographies of Suffering and Mental Health in Latin America	Oral communication	United Kingdom	05-10-2018
72	Jiménez, J. P., & Altimir, C. Developing an innovative, scientific, clinical sensitive approach to investigate psychoanalytic process.	3	International	Joseph Sandler Psychoanalytic Research Conference	Oral communication	USA	01-05-2018
73	Jiménez, J.P. La persona del terapeuta: su formación	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
74	Jiménez, P., & Santelices, M.P. Apego y Función reflexiva materna: Su relación con el apego del hijo/a en etapa pre – escolar	2	International	V Congreso de la Red Iberoamericana de Apego	Oral communication	Uruguay	08-11-2018
75	Krause, M. Desafíos y desarrollos actuales en la investigación del proceso psicoterapéutico	3	National	XIII Congreso Chileno de Psicología	Keynote speech	Chile	21-11-2018
76	Krause, M. Investigación del proceso de cambio en psicoterapia, sus fortalezas y desafíos en América Latina	3	International	I Simposio Internacional de Psicología, Salud y Comportamiento	Keynote speech	Colombia	27-10-2018
77	Krause, M., Altimir, C., Behn, A., Dagnino, P., Fernández, O., Maldonado, S., Martínez, C., Pérez, J., Tomicic, A. & Valdés, N. Contribuciones del Instituto MIDAP al estudio del micro- y macro-proceso psicoterapéutico	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
78	Langer, A. Intervención temprana en esquizofrenia y en personas vulnerables a la psicosis: El efecto de mindfulness en las funciones cognitivas y el bienestar psicológico	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018

79	Laserre, M., Marilao, P., & Morales, I. Impacto de la Terapia Asistida con Animales en la Sintomatología Depresiva, Autoestima y Satisfacción Vital de Adultos Mayores Institucionalizados	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
80	Leyton, F. Video feedback intervention to enhance parental reflective function in primary caregivers of inpatient psychiatric children: a pilot feasibility trial.	3	International	16th WAIMH World Congress	Oral communication	Italy	26-05-2018
81	Madrid, M., & Capella, C. Psicoterapia en casos de agresiones sexuales: La experiencia de niños y niñas que finalizaron sus procesos terapéuticos	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
82	Martinez, V. Challenges to Improve Adolescents Mental Health in Latin America	2	International	WPA Epidemiology and Public Health Mayo 2018	Lecture	USA	02-05-2018
83	Martinez, V. Intervenciones no farmacológicas exitosas para la depresión en adolescentes	2	National	LXXIII Congreso de la Sociedad de Neurología, Psiquiatría y Neurocirugía	Oral communication	Chile	08-11-2018
84	Mata, C., Santelices, M.P., & Vergés, A. Mentalización de padres y educadoras: su relación con el desarrollo infantil	2	International	V Congreso de la Red Iberoamericana de Apego	Oral communication	Uruguay	08-11-2018
85	Mayo, J., Díaz, R., Valdés, N., & Borzutzky, A. Session impact and significant events in adolescent psychotherapy	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
86	Mayo, J., Foelsch, P., Steinsapir, K., Quevedo, Y. & Borzutzky, A. Vulnerabilidades en las relaciones: el impacto de las dificultades interpersonales y la alianza terapéutica sobre los cambios en el funcionamiento interpersonal en adolescentes en tratamiento	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Poster	Chile	24-08-2018
87	Medeiros, S., & Mardones, P. El Cultivo de Mindfulness y de la Autocompasión en Psicoterapeutas	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018

88	Medeiros, S., Crempien, C., Vasquez, A., Andreu, C. & Langer, A. Mindfulness and Enhancement of Personality Structural Functions: Results and Methodological Considerations from First and Third Person Perspective - A Pilot Study	1	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
89	Medeiros, S., Crempien, C., Vasquez, A., Andreu, C. & Langer, A. Mindfulness y Fortalecimiento de Funciones Estructurales de la Personalidad: Resultados y Consideraciones Metodológicas Usando Perspectivas en Primera y Tercera Persona - Estudio Piloto	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
90	Medeiros, S. Mindfulness y fortalecimiento de funciones estructurales de la personalidad: perspectivas en primera y tercera persona	1	National	LXXIII Congreso de la Sociedad de Neurología, Psiquiatría y Neurocirugía	Oral communication	Chile	08-11-2018
91	Mellado, A., Martínez, C., Krause, M., Soto, M., Pérez, J.C. & Tomicic, A. Patrones dinámicos discursivos en episodios de cambio y ruptura de la alianza de un paciente diagnosticado con Trastorno de Personalidad (TDP) y su terapeuta, en una psicoterapia de larga duración.	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
92	Mellado, A., Martínez, C., Krause, M., Soto, M., Pérez, J.C. & Tomicic, A. Dynamic patterns in discursive positions and voices of a patient diagnosed with Personality Disorder (PD) and his/her therapist in a long-term psychotherapy	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
93	Moessner, M., Bilic, S., Oezer, F., & Bauer, S. Can an Internet-based program facilitate access to conventional professional healthcare?	4	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
94	Montenegro, C. Service-user participation, incommensurable practices and global metrics. A case study from Chile. "Active citizenship and empowerment in community mental health. Participative Innovations in France and Abroad"	1	International	Participative Innovations in France and Abroad" WHO Lille Collaborative Centre.	Oral communication	France	29-05-2018



95	Montenegro, C. User-led advocacy initiatives in Mental Health. Politics, incommensurability and emergence.	1	International	7th Qualitative Research on Mental Health Conference	Oral communication	Germany	20-09-2018
96	Montenegro, C., Mercado, N. Mental health service-users involvement and the horizon of community in Chile's mental health field.	1	International	Cartographies of Suffering and Mental Health in Latin America. A Century of the Social Question	Oral communication	UK	05-10-2018
97	Morales, I., Foelsch P., & Krause M. Relación entre modos de actividad mental, proceso de cambio subjetivo y episodios relevantes en el proceso terapéutico de pacientes con trastorno de personalidad límite	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
98	Morales, S., Barros, J., García, A., Echávarri, O., Núñez, C., Moya, C., Fischman, R., Szmulewicz, T., & Tomicic, A. Detección de un estado psicológico de vulnerabilidad asociado al riesgo suicida usando modelos Bayesianos de inteligencia artificial	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
99	Morán, J., Martínez, C. & Arce, K. Diseño de un sistema de observación de la interacción mentalizante en psicoterapias con adolescentes	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Poster	Chile	24-08-2018
100	Morán, J., Martínez, C., Arce, K., & Tomicic, A. The mentalizing background of the rupture-resolution episodes during adolescents psychotherapy: a little process-research contribution for clinicians in trouble	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
101	Morán, J., Martínez, C., Tomicic, A. & Arce, K. La mentalización en psicoterapia: ¿Un telón de fondo para abordar las rupturas con adolescentes?	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
102	Nardi, S., Benedetti, S., Dagnino, P., & Alvare, A. Estudo de Processo de um Tratamento de Psicoterapia Psicanalítica com uma Paciente Diagnosticada com TPB	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018

103	Navarro, J., Jaramillo, A., & Pérez, F. Madres solteras por elección via donante anónimo y el vínculo con sus hijos/as: El caso de Chile	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
104	Núñez, L. Dibujando la relación terapéutica: relevando la experiencia subjetiva de niños y niñas en psicoterapia desde sus propias narrativas	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
105	Núñez, L., Alamo, N., Capella, C. & Krause, M. Therapeutic relationships and change in child psychotherapy: looking into children's, parent's and therapist's perspectives	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
106	Núñez, L., Vásquez, V., Capella, C., & Fuentes, F. Deserción versus adherencia a la psicoterapia con adolescentes víctimas de agresión sexual: la perspectiva de sus terapeutas	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
107	Olhaberry, M. Triadic family interaction: Chilean studies in families with infant, preschooler and adolescents	2	International	16th WAIMH World Congress	Oral communication	Italy	26-05-2018
108	Olhaberry, M., & Escobar, M. Group intervention for Chilean imprisoned mother-infant dyads: Effects on maternal depressive symptoms and on the child's development	3	International	16th WAIMH World Congress	Poster	Italy	26-05-2018
109	Olhaberry, M., León, M.J., Escobar, M. & Iribarren, D. A triadic video-feedback intervention oriented to mother-father-child with socio-emotional problems	3	International	16th WAIMH World Congress	Oral communication	Italy	26-05-2018
110	Orlinsky, D., Angus, L., Krause, M., Pos, A., & Elliot, R. Therapeutic Improvisation as a Creative Act	3	International	49th Annual International Meeting Society for Psychotherapy Research	Round table	The Netherlands	27-06-2018
111	Parada, F. & Martínez, V. Using Persuasive Systems Design to evaluate and improve a web based stepped program for prevention and early intervention of adolescent depression.	2	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018

112	Pérez, F., Catalán, A., & Morales, A. Los padres también se deprimen en el postparto: comprendiendo el fenómeno desde la voz de sus protagonistas	2	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
113	Pérez, J.C., de la Cerda, C., Tomicic, C., Martínez, C. Evolución de las posiciones discursivas de pacientes y sus terapeutas en psicoterapia de larga duración: ¿Quién habla y cómo habla el que mentaliza en la interacción terapéutica?	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
114	Pérez, J.C., Espinosa, D., Cáceres, C., Gloger, S., Krause, M., & Fernandez, O. Online "ASCENSO SYSTEM" for the improvement of depression management: accessibility and effectiveness evaluation	4	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
115	Pérez, J.C., Fernández, O., Espinosa, D., Cáceres, C., Gloger, S., Carrasco, A. & Krause, M. ASCENSO una intervención vía internet para mejorar la gestión de la depresión: Evaluación de proceso respecto de uso y efectividad	4	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
116	Pérez, J.C., Valdés, C., Hoffman, M., Pérez, D., Astudillo, J. Dibujando las trayectorias a corto plazo de indicadores de ajuste y desajuste en los adolescentes según sus perfiles de temperamento	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
117	Quevedo, Y., Hernández, C., Gomez, D., & Valés, N. Facilitate or Hinder Mentalization: Qualitative analysis of the mentalization episodes inside therapies of adolescents diagnosed with identity diffusion	1	International	49th Annual International Meeting Society for Psychotherapy Research	Poster	The Netherlands	27-06-2018
118	Rivera, D., Valdés, N. & Altimir, C. Indicadores de Cambio en Terapia de Pareja	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018

119	Rivera, D., Valdés, N., Altimir, C., Diaz, C., Hernández, C., Quevedo, Y. & Gomez, D. Rethinking Psychotherapeutic Change during a Couple Therapy from the Perspective of Psychotherapists from diverse approaches	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
120	Rodríguez, L., Capella, C. Proceso de cambio psicoterapéutico en agresiones sexuales: análisis de un caso	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
121	Rosenbaum, C., Soto, M., Gúzman, M., & Tomicic A. Trayectoria y evolución temática de cambio a través del análisis de momentos relevantes en psicoterapia: El caso de la Señora M.	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Poster	Chile	24-08-2018
122	Rossi, J., Barros, P., Quevedo, Y., Leighton, C., Jiménez, J.P., Jaramillo, K., Assar, R., Herrera, L., Botto, A. & Martínez, F. Depressive symptomatology and subjective well-being in Chilean university students	1	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
123	Salvo, D., Ramirez, I., Uribe, L., Uribe, P., Armijo, I. Retroalimentación y evaluación de calidad en supervisión clínica	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
124	San Martín, D., Tomicic A. & Martínez, C. Movimientos corporales en la interacción psicoterapéutica: Estudio de una terapia de larga duración con una paciente	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
125	Schenk, N., Zimmermann, R., Fürer, L., Krause, M., & Schmeck, K. Therapeutic Change measured with the Generic Change Indicators (GCI) over the Treatment Course of Adolescents with PD: A comparison of Completers and Dropouts	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018

126	Schmidt, C., Reyes, G., Barrientos, M., Langer, A. & Sackur, J. No todas las Meditaciones son iguales: efectos diferenciales del Monitoreo Mental y la Autoobservación del Comportamiento en la Eficiencia Metacognitiva	1	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
127	Schouten, K., Schultheis, J., Pérez, J.C., Fischersworing, M., Hilzinger, R., Schweitzer, J., & Hunger, C. When significant others suffers: Chilean validation of Burden Assessment Scale (Chilean BAS)	1	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
128	Schultheis, J., Schouten, K., Pérez, J.C., Fischersworing, M., Hilzinger, R., Schweitzer, J., & Hunger, C. Measuring Social Systems Functioning: The Experience in Personal Social Systems Questionnaire (EXIS)	1	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
129	Sieversen, C. Assessing Parental Reflective Functioning in Different Settings Using a New Short Interview Protocol	2	International	16th WAIMH World Congress	Oral communication	Italy	26-05-2018
130	Sieversen, C. Hernández, C., Gómez, D., & Santelices, M.P. Moderating Role of Parental Reflective Function Between Parental Stress and Social-Emotional Development in Preschool Children	2	International	16th WAIMH World Congress	Oral communication	Italy	26-05-2018
131	Sieversen, C., Schneider, F., Santelices, M.P., & Farkas, Ch. Efecto de una intervención grupal con videofeedback sobre el estrés e interacciones maternas, y sobre el desarrollo socioemocional de sus hijos preescolares	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
132	Silva, J., & Krause, M. Stress sensitivity and introjective personality; from experiment to psychotherapy	1	International	49th Annual International Meeting Society for Psychotherapy Research	Poster	The Netherlands	27-06-2018
133	Tal, S., Errázuriz, P., Keefe, J., & Zilcha-Mano, S. Personalized feedback - Client characteristics as moderators of the effect of type of feedback on treatment outcome: A machine learning approach	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018

134	Tomicic, A., Martínez, C., Rosembaum, C., Rodríguez, J., Aguayo, F & Galvez, C. Experiencias de ayuda psicológica y psicoterapia de jóvenes LGBT en proceso de suicidio	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
135	Valdés, N., Borzutzky, A., Díaz, R., & Mayo, J. Helping patients to change their dysfunctional relational patterns: zooming in on relevant moments during the session	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
136	Vergés, A. Consumo de sustancias en adolescentes: Etiología, prevención y tratamiento.	2	International	Conversatorio Unicef Bolivia: “Adolescencia, la energía de un país en desarrollo: Factores de riesgo y prevención de violencia en adolescente”	Oral communication	Bolivia	17-04-2018
137	Vergés, A. El cerebro adolescente: Un período de plasticidad para vulnerabilidades y oportunidades.	1	International	Conversatorio Unicef Bolivia: “Adolescencia, la energía de un país en desarrollo: Factores de riesgo y prevención de violencia en adolescente”	Oral communication	Bolivia	17-04-2018
138	Vidal, J., Gúzman, M., Soto, M., San Martín, D. & Martínez, C. Silencios de pacientes y terapeutas en episodios relevantes de cambio y ruptura de la alianza terapéutica	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
139	Vidal, J., Olivera, J., Gúzman, M., Soto, M., Tomicic, A., Martínez C. & Roussos, A. Asociaciones entre eventos de rupturas-reparaciones de la alianza terapéutica y silencios en las primeras sesiones del tratamiento	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018
140	Vöhringer, P. Estudios longitudinales: una oportunidad para la investigación en salud mental	1	National	LXXIII Congreso de la Sociedad de Neurología, Psiquiatría y Neurocirugía	Oral communication	Chile	08-11-2018
141	Zamorano, P., Celsi, C., Girardi, M., Baboun, M., & Valdés, N. La contratransferencia como elemento facilitador del diagnóstico del patrón	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia	Oral communication	Chile	24-08-2018

	relacional disfuncional en pacientes depresivos y ansiosos			SPR. 15° Congreso Chileno de psicoterapia			
142	Zúñiga, A. & de la Parra, G. Which psychotherapists' competences are important in management of depression? Integrating different perspectives	3	International	49th Annual International Meeting Society for Psychotherapy Research	Oral communication	The Netherlands	27-06-2018
143	Zúñiga, A., de la Parra, G. & Balboa, M.¿Qué competencias psicoterapéuticas son importantes en el manejo de la depresión compleja en contexto institucional?	3	International	13° Congreso Latinoamericano de Investigación en Psicoterapia SPR. 15° Congreso Chileno de psicoterapia	Oral communication	Chile	24-08-2018

**APPENDIX III: Editorial boards**

N°	Name of the Journal	Category	Other Category	Member(s) of the board	Starting year	Ending
1	Psychotherapy Research	ISI or Similar to ISI standard		Mariane Krause	2014	
2	Revista Chilena de Neuropsicología	Other publications	Latindex	Diego Cosmelli Sergio Gloger Jaime Silva	2014	
3	Gaceta de Psiquiatría Universitaria (GPU)	Other publications		Alberto Botto Guillermo de la Parra Juan Pablo Jiménez Jaime Silva Felipe Martínez	2014	
4	Drug Metabolism and Personalizes Therapy	ISI or Similar to standard ISI		Luis Salazar	2016	
5	Brazilian Journal of Pharmaceutical Sciences	ISI or Similar to standard ISI		Luis Salazar	2016	
6	Frontiers in Psychology	ISI or Similar to standard ISI		Alemka Tomicic	2015	
7	Revista Chilena de Psiquiatría y Neurología de la Infancia y la Adolescencia	Other publications	Latindex	Matías Irrarrázaval	2014	
8	Psykhe	ISI or Similar to standard ISI		Álvaro Vergés Marcia Olhaberry	2015	
9	Journal of Studies on Alcohol and Drugs	ISI or Similar to standard ISI		Álvaro Vergés	2016	
10	Clinica Chimica Acta	ISI or Similar to standard ISI		Luis Salazar	2014	
11	Journal of Clinical Psychology	ISI or Similar to standard ISI		Pamela A. Foelsch	2017	
12	Critical Public Health	ISI or Similar to standard ISI		Cristian Montenegro	2018	
13	Journal of Personality Disorders	ISI or Similar to standard ISI		Pamela A. Foelsch	2017	
14	Revista Estudios de Psicología	ISI or Similar to standard ISI		Nelson Valdés	2017	
15	Revista Argentina de Clínica Psicológica	Other publications	Latindex	Guillermo de la Parra	2014	
16	Revista de Psicología Universidad de Chile	SCIELO or similar to SCIELO standard		Mariane Krause	2014	
17	Revista Psicoperspectivas	SCIELO or similar to SCIELO standard		Claudia Capella	2018	2018
18	Terapia Psicológica	SCIELO or similar to SCIELO standard		Mariane Krause Jaime Silva	2014	



19	Psychotherapy Research	ISI or Similar to standard ISI		Carolina Altimir	2017	
20	Psychology, Society, & Education	ISI or Similar to standard ISI		Álvaro Langer	2015	
21	Revista Brasileira de Psiquiatria	ISI or Similar to standard ISI		Susana Morales	2018	
22	Killkana Salud, Revista	Other publications	Latindex	Susana Morales	2018	
23	Revista Médica de Chile	ISI or Similar to standard ISI		Susana Morales	2017	
24	Somatosphere: Medicine, Culture, Anthropology	Other publications	Collaborative website	Cristian Montenegro	2018	
25	Revista de Psicología, Universidad de Chile	SCIELO or similar to SCIELO standard		Diana Rivera	2018	2019
26	Psychotherapy Research	ISI or Similar to standard ISI		Carolina Altimir	2017	

**APPENDIX IV: Students graduated in 2018**

<b>N°</b>	<b>Name</b>	<b>Obtained degree</b>	<b>Thesis' name</b>	<b>Line of research</b>	<b>Date</b>
1	María José León	Doctoral	Analysis of the parental reflective function, the quality of the triadic interaction and its influence on child early development	Health promotion and psychosocial prevention	22-01-2018
2	Catalina Sieverson	Doctoral	Effect of an intervention with video-feedback in the awareness and interaction of mothers with their children preschool	Health promotion and psychosocial prevention	30-04-2018
3	Martina Fischersworring	Doctoral	Subjective impact of the therapeutic success and failure on the and therapeutic failure on the experiences of welfare/discomfort of the therapist	Psychotherapeutic interventions and change processes	31-01-2018
4	Viviana Guajardo <sup>2</sup>	Doctoral	Predictive factors of response to treatment in depressive patients with a model of collaborative care distance in Chile	Health promotion and psychosocial prevention	31-08-2018
5	Camila Valdés	Doctoral	Differentiation between people with high and low depressive symptomatology using Biochemical markers	Basic bio-psycho-social structures and processes	06-12-2018
6	Cecilia de la Cerda	Doctoral	Manifestations of the mentalization in the patient-therapist interaction during a psychotherapeutic process and its relation with the change.	Psychotherapeutic interventions and change processes	12-03-2018
7	Johana Zapata	Doctoral	Parental Reflexive Function: Study of the effectiveness of a psychoeducational intervention for parents of preschool children in vulnerable contexts.	Health promotion and psychosocial prevention	30-04-2018
8	Nancy Espinosa	Doctoral	Social-emotional development of children aged 12 and 30 months and their relationship with maternal mentalization. Comparison of Chilean and North American mothers	Health promotion and psychosocial prevention	01-08-2018
9	Marcela Guzmán	Doctoral	Manifestations of silences in therapist-patient interaction and the psychotherapeutic process	Psychotherapeutic interventions and change processes	31-08-2018

<sup>2</sup> She successfully defended her doctoral thesis by March 2017, but due to certain administrative obstacles she was able to graduate only in August 2018.

10	Pamela Cortés <sup>3</sup>	Magister	Effect of depressive symptomatology, parental stress and mentalizing in parental interactions in mothers of preschool children.	Health promotion and psychosocial prevention	19-12-2017
11	Constanza Segovia	Magister	Study of the relationship between the level of integration of the personality structure, parental stress and depressive symptomatology among mothers and fathers of children 1 to 3 years	Health promotion and psychosocial prevention	06-08-2018
12	Ana Paula Domínguez	Magister	Initial validation of the Spanish version of the “Childhood Trauma Questionnaire-Short Form” in Chile	Psychotherapeutic interventions and change processes	31-08-2018
13	Diego San Martín	Magister	Body movement in long-term psychotherapy with a depressive patient	Psychotherapeutic interventions and change processes	12-09-2018
14	María Trinidad Vergara	Magister	Guide of gender perspective in psychotherapy, with female and male adult consultants	Psychotherapeutic interventions and change processes	04-12-2018
15	Catalina Farga	Magister	Body, affectivity and sexuality, within relationships: An exploratory and comprehensive analysis of conceptions and psychological discomfort, from the accounts of a group of women	Health promotion and psychosocial prevention.	28-11-2018
16	Ely Cowes <sup>4</sup>	Magister	The effect of depressive symptomatology, parental stress, and maternal mentalization on the mind theory of their preschool sons and daughters	Basic bio-psycho-social structures and processes. .	19-12-2017
17	Cristian Contreras	Magister	Psychological first aid to prevent depressive symptoms in a patient with recent trauma in Chile	Health promotion and psychosocial prevention	21-08-2018
18	Priscilla Jimenez	Magister	Maternal attachment and reflective function: its effect on the attachment of the pre-school child.	Health promotion and psychosocial prevention	29-11-2018
19	María Soledad Riquelme Laso	Magister	Study of the relationship between the level of integration of personality structure, parental stress and clinical symptoms in children in triads mother-father-child between 1 and 3 years old.	Health promotion and psychosocial prevention	24-09-2018

<sup>3</sup> Not informed in the 2017 Annual Report

<sup>4</sup> Not informed in the 2017 Annual Report

20	Pablo Israel	Magister	Clinical and demographic variables associated with patient readiness to respond for early adversity in primary care	Psychotherapeutic interventions and change processes	04-12-2018
21	Luisa Correa <sup>5</sup>	Magister	Effect of early traumatic events on palliation of psychopathology		04-09-2017
22	Mariela Suárez	Magister	Factors associated with the Self-stigma of Depression in Adolescents in School	Health promotion and psychosocial prevention	22-01-2018
23	Javiera Rosell	Master	Social representations of old age in health professionals. His relationship with the diagnosis of depression in the elderly	Health promotion and psychosocial prevention	15-02-2018

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<sup>5</sup> Not informed in the 2017 Annual Report