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## 1. 1.1 Executive Summary

### Scientific Objectives

The scientific objective of the Millennium Institute for Depression and Personality (MIDAP) is to generate knowledge based on a multidimensional understanding of depression in interaction with personality, with the aim of maximizing the effectiveness of interventions through the identification of the agents and mechanisms of change involved in prevention, psychotherapy, and rehabilitation.

The specific aims of our research are to:

- (a) Contribute scientific knowledge about depression and personality based on a multidimensional perspective that integrates cultural, social, developmental, psychological, psychophysical, and genetic aspects.
- (b) Examine specific age-related issues associated with depression and personality during pregnancy/lactation, infancy, adolescence, adulthood, and old age.
- (c) Generate knowledge that can inform mental health policy for the development of improved preventive, therapeutic, and rehabilitation services.

### Researchers and scientific activity

To accomplish these aims, four lines of research host specific studies conducted by interdisciplinary teams including researchers from Psychology, Psychiatry, Genetics, Psychophysiology, Neuroscience, Anthropology, and Sociology. The first line comprises studies about basic bio-psycho-social structures and processes involved in the development of psychological disorders; the second is centered on health promotion and psychosocial prevention; the third focuses on change processes and the effectiveness of psychological interventions; and the fourth deals with rehabilitation.

During its first year of execution, the MIDAP Institute consolidated a team of 167 researchers from its five host institutions: Pontificia Universidad Católica de Chile, Universidad de Chile, Universidad del Desarrollo, Universidad de La Frontera, and Universidad de Valparaíso. This team includes 15 Associate Researchers, 20 Adjunct Researchers, 12 Young Researchers, 7 postdoctoral researchers, 35 doctoral students, 15 master's students, 7 undergraduate students, 34 research assistants, and 22 researchers-collaborators, who make up –at different levels– the specific teams devoted to each line of research. Collaboration between the different levels has resulted in presentations at academic events and joint publications. These teams were able to publish 23 scientific articles. 14 were published in ISI journals, 4 in SCOPUS journals, and 5 in journals with another indexing. In addition, they gave several presentations at conferences and organized seminars and scientific events.

### Capacity building

With regard to capacity building, the Institute's goal is to continue the training of young researchers from Chile, Latin America, and other countries, and to foster their international contacts through stays abroad and by investing in their doctoral and post-doctoral education. During 2015 MIDAP included 98 researchers in training, in the roles of post-doctoral researchers, graduate and undergraduate students, and research assistants. In addition, we hosted a young researcher from Spain who completed a research internship at the Institute.

A relevant training event conducted in 2015 was the “First Latin American Workshop on Depression and Personality Research”, which was attended by 25 Latin American graduate students. MIDAP researchers gave 20 presentations during the workshop, which also included talks by four renowned foreign guests.

### Networking

During 2015 we have been collaborating, in Chile, with several public and private health centers and educational institutions, as well with the Chilean Work Safety Association (ACHS). Furthermore, in Chile

we have established important collaborations with 4 research institutes that are currently developing longitudinal studies, including our modules for data collection on depression, personality, and related variables. These research institutes are: the Center of Longitudinal Surveys, the Interdisciplinary Center of Intercultural and Indigenous Studies, the Center of Conflict and Social Cohesion Studies, and the Advanced Center for Chronic Diseases (ACCDiS). As a whole, these longitudinal studies include all age groups, as well as different income, cultural, and ethnic groups.

At the international level, we continued developing our networks with researchers from the following universities: Antioquia (Medellín), Basel, Bern, Columbia, Cornell, Heidelberg, Harvard, Simon Fraser, KU Louvain, and the Zhaw School of Applied Psychology (Zurich). The research accomplished with these networks has been articulated through seven thematic areas: application of E-Mental Health tools in mental health care; psychotherapeutic processes; mindfulness and other contemplative practices; early development conditions; management of depression and other mood disorders in the Chilean health care system; biological and personality interactions and cultural aspects in the development of psychological disorders; and longitudinal studies on the etiology and evolution of depression.

### Outreach

We are permanently disseminating our activities and research results in the world of professionals of health, education, and labor, as well as among citizens in general. Outreach activities have been implemented country-wide and included presentations, workshops, radio and TV programs, and educational materials such as manuals, books, brochures and audio-visual tools aimed at health promotion and disorder prevention.

The activities conducted by the Institute in 2015 were focused on the promotion, prevention, and human resources training activities in the area of depression and personality disorders. MIDAP also participated in one of Chile's most important scientific dissemination events: the 9th Science Festival (IX Fiesta de la Ciencia), organized by the Explora CONICYT program. Within the field of mental health promotion for the general population, MIDAP researchers conducted a series of “Scientific Coffee Meetings on Depression” in which the public participated enthusiastically.

As part of its communication efforts, MIDAP created its institutional website ([www.midap.org](http://www.midap.org)) and participates in several social networks (Facebook, Twitter, and Youtube).

Therefore, the Institute's objectives are being fully met, which translates into major development in the four prioritized areas: research, training of young researchers, networking, and outreach.

## **1.2 Resumen Ejecutivo**

### Objetivos científicos

El objetivo científico del Instituto Milenio sobre Depresión y Personalidad (MIDAP) es generar conocimiento basado en una comprensión multidimensional de la depresión en interacción con la personalidad, con el objeto de maximizar la efectividad de las intervenciones mediante la identificación de los agentes y mecanismos de cambio involucrados en la prevención, la psicoterapia y la rehabilitación.

Los objetivos específicos de nuestra investigación son:

- a) Contribuir al conocimiento científico sobre depresión y personalidad basado en una perspectiva multidimensional que integre aspectos culturales, sociales, del desarrollo, psicológicos, psicofísicos y genéticos.
- b) Examinar temas específicos relativos a la edad asociados con depresión y personalidad durante todas las etapas del ciclo vital: embarazo, infancia temprana, niñez, adolescencia, adultez y vejez.
- c) Generar conocimiento útil para las políticas de salud mental que lleven al desarrollo de mejores servicios de prevención, terapia y rehabilitación.

### Investigadores y actividad científica

Para cumplir estos objetivos, equipos interdisciplinarios de investigadores en Psicología, Psiquiatría, Genética, Psicofisiología, Neurociencia, Antropología y Sociología, desarrollan estudios en 4 líneas de investigación. La primera línea estudia las estructuras y procesos biopsicosociales involucrados en el desarrollo de los trastornos psicológicos; la segunda se centra en la promoción de la salud y la prevención psicossocial; la tercera se enfoca en los procesos de cambio y la efectividad de las intervenciones psicológicas; y la cuarta trata sobre rehabilitación.

Durante su primer año de ejecución el Instituto MIDAP consolidó un equipo de 167 investigadores, provenientes de sus cinco instituciones albergantes: Pontificia Universidad Católica de Chile, Universidad de Chile, Universidad del Desarrollo, Universidad de La Frontera y Universidad de Valparaíso. Este equipo incluye a 15 Investigadores Asociados, 20 Investigadores Adjuntos, 12 Investigadores Jóvenes, 7 investigadores postdoctorales, 35 estudiantes de doctorado, 15 estudiantes de Magister, 7 estudiantes de pregrado, 34 ayudantes de investigación y 22 investigadores-colaboradores, quienes conforman – multiestamentalmente– los equipos de los estudios específicos de cada línea de investigación. La colaboración entre los distintos estamentos se refleja en las presentaciones en eventos académicos y en publicaciones conjuntas. Estos equipos lograron publicar 23 artículos científicos. 14 corresponden a revistas ISI, 4 a revistas SCOPUS, y 5 en revistas con otra indexación. Además, realizaron numerosas presentaciones en congresos y se organizaron seminarios y eventos científicos.

### Formación

Una meta del Instituto es la formación de jóvenes científicos chilenos, latinoamericanos y de otros países. Durante 2015 MIDAP incluyó a 98 investigadores en formación, en los roles de investigador post-doctoral, estudiante de pre- y postgrado y ayudante de investigación. Asimismo, contamos con un joven investigador de España que realizó una pasantía de investigación con nosotros.

Una instancia de formación destacada del año fue el “Primer Taller Latinoamericano sobre Investigación en Depresión y Personalidad”, al cual asistieron 25 estudiantes de postgrado latinoamericanos y se realizaron 20 presentaciones a cargo de Investigadores MIDAP, unidos a presentaciones de cuatro connotados invitados internacionales.

### Redes

Durante 2015 hemos colaborado, en Chile, con varios centros públicos y privados de salud e instituciones educativas, así como con la Asociación Chilena de Seguridad (ACHS). Además, en Chile hemos

establecido importantes colaboraciones con 4 institutos de investigación que actualmente se encuentran desarrollando estudios longitudinales, los que incluyen nuestros módulos de recolección de datos sobre depresión, personalidad y variables relacionadas. Dichos institutos son: el Centro de Encuestas Longitudinales, el Centro Interdisciplinario de Estudios Interculturales e Indígenas, el Centro de Estudios de Conflicto y Cohesión Social y el Centro Avanzado de Enfermedades Crónicas. En su conjunto, estos estudios longitudinales incluyen a todos los grupos etarios, así como a diferentes grupos de ingreso, culturales y étnicos.

A nivel internacional, continuamos desarrollando nuestras redes con investigadores de las siguientes universidades: Antioquia (Medellín), Basilea (Berna), Columbia, Cornell, Heidelberg, Harvard, Simon Fraser, KU Louvain y la Zhaw School of Applied Psychology (Zurich). La investigación llevada a cabo gracias a estas redes se ha articulado mediante siete áreas temáticas: aplicación de herramientas de E-Mental Health en la atención de salud mental; procesos psicoterapéuticos; mindfulness y otras prácticas contemplativas; condiciones de desarrollo temprano; manejo de la depresión y otros trastornos del ánimo en el sistema asistencial chileno; interacciones biológicas y de personalidad y aspectos culturales en el desarrollo de trastornos psicológicos; y estudios longitudinales sobre la etiología y evolución de la depresión.

### Proyección al medio externo

Estamos permanentemente difundiendo nuestras actividades y resultados de investigación en el mundo de los profesionales de la salud, la educación y el trabajo, así como hacia la ciudadanía en general. Se implementaron actividades de extensión en todo el país, incluyendo presentaciones, talleres, programas de radio y televisión, además de materiales como manuales, libros, folletos y herramientas audiovisuales orientados a la promoción de la salud y la prevención de trastornos.

Las actividades estuvieron orientadas a la promoción, prevención y capacitación de recursos humanos en el área de la depresión y trastornos de personalidad. MIDAP también participó en uno de los más importantes eventos de divulgación científica chileno llamado IX Fiesta de la Ciencia organizada por el programa Explora CONICYT.

En el ámbito de la promoción en salud mental en la población general, se realizó un ciclo de cuatro “Cafés Científicos sobre Depresión”, a cargo de científicos de MIDAP, lográndose una amplia participación ciudadana.

En el área de las comunicaciones, MIDAP construyó su sitio web institucional ([www.midap.org](http://www.midap.org)), y participa en diversas redes sociales (Facebook, Twitter y Youtube).

Por lo tanto, los objetivos del Instituto se están cumpliendo a cabalidad, lo que se refleja en un desarrollo importante en las cuatro áreas prioritarias: investigación, formación de jóvenes, redes y proyección al medio externo.

## 2. **Introduction**

### *a) Description of the Institute:*

The Millennium Institute for Research in Depression and Personality (MIDAP) is a scientific center that hosts professionals from various fields of the social and health sciences. The main objective of MIDAP is to generate scientific knowledge based on a multidimensional understanding of depression in interaction with personality, with the aim of maximizing the effectiveness of interventions through the identification of the agents and mechanisms of change present in prevention, psychotherapy, and rehabilitation. MIDAP's scientific team is comprised by over 150 researchers, students, collaborators, and technicians who belong to its five host institutions (Pontificia Universidad Católica de Chile [UC], Universidad de Chile [UCH], Universidad del Desarrollo [UDD], Universidad de La Frontera [UFRO], and Universidad de Valparaíso [UV]) and also to other Chilean and foreign institutions.

MIDAP is the product of the “Psychotherapy and Change Research Group” ([www.psychotherapyandchange.org](http://www.psychotherapyandchange.org)) and the “Psychological Intervention and Change in Depression” Millennium Nucleus. In the context of this prior research we tested a combination of psychological, psychosocial, and psychophysiological approaches. As a result, MIDAP's aim is to improve our understanding of depressive disorders by extending this multidimensional view to include a more differentiated analysis of personality and all the relevant dimensions involved in these disorders.

MIDAP's approach is multidimensional and interdisciplinary and is intended to generate 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 which have been empirically linked to this disease. These dimensions include developmental, cognitive, emotional, and behavioral variables, as well as others of a psychophysiological and genetic nature. The research methods used in MIDAP studies involve a variety of designs: cross-sectional and longitudinal, experimental and naturalistic, process- and outcome-oriented, and quantitative and qualitative.

The studies conducted in the four lines of research presented below are at the cutting edge of their fields and integrate all the dimensions mentioned. We expect the research results to have an impact not only on scientific knowledge but also on public policies, because the integration of the multidimensional characteristics of depression, its etiology, and treatment should make it possible to make better and more efficacious decisions about the indication, viability, and cost-efficiency of specific treatments. Therefore, this approach is consistent with the suggestions of the World Health Organization, which stress the need to consider the social determinants of health (economic, working, educational, and community-related conditions) in the organization of public policies.

### *b) Lines of Research:*

MIDAP has four lines of research, each of which includes a number of specific studies conducted by interdisciplinary teams of academics from the fields of Psychology, Psychiatry, Genetics, Psycho-Physiology, Neuroscience, Anthropology, and Sociology:

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 involves the assessment of the 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 disorders, 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. Two of these studies involve multinational process-outcome studies.

4. Rehabilitation and reintegration. This line focuses on patient recovery and on decreasing the chronicity of depression.

The specific studies conducted as part of each line during 2015 are described in detail in section 3 (Scientific and technological research).

***c) Organization of research teams:***

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 tenders and selecting their beneficiaries, and making strategic decisions about the research conducted at the institute, among other tasks.

Each study within the MIDAP lines of research is led by a Study Director and has a staff made up by Associate Researchers, Adjunct Researchers, Post-doctoral researchers, doctoral and master's students, and research assistants. In some cases, undergraduate students have participated. Thus, the main task of the Council of Associate Researchers is to coordinate and watch over all the aspects of said studies and all the activities that can be derived from them (Latin American Workshop – page 22; diploma programs – page 22; research conferences; participation in consultancy committees; dissemination and outreach activities; interaction with other sectors, etc.). Therefore, all the studies conducted in the four lines of research must be represented within the Council through their Study Director. In most cases, the Study Director is an Associate Researcher who represents the study before the Council. In other cases, 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. She works alongside Study Directors and the Council of Associate Researchers in order to ensure the fulfillment of the scientific objectives of the Institute. Regarding activities which are not scientific in nature but which are connected to research, the Council works together with the Director of Communications and Outreach (PME, dissemination, Networking, collaborations) and with the Director of Management and Development (continuing education, new projects, productivity, connections with other sectors, among other aspects), depending on the objective of the task involved (see section 7).

The table in Annex 2 shows the names of the members of each line of research, with those of the leaders of each study highlighted in bold. When the leader is not an Associate Researcher, an asterisk is placed next to his/her name.

### 3. **Scientific and technological research:**

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

The objectives of this research institute are: (a) To provide 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; (c) To generate knowledge that can nourish mental health policies for the development of improved prevention, therapy, and rehabilitation services. MIDAP has 4 lines of research and 28 ongoing studies.

**MIDAP Line of Research 1 (MLR 1): Basic structures and bio-psycho-social processes.** This line of research focuses on the origins and mechanisms that trigger, develop, and sustain psychological disorders. It is essential to bear in mind that MIDAP regards depression as a multicausal and multi-level phenomenon; therefore, it intends to evaluate all the cultural, social, developmental, and psychobiological conditions involved in depression and personality. The currently ongoing studies in this line tackle the following research question: Considering each specific level, how do genetic determinants, bio-markers, and psychological and interpersonal variables associate –and interact– with depressive symptomatology, clinical depression, suicidality and people's subjective well-being? The studies being conducted at present are focused on genetic and cultural variables (EPSS\_2), genetic variables and bio-markers (EPSS\_6), and psychological and interpersonal variables (EPSS\_1A,1B,1C). These studies are detailed below.

The study “**Specifying the Assessment of Suicide Risk. A Study of the Psychosocial Variables Associated with Suicidal Behavior in Adolescents and Adults Seeking Help for Mental Health Problems**” (EPSS\_1A), tackles the following questions: What aspects of clinical depression (diagnosis, severity, recurrence) and what psychological processes, linked to personality dimensions (specifically, irascibility, trust in one's ability to solve problems, and fear of death) and to relational factors (attachment attributed to parents, satisfaction with one's family functioning, and feeling of responsibility for one's family), intervene as protective or risk factors for suicidal behavior in adolescents and adults? This study started while the present Institute was the Millennium Nucleus “Psychological Intervention and Change in Depression”, and its data collection phase ended in 2015. The researchers surveyed 707 individuals receiving help at three mental health centers in Santiago, Chile. Using data mining and machine learning analysis techniques, the total of 343 items resulted in a model for understanding/predicting suicide risk comprising 22 questions/statements. The model has high precision (.78), sensitivity (.77), and specificity rates (.79), which makes it highly applicable. This model makes it possible to create an assessment instrument that includes risk and protective factors for suicidal behavior and which allows clinicians to determine if an individual is at risk of carrying out a suicide attempt or of actively thinking about doing so. The model considers the following aspects: having thoughts about taking one's own life, not being interested in anything, and not loving oneself enough to live (risk); feeling satisfied, having hope, appreciating and loving life, not wanting to die, feeling stable, and expecting that any discomfort will not be permanent; feeling that one has the competences to cope with problems and find other solutions to them, wanting to live life's experiences; having beliefs that make taking one's life unthinkable (protective). These results make it possible to identify individual protective and risk factors which are useful for orienting therapeutic interventions. These results have been presented at an international conference (#40) and during clinical meetings about Primary Health Care (November 2015), and generated articles accepted for publication. The researchers intend to conduct a follow-up intervention for individuals seeking help due to a suicide attempt or suicidal ideation. This intervention is expected to have a significant impact on the course of suicide risk during the six months after psychiatric discharge. This project will be used to apply for a national grant during the present year.

The study “**Subjective Construction of the Suicide in Lesbian, Gay, Bisexual, and Transexual (LGBT) Young People**” (EPSS\_1B) addresses the following questions: What are the contextual-cultural (i.e. socio-cultural context, presence of stressors), psychological (i.e. development of one's identity in connection with

one's sexual orientation and gender identity), and relational markers (in one's family and peer environment) which appear in the narratives of the suicide process of LGBT young people?; what are the trajectories associated with the suicide process present in the narratives generated by LGBT young people, and what are their landmarks?; what are the aspects associated with the rationality and the meanings that they ascribe to their suicide process? The first phase of this study, conducted during 2015, and which involved a systematic review of the literature, concluded that the research on LGBT people has increased during the last decade, providing significant knowledge about general protective and risk factors for suicide and those specifically associated with LGBT populations, as well as about the prevalence of suicide, which is 4 times higher than in heterosexuals. The second phase, currently ongoing, involves a qualitative study in a sample of 40 LGBT adults (18-24 years old) who experienced one of the stages of the suicide process in their adolescence. To date, 16 interviews have been conducted. A preliminary analysis indicates that these young people have a common, shared, and probably recurrent experience, marked by a “history of complicated relationships” (interpersonal level), linked to family conflicts and to significant figures who are threatening and/or who are characterized by homophobic and discriminatory discourse. These complicated relational histories provide the backdrop for the tension between acceptance and rejection of their sexual orientation (psychological level). This tension simultaneously involves others and the self. It is also possible to track experiences of various forms of homophobic violence: violent discourse, transgression of intimacy, and bullying. These signs of homophobic violence are internalized. Within this context, suicide as an idea, as an intention, and/or as an action seems to materialize and express the notion that the individual feels weary, hopeless, and has given up on attempting a developmental task that cannot be completed: that of affirming his/her own identity and establishing loving relationships. In this process, the help received from the adult world belonging to the educational and the mental health sphere is mainly characterized by clumsy actions which at times compound the problem. During the present year, the selection of participants and information will be completed. These results have been presented at an international conference (#51), are part of an article accepted for publication in the *Revista Médica de Chile* (ISI-indexed), and have been disseminated through several media outlets and activities.

The **“Longitudinal Study about Family Functioning, Adolescent Temperament, and Depressive Symptomatology in the Mother/Adolescent Dyad” (EPSS\_1C)** addresses the following questions: What aspects of family functioning, specifically cohesion, adaptability, conflict, and perception of autonomy fostering (interpersonal level) are associated with and predict depressive symptomatology in Chilean adolescents?; is the relationship between maternal depression and adolescent depressive symptomatology mediated by its impact on family functioning?; is there a mutual influence between the depressive symptomatology of adolescents and their mothers, and how intense is this influence? In the first measurement, 967 dyads composed of adolescents (69% women; 12-18 years old) and their mothers living together were surveyed. Preliminary results indicate that family cohesion levels, reported by both mothers and adolescent children, were higher in mothers without depression than in mothers with minor depression (or moderate/severe depression). Family adaptation was not associated with maternal depression. Additionally, when considering the family categories based on adolescent reports, mothers without any depressive symptoms (zero points in the Beck Depression Inventory) had a higher probability of classifying their families as balanced. The second measurement included 650 dyads. During the present year, the third and last measurement associated with the study will be carried out. These results have been presented at international conferences (45, 46).

The study **“Gene-Culture Interaction in Depressive Symptomatology and Subjective Well-Being in Chile” (EPSS\_2)**, is intended to answer the following questions: What is the association between genetic markers, specifically polymorphisms in genes linked to sensitivity to one's social environment (serotonin, oxytocin, opioids, arginine-vasopressin, and genetic ancestry) and depressive symptomatology and subjective well-being in Chilean young adults?; how do collectivism/individualism levels, gender ideology, and adherence to social norms (cultural variables) associate with depressive symptomatology and subjective well-being in Chilean young adults?; how do these levels interact in their relationship with depressive symptomatology and subjective well-being?; what is the role (mediating vs. moderating) of

early trauma and personality style (psychological variables) and of current stressful events (contextual variables) in the relationship between genetic markers and depressive symptomatology and subjective well-being? From a sample of 1,000 subjects, 200 university students have been assessed to date. The ancestry analysis will be conducted through the Chile/Genómico project. Currently, the study is in its data collection phase.

The study “**A Multidimensional Model of Depression**” (EPSS\_6) is intended to answer the following question: how are genetic determinants [5-HTTLPR of the serotonin transporter gene (SCL6A4), rs53576 (6930 G>A) and rs2254298 (9073 G>A) of the oxytocin receptor gene (OXTR), and VNTR polymorphism, located in exon 3 of the gene that codes for the dopamine receptor D4 (DRD4)], biomarkers (cortisol in saliva), psychological variables of early trauma, cognitive bias, emotional bias, personality (level of structural integration according to operationalized diagnosis and personality dimensions/patterns), and attachment (as an interactional dimension) associated with depressive symptomatology in adult patients? This study started while the present Institute was a Millennium Nucleus, and is currently ongoing. Preliminary results indicate that: a) In a sample of 88 genotyped subjects (93% of the sample without depression), the genotypic frequency for the gene 5HTTLPR was: LL=42%, LS=37.5%, and SS=20.5%. The allele frequency was: S=0.39 and L=0.61. For the gene OXTR 2254298, the genotypic frequency was: AA=2.3%, AG=25.3%, and GG=72.4%. The allele frequency was: A=0.15 and G=0.85. For the gene OXTR 53576, the genotypic frequency was: AA=9.2%, AG=51.7%, and GG=39.1%. The allele frequency was: A=0.34 and G=0.66. This sample does not display a main effect of genes on depressive symptomatology, nor does it show an interaction between SCL6A4, oxytocin receptors (2254298 and 53576), and environmental factors in the prediction of depressive symptomatology. b) Different personality profiles react differentially to stress in terms of the physiological cortisol response (which occurs at an autonomic level) and the subjective experience of stress. Thus, people with an “introjective” personality profile (characterized by a high level of self-criticism) displayed an increased physiological reactivity to stress accompanied by a normal subjective response. This group also displayed a weak response to reinforcement. In contrast, people with an “anaclitic” profile (characterized by a high level of dependence) showed a normal physiological response, but their subjective stress response was heightened. These results have been presented at a national conference (7) and at international conferences (8, 9, 28, 49); in addition, they have been included in published articles (1) and in articles submitted for publication.

**MIDAP Line of Research 2 (MLR 2): 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 disorders, reducing the social exclusion of people with psychological disabilities, and fostering the treatment capabilities of mental health professionals. The currently ongoing studies are mainly focused on two research questions: a) Given the context of mental health care in Chile, is it viable/feasible to implement depression prevention programs for children, adolescents, adults, and families?; how effective are they? These programs have been adapted to the local reality, are brief, are intended to modify interactional or bond-related variables between parents and children (PSPS\_2A, B, C; PSPS\_5), and use innovative interventions such as information technologies (PSPS\_3A, 3C) or Mindfulness (PSPS\_3B). b) What aspects of health care must be improved in order to provide better care to people with depression, including aspects of the health care system, health care institutions, and health professionals?; what should characterize interventions intended to improve health care for people with depression?; do these interventions for mental health teams result in better clinical outcomes in the patients with depression who have received treatment? (PSPS\_1A, 4A). These studies are detailed below.

The study “**Attachment and Mentalizing Intervention for Caregivers of Preschoolers**” (PSPS\_2A) is intended to answer the following questions: Is it feasible to conduct an intervention to prevent depression in preschoolers aimed at parents and preschool staff?; does the preventive program effectively improve children's socio-emotional development as a precursor of mental health in children?; does the improvement

in adult-child attachment and in adult mentalizing (mothers and educational staff) operate by mediating the relationship between the intervention and the development of symptomatology in children? This study started while the present Institute was a Millennium Nucleus, and its data collection phase ended in 2015. The intervention, designed in collaboration with a team of experts and preschool teachers belonging to the National Preschool Association consisted of 5 group sessions for adults and was conducted in the preschools where the participants worked. 63 dyads made up by children and one of their parents (83% mothers) and 17 educational staff participated in the study (30 Intervention Group – 33 Control Group). Initial results indicate that, when comparing the initial and the final measurement, mentalizing capacity remained stable in the IG parents and decreased significantly in the CG parents; in addition, attachment anxiety was reduced in the IG parents but not in the GC ones. The children whose parents participated in the intervention displayed better socio-emotional development in comparison with the CG. These results have been presented at a national (48) and an international conference (47); in addition, they have been included in scientific articles (20, 21). During the present year, the researchers will continue analyzing data and disseminating the results.

The study **“Video-Feedback Intervention Focused on Bond Quality and Parental Reflexive Functioning, Aimed at Mother-Father-Child Triads” (PSPS\_2B)** addresses the following specific questions: Is it viable to implement in the local context a preventive intervention based on the “Video-feedback Intervention to Promote Positive Parenting and Sensitive Discipline”?; what is the impact of this brief intervention based on video-feedback methodology on the parents of a child with delayed development and on the depressive symptomatology of parents and children?; do the improvements in parent-child bond quality, in parental reflexive functioning, in family alliances, and in the quality of triadic interaction operate by mediating this relationship between the intervention and the development in children's symptomatology? The study considers a sample of 100 families (50 CG; 50 IG), and includes the participation of the father, the mother, and the child with emotional development delay. The IG receives an intervention comprising 5 weekly video-feedback sessions, in which one or more family members participate. Work focuses on parental sensitivity (based on the observation of dyadic free play videos), coparentality, and triadic dynamics with an emphasis on children's signals and needs (based on the observation of a semi-structured triadic interaction). The intervention is conducted by two clinical psychologists trained to use video-feedback. Both groups receive the usual treatment provided at the health centers that they attend. By the end of 2015, 33 triads had entered the IG, 27 of which completed the intervention. Preliminary data indicate that, at the end of the intervention, bond quality increased significantly and depressive symptomatology was reduced in mothers and parents. These results have been presented at international (41, 43) and national conferences (21, 42, 29); in addition, they have been included in published articles (12, 13, 14, 15).

The study **“Piloting of a Preventive Intervention Program in Depression for Chilean Families” (PSPS\_2C)** addresses the following questions: Is it feasible for the psychosocial teams of primary health care centers to conduct community interventions for preventing depression in Chilean families?; does the preventive intervention program effectively prevent the appearance of depression and behavioral problems in children with depressed parents?; does the improvement in family communication, general family functioning, and positive parentality operate by mediating the relationship between the intervention and the development of symptomatology in children? The study considers a sample of 64 families (32 IG; 32 CG), with one child (6-12 years old) without depression, in which at least one of the parents suffers from depression. The “Active Family” intervention is a cultural adaptation of the Depression Preventive Intervention by W. Beardslee and comprises 7 alternating sessions for parents and relatives, conducted by mental health professionals in the homes of users of primary health care. The contents tackled include: psycho-education and learning based on the family's experience with depression, development of coping skills, family communication, and resilience. The intervention includes an intervention manual and a workbook for the family and the professional, constructed and adapted for Chilean populations. By December 2015, the following steps had been completed: adaptation of the manual, recruitment and training of 4 pairs of psychologists, and recruitment/intervention for the participating families (25 to date).

In order to answer the question regarding the feasibility of the intervention, the researchers will receive feedback from the professionals conducting the intervention and the participating parents regarding the content of the intervention and the administration of the contents (qualitative intervention). This study has been presented at a national conference (25). It was conducted within the framework provided by the bilateral collaboration agreement signed with Harvard University (Harvard Medical School). The researchers will continue implementing the study and will wait for the decision on the article submitted for publication.

The study **“Implementation and Evaluation of the Effectiveness of an Evidence-Based Psychoeducational Program in a Group of Family Caregivers of People with Dementia” (PSPS\_5)** addresses the following questions: Given the context of mental health care in Chile, where a large part of the care is provided by “family caregivers”, what is the effectiveness of a psychoeducational program on the depressive and anxious symptomatology, pleasurable activities, and quality of life of adult family caregivers of people with dementia?; does the modification of dysfunctional thoughts about care (beliefs, values, and attitudes) operate by mediating this relationship between the intervention and the development of the symptomatology of family caregivers? The psychoeducational program comprises 8 sessions per week. It is conducted by two psychologists trained in the application of the cognitive-behavioral model. It covers topics such as the importance of being a caregiver and of taking care of oneself; how to identify, challenge, and modify dysfunctional thoughts; the relationship between beliefs and norms and feelings of guilt and frustration; skill building. This is an ongoing study, with a final proposed sample of 156 participants. To date, 8 caregivers have participated (4 IG – 4 CG). Preliminary results show a decrease in dysfunctional thoughts about care in the IG (compared with the CG), but without differences in anxious-depressive symptomatology. The study has been presented at national conferences (5, 30, 50). Its implementation will continue over the next years.

The study **“Acceptability and Effectiveness 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” (PSPS\_3A)** addresses the following questions: Is it acceptable for its participants and is it feasible to implement a staggered Internet-based program for the prevention and early intervention of depression in secondary school students in Santiago, Chile, and Medellín, Colombia?; does this program significantly reduce depressive symptoms and suicidality in Chilean and Colombian adolescents who attend secondary school? The study will involve the participation of 400 students attending secondary schools located in Santiago and Medellín. According to the initial level of depressive symptomatology and the monitoring of the symptoms for 3 months, the participants will receive automatic and personalized feedback with suggestions on how to use the Internet platform, considering, for example, accessing information and psychoeducational material; participating in a forum with peers (moderated by mental health professionals); and/or using a chatroom with personalized support. Referral for face-to-face treatment is also considered when necessary. The contents of the Internet platform will be developed jointly, ensuring that they are appropriate for both cultures. The researchers will assess the time that the participants spent on the platform and the number of components that they used, the acceptability of the platform (through interviews with users) and its impact on depressive symptomatology (pre-post intervention design). Given that the study started in September 2015, the researchers are currently preparing the fieldwork and generating content for the platform.

The study **“SIN e-STRES” [Without E-Stress] (PSPS\_3B)** addresses the following question: Do users accept an Internet-based intervention that complements the usual treatment of post-traumatic stress disorder (PTSD) provided by the Chilean Work Safety Association (Asociación Chilena de Seguridad ACHS)? PTSD and depression are often comorbid diseases. Thus, improving an intervention for PTSD treatment may prevent the development of depression. The SIN e-STRES web platform includes symptomatological follow-up, feedback (including alerts), on-line or phone access, and emergency information. To date, 46 patients have been recruited (50% rejection rate). These individuals, despite having agreed to participate, display low usage rates (e.g. they do not complete follow-up questionnaires). This study has been

conducted thanks to the MIDAP-ACHS collaboration agreement and has received support from Heidelberg University colleagues. After this initial stage, the researchers will conduct a cost-effectiveness study, which has been submitted for external funding. The first results obtained have been presented at international conferences (12, 11).

The study **“Mindfulness and Health Promotion in Schools” (PSPS\_3C)** addresses the following specific questions: Is it feasible to implement a mindfulness-based prevention program in the context of the Chilean school system?; how effective is it with respect to anxious/depressive symptomatology and well-being in adolescents who attend school? Results indicate that it was feasible to conduct the intervention “Mindfulness in Schools Project” (MiSP), which comprises 9 sessions (45 minutes each) conducted at the participants' schools. The study collected quantitative and qualitative data (through interviews with 20 participating students). At a subjective level, the adolescents report results in cognitive aspects: more attention, concentration, or problem-solving capacity; emotional regulation, for example, less irritability, more response latency, and self-acceptance; and better sleep quality. This study started while the present Institute was a Millennium Nucleus, and its data collection phase was completed in October 2015. Its preliminary results have been presented at international conferences (26, 27) and have been included in associated publications (7, 8). Future plans include incorporating it into a collaboration program with the School of Applied Psychology, ZHAW, Switzerland, and using it to apply for a national grant to secure additional funds and thus continue its development.

The study **“Comprehensive Technology-Assisted Training and Supervision Program to Enhance Depression Management in Primary Care” (PSPS\_4A)** addresses the following questions: Can a technologically-assisted training program on the use of the National Clinical Guidelines for Depression and Integral Supervision improve the depression management skills of primary health care teams?; does this primary health care intervention result in better clinical outcomes in patients treated for depression?; which factors hinder and which ones facilitate the implementation of the Clinical Guidelines for Depression (Guía Clínica de Depresión, GCD) in primary health care? This study started while the Institute was a Millennium Nucleus and researchers are currently completing patient follow-up. A clinical trial was conducted in two phases: a) depression management training for primary health care teams and b) integral supervision in the management of depression, technologically assisted, for primary health care teams. The first component involved designing and implementing a training program based on the Clinical Guidelines for Depression (GCD), aimed at primary health care teams, which emphasized the multi-professional management of depression. The training was provided through two in-person sessions which involved oral presentations, clinical case analyses, role playing, and treating a simulated patient. 41 professionals participated (physicians, psychologists, midwives, nurses, etc.). The second component added to the everyday work of the intervened primary health care team a monthly in-person and on-line psychiatric consultancy service and periodic monitoring of patients' adherence and clinical evolution. 442 users of primary health care, enrolled in 4 health care centers (2 CG – 2 IG), were recruited for the study. The comparison between the IG and the CG after 3 and 6 months revealed no significant differences, except in the severity rate after 3 months, when the CG displayed a lower proportion of mild cases than the IG (26.3% vs. 33.8%). Finally, the qualitative study (24 professionals) that explored the limiting and the facilitating factors for the implementation of GCD recommendations in primary health care showed that professionals think that the GCD facilitates the detection and diagnosis of depression, but that it does not consider its complex manifestations in primary health care; for instance, it does not consider concomitant social conditions or physical and psychiatric comorbidity, nor does it incorporate the life cycle approach. The professionals acknowledge that they have a superficial level of knowledge about the GCD and that they have problems implementing them in clinical practice. Two articles have been published about this study (18, 19) and one has been submitted for publication.

The Study **“Social Representations of Old Age in Health Professionals and Their Relationship with the Diagnosis of Depression in Older Adults” (PSPS\_1A)** addresses the following specific questions: Do health professionals have stereotyped views of old age?; how do social representations, specifically

stereotypes about old age, affect the diagnosis of depression in older adults made by health professionals? 15 health professionals (psychologists, psychiatrists, and physicians) were assessed. They displayed diversity in their negative stereotypes of old age, with a tendency towards high scores. The participants received 4 “clinical vignettes” that presented cases in which only the patient’s age varied (under or over 60) and were instructed to state what their diagnosis would be. Results indicate that 3 of the vignettes showed diagnostic differences. Thus, for patients over 60 years old, the diagnoses tended to be dementia and Organic Brain Syndrome. In contrast, the diagnoses for people under 60 years old were mostly of depression or other pathologies. This is an ongoing study, and the vignettes will continue to be administered to a sample of 80 health professionals.

**MIDAP Line of Research 3 (MLR 3): Psychotherapeutic interventions and change processes.** This line of research focuses on the analysis of change processes and on the effectiveness of psychological interventions. This line is intended to answer the following questions: What are the characteristics of patients, therapists, and therapeutic models associated with the therapeutic process and its outcomes?; what change mechanisms are involved in the generation of therapeutic outcomes?; what type of interaction occurs between the profiles of patients and/or therapists, process variables, and psychotherapeutic outcomes? Currently, three studies are focused on the therapeutic effectiveness of psychological interventions (IPCC\_2, 3A, 3B); one study (IPCC\_4) is developing a model of therapeutic success/failure, from the perspective of patients, their relatives, and therapists; and three studies (IPCC 3G, 1A, 1B) incorporate the characteristics of patients –previous to treatment– to define patient profiles and establish how their characteristics are associated with the therapeutic process and/or outcomes. A key element in these studies is that they regard personality as a relevant variable. On the other hand, studies IPCC 3A, 3C, 3E, 6B, 6C mostly focus on the change mechanisms involved in therapeutic results, paying attention to change episodes and indicators, emotional regulation, mentalizing, and establishment or rupture of the therapeutic alliance. In general, these studies involve the examination of full therapeutic processes (video recorded) with micro-analysis of relevant moments or events. Studies IPCC 6B and 6C focus –in addition– on the process of patient-therapist interaction. Finally, study IPCC-3C constitutes a unique forward move in the field of psychotherapy, as it relates brain functioning (of the patient and the therapist) with in-session change markers. These studies are detailed below.

The study “**Efficacy of a Computer-Assisted Cognitive-Behavioral Therapy for Adolescents with Depression in Primary Health Care in Santiago de Chile**” (IPCC\_3B) addresses the following question: Is it effective to use a computer-assisted cognitive-behavioral therapy for treating depression in adolescents in primary health care centers? This study started while the present Institute was a Millennium Nucleus, and completed its information collection phase in 2015. It is a controlled trial, with a sample of 216 adolescents (15-19 years old; 108 IC/CG) diagnosed with depression. The IG received computer-assisted cognitive-behavioral therapy aimed at adolescents with depression during 8 sessions per week (45 minutes each), provided by a trained psychologist who was supervised monthly. The CG received the usual treatment provided at primary health care centers. Preliminary results show that, at 4 months, the intervention is more effective in reducing depressive symptomatology (BDI) than treatment as usual. The study has been presented at several national conferences (33, 37, 38).

The study “**Mindfulness, Depression, and Personality: Investigating Mind-Body Correlates in the Generation and Relief of Suffering**” (IPCC\_2) addresses the following questions: Can mindfulness meditation training/practice strengthen regulatory and integrative personality functions and reduce the symptomatology perceived and/or recorded at a psycho-physiological level?; is this impact of mindfulness meditation training/practice on these results mediated by specific characteristics of the care provided, which include equanimity, acceptance, and compassion?; are there any differences/convergences observed when analyzing results with methodologies for reporting subjective experience (first person) and psycho-physiological indicators (third person)? The first pilot study was conducted with a sample of 6 people vulnerable to anxious-depressive symptoms who participated in Mindfulness-Based Cognitive Therapy (MBCT), with pre-post intervention measurements, in which the following elements were considered: the

Five Facet Mindfulness Questionnaire (FFQM), therapeutic outcomes (OQ45-2), depression and personality (DEQ; OPD-SQ); electrophysiological values, and an elicitation interview. The study is currently in its data analysis phase. It constitutes a pilot for a larger future study. Associated presentation (39).

The study **“Psychotherapy Follow-up: The Participants' Perspective” (IPPC\_4)** addresses the following questions: what criteria are used by patients, relatives, and therapists to define therapeutic success and failure?, what are the differences between participants of different age groups with respect to subjective experiences of therapeutic success and failure?, what causality attributions do therapists, patients, and relatives make with respect to the psychotherapeutic process and its successful and unsuccessful aspects? To date, 105 people have been recruited (including patients, therapists, and relatives) and 39 interviews have been analyzed. Preliminary results (open coding) refer to motivation for and expectations from psychotherapy, global appreciation of psychotherapy and representations associated with it, success and failure indicators, and therapy achievements. Progress reports have been presented at international conferences (1, 2, 10, 20) and have been included in a publication (5). Within the framework of this study, collaborative work has been conducted with D. Defey (Uruguay) and A. Roussos (Argentina).

The study **“Types of Depression, Therapeutic Alliance, and Their Relation with Therapeutic Outcomes and Dropouts” (IPCC\_3G)** addresses the following questions: Is there a connection (and interaction) between the patient's anaclitic and introjective personality styles, his/her level of attachment, and perceived social support, on the one hand, and the final therapeutic outcome, on the other?; how do the anaclitic and introjective personality styles, attachment, and social support connect and interact with depression?; how are process variables, especially alliance-related ones, patient perceived usefulness, and comfort of the initial sessions (1 to 3) related to the final therapeutic outcome? This study started during the Millennium Nucleus and completed its sample collection phase in that period (N= 99 adults with depression receiving care at an outpatient health center). The study is currently in its data analysis phase, prior to the generation of articles. Preliminary results have been presented at an international conference (14, 18) and have been included in an article submitted for publication. Results show that the association between the dimensions of attachment (anxiety and avoidance) and depression was partially mediated by self-criticism. Furthermore, results indicate that when the level of satisfaction with social support was low and the anxiety dimension in the attachment scale was high, as avoidance increased, depressive symptoms increased as well.

The study **“Distinctions in the Diagnosis and Prognosis of Depression in Psychotherapy: Relational Patterns, Internal Conflicts, and Vulnerabilities of Psychic Functioning and Their Relation to Psychotherapy Process Variables” (IPCC\_1A)** addresses the following questions: Is there an association between the anaclitic and introjective personality styles and the personality traits considered in the operationalized diagnosis system (OPD, which considers dysfunctional relational patterns, internal conflicts, and structural vulnerabilities) in people treated at outpatient health care centers?; are these diagnostic profiles associated with the evolution of the psychotherapeutic process in terms of symptomatology, interpersonal relationships, therapeutic alliance, and change?; are these profiles associated with therapeutic outcomes at the end of the therapeutic process? The sample includes 105 adult patients who are initiating individual psychotherapy and who will be interviewed and 20 psychotherapeutic processes video recorded session-by-session, which are currently in the change coding stage (change episodes and indicators). Preliminary results (N=43) indicate that the higher an individual's structural vulnerability, the higher his/her levels of self-criticism and dependence. When analyzing structural functioning, depressive symptomatology, and depressive style jointly, it was observed that, in patients with less integration in the structural dimension of self-regulation, self-criticism was more strongly associated with depressive symptomatology. The present study is still ongoing, although its partial results have been presented at international conferences (13, 22).

In addition, within the framework of these studies, a “Post-Diagnosis Station”, located in the mental health unit of the San Joaquín Medical Center, at the UC was constructed. This station is a bay next to the Unit's

waiting room which has a PC and an Internet terminal that allows patients and/or therapists to complete on-line research and assessment instruments. This bay will provide services to several MIDAP studies being conducted in the clinical space provided by USM. It is expected to open in April/May 2016.

The study **“Evaluation of the Impact of the Application of the Operationalized Psychodynamic Diagnosis System (OPD-2)” (IPCC\_1B)** addresses the following questions: Can the OPD diagnosis system constitute an applicable, useful, and efficient tool for psychologists working in public mental health care centers? (MLR1); is it effective to provide psychological therapy whose therapeutic foci are defined using the OPD-2 in the areas of symptomatic reduction, improvement in general and interpersonal functioning, quality of life, and structural personality capabilities?; does this therapy improve variables of the therapeutic process, specifically the alliance and the patient's adherence to therapy? (MLR3). This quasi-experimental study used a sample of 160 patients with depression (80 CG/80 IG) who attend psychotherapy sessions at Community Centers for Family Mental Health (Centros Comunitarios de Salud Mental Familiar, COSAM). The IG receives therapy after the patient is diagnosed using the OPD-2, and after establishing –according to this system– the therapeutic foci to be covered (for which a group of psychologists were trained to use it); in contrast, the CG receives the treatment as usual. 88 patients have been recruited so far (45 CG/43 IG). Preliminary analyses (N=47) of these data show that when structural capacities are more readily available (better functioning) the physical component of quality of life is significantly correlated with the severity of depressive symptoms, but when structural functioning is poorer, quality of life remains lower, regardless of the level of depressive symptomatology. The present study is still ongoing, although its partial results have been presented at an international conference (24).

The study **“Evaluation of the Effectiveness of Adolescents Identity Treatment (AIT): Assessment of the Psychotherapy Process and Outcome in Adolescents Diagnosed with Identity Diffusion” (IPCC\_3A)** addresses the following questions: Does AIT effectively reduce psychopathological symptoms and dysfunctional behaviors, and does it effectively improve emotional regulation, social cognition, and psychosocial functioning in adolescents?; what are the mechanisms of change present over the therapeutic process? This is a multinational study, conducted in Basel (Switzerland), Heidelberg (Germany), and Santiago (Chile). To date, 4 patients have been recruited in Chile (Instituto Médico Schilkrut) and 5 in Basel. The AIT model is an individual treatment approach designed to conduct systematic technical interventions in adolescence in order to prevent or revert the development of personality pathologies and improve behavioral, social, and academic functioning. Apart from psychotherapy, this model includes psychoeducation, and family work to support the individual work carried out with the adolescent. The AIT model begins with a 6-month treatment, with a re-assessment every 6 months according to the patient's disorder and his/her needs.

The study **“Communicative Characteristics in Patients with Introjective and Anaclitic Depression” (IPCC\_3E)** addresses the following questions: What are the differential characteristics of patients with introjective and anaclitic depression, in terms of their communicative and linguistic patterns?; what is their evolution throughout the psychotherapeutic process?; what is the relationship between said communicative, linguistic, and relational patterns, on the one hand, and psychotherapeutic outcomes and change, on the other? This study started while the Institute was a Millennium Nucleus and was completed in October 2015. Its results have been presented at international conferences (6, 55, 56) and they are part of articles in preparation.

The study **“Mentalizing and Change in Psychotherapy for Patients with Personality Disorders (IPCC\_6B)** is intended to answer the following questions: How does the mentalizing capacity of patients interact with that of therapists during long-term therapeutic processes?; is this interaction process (co/regulation) associated with the evolution of the process?; is it associated with psychotherapeutic change? The study **“Discourse-Voice Regulation Strategies in Psychotherapeutic Interaction During Long-Term Psychotherapies” (IPCC\_6C)**, which also focuses on the patient-therapist regulation process, is intended to answer the following question: What is the relationship between the verbal and nonverbal forms of patient-therapist regulation in relevant episodes of psychotherapeutic processes? To date, as a

whole, these studies have recorded 8 long-term psychotherapies (40 or more sessions), 5 of which have already been completed and are in their coding phase. The specific contribution of the first study is the development of a new way of studying mentalizing, transcending the usual pre-post intervention measurements by focusing on interaction during the therapeutic process. A preliminary result of the first study is the adaptation of the Reflective Functioning Scale (RFS). The second study has made it possible to increase the precision of the Vocal Quality Patterns and Discursive Positioning coding systems, replicating the patient-therapist interaction model in new psychotherapies. These studies have been presented at conferences (15, 23, 31, 52, 54) and have been included in a published article (22) and in another submitted for publication.

The case study “**Electrophysiological Correlates of Depression and Psychotherapy**” (IPCC\_3C), addresses the following question: Are there electrophysiological markers –in the patient and the therapist– which characterize the relevant moments during the psychotherapeutic process of a patient diagnosed with depression? This study started while the Institute was a Millennium Nucleus. The psychotherapy, completed in 2015, was simultaneously video recorded and registered using EEG. Out of the 50 video recorded sessions, the 26 ones analyzed so far indicate an imbalance in neural activity in the theta band associated with the level of anxious/depressive symptomatology reported by the patient in his/her session-by-session outcome measurements (OQ.45.2), compared with subclinical periods. In the first stage, a protocol was developed which made it possible to carry out the joint recording; however, it was only towards the end of the year that it was possible to hire an electronic engineer who provided a method for synchronizing the patient's and the therapist's EEG data. For this reason, a second case study is being projected. The progress made has been used in a presentation at an international conference (53) and in an article submitted for publication.

MLR3 has received international recognition, which has encouraged foreign researchers to visit the MIDAP Institute as interns. This is the case of Adrián Montesano, from the Department of Personality, Assessment, and Psychological Treatments of the Universidad de Barcelona, who stayed for 2 months.

**MIDAP Line of Research 4 (MLR 4): Rehabilitation and reintegration.** This line focuses on the patient's recovery and on reducing the chronicity of depression. It addresses the following questions: How to contribute to the recovery of the depressive patient by re-integrating him/her into her everyday life? what characterizes patients with recurrent depression, and how should they be managed in order to reduce the recurrence of the depressive disorder and its consequences? (REI\_3B,5).

The study “**E-Mental Health for Reducing the Chronicity of Depressive Disorders (ASCENSO/Chile)**” (REI\_3B) addresses the following question: Is it feasible to conduct a follow-up intervention based on e-mental health as a support tool for patients who have been discharged from a short-term psychological treatment? This study was conducted in the Millennium Nucleus. During 2015, researchers have continued working to carry out a new stage of the study focused on assessing the effectiveness of the intervention, thanks to the availability of an improved web platform (ASCENSO 2.0). There are plans to use this project to apply for a national grant as a way of obtaining additional funds for a Randomized Controlled Trial. This study has been presented at conferences and one article has been accepted on it, to be published in early 2016.

The study “**Affective Disorders and Personality Disorders: Effects of Early Adversity Experiences (EAEs) on the Clinical Development and Management of Complex Sets of Affective Symptoms**” (REI\_5) addresses the following questions: Do EAEs have an impact on the complexity of the depressive people treated at outpatient health care centers, in terms of the gravity of the clinical presentation (dropout from previous treatment, recurrence of the pathology, high suicidality, and axis II comorbidity) and resistance to treatment?; how to provide interventions or treatments for complex patients in order to improve the effectiveness of treatment and reduce the chronicity of depression? A review of the state of the art has been conducted and 800 clinical records have been checked; preliminary results suggest a model in

which the additive component is more relevant (5 or more EAE experiences) than its typology for determining the gravity of the presentation of the pathology.

#### b) Publications:

During the first year of MIDAP, **23** scientific articles were published. 14 (64%) were published in ISI journals (with impact factors between 0.30 and 3.23), 4 were published in journals SCOPUS (with impact factors between 0.13 and 1.36), and 5 were published in journals not indexed in the most widely accessed databases. MIDAP intends to disseminate the results of its findings in international journals and has the policy of trying to increase its impact factor. In fact, some salient publications in this regard were included in PLOS ONE (3.23) *Frontiers in Psychology* (2.56), and *Trials* (1.73).

Most publications are part of MLR2 (10 articles), followed by MLR3 (5 articles). These two lines started out in the Millennium Nucleus period and thus have a longer trajectory. Two articles involve results which simultaneously address the questions of two different lines of research. The articles belonging exclusively to MLR3 were all published in ISI journals.

Out of the articles belonging exclusively to MLR2, 5 were published in ISI journals, 2 in SCOPUS journals, and 3 in other journals. Out of 15 publications in which Associate Researchers (AR) were involved, in 7 of them a single AR participated as author/co-author, in 5 of them two ARs participated, and in 3 of them three or more ARs took part jointly as co-authors. In addition, students were part of 6 of these publications.

In relation to our position regarding the “open access publications” we have mixed feelings, because, on the one hand, they broaden the possibilities of dissemination of scientific knowledge but, on the other hand, they impose a new –economical– restriction for researchers from low income countries.

#### Summary table

Category of Publication	MSI Center Members	Number of Publications coauthored by students	Total Number of Publications
ISI Publications or Similar to ISI Standard	Associate Researchers	5	15
	Others	1	3
SCIELO Publications or Similar to SCIELO Standard	Associate Researchers	0	0
	Others	0	0
Books & Chapters of Books	Associate Researchers	0	0
	Others	0	0
Other Publications	Associate Researchers	0	0
	Others	2	5
<b>Total</b>		<b>8</b>	<b>23</b>

#### Other achievements:

- **Patents:**
- **Intellectual property:**
- **Congress Presentations:** During 2015, 56 presentations were given at conferences, most of them international (75%) (see details in Annex 3.6). Ten presentations are associated with MLR1 (1 national, 9 international), 20 with MLR2 (10 national, 10 international), and 26 with MLR3 (3 national, 23 international). Again, MLRs 2 and 3 are the best represented in scientific dissemination activities.

#### Summary Table

Type of Researcher	Type of presentation	National Events	International Events
Associate Researchers	Conferences, oral communications, poster	6	21

	communications, others (Specify)		
	Invited presentations (not included in above row)	4	2
Other researchers	Conferences, oral communications, poster communications, others (Specify)	3	18
	Invited presentations (not included in above row)	1	1

#### ▪ **Organization of Scientific Events:**

MIDAP organized the “First Latin American Workshop on Depression and Personality” (November 2015). Seventeen presentations were given by MIDAP researchers (belonging to the 4 MIDAP lines of research), and 4 were given by foreign guests (more information in the Education and Capacity Building section).

MIDAP organized the international seminar “E-Mental Health. Technologies for Strengthening the Effectiveness of Mental Health Treatments” with the Antioquia University, Medellin, Colombia, which was developed in Medellin, in August 2015 (more details in Annex 6).

#### ▪ **Scientific Editorial Boards:**

Setting December 2014 as the starting date, seven MIDAP researchers (4 Associate Researchers, one Young Researcher, one Adjunct Researcher, and one Doctoral Student) are part of the editorial boards of 16 journals. 10 of these journals are ISI-indexed or similar, 2 are SCIELO journals, and 4 are Other Publications. Mariane Krause stands out due to participating in the editorial board of 7 journals, including *Psychotherapy Research*, the *American Journal of Community Psychology*, the *Journal of Community Psychology*, and the *Journal of Community and Applied Social Psychology*. Also, Maria Pía Santelices is editor of *Mental Health and Prevention* and Luis Salazar is part of the editorial board of *Clinica Chimica Acta*.

#### ▪ **Awards:**

Two of MIDAP’s doctoral students: Cecilia de la Cerda and Caroline Leighton, were awarded with the Latin American Student Travel Award from the Society for Psychotherapy Research, to attend the 46th Annual Meeting of the Society for Psychotherapy Research, held in Philadelphia, USA, June 24-27, 2015.

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

### **a) Education and Capacity Building:**

As was pointed out in the proposal, MIDAP continues and increases the successful work carried out by the previous Nucleus in training young scientists from Chile and Latin America, by fostering their international contacts through internships abroad and by investing in their doctoral and post-doctoral education.

During 2015, 15 Young Researchers were part of MIDAP, 87% of whom received fees for their work as researchers in studies conducted within MIDAP. They were selected considering their interest in the lines of research of MIDAP and after an assessment of their research skills. Participating in a research team is in and of itself a learning opportunity and a chance to develop knowledge and research skills. In addition, within the teams, Young Researchers developed information/data collection and data analysis skills, and, particularly, they learned to disseminate the results obtained by preparing and presenting studies at national and international conferences and by writing scientific articles as co-authors or lead authors. Two young researchers (Matias Irrarrazaval and Álvaro Langer) stand due to leading their own research.

MIDAP encourages young researchers still without a PhD to continue their careers as researchers by completing additional study programs, by consolidating their place in the research teams to which they belong alongside Associate and Adjunct researchers, and/or by carrying out research projects of their own, which are aligned with MIDAP’s objectives.

In 2015, MIDAP had seven Post-Doctoral researchers. One of them finished his postdoctoral research project (Nelson Valdés), three are continuing their research (Carla Crempien, Alemka Tomicic, Paula Dagnino), and three initiated a new postdoctoral project (Álvaro Carrasco, Olga Fernández, Carolina Altimir). The three last ones are fully sponsored by MIDAP (each of them receives US\$ 912/month and devotes 22 hours/week to the center). They conducted their postdoctoral studies in two MIDAP lines of research: MLR3 and MLR4. They were selected considering their previous work in the Millennium Nucleus “Psychological Interventions and Change in Depression”, their projection in connection with MIDAP’s lines of research, their research skills, and their academic background. We will encourage some of them to continue their research careers in MIDAP.

Thirty-five doctoral students, 15 master's students, and 6 undergraduate students were part of MIDAP during the year 2015. More than 71% of doctoral students (25) came from the Doctoral Program in Psychotherapy (DPP) jointly offered by the UC and UCh. Additionally, MIDAP has a student from USACH's Doctoral Program in Psychology, whose thesis is devoted to the mental health impact experienced by family caregivers; 4 from UC's Doctoral Program in Neuroscience, who are working on various aspects of MLR3, studying topics such as mindfulness, neurological signals, and cognitive plasticity; and 3 from UC's Doctoral Program in Psychology, whose theses are part of MIDAP's MLR1 (depression bio-markers) and MLR3 (change indicators in therapies with children and adolescents). Other two students are conducting their programs abroad on topics such as mental health users' organizations (part of MLR2) and mental health in LGBT populations (part of MLR1) (see additional details in Annex 5). MIDAP doctoral students living in Chile can apply for a grant of approximately US\$ 420/year while working on their theses. Six MIDAP students received this benefit during 2015.

In order to belong to MIDAP, students must enter an ongoing study that is aligned with their research interests and particularly with the topic to which they intend to devote their doctoral theses. This opportunity allows them to interact early on with Young, Adjunct, and Associate researchers, to acquire experience (either in person or vicariously) in the areas of information/data collection, data analysis, observation methods, interaction coding (mother/child, patient/therapist), and interviews, to prepare and give talks in national and international conferences, and to write scientific articles as lead authors or co-authors. In addition, in studies involving the use of intervention strategies, they have had the chance to develop clinical skills for the treatment and/or prevention of depression. MIDAP encourages students to conduct their doctoral theses with the intention of contributing to the research done on MIDAP's research questions. Some students will be encouraged to continue carrying out post-doctoral research and/or consolidate their position within the teams to which they belong alongside other MIDAP researchers.

Young researchers, post-doctoral researchers, and students are invited to attend the four yearly MIDAP general meetings. These meetings are used to present the research conducted within MIDAP and are sometimes attended by national and international guests who share their research in the field of Depression and Personality. 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. Also, MIDAP gives them the chance to apply for partial grants to support conference attendance and thus improve their ability to present results in national and international contexts and establish collaboration networks. We also offered scholarships for MIDAP's graduate students to attend courses, workshops, and seminars abroad with the financial support of three of our host universities (UC, UDD, UFRO). The first call was issued in late 2015 so the scholarships have not yet been awarded.

In July 2015, MIDAP submitted an international research project to CONICYT, which was awarded in April 2016. This new project gives continuance of the ongoing Chilean-German collaborative research projects and its associated doctoral training programs, including the already mentioned joint Doctoral Program (Doctorado en Psicoterapia) imparted by UC and UCh with the Heidelberg University (HU) for the last eight years, which has resulted in several dissertations being jointly supervised by faculty of these universities). This doctoral program has thus far produced 28 doctoral dissertations focusing specifically on depression, its relation to personality, and the effectiveness of psychotherapy with an emphasis on

intercultural and comparative aspects. It is within the context of this ongoing collaboration with the HU - and given the expertise and major impact of both research groups- that MIDAP's researchers from UC and UCh, together with researchers from HU are currently applying to the German Research Foundation (DFG), to obtain funding for an International Research Training Group (IRTG).

**b) Achievements and results:**

In September 2015, the Young Researcher Álvaro Langer completed his study “Effects of Mindfulness Training on the Well-Being of School Students” (MLR2), which received financial support from the Program for the Attraction and Inclusion of Advanced Human Capital [PAI], CONICYT. After completing his research, and considering his profile (scientific productivity, knowledge, research skills, ability to form teams and work networks, among other aspects), he was invited to stay in MIDAP as Adjunct Researcher. Also, Nelson Valdés completed his post-doctoral project “Characteristics of the Verbal Communication of Patients with Depression -Introjective and Anaclitic- During Therapeutic Conversation and its Relationship with Psychotherapeutic Change” (MLR3) and, upon the basis of the same considerations of the previous case, he was invited to stay in MIDAP as Adjunct Researcher. He will participate as co-researcher in an international study on the effectiveness of Adolescent Identity Treatment (AIT) therapy and its associated change processes, which will enable him to continue studying the connection between depression and personality.

Student participation in MIDAP's lines of research during 2015 is as follows: Ten students (6 doctoral students, 3 masters' students, and 1 undergraduate) worked on an MLR1 study; nineteen students (8 doctoral students, 6 masters' students, and 5 undergraduates) worked on an MLR2 study; and twenty-seven students (21 doctoral students and 6 masters' students) worked on an MLR3 study.

During 2015, five undergraduate students completed a thesis to obtain a degree in Psychology from UV, which was entitled “Implementation and Pilot Application of an Evidence-Based Psychoeducational Program for a Group of Family Caregivers of People with Dementia”, under the guidance of the Associate Researcher Claudia Miranda. In addition, the following Master's theses were completed: “Attachment, Socio-Emotional Development, and Theory of Mind in Preschoolers and their Relationship with Mentalizing in Parents and Teaching Staff” (Master's Degree in Educational Psychology, UC), carried out by Cecil Mata under the supervision of the Associate Researcher Pía Santelices, and “Evaluation of the Effectiveness of a Program for the Prevention of School Violence” (Master's Degree in Educational Psychology, UDD), conducted by Javiera Astudillo under the supervision of the Associate Researcher J. Carola Pérez. The results provided by these theses contribute to the generation of knowledge about depression prevention strategies in children, adolescents, and adults.

During the MIDAP general meetings held, 2 Young Researchers and 3 Post-Doctoral Researchers presented their final or partial research results, 3 doctoral students presented progress reports of their doctoral theses, and 6 doctoral students presented qualitative results derived from their research. In addition, 5 doctoral students had the chance to receive feedback regarding their projects and/or thesis progress reports from Peter Fonagy, a world expert in the study of mentalizing and its impact on mental health. In order to make the most of Dr. Fonagy's presence in Chile (see page 22), an extraordinary general meeting was organized for the supervision of the following doctoral projects: a) Association between depression, experience of childhood trauma, and mothers' mentalizing with socioemotional development and theory of mind in preschoolers; b) Analysis of parental reflexive functioning, quality of triadic interaction, and their influence on early childhood development; c) Manifestations of mentalizing in patient-therapist interaction during the psychotherapeutic process and their relationship with change; d) Moments of meeting as relevant episodes for the study of change in psychotherapy; e) Structural functioning of personality, reflexive functioning, and criminal-antisocial behavior: a multi-level perspective. Conducting activities of this type is fundamental for the education of young scientists, especially when the supervisor is a world authority on the subject; for this reason, all Young Researchers and students from MIDAP were invited to take part in this event.

Out of 56 studies presented at national and international conferences during 2015, 25 involved Young Researchers and Post-Doctoral Researchers as co-authors (13 were led by them), while 26 included the participation of students (14 were led by students). Three Young Researchers, 4 Post-Doctoral Researchers, and 11 graduate students received financial support from MIDAP to attend these events through application processes established by MIDAP to provide such aid.

Out of 23 articles published during 2015, 9 involved Young Researchers or Post-Doctoral Researchers as co-authors (4 were led by such researchers) and 6 included the participation of students (1 was led by a student).

On the other hand, MIDAP students were able to attend 3 activities sponsored by MIDAP for free: “Personality Disorders: Scientific Study, Treatment, and Comorbidity with Mood Disorders”, taught by Otto Kernberg; “The State of the Art in Contemplative Sciences”, taught by Simón Guendelman and Sebastián Medeiros, and a Workshop: “Mental Health and Suicide Prevention in LGBT Adolescents”, taught by Francisco Aguayo and Juliana Rodríguez.

In order to establish MIDAP as a leading center for the training of researchers in the field of depression and personality in Latin America, the First Latin American Workshop on Depression and Personality was held at UC (16 - 20 November, 2015). The workshop covered, through its theoretical and practical components, the importance of conducting basic and applied research on the mechanisms that trigger, develop, and sustain mental health disorders (with an emphasis on depression), along with the mechanisms of action and effectiveness of the treatments employed to manage them, detailing their theoretical basis and their adequate methodological implementation. The workshop had 4 international guests: Dr. Peter Fonagy, The Anna Freud Centre & University College London, UK; Dr. Adam Horvath, Professor Emeritus, Simon Fraser University, Canada; Dr. Andrés Roussos, CONICET - Universidad de Belgrano, Argentina; and Dr. Denise Defey, Centro de Intervenciones Psicoanalíticas Focalizadas – CEIPFO, Uruguay. 25 participants from 7 countries attended the workshop and received a full or partial scholarship from MIDAP (out of 37 applicants). Of these, 23 were students enrolled in graduate programs on clinical psychology and psychotherapy at Latin American universities, while 2 were graduates initiating their post-doctoral studies. They came from Mexico (2 people), Panama (1), Colombia (4 people, 2 of whom are currently studying in Chile under the auspices of MIDAP), Brazil (3), Uruguay (3), Argentina (4), and Chile (8 people, 3 from MIDAP). The Workshop involved theoretical sessions in the morning, which students and researchers could attend after registering, and research supervision sessions in the afternoon, only available to the 25 participants. The Workshop was very well evaluated by its participants, which made MIDAP consider the possibility of transforming it into a periodic activity. A second version is being planned for the second semester of 2017.

Finally, a number of MIDAP researchers worked during 2015 on the preparation of the syllabuses of 3 diploma programs for the 2016 Continuing Education courses at UC. These are: “Diploma Program in Personality Disorders: Theory, Diagnosis, and Treatment”, “Diploma Program in Diagnosis, Indication, and Strategies in Psychotherapy: Operationalized Psychodynamic Diagnosis (OPD-2)”, and “Diploma Program in Interventions for Depression and Other Mood Disorders: Conceptualization and Intervention Strategies” (See Annex 5, page 47).

Towards the end of the year, MIDAP started to develop an integrated program of educational activities aimed at different levels of target audiences; for example, integrating undergraduate students into ongoing research developed by MIDAP, organizing educational activities for graduate students and Young Researchers focused on topics such as writing papers, giving good presentations, etc. For health professionals, apart from the diploma programs, activities such as specialized workshops and/or short courses will be developed in order to improve their performance in depression treatment. All of these activities will serve to demonstrate the effectiveness of MIDAP as an organization that contributes to improving health care in Chile, as well as to encourage national and international clinical research collaborations.

## 5. Networking and other collaborative work

### a) Networking

Establishing national, Latin American, and international scientific collaboration networks is one of MIDAP's main objectives. During 2015, the Institute worked on seven thematic axes –which guide the collaboration activities conducted and which are associated with the lines of research pursued– that covered the health, education, and work sectors. The axes are: a) Application of e-Mental Health tools in mental health care; b) Psychotherapeutic processes; c) Mindfulness and other contemplative practices; d) Early development conditions; e) Management of depression and other mood disorders in the Chilean health care system; f) Biological and personality interactions and cultural aspects in the development of psychological disorders; and g) Longitudinal studies on the etiology and evolution of depression.

In the thematic axis **Application of e-Mental Health tools in mental health care**, MIDAP has two formal networks, backed by a signed contract, which are currently working on two projects. The first of them is called “ASCENSO” (Apoyo, Seguimiento y Cuidado de Enfermedades a partir de Sistemas Operativos) [Disease Support, Follow-up, and Care Based on Operating Systems] and comprises MIDAP, Psicomédica Clinical and Research Group, the University of Antioquía, and the Heidelberg University (HU) Psychotherapy Research Center. The second one is called “Sin-E-Stres” [Without E-Stress], whose member institutions are MIDAP, the Chilean Safety Association (Asociación Chilena de Seguridad, ACHS), and HU's Psychotherapy Research Center. The main objectives of the work carried out were to implement new therapeutic applications (in the case of ASCENSO, for the treatment of depression; in the case of Sin-E-Stress, for depression prevention by conducting interventions for people with post-traumatic stress associated with workplace and/or commute accidents) and to execute feasibility and user acceptability studies.

The main products and results of these scientific alliances were: a) Adaptation of the web platform used in the “Sin-E-Stres” project for supporting patients receiving post-traumatic stress treatment; b) Training for the Chilean professionals who participated in the ASCENSO and Sin-E-Stres studies; c) International Seminar “E-Mental Health: Technologies for Strengthening the Effectiveness of Mental Health Treatments” in the city of Medellín, Colombia, in August 2015; d) Publication of an article in January 2016, authored by members of the network, in the journal *Telemedicine and e-Health*.

It is important to highlight that, in order to continue developing this thematic axis, MIDAP applied for CONICYT funding with the project “E-Mental Health for Depression: Latin American Experiences”. This project was accepted in May 2016. Its objective will be to study the level of use of Internet-based interventions for preventing and treating depression in Latin America. The project will be conducted in collaboration with the National Psychiatry Institute “Ramón de la Fuente Muñiz” (Mexico) and the Center for Social and Human Research of the University of Antioquia (Colombia).

MIDAP has different networks and collaborations in the **Psychotherapeutic Processes** axis.

One formal collaboration network, backed by a signed agreement, is currently active, through the study: “Process-Outcome Study: Adolescent Identity Treatment (AIT): A New Integrative Approach for Personality Pathologies”, comprised by MIDAP, the Child and Adolescent Psychiatric Hospital (Basel, Switzerland), Heidelberg University (Germany), and the Schilkrut Medical Institute (Chile). This network is intended to examine pathologies such as depression and personality problems in adolescent populations, and, specifically, to conduct the abovementioned multi-center study about the change mechanisms in a treatment for identity diffusion in adolescents with and without depression. Some of the products of the network's activities were: a) Two training workshops on therapeutic process research, aimed at Swiss scientists. One of them was carried out in Santiago de Chile and the other in Basel, Switzerland; b) Two coordination and planning meetings: one in Basel, Switzerland, and another in Heidelberg, Germany; c) A training program for the first group of therapists who participated in the AIT study.

Also in this axis, during 2015 MIDAP started generating collaboration with the Personality Disorders Institute of the Weill Medical College of Cornell University (USA) and the Chilean Institute of Personality Disorders, in order to study the change mechanisms involved in TFP therapy (Transference-Focused Psychotherapy). Within the context of this network, in 2015 MIDAP organized a seminar for mental health professionals in the city of Santiago which was taught by Dr. Otto Kernberg, renowned psychiatrist and director of the Personality Disorders Institute.

In third place, MIDAP has a long lasting and close collaboration with the Society for Psychotherapy Research, with MIDAP's Principal Researcher, Mariane Krause being a member of the societies' Executive Council, through her position as Latin American Chapter President, with the Associate Researcher Claudio Martínez in the role of coordinator of the Chilean Chapter, and with 15 researchers of MIDAP being regular members of the society. As part of this collaboration, MIDAP has had an active role in the organization of the international as well as regional conferences of the SPR.

In the **Mindfulness and other contemplative practices** axis, one network was established: "Intercultural Study on Mindfulness-Based Depression Prevention in Children and Adolescents". This network comprises MIDAP, the Zhaw School of Applied Psychology (Switzerland), and the Medicine and Mindfulness Center (Chile). Its objective is to study and implement strategies based on mindfulness and other contemplative practices for preventing and treating depression. In order to consolidate this network, in 2015 MIDAP applied for Swiss Bilateral Programme funding (which was approved).

MIDAP signed a bilateral agreement with the Mindfulness and Medicine Center (Chile) intended to obtain participants for the Institute's studies and to collaborate with clinical interventions. During 2015, MIDAP researchers gave presentations at conferences; also, a course on neuroscience, mindfulness, and compassion was taught.

In the axis **Biological and personality interactions and cultural aspects in the development of psychological disorders**, one network was established: "Subjective Construction of the Suicide Process in Young Lesbian, Gay, and Transsexual (LGBT) People". The network comprises MIDAP, Universidad Diego Portales (Chile), Fundación Cultura Salud [Culture and Health Foundation], and Fundación Todo Mejora [It Gets Better Foundation]. Even though a collaboration agreement has not been signed, the scientific work conducted by the participating institutions has been fruitful: the topic has been researched, training programs have been implemented, and the progress and results obtained have been disseminated. During 2015, a scientific article was published, presentations were given at conferences, and a seminar on suicide and mental health in young LGBT people was held.

In the axis **Management of depression and other mood disorders in the Chilean health care system**, a bilateral agreement was signed with Red-Gesam, one of the main health care providers within the GES system (Explicit Health Guarantees). The objective of this alliance is to strengthen the interchange of ideas between clinicians and researchers. This collaboration was made effective through a first training course provided by MIDAP for professionals belonging to this institution. The future development of this network includes the close collaboration with the Chilean Ministry of Health, which was initiated in November 2015.

In the **Early development conditions** axis, a collaboration agreement was signed in 2015 between MIDAP and the Early Attachment Program (Programa de Vínculos Tempranos, PVT) of Universidad Alberto Hurtado's (UAH) Faculty of Psychology, in order to collaborate in the areas of clinical and psychotherapeutic research and specialized training programs.

In addition, within this thematic axis, a relevant scientific collaboration program is active with researchers from Heidelberg University and the Catholic University of Louvain, which is based on existing agreements. The objective of this network is to explore the early development conditions, the biological correlates, and the aspects of personality involved in depression.

In the axis **Longitudinal studies on the development of depression**, scientific collaborations were initiated with the following Chilean research centers: the Center of Longitudinal Surveys [Centro de Encuestas Longitudinales], the Interdisciplinary Center of Intercultural and Indigenous Studies [Centro Interdisciplinario de Estudios Interculturales e Indígenas], the Center of Conflict and Social Cohesion Studies [Centro de Estudios de Conflicto y Cohesión Social], and the Advanced Center for Chronic Diseases (ACCDiS). The objective of these bilateral agreements is to study depression and their multiple etiological factors over time and in different populations (children and adolescents, adults, older adults, and American natives). These collaborations involve joint studies and publications.

It is important to highlight that all thematic axes will be strengthened by two funding applications completed in 2015: the German project “International Research Training Group (IRTG): Functional Domains, Disease Mechanisms, and Processes of Psychotherapeutic Change in Major Depression and Borderline Personality Disorder”, submitted to the Deutsche Forschungsgemeinschaft (DFG), and the Chilean project “Affective Disorders and Personality: Disease Mechanisms and Mechanisms of Change in Psychological Interventions”, submitted to CONICYT, which was accepted in May 2016 and will finance 3 years of scientific interchange with Heidelberg University.

#### **b) Other collaborative activities:**

During 2015, collaborative activities were carried out together with several institutions.

- (1) A scientific collaboration is being generated with the Psychological Care Center of Universidad Gabriela Mistral (UGM, Chile).
- (2) A scientific collaboration was initiated with the University of Bern (Switzerland), through which joint studies on psychotherapeutic regulation will be conducted.
- (3) In the area of personality and its disorders, collaboration was formed between MIDAP, Heidelberg University, and the Chilean Institute of Personality Disorders (Chile).
- (4) Lastly, collaboration with the Doctoral Program in Psychotherapy (UC and Ch) set up years ago during the Millennium Nucleus continues to be fruitful. This alliance focuses on education, research, and training programs for developing researchers. During 2015, 25 students from the Doctoral Program in Psychotherapy participated actively in MIDAP’s studies.

### **6. Outreach and connections with other sectors**

b) **Outreach:** During its first year, MIDAP permanently disseminated its scientific work, which resulted in a series of activities intended to provide information about the progress and results of its research. The events organized engaged the academic and professional world from the fields of health, education, and labor, as well as the general public. All the work conducted in this regard was linked to MIDAP’s lines of research and its scientific objectives (see also Appendices 7.1 to 7.3.).

The distinguishing feature of the outreach activities conducted by the Institute in 2015 was the decision to link the dissemination of research results and the expertise of MIDAP researchers with promotion, prevention, and training activities in the area of depression and personality disorders. This choice was highly valued by the individuals who participated in these activities; therefore, the Institute has plans to maintain and expand this dissemination model over the next years in order to become a program noted for its contributions in the field of mental health.

The educational sector was one of the priorities for MIDAP. Within this context, the Institute organized the Educational Workshop “Depression in Adolescents: What Can Schools Do?”, a training activity aimed at education professionals (teachers, counselors, principals, and psychologists) working at State, subsidized private, and private schools. The topics covered included epidemiology, symptomatology, and individual, family, and social risk factors, among others. The objective was to raise awareness about these issues, in order to give our audiences the tools needed to detect and refer young people with suspected depression in a timely fashion. 4 workshops were conducted in different regions of Chile, which were attended by 133 people. In addition, a video and some graphic materials about emotional regulation were created, which

were used in each of the workshops and then provided to the participants so they could use them with their students.

Also within the educational sphere, an activity aimed at secondary school students was conducted. The adolescents had the chance to visit MIDAP facilities and talk to some of the Institute's researchers to learn more about the scientific work carried out by our Center. The participants also had access to information and psychoeducational material about depression and other mood disorders.

In addition, MIDAP participated actively in one of Chile's most important scientific dissemination events: the 9th Science Festival (IX Fiesta de la Ciencia), organized by the Explora CONICYT program. Our Institute's participation in this 4-day activity consisted in talks about the effects of bullying and cyber-bullying on the mental health of adolescents, psychoeducational videos about depression prevention and emotional regulation, and psychoeducational material for promoting healthy habits. These activities reached many primary and secondary school students, with the total audience being estimated at 20 thousand people.

Another of the Institute's achievements was to sign a collaboration agreement with the Chilean Ministry of Health, which meant that the videos created by our center will be shown in the waiting rooms of 30 public hospitals.

In the area of health and human resources training, MIDAP organized a cycle of programs entitled “Delving Deeper into Depression”, which consisted of 4 talks that targeted RedGesam's health team, one of the main health care providers within the GES system (Explicit Health Guarantees). The goal of the activity was to provide these professionals with the tools and knowledge needed to improve the diagnosis and treatment of depression, in addition to informing them about the psychological, biological, and social components of this disease. In total, 31 professionals from a number of fields participated, including family physicians, psychologists, and psychiatrists. The training programs, which lasted 4 hours, were conducted at the participants' health care center by four MIDAP researchers.

Additionally, our center organized the workshop “I Feel Fine, and So Does My Baby”, which trained 33 Chilean Prison System professionals who are part of the Program for Pregnant Women with Breastfeeding Children (PAMEHL) in correctional institutions. For one day, they took part in this training course which sought to provide them with knowledge and techniques to reduce maternal depressive symptomatology by giving pregnant women a space to receive support and engage in reflection, which should make it easier for them to recognize their emotions, thoughts, and behaviors, as well as to apply problem-solving strategies adequately.

Within the field of mental health promotion for the general population, during 2015 MIDAP conducted a series of “Scientific Coffee Meetings on Depression”, which comprised 4 talks lasting 2 hours each, given by MIDAP scientists to disseminate the studies conducted by the Institute among the general public. The objective of this activity was to raise awareness in the audience about the problems that depression generates in all the areas of a person's life and to dispel the myths that still surround this disease and its treatments. The whole cycle of talks was attended by 174 people, greatly surpassing our expectations. At the beginning of each talk, two actors performed a 7-minute-long piece to introduce the topic of the day.

It is important to point out that MIDAP has established an important alliance with EXPLORA-CONICYT, one of Chile's main scientific dissemination agencies, which has provided support for the activities described. In addition, all these activities were sponsored by the Chilean Ministry of Health.

As part of its communication efforts, MIDAP created its institutional website ([www.midap.org](http://www.midap.org)), the main information platform for members of the Institute and for members of the public interested in learning more about our work. In addition, several social networking accounts were opened (Facebook, Twitter, and YouTube), which have been effective means of informing about and disseminating the activities organized by the center. In addition, a monthly newsletter was created to cover the most relevant news emanating

from the Institute. It is aimed not only at members of MIDAP but also at mental health professionals, scientific authorities, and university officials.

During 2015, MIDAP had an extensive presence on Chile's main media outlets: radio, television, national newspapers, and electronic media. In total, MIDAP had 44 press appearances, which included interviews with Associate, Adjunct, Young, and Postdoctoral Researchers who were invited to provide their expert insights.

One of its standout appearances was a long story published on La Tercera (newspaper), entitled “¿What do We Know about Depression?”, which addresses this issue considering the contributions of several MIDAP researchers. Another relevant appearance was an interview with the Associate Researcher Juan Pablo Jiménez, shown on Canal 24 Horas (TV channel), about the MIDAP study that is attempting to discover the genetic causes of depression. Another important appearance was an interview with the Associate Researcher Graciela Rojas, who was asked about the symptoms and treatments of postpartum depression on Chile's National Television channel. The visit of the Director of MIDAP, Mariane Krause, to the show “Aire Fresco” (Radio Duna) was also relevant. Here, she was interviewed regarding the high rates of depression in Chile and the way in which our country must deal with this phenomenon. Among online media outlets, the web portal “El Mostrador” has devoted several stories to the high levels of depression in Chile and also provided details about MIDAP's inauguration ceremony.

The opening ceremony deserves special mention as a dissemination activity, since it was attended by approximately 300 people, including Dr. Mauricio Gómez, head of the Mental Health Unit of the Ministry of Health. During this event, an institutional video was shown to illustrate the center's activities; in addition a masterclass was taught by Dr. Peter Fonagy (UK), the most prominent scientist working on MIDAP's areas of research.

Regarding the organization of dissemination events, MIDAP and its researchers conducted a series of activities aimed at mental health professionals and individuals interested in topics related to depression and personality. During 2015, 13 dissemination events were conducted which were attended by 2 thousand people interested in the work that our Center is conducting as part of its four lines of research. Among these activities, two conferences stood out: those by Peter Fonagy and Otto Kernberg, two of the world's most renowned researchers in the areas of depression and personality.

An additional contribution of the activities conducted was that they were not limited to the Metropolitan Region – they were carried out very successfully in other regions of the country.

### c) **Connections with other sectors:**

Following one of its general aims, MIDAP seeks to “generate knowledge that can inform mental health policy for the development of improved preventive, therapeutic, and rehabilitation services”. Through its members, the Institute has continued developing the close working relationship already established as Nucleus with health services, schools, policy makers, and community and government representatives. Most of these partnerships are the result of past Nucleus' outreach and networking activities.

**Health Sector:** It is important to highlight the existing links MIDAP has with private and public institutions that provide psychological assistance. Some researchers of MIDAP work in these centers and/or train professionals who belong to them (RedGesam). In other cases, some studies are being developed in these centers under the direction of researchers of MIDAP (i. e. Early Childhood Adversity Study and ASCENSO Study -MLR4- in Psicomédica Medical & Research Group; or the clinical interventions based in mindfulness -MLR3- developed in the Mindfulness Center -Centro Mindfulness y Medicina-). At the level of public level, partnerships with local Community Mental Health Centers (COSAM) of the Metropolitan Region have been established to carry out a study on Operationalized Psychodynamic Diagnostic (OPD-2) and its psychotherapeutic results (MLR3). Some of the results and products obtained so far are: the recruitment of patients, their follow-up, and the training of therapists who are part of the study.

Furthermore, a collaboration agreement has been established with the Integral Health Program for Adolescents and Young People of the Ministry of Health (MINSAL), allowing the emission of several psycho-educative videos through MINSAL-TV in the waiting rooms of 30 public hospitals of the Metropolitan Region.

Additionally, the researchers Vania Martínez, Matías Irrarázaval and Alex Behn are being part of the technical working group on prevention of suicide in adolescents of MINSAL (MLR2), and Guillermo de la Parra and Graciela Rojas were invited to form part of the Task Force on Mental Health, to discuss and provide technical information for the elaboration of the new “National Mental Health Care Plan 2016-2028”.

**Labor Sector:** MIDAP has strengthened its connection with the Chilean Work Safety Association (ACHS, a private nonprofit mutual society which provides social insurance for work-related injuries and diseases). In the context of MLR2, a pilot study of a web-based program for the support and follow up of patients with post-traumatic stress that are being treated at the ACHS started in 2015.

**Education Sector:** A partnership established with EXPLORA-CONICYT, the main Chilean scientific outreach agency, has enabled MIDAP to perform various successful outreach activities related to MLR2 (see Annex7).

Our Deputy Principal Researcher, María Pía Santelices has provided technical assistance to the Ministry of Education. She also has contributed with technical expertise to the development of the annual work plan of the Unit of Promotion of Healthy Environments of the National Kindergardens Board (JUNJI). Furthermore, she has advised the updating of the curricular bases for early childhood education as part of the educational reform process promoted by the Chilean government.

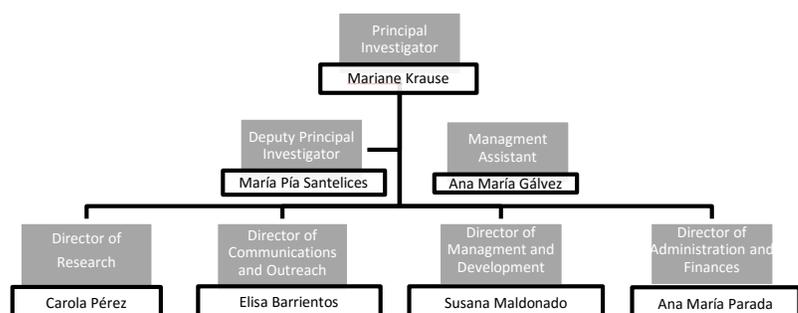
**Others:** Mariane Krause was part of the Presidential Committee "Science for Chilean Development", integrated by experts and scientists of outstanding career in the field of science, technology, and innovation. This committee had the mandate to draw up a proposal for the growth of Chilean (basic and applied) science, the increase of a “culture of science and innovation” in Chilean society, and to present the main components of institutional framework for science, technology and innovation.

## 7. Administration and Financial Status

### a) **Organization and administration:**

The MIDAP Institute has a management team that executes the decisions of the institute heads and works actively to achieve its proposed objectives. This team has a clear and orderly organization and management system, which is essential within the context of a multidisciplinary and inter-institutional group of researchers. For this reason, weekly meetings are held to provide information about and analyze the multiple aspects of its work, which are briefly described below. Some of its relevant aspects include, for example, organizing MIDAP activities, defining objective mechanisms for assigning MIDAP's financial resources (see [midap.org/concursos/](http://midap.org/concursos/) and [midap.org/solicitudes-internas/](http://midap.org/solicitudes-internas/)), proposing career promotion mechanisms for young researchers, opportunely sharing information which interests the whole MIDAP community, etc.

The Director of Research (Associate researcher, part-time) is in charge of the organization and the general coordination of MIDAP studies, organizes internal tenders for assigning research funds, research conferences, and meetings, and, in general, is responsible for all the activities directly related with research. The Director of Management and Development (Adjunct Researcher, part-time) is in charge of



managing the technical information related to the Institute, coordinating continuing education activities, and seeking additional sources of funding. She manages the information available about the Institute's human resources and the products obtained from MIDAP research. The Director of Communications and Outreach (technical staff, full-time) is in charge of disseminating the knowledge generated at MIDAP through external media outlets (press, television, other institutions), organizing outreach events, preparing scientific dissemination activities, and coordinating the generation of scientific collaboration networks. She organizes and prepares tenders for assigning funds to organize outreach and networking projects. The Director of Administration and Finances (administrative staff, part-time) is in charge of administering the available economic resources, contracts, and acquisitions. The Institute also has a management assistant (part-time) and a messenger (part-time); also, each ongoing study has the technical support of a number of research assistants, 18 of whom receive payment through Millennium Scientific Initiative funds for part-time staff. A similar number of assistants receive payment from other research projects led by MIDAP researchers.

Category	Female	Male	TOTAL
Assistant & Technicians	27	9	36
Administrative Staff	5	1	6
<b>TOTAL</b>	<b>32</b>	<b>10</b>	<b>42</b>

The MIDAP Institute depends on 5 Host Institutions (see Introduction). In terms of infrastructure and administrative duties, during its first year our Institute has received extensive support from UC's School of Psychology (EPUC). General facilities provided by all Host Institutions include work spaces for the researchers and students involved in each project; library services; meeting rooms; clerical assistance; phone, fax and Internet connection; video conferencing equipment; software for quantitative and qualitative statistical analysis; and other general services.

#### **b) Financial Status:**

The Institute received its first financial contribution (2014 budget) from the Millennium Scientific Initiative (MSI) in January 2015 (US\$444,360), funds that were predominantly devoted to activities implemented during 2015. During the second term of that year, MIDAP received the 2015 funds (just US\$ 86,514). Additionally, in January 2015, MIDAP received funding for Outreach (US\$ 18,348) and Networking activities (US\$ 7,645), which was fully invested in activities implemented during 2015. Furthermore, we had some financial support from FONDECYT and CONICYT through other research projects funded to various MIDAP's researchers.

The outflow structure for the year 2015 was the following: 65.12% was spent on researchers' fees, including Associate and Adjunct Researchers, Post-doctoral Researchers, Young Researchers, students, and research assistants. 11.62% was spent on tickets and travel expenses, mostly related to networking activities, the presentation of research results in international scientific meetings, and the participation of foreign guests in the 1<sup>st</sup> Latin American Workshop (see page 19). 9.53% was used for consultancies and legal personality expenses; 5.18% was spent on materials and supplies; 4.49% was employed to cover administrative expenses; 2.86% was devoted to insurance costs; 1.08% was spent on goods and equipment; and 0.12% was used for Publications.

At the end of 2015, the MSI Executive Board suggested that MIDAP kept cash reserve for the first months of the following year, while the 2016 funds arrived. This made it necessary to keep a positive balance at MIDAP as of December 31 2015, as detailed in Annex 9.3.

**Annex 1.- Institute / Nucleus Researchers**

## 1.1 Associate Researchers

Full Name	Research Line	Nationality	Gender	Date of birth	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Mariane Krause	Psychotherapeutic interventions and change processes. Basic bio-psycho-social structures and processes. Rehabilitation and reintegration.	Chilean	F	17-10-1955	Psychologist	D	Pontificia Universidad Católica de Chile	Profesora Titular	2
María Pía Santelices	Health promotion and psychosocial prevention.	Chilean	F	04-02-1969	Psychologist	D	Pontificia Universidad Católica de Chile	Profesora Asociada	2
Juan Pablo Jiménez	Basic bio-psycho-social structures and processes.	Chilean	M	03-07-1945	Psychiatrist	D	Universidad de Chile	Profesor Titular	2
Claudia Miranda	Health promotion and psychosocial prevention.	Chilean	F	17-12-1974	Psychologist	D	Universidad de Valparaíso, Pontificia Universidad Católica de Chile	Profesora Adjunta	2
Pamela A. Foelsch	Psychotherapeutic interventions and change processes.	North American	F		Psychologist	D	Instituto Médico Shilkrut		2
J. Carola Pérez	Basic bio-psycho-social structures and processes. Psychotherapeutic interventions and change processes. Rehabilitation and reintegration.	Chilean	F	21-03-1970	Psychologist	D	Pontificia Universidad Católica de Chile, Universidad del Desarrollo	Investigadora Adjunta	1
María Graciela Rojas	Health promotion and psychosocial prevention.	Chilean	F	24-09-1954	Psychiatrist	D	Universidad de Chile	Profesora Titular	2
Guillermo de la	Psychotherapeutic interventions and	Chilean	M	24-10-	Psychiatrist	D	Pontificia	Profesor Titular	2

Parra	change processes.			1952			Universidad Católica de Chile		
Claudio Martínez	Basic bio-psycho-social structures and processes. Psychotherapeutic interventions and change processes.	Chilean	M	06-04-1962	Psychologist	D	Universidad Diego Portales	Profesor Asociado	2
Eugenio Rodríguez	Psychotherapeutic interventions and change processes.	Chilean	M	02-03-1962	Psychologist	D	Pontificia Universidad Católica de Chile	Profesor Asociado	2
Luis Salazar	Basic bio-psycho-social structures and processes.	Chilean	M	29-08-1960	Medical Technician	D	Universidad de la Frontera	Profesor Titular	2
Diego Cosmelli	Psychotherapeutic interventions and change processes.	Chilean	M	18-01-1973	Biochemist	D	Pontificia Universidad Católica de Chile	Profesor Asociado	2
Vania Martínez	Psychotherapeutic interventions and change processes. Health promotion and psychosocial prevention.	Chilean	F	14-01-1970	Psychiatrist	D	Universidad de Chile	Profesora Asociada	2
Jaime Silva	Basic bio-psycho-social structures and processes.	Chilean	M	07-07-1972	Psychologist	D	Universidad del Desarrollo, Universidad de la Frontera	Profesor Asociado	2
Alemka Tomicic	Basic bio-psycho-social structures and processes. Psychotherapeutic interventions and change processes.	Chilean	F	17-09-1976	Psychologist	D	Universidad Diego Portales	Profesor Adjunto	2

## 1.2 Young Researchers

Full Name	Research Line	Nationality	Gender	Date of birth	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Carolina Altimir (until February 2015; after she was appointed as Postdoctoral Researcher)	Psychotherapeutic interventions and change processes.	Chilean	F		Psychologist	D	Instituto Milenio para la Investigación en Depresión y Personalidad-MIDAP	Investigador Joven	2
Manuel Ortiz	Basic bio-psycho-social structures and processes.	Chilean	M		Psychologist	D	Universidad de la Frontera	Profesor Asistente del Departamento de Psicología	2
Álvaro Vergés	Basic bio-psycho-social structures and processes.	Chilean	M		Psychologist	D	Pontificia Universidad Católica de Chile	Profesor Asistente	2
Cristián Cáceres	Rehabilitation and reintegration.	Chilean	M		Psychologist	U	PsicoMedica Research & Clinical Group		2
Álvaro Langer (until August 2015; after he was appointed as Adjunct Researcher)	Basic bio-psycho-social structures and processes. Psychotherapeutic interventions and change processes. Health promotion and psychosocial prevention.	Chilean	M		Psychologist	D	Instituto Milenio para la Investigación en Depresión y Personalidad-MIDAP	Investigador Joven	2
Alex Behn	Psychotherapeutic interventions and change processes. Rehabilitation and reintegration.	Chilean	M		Psychologist	D	Pontificia Universidad Católica de Chile	Profesor Adjunto	2
Augusto Mellado	Psychotherapeutic interventions and change processes.	Chilean	M		Psychologist	M	Universidad Alberto Hurtado		2
Francisca Pérez	Health promotion and psychosocial prevention.	Chilean	F		Psychologist	D	Universidad Alberto Hurtado		2
Karina Jaramillo	Basic bio-psycho-social structures and processes.	Chilean	F		Physical Therapist	U	Universidad del Desarrollo		2

Claudia Capella	Psychotherapeutic interventions and change processes.	Chilean	F		Psychologist	D	Universidad de Chile	Académica en el Departamento de Psicología	2
Sebastián Medeiros	Psychotherapeutic interventions and change processes. Health promotion and psychosocial prevention.	Chilean	M		Psychiatrist	D	Pontificia Universidad Católica de Chile	Profesor de la Escuela de Psicología	2
Marcela Grez	Psychotherapeutic interventions and change processes.	Chilean	F		Psychologist	D	Pontificia Universidad Católica de Chile, Facultad de Medicina		2
Matías Irrarrázaval	Health promotion and psychosocial prevention.	Chilean	M		Psychiatrist	M	Universidad de Chile, Departamento de Psiquiatría y Salud Mental, Facultad de Medicina	Profesor Asistente	2
Paul Vohringer	Basic bio-psycho-social structures and processes. Health promotion and psychosocial prevention.	Chilean	M		Psychiatrist	M	Universidad de Chile, Departamento de Psiquiatría y Salud Mental, Facultad de Medicina	Profesor Asistente	2

## 1.3 Senior Researchers

Full Name	Research Line	Nacionality	Gender	Date of birth	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 Frasier 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 (since November 2015)
Manfred Cierpka	Psychotherapeutic interventions and change processes.	German	M		Psychiatrist	D	University Hospital Heidelberg	Medical Director of the Institute for Psychosomatic Cooperation Research and Family Therapy	2

Note: Hans Kordy, who had been included as senior researcher in the proposal (2014) is currently retired.

## 1.4 Others

Full Name	Research Line	Nationality	Gender	Date of birth	Profession	Academic Degree	Affiliation	Current Position	Relation with Center
Oscar Arteaga	Health promotion and psychosocial prevention.	Chilean	M		Physician	D	Universidad de Chile	Director de la Escuela de Salud Pública	2
Orietta Echávarri	Basic bio-psycho-social structures and processes.	Chilean	F			D	Pontificia Universidad Católica de Chile	Profesor Asistente Adjunto	2
Candice Fischer	Rehabilitation and reintegration.	Chilean	F		Psychologist	D	Pontificia Universidad Católica de Chile	Profesor Adjunto	2
Susana González	Health promotion and psychosocial prevention.	Chilean	F			D	Pontificia Universidad Católica de Chile	Profesor Adjunto	2
Luisa Herrera	Basic bio-psycho-social structures and processes.	Chilean	F		Biochemist	D	Universidad de Chile	Profesor Asociado	2
Carmen Gloria Hidalgo	Basic bio-psycho-social structures and processes.	Chilean	F		Psychologist	M	Pontificia Universidad Católica de Chile	Profesor Titular	2
Felipe Martínez	Basic bio-psycho-social structures and processes.	Chilean	M		Anthropologist	D	Pontificia Universidad Católica de Chile	Profesor Asistente	2
Klaus Schmeck	Psychotherapeutic interventions and change processes.	Swiss	M		Psychologist	D	Psychiatric University Hospital Basel (UPK)	Ordinarius für Kinder- und Jugendpsychiatrie Kinder- und Jugendpsychiatrische Klinik	2
Nelson Valdés (Postdoctoral	Psychotherapeutic interventions and change	Panamanian	M		Psychologist	D	Instituto Médico	Director de la Unidad de	2

Researcher until 09/2015; Adjunct Researcher since 10/2015)	processes						Schilkrut	Investigación	
Susana Maldonado	Basic bio-psycho-social structures and processes	Chilean	F		Biologist	M	Instituto Milenio para la Investigación en Depresión y Personalidad-MIDAP	Directora de Investigación y Desarrollo	2
Stephanie Bauer	Rehabilitation and reintegration.	German	F		Psychologist	D	University Hospital Heidelberg	Chief Researcher at Center for Psychotherapy Research	2
Paula Errázuriz	Rehabilitation and reintegration.	Chilean	F		Psychologist	D	Pontificia Universidad Católica de Chile	Profesor Adjunto	2
Sergio Gloger	Rehabilitation and reintegration.	Chilean	M		Psychiatrist	U	PsicoMedica Research & Clinical Group	Director	2
Patrick Luyten	Basic bio-psycho-social structures and processes.	British	M			D	Research Department of Clinical, Educational and Health Psychology, University College London		2
Susana Morales	Basic bio-psycho-social structures and processes.	Chilean	F		Psychologist	D	Pontificia Universidad Católica de Chile, Departamento de Psiquiatría	Investigadora Adjunta	2
Susanne Schlueter-Müller	Psychotherapeutic interventions and change	Swiss	F			D			2

	processes.								
Marcia Olhaberry	Health promotion and psychosocial prevention.	Chilean	F		Psychologist	D	Pontificia Universidad Católica de Chile	Profesor Adjunto	2
Diana Rivera	Psychotherapeutic interventions and change processes.	Chilean	F		Psychologist	D	Pontificia Universidad Católica de Chile	Profesor Adjunto	2
Carolina Altimir	Psychotherapeutic interventions and change processes.	Chilean	F		Psychologist	D	Instituto Milenio para la Investigación en Depresión y Personalidad-MIDAP	Postdoctoral Researcher since March 2015	2
Álvaro Langer	Basic bio-psycho-social structures and processes. Psychotherapeutic interventions and change processes Health promotion and psychosocial prevention.	Chilean	M		Psychologist	D	Instituto Milenio para la Investigación en Depresión y Personalidad-MIDAP	Investigador Adjunto	2
Carmen Olivari	Basic bio-psycho-social structures and processes.	Chilean	F		Psychologist	D	Pontificia Universidad Católica de Chile	Profesor Adjunto	2
Olga Fernández	Psychotherapeutic interventions and change processes.	Chilean	F		Psychologist	D	Universidad de Chile, Departamento de Psiquiatría y Salud Mental, Facultad de Medicina	Profesora Asistente	2
Álvaro Carrasco	Rehabilitation and reintegration.	Chilean	M		Psychologist	D	Instituto Milenio para la Investigación en Depresión y Personalidad-	Investigador Postdoctoral	2

							MIDAP		
Carla Crempien	Psychotherapeutic interventions and change processes. Rehabilitation and reintegration.	Chilean	F		Psychologist	D	Instituto Milenio para la Investigación en Depresión y Personalidad-MIDAP	Investigador Postdoctoral	2
Paula Dagnino	Psychotherapeutic interventions and change processes.	Chilean	F		Psychologist	D	Universidad Gabriela Mistral	Académica Psicología y Coordinadora Equipo Clínico Adulto (CAP)	2

<b><u>NOMENCLATURE:</u></b>		
<b>[Gender]</b> [M] Male [F] Female	<b>[Academic Degree]</b> [U] Undergraduate [M] Master [D] Doctoral	<b>[Relation with Center]</b> [1] Full time [2] Part time

## Annex 2.- Lines of Research

N°	Research Line	Research Line Objectives	Description of Research Line	Researcher	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.	<p>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:</p> <ul style="list-style-type: none"> <li>- Interaction of cultural, social, and family variables in the prevalence of depressive disorders, suicide risk, and subjective experience of illness.</li> <li>- Confluence of cultural aspects and genetic susceptibilities with personality types and depression in the Chilean population.</li> <li>- Conditions of labor and educational contexts for subjective wellbeing and depression.</li> <li>- Trauma and alterations of early attachment as determinants of depression and personality disorders.</li> <li>- Psychobiological correlates of depressive disorders in interaction with personality types and structures.</li> </ul>	<p><b>Juan Pablo Jiménez</b>  <b>J. Carola Pérez</b>  Luis Salazar  Alemka Tomicic  Orietta Echávarri  Luisa Herrera  Felipe Martínez  Carmen Gloria Hidalgo  Karina Jaramillo  <b>Claudio Martínez</b>  Paul Vohringer  Mariane Krause  Álvaro Langer  <b>Susana Morales*</b>  <b>Jaime Silva</b>  Carmen Olivari  Manuel Ortiz  Patrick Luyten  Álvaro Vergés  Susana Maldonado</p>	<p>Genética y evolución.  Medicina psicosomática (incluyendo psiquiatría).  Sicobiología.  Antropología física.  Otras Psicologías.  Otras Sociologías.  Psicología de la Personalidad.  Otras especialidades de la biología.</p>	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 associated with the development of depression and personality disorders and reducing the social exclusion of the psychologically handicapped and fostering the capacities of	<p>It includes:</p> <ul style="list-style-type: none"> <li>- 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.</li> <li>- Impact of social support programs and early attachment interventions on psychological wellbeing and the prevention of disorders.</li> </ul>	<p><b>María Pía Santelices</b>  <b>María Graciela Rojas</b>  Oscar Arteaga  <b>Susana González *</b>  Francisca Pérez  <b>Matías Irrázaval *</b>  Sebastián Medeiros  <b>Claudia Miranda</b>  <b>Vania Martínez</b>  <b>Marcia Olhaberry *</b></p>	<p>Otras Psicologías.  Psicología Clínica.  Antropología Cultural y Social.</p>	24-12-14	

		mental health professionals.	<ul style="list-style-type: none"> <li>- Effectiveness of interventions geared towards preventing depressive disorders and suicidality among adolescents attending school.</li> <li>- Design and evaluation of interventions aimed at increasing the problem-solving capacity of mental health teams in primary health care.</li> </ul>	<p>Paul Vohringer  <b>Álvaro Carrasco *</b>  <b>Álvaro Langer *</b></p>	<p>Medicina psicosomática (incluyendo psiquiatría).</p> <p>Otras especialidades de la medicina.</p>		
3	Psychotherapeutic interventions and change processes.	This line of research focuses on the analysis of change processes and the effectiveness of psychological interventions	<p>Two of these studies imply multinational process-outcome studies:</p> <ul style="list-style-type: none"> <li>- Impact of the operational psychodynamic diagnosis of personality (OPD) on the suitability, effectiveness, and change process in psychotherapies for depression.</li> <li>- Impact of meditation and mindfulness on depressive symptoms, psychological wellbeing, as well as on psycho-physiological correlates and personality.</li> <li>- 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.</li> <li>- Interaction of personality styles and depressive symptoms in shaping the subjective experiences of adolescents, adults, and older adults concerning psychotherapeutic success or failure.</li> <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,</li> </ul>	<p><b>Nelson Valdés *</b>  Carolina Altimir  Augusto Mellado  Sebastián Medeiros  <b>Carla Crempien *</b>  Olga Fernández  <b>Diego Cosmelli</b>  <b>Pamela A. Foelsch</b>  Alex Behn  Diana Rivera  Guillermo de la Parra  <b>Claudio Martínez</b>  <b>Vania Martínez</b>  <b>Mariane Krause</b>  <b>Eugenio Rodríguez</b>  <b>Alemka Tomicic</b>  Álvaro Langer  Marcela Grez  Claudia Capella  Susanne Schlueter-Müller  Klaus Schmeck  <b>Paula Dagnino *</b></p>	<p>Sicología Clínica.</p> <p>Medicina psicosomática (incluyendo psiquiatría).</p> <p>Otras Sicologías.</p> <p>Otras especialidades de la biología.</p>	24-12-14	

			regulation processes and mentalization.				
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 biopsychological 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>	<p><b>Sergio Gloger</b> * Stephanie Bauer Carla Crempien Paula Errázuriz Candice Fischer Mariane Krause J. Carola Pérez Alex Behn <b>Cristián Cáceres</b> * Álvaro Carrasco</p>	<p>Sicología Clínica.</p> <p>Otras Sicologías.</p> <p>Medicina psicosomática (incluyendo psiquiatría).</p>	24-12-14	

*Note: The names of the leaders of each study are highlighted in bold. When the leader is not an Associate Researcher, an asterisk was placed next to his/her name.*

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

Category of Publication	MSI Center Members	Reference
<b>ISI Publications or Similar to ISI Standard</b>	Associate Researchers	3. Castro, P. J., Krause, M., & Frisancho, S. (2015) Teoría del cambio subjetivo: aportes desde un estudio cualitativo con profesores, <i>Revista Colombiana de Psicología</i> , 24(2), 363-379. doi=10.15446%2Frcp.v24n2.44453
		4. Fernández, O., Pérez, JC, Gloger, S. & Krause, M. (2015) Importancia de los Cambios Iniciales en la Psicoterapia con Adolescentes, <i>Revista Terapia Psicológica</i> . Vol. 33, Nº 3, 247-255
		5. Krause, M.; Fernández, O. & Bräutigam, B. (2015) Ergebnisqualität von psychotherapeutischen Prozessen mit Jugendlichen, <i>Psychotherapeut</i> . Volume 60, Issue 5, pp 419-425.
		7. Langer, A., Ulloa, V., Cangas, A., Rojas, G., Krause, M. (2015) Mindfulness-based interventions in secondary education: a qualitative systematic review / Intervenciones basadas en mindfulness en educación secundaria: una revisión sistemática cualitativa, <i>Estudios de Psicología</i> , Volumen 36 (3): 533-570 DOI: 10.1080/02109395.2015.1078553.
		9. Martínez P, G Rojas, I Magaña (2015) Análisis etnográfico en salas de espera de centros de salud primaria: implicancias para la detección y tratamiento de la depresión posparto, <i>Ter Psicol</i> 33(2): 59-68
		10. Martínez, V.; Espinosa, D.; Zitko, P.; Marín, R.; Schilling, S.; Schwerter, C. and Rojas, G. (2015) Effectiveness of the workshop “Adolescent depression: What can schools do?” <i>Front. Psychiatry</i> 6:67. doi: 10.3389/fpsyt.2015.00067
		11. Masías, V.; Krause, M.; Valdés, N.; Pérez, J.C.; Laengle, S. (2015) Using decision trees to characterize verbal communication during change and stuck episodes in the therapeutic process. <i>Frontiers in Psychology</i> . Vol.6, 1-9
		12. Olhaberry, M., Escobar, M., Mena, C., Santelices, P., Morales-Reyes, I., Rojas, G. & Martínez, V. (2015) Intervención grupal para reducir la sintomatología depresiva y promover la sensibilidad materna en embarazadas chilenas, <i>SUMA Psicológica</i> 22: 93–101
		16. Reyes G, Silva JR, Jaramillo K, Rehbein L, Sackur J (2015) Self-Knowledge Dim-Out: Stress Impairs Metacognitive Accuracy, <i>PLoS ONE</i> 10(8): e0132320. doi:10.1371/journal.pone.0132320
		17. Rodríguez-Sickert, C., Cosmelli, D., Claro, F., Fuentes, MA. (2015) The Underlying Social Dynamics of Paradigm Shifts, <i>PLoS ONE</i> 10(9): e0138172. doi:10.1371/journal.pone.0138172
		18. Rojas, G., Martínez, P., Vöhringer, P., Martínez, V., Castro-Lara, A., Fritsch, R. (2015) Comprehensive technology-assisted training and supervision program to enhance depression management in primary care in Santiago, Chile: study protocol for a cluster randomized controlled trial, <i>Trials</i> , DOI 10.1186/s13063-015-0845-4
		19. Rojas, G., Santelices, MP, Martínez, P., Tomicic; A., Reinel, M., Olhaberry, M., Krause, M. (2015) Barreras de acceso a tratamiento de la depresión posparto en Centros de Atención Primaria de la Región Metropolitana: un estudio cualitativo. , <i>Rev Med Chile</i> 2015; 143: 424-432.
		20. Santelices, P., Besoain, C y Escobar, MJ (2015) Monoparentalidad, trabajo materno y desarrollo psicomotor infantil: Un estudio chileno en niños que asisten a salas cuna en contexto de pobreza , <i>Universitas Psychologica</i> , Bogotá, Colombia, 14(2), 675-684. <a href="http://dx.doi.org.10.11144/Javeriana.upsy14-1.mtmd">http://dx.doi.org.10.11144/Javeriana.upsy14-1.mtmd</a> .
		21. Santelices, P., Greve, CG, Pereira, X., (2015) Relación entre la interacción del preescolar con el personal educativo y su desarrollo psicomotor: Un estudio longitudinal chileno / Relationship between Preschool Interaction with Faculty and Psychomotor Development: A Longitudinal Chilean Study. , <i>Univ. Psychol. Bogotá, Colombia</i> , V. 14 (1): 313-328.

		22. Tomicic, A.; Martínez, C.; Pérez, J.C.; Hollenstein, T.; Angulo, S.; Gerstmann, A.; Barroux, I.; Krause, M. (2015) Discourse-voice regulatory strategies in the psychotherapeutic interaction: a state-space dynamics analysis, <i>Frontiers in Psychology</i> . Vol.6. N° 378, 1-17
	Others	2. Carmona-Torres, J.A., Cangas, A.J., Langer, A.I., Aguilar-Parra JM., & Gallego, J. (2015) Acoso escolar y su relación con el de consumo de drogas y trastornos alimentarios: comparación entre adolescentes de Chile y España., <i>Psicología Conductual</i> , 23(3), 507-527. 6. Langer, A., Stanghellini, G., Cangas, A.J., Lysaker, P.H., Nieto-Muñoz, L., Moriana, J.A., Barrigón, M.L., & Ambrosini, A., (2015) Interpretation, Emotional Reactions and Daily Life Implications' in Clinical and Nonclinical Populations, <i>Psicothema</i> . 2015;27(1):19-25. doi: 10.7334/psicothema2014.97 13. Olhaberry, M., León, MJ, Seguel, M. & Mena, C., (2015) Video-feedback intervention in mother-baby dyads with depressive symptomatology and relationship difficulties, <i>Research in Psychotherapy: Psychopathology, Process and Outcome</i> , Vol. 18 (2): 82-92
<b>SCIELO Publications or Similar to SCIELO Standard</b>	Associate Researchers	-----
	Others	-----
<b>Books &amp; Chapters of Books</b>	Associate Researchers	-----
	Others	-----
<b>Other Publications</b>	Associate Researchers	-----
	Others	1. Botto, A. (2015) ¿Vulnerables o sensibles? Oxitocina, comportamiento social y depresión. Implicancias para la psiquiatría y la psicoterapia, <i>Gaceta de Psiquiatría Universitaria</i> , 11; 4: 323-332 8. Lerma-Cabrera, J; Steinebach, P.; Carvajal, F.; Ulloa, V; Cid-Parra, C. & Langer, A. (2015) Factores de riesgo asociados al consumo problemático de alcohol en la adolescencia: El rol preventivo de mindfulness. , <i>Psychology, Society, &amp; Education</i> , Vol.7, N° 1, pp. 57-69 14. Olhaberry, M., Mena, C., Zapata, J., Miranda, A., Romero, M., & Sieverson, C. (2015) Terapia de Interacción Guiada en díadas madre-bebé con sintomatología depresiva materna en el embarazo: un estudio piloto / Guided Interaction Therapy in mother-infant dyads with maternal depressive symptoms in pregnancy: a pilot study., <i>SUMMA PSICOLÓGICA UST</i> , Vol. 12, N° 2, 63-74. doi:10.18774/summa-vol12.num2-243. 15. Olhaberry, M.; Romero, M. & Miranda, A. (2015) Depresión materna perinatal y vínculo madre-bebé: consideraciones clínicas. , <i>SUMMA PSICOLÓGICA UST</i> , Vol. 12, N° 1, 77-87. 23. Carrasco, Á. (2015), Psychoeducational design of an adventure video game as a tool in the treatment of depression, DOI/URL <a href="http://www.tise.cl/volumen11/TISE2015/127-135.pdf">http://www.tise.cl/volumen11/TISE2015/127-135.pdf</a> , Jaime Sánchez, Editor; ISBN 978-956-19-0929-8 (Volumen 11)

### 3.5.- Collaborative publications:

Category of Publication	1 researcher		2 researchers		3 researchers		4 or more	
	N°	%	N°	%	N°	%	N°	%
<b>ISI Publications or Similar to ISI Standard</b>	7	30,43%	5	21,74%	1	4,35%	2	8,70%
<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>	0	0,00%	0	0,00%	0	0,00%	0	0,00%
<b>Other Publications</b>	0	0,00%	0	0,00%	0	0,00%	0	0,00%
<b>Total of publications</b>	7	30,43%	5	21,74%	1	4,35%	2	8,70%

### 3.6 Presentations in Scientific Events:

	Name of presentation	Scientific Event	Date	Scope
1	Abarzúa, M., Tomicic, A., Martínez, C., Krause, M., M Mariafh, Altimir, C. “Subjective understanding of a psychotherapeutic process in first –episode schizophrenia: voices of patient, therapist and family member”	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
2	Alamo, N. & Krause, M. “Contents of change in the therapeutic process with children: A conceptual study of the main child psychotherapy theories”	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
3	Altimir, C., N Valdes. The dance of affect regulation. Patient’s and therapist’s facial-affective behavior and verbal relational offers within alliance negotiation events of therapy.	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
4	Alvarez, K., Delgado, I., Álvarez, C., Denegri, P., Allegro, F., Pi, m., Briceño, A.M. "Life Satisfaction and Associated Variables in Chilean Adolescents Living in Residential Treatment Facilities”	American Academy of Children and Adolescent Psychiatry 62 Annual Meeting (AACAP), San Antonio, Texas, USA.	October 26 to 31, 2015	International
5	Armingol, F, B Belaustegui, E Castillo, V Cruz, J Morales, C Miranda. Satisfacción e impacto de un programa psicoeducativo para cuidadores familiares de personas con demencia: un estudio cualitativo	X Congreso Chileno de Psicología “El Chile que queremos: Construyendo bienestar”. Talca, Chile.	October 21 to 23, 2015	National
6	Arriagada, L., Valdés, N., Orellana, G. Dependency or Self-	46th Annual International Meeting Society for	June 24-27,	International

	criticism?: analyzing the conflictual relational components of anaclitic and introjective female depressive women.	Psychotherapy Research. Philadelphia, Pennsylvania, USA.	2015	
7	Botto, A. "Genes, Ambiente y Psicoterapia"	X Congreso Latinoamericano de Psicoterapias Cognitivas (ALAPCO). Hotel Neruda, Santiago, Chile.	May 7, 2015	International
8	Botto, A. "Sensibilidad al ambiente, epigenética y psicoterapia"	XX Conferencia anual SONEPSYN de Psiquiatría. Casa Piedra, Santiago, Chile.	June 11 to 13, 2015	National
9	Botto, A., C Leighton, Silva, J., P Luyten, JP Jiménez "Oxytocin receptor gene (OXTR) polymorphism as a predictor of response to psychotherapy in depressed patients."	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
10	Capella, C., Alamo, N., Fernández, O., S Fernández, M Mendoza, L Núñez, AM Cortés. "Child psychotherapeutic change: Child, parent and therapist subjective perspectives"	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
11	Carrasco, A. "Psychoeducational design of an adventure video game as a tool in the treatment of depression".	Congreso Internacional de Informática Educativa, Santiago, Chile	December 1 to 3, 2015	International
12	Carrasco, A. "Sistema de apoyo y monitoreo en el tratamiento del estrés SIN-E-STRES Diseño de la intervención".	Encuentro de la Red Académica de colaboración: E-Mental Health: Tecnologías para potenciar la efectividad de los tratamientos en Salud Mental. Universidad de Antioquia. Medellín, Colombia.	August 2015	International
13	Danigno, P., J Insua, E Gomez-Barris, V Fuentes, M Ugarte, C Castro, T Fernandez, V Arias, AM Gallardo, M Fernandez. Structural vulnerabilities in depressive experiences: what is at the base?	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
14	Danigno, P., Perez, JC, Gomez, A., Krause, M., Rodriguez, E. Adult attachment, social network and personality dimensions: Their relation with depression	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
15	De la Cerda, C., Martínez, C., Tomicic, A. "Reflective functioning scale in relevant episodes: Application in psychotherapy process"	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
16	De la Parra, G. Presentation in plenary panel: Funding psychotherapy research: Adapting current realities for future possibilities.	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
17	De la Parra, G. Psicoterapia de la depresión, o ¿qué le indicamos a quién? Implicancias para la psicoterapia de los	Conference in Universidad de Antioquia, Medellín, Colombia.	April 2015	International

	resultados del Núcleo Milenio “Intervención Psicológica y Cambio en Depresión”			
18	De la Parra, G., P Dagnino, Krause, M., J Insua. Psychotherapy for depression or who is the patient? Implications for psychotherapy of the preliminary results of the Millennium Nucleus research program "Psychological Intervention and Change in Depression“	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
19	Espinosa, HD, AM Cortés, O Fernandez, IO Morales, Krause, M. “Relational, representational and symptomatic change in adolescents with depressive symptoms”	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
20	Fernández, O., Alamo, N., Capella, C., Cortés, A., Fernández, S., Mendoza, M., & Núñez, L. “¿Qué Onda La Psicoterapia? Mirada Retrospectiva del Proceso de Psicoterapia desde la Perspectiva de Adolescentes y Terapeutas.	XXXIII Congreso Anual SOPNIA 2015, La Serena, Chile	November 11 to 13, 2015	National
21	Figueroa-Leigh, F.; Binda, V.; Olhaberry, MP. Impact of a Group Intervention for Promoting Maternal Sensitivity in Primary Health Care Dyads at Psychosocial Risk. A Randomized Clinical Trial.	Symposium: Maternal sensitivity, attachment and parental reflective functioning: Early interventions developed in Chile. In 7th International Attachment Conference, New York, USA.	August 6 - 8, 2015	International
22	Gomez-Barris, E.; Dagnino, P., Vásquez, A.; Fuentes, V.; Insua, J.; Ugarte, M.; Gallardo, AM; Fernandez, M. Interpersonal patterns, intrapsychic conflicts and structural functioning in anaclitic and introjective depressive modalities of experience.	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
23	Guzmán, M., Martínez, C., Tomicic, A. What do say the therapists when they talk about the silence in therapy?	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
24	Hernández, AL, Valdes, N., Crempien, C. Diagnosing the conflict and structure: Personality structural functioning of anaclitic and introjective female depressive patients.	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
25	Irarrázaval M, Muñoz A, Prieto F, Deangel V, Araujo M, Moraga C, Bedregal P, Hoogma A, Barrera F, Cordero M, Mercer R. Propuesta de Ruta de Acompañamiento al Desarrollo Biopsicosocial para el Diseño del Sistema Universal de Garantía de Derechos de Niños, Niñas y Adolescentes”	XXXIII Congreso Anual SOPNIA 2015, La Serena, Chile	November 11 to 13, 2015	National

26	Langer, A., Aguilar-Parra, JM ,& Ulloa, V. Adaptation and Validation of the Child and Adolescent Mindfulness Measure (CAMM) in a Chilean adolescent population	Symposium, II International Meeting on Mindfulness, Sao Paulo, Brazil.	June 24-27, 2015	International
27	Langer, A., Valdés, N., Cid, C. & Ulloa, V. The application of the Mindfulness in Schools Project (MiSP) in Chile: Exploring the subjective experience of a group of adolescents	II International Meeting on Mindfulness, Sao Paulo, Brazil.	June 24-27, 2015	International
28	Leighton, C.; Botto, A; Silva, J; Jiménez, JP; Luyten, P. Interaction between a polymorphism of the gene of the promoter region linked to serotonin transporter (5HTTLPR) and environmental factors in depressive patients: beyond the stress vulnerability model	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
29	León, MJ, Olhaberry, M., M Seguel, C Mena. Video-feedback intervention in mother-baby dyads with depressive symptomatology.	Symposium: Maternal sensitivity, attachment and parental reflective functioning: Early interventions developed in Chile in 7th International Attachment Conference, New York.	August 6 - 8, 2015	International
30	Madrid, M., T Tapia, C Miranda. Implementación y aplicación piloto de un programa psicoeducativo basado en la evidencia en un grupo de cuidadores familiares de personas con demencia	X Congreso Chileno de Psicología “El Chile que queremos: Construyendo bienestar”. Talca, Chile.	October 21 to 23, 2015	National
31	Martínez, C., Tomicic, A., de la Cerda, C. “Mentalization and multiplicity of the self: The how, who and when of mentalizing in the psychotherapeutic interaction”	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
32	Martínez, P., Vöhringer, P., Rojas, G. “Modelo predictivo para acceso a tratamiento de madres con depresión posparto en atención primaria”	XXXII Jornadas Chilenas de Salud Pública. Santiago, Chile	November 27, 2015	National
33	Martínez, V. “YPSA-M: terapia cognitiva conductual apoyada por el computador para adolescents con depression en atención primaria”	I Seminario Intervención Infanto-Juvenil. Escuela de Psicología, Universidad de Valparaíso, Valparaíso, Chile	August 1, 2015	National
34	Martínez, V. Conference “Prevención de Depresión en Adolescentes”	1er Simposio de Prevención e Intervenciones Tempranas en Salud Mental: Prevención en Depresión. Facultad de Medicina, Universidad de Chile, Santiago, Chile	April 24 – 25, 2015	National
35	Martínez, V. Prevención de Depresión en Adolescentes en Chile, ¿es posible?	XXXIII Congreso Anual SOPNIA 2015, La Serena, Chile	November 11 to 13, 2015	National

36	Martínez, V., C Lüttges, M Irrázaval, M Alfaro, K Morales, R Alvarado, P Larrondo, G Rojas. Programa Colaborativo a Distancia para Mejorar el Manejo de Adolescentes con Depresión en Centros de Atención Primaria de Salud de la Región de la Araucanía	XXXIII Congreso Anual SOPNIA 2015, La Serena, Chile	November 11 to 13, 2015	National
37	Martínez, V., G Rojas, M Hoffmann, F Borghero, P Martinez, P Balmaceda, P Vohringer, R Araya. Computerized-assisted cognitive-behavioral therapy for adolescent depression in primary care clinics in Santiago, Chile (YPSA-M)	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
38	Martínez, V., L Achui, I Zenteno, P Larrondo, M Hoffmann, G Rojas. “Diferencia de Género en ideación suicida de adolescentes en tratamiento por depresión en centros de atención primaria de salud”	LXX Conferencia anual SONEPSYN de Psiquiatría. Casa Piedra, Santiago, Chile	June 11 to 13, 2015	National
39	Medeiros, S. “Mindfulness based Interventions: from a relational and psychoanalytic perspective”	IARPP Conference 2015. Toronto, Canada.	June 25 - 28, 2015	International
40	Morales, S., O Echávarri, J Barros, R Fischman, MP Maino, C Moya, F Peñaloza, C Núñez & A García. A comprehensive model of suicidal behavior: Personality and family variables in adolescent and adult mental health consultants	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
41	Olhaberry, M. “Programa de Intervención Vincular en Díadas Madre-Infante con Antecedentes de Depresión Materna”	1er Simposio de Prevención e Intervenciones Tempranas en Salud Mental: Prevención en Depresión. Facultad de Medicina, Universidad de Chile, Santiago, Chile	April 24 – 25, 2015	National
42	Olhaberry, M., León, MJ, Mena, C. A video-feedback intervention for mother-father-infant triads with infants with socio-emotional problems	Symposium: Maternal sensitivity, attachment and parental reflective functioning: Early interventions developed in Chile in 7th International Attachment Conference, New York.	August 6 - 8, 2015	International
43	Perez, F. Más allá de la díada: apego en preescolares desde una perspectiva triádica.	1er Congreso Iberoamericano de Primera Infancia; 4to Congreso Regional de WAIMH (Asociación Mundial de Salud Mental Infantil). Buenos Aires, Argentina.	September 17-19, 2015.	International
44	Pérez, JC, Tomicic, A., Martínez, C., C Martin, S Angulo, I Barroux, C Galvez, C de la Cerda “Reading the mind in the eyes: RMET evaluation for the measurement of mentalizing	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International

	ability in adults with personality disorder diagnosis”			
45	Pérez, JC. "¿Impacta la depresión materna en las visiones de funcionamiento familiar de los adolescentes y sus madres?"	VII Congreso Internacional de Investigaciones y Práctica Profesional en Psicología de la Facultad de Psicología de la Universidad de Buenos Aires, las XXII Jornadas de Investigación de la misma Facultad y el XI Encuentro de Investigaciones en Psicología del MERCOSUR, Buenos Aires-Argentina.	November 25-28, 2015.	International
46	Pérez, JC. Congruencia en las visiones de funcionamiento familiar de los adolescentes y sus madres, y su relación con el ajuste adolescente: consideraciones del sexo y edad del adolescente	VII Congreso Internacional de Investigaciones y Práctica Profesional en Psicología de la Facultad de Psicología de la Universidad de Buenos Aires, las XXII Jornadas de Investigación de la misma Facultad y el XI Encuentro de Investigaciones en Psicología del MERCOSUR, Buenos Aires-Argentina.	November 25-28, 2015.	International
47	Santelices, P & Farkas, Ch. Depression, reflective functioning and infant attachment	7th International Attachment Conference, New York, USA.	August 6 - 8, 2015	International
48	Santelices, P. “Intervenciones psicológicas perinatales en depresión materna y vínculo”	1er Simposio de Prevención e Intervenciones Tempranas en Salud Mental: Prevención en Depresión. Facultad de Medicina, Universidad de Chile, Santiago, Chile	April 24 – 25, 2015	National
49	Silva, J., C Leighton, Botto, A., P Luyten, JP Jiménez. “Interaction between a polymorphism of gene of the dopamine transporter (DRD4) and hedonic capacity in depressive patients”	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
50	Tapia, T., M. Madrid, C Miranda. Estrategias de afrontamiento en cuidadores informales hijos y cónyuges de adultos mayores con demencia	XX Congreso de Geriatria y Gerontología de Chile, Santiago	July 22 -24, 2015	National
51	Tomicic A, C Martínez, F Aguayo, J Rodríguez, C Galvez, F Leyton, I Laggazi, C Rosenbaum, C Quiroz & J Fontbona. "Adolescence and Suicide: Subjective Construction of Suicide Process in Young Gay People"	17th International Conference on Philosophy, Psychiatry and Psychology: Why do humans become mentally ill? Anthropological, biological and cultural vulnerabilities of mental illness, Frutillar, Chile.	October 29-31, 2015	International
52	Tomicic, A. Conference: The embodied voice in the psychotherapeutic interaction	Psychoanalytic Interdisciplinary Conversation Research (PICOR)-Conference, Berlin, Germany	November 27-28, 2015.	International

53	Tomicic, A., Martínez, C., E Rodríguez, I Armijo, J Flores, M Díaz, C Artigas, G Campos, J Alvarez-Ruf, C Crempien, C Valdés. "The embodied nature of therapist-patient interaction: An EEG study of in-session neurodynamic"	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
54	Tomicic, A., Martínez, C., Krause, M., Altimir, C., M Mariafh, J Duarte, N Suarez, P Brangier, A Vacarezza. "I couldn't change the past, the answer wasn't there": Subjective construction of the psychotherapeutic change"	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
55	Valdes, N., Cantizano, L., Krause, M. Therapists' Communicative Actions under the magnifying glass: a close examination of verbal interventions during relevant segments of the session	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International
56	Varela, B., Valdes, N., Perry, JC. Underlying defenses mechanisms associated with the personality style: Comparing the discourse of anaclitic and introjective depressive patients	46th Annual International Meeting Society for Psychotherapy Research. Philadelphia, Pennsylvania, USA.	June 24-27, 2015	International

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

Scope	Title	Type of Event	Target Audience	City & Country	Starting date	Ending date	Number of MIDAP's speakers	Number of participants	Responsible Researcher
International	I Taller Latinoamericano sobre Investigación en Depresión y Personalidad	Workshop	Graduate students Academics	Santiago, Chile	16-11-2015	20-11-2015	20	300	J. Carola Pérez
International	E-Mental Health. Technologies for Strengthening the Effectiveness of Mental Health Treatments	Seminar	Scientific Community Graduate students Academics	Medellín, Colombia	13-08-2015	14-08-2015	4	60	Mariane Krause

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

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

Tutor	Undergraduated Students		Graduated Students						Total
	F	M	Master		Doctoral		Postdoctoral		
			F	M	F	M	F	M	
Eugenio Rodríguez	0	0	0	0	0	2	0	0	2
Claudio Martínez	0	0	0	0	3	1	0	0	4
María Pía Santelices	0	0	2	0	3	0	0	0	5
Mariane Krause	0	0	2	0	4	3	0	0	9
Marcia Olhaberry	0	0	2	0	1	0	0	0	3
María Graciela Rojas	0	0	0	0	1	0	0	0	1
Nelson Valdés	0	0	0	0	1	0	0	0	1
J. Carola Pérez	0	0	3	0	0	0	0	0	3
Alemka Tomicic	0	0	1	0	0	0	0	0	1
Claudia Miranda	3	2	0	0	0	0	0	0	5
Jaime Silva	0	0	0	0	1	0	0	0	1
Diego Cosmelli	0	0	0	0	2	0	0	0	2
Claudia Capella	0	0	2	0	0	0	0	0	2
Vania Martínez	0	0	1	0	0	0	0	0	1
Eugenio Rodríguez, Jaime Silva	0	0	0	0	1	0	0	0	1
Guillermo de la Parra	0	0	0	0	1	0	0	0	1
<b>Total</b>	<b>3</b>	<b>2</b>	<b>13</b>	<b>0</b>	<b>18</b>	<b>6</b>	<b>0</b>	<b>0</b>	<b>42</b>

Note: Some students do not have thesis advisor yet

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

Student name	Institution	Country	Advisor	Project Description	Starting Date [dd/mm/yy]	Ending Date [dd/mm/yy]
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Brief description of the diploma programs to be offered for the 2016 Continuing Education courses at UC, planned by MIDAP researchers:

Diploma Program in **Personality Disorders: Theory, Diagnosis, and Treatment**. Offered by UC's School of Psychology in collaboration with MIDAP. Academic director: Candice Fischer, Adjunct MIDAP Researcher. MIDAP researchers will take part in this program in a teaching capacity. It is intended to introduce the variety of personality disorders from a psychoanalytic theoretical point of view, understand how they are diagnosed and assessed in clinical practice, review the treatments currently used in elective psychotherapy for such disorders, and engage in a debate about some lines of research with respect to patients' therapeutic outcomes. Aimed at clinical professionals, psychologists, and psychiatrists.

Diploma Program in **Diagnosis, Indication, and Strategies in Psychotherapy: Operationalized Psychodynamic Diagnosis (OPD-2)** – taught partly in-person: offered by UC's School of Medicine with MIDAP sponsorship. Academic director: Guillermo de la Parra, Associate MIDAP Researcher. MIDAP researchers will participate in this program in a teaching capacity. It is intended to introduce students to the OPD-2 diagnostic system and to allow them to use it as a clinical reference for diagnosing, focusing, and establishing an indication and possible therapeutic strategies in psychotherapy. It is aimed at psychotherapists (psychologists and psychiatrists) of all theoretical orientations and psychiatry residents.

Diploma Program in **Interventions for Depression and Other Mood Disorders: Conceptualization and Intervention Strategies**. Offered by UC's School of Psychology in collaboration with MIDAP. Academic director: Carmen Olivari, Adjunct MIDAP Researcher. This program will be provided for the first time in 2016 and will only be taught solely by MIDAP researchers. It will offer specialized training in clinical interventions and psychotherapeutic techniques for managing depression and other mood disorders. Aimed at health care and social science professionals, including psychologists, psychiatrists, occupational therapists, nurses, and social workers.

## **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 care	International	4	2	2	2	MIDAP, Heidelberg University, University of Antioquia, Psicomédica-Clinical and Research Group, Chilean Work Safety Association
Process-Outcome Study: Adolescent Identity Treatment (AIT): A New Integrative Approach for Personality Pathologies	International	3	1	4	2	MIDAP, Schilkrut Medical Institute, Child and Adolescent Psychiatry Hospital (Switzerland), Well Cornell Medical College of Psychology, Universidad de Heidelberg

**Annex 6.2.- Other collaborative activities**

Activity Name	Objective	Description	Co-Participants Institutions	Number of Researchers from the Center	Number of Postdocs/Students from the Center	Number of External Researchers	Number of External Postdocs/Students	Product	Name of the Center Associate Researchers Participating in the activity
Preparation of a Mindfulness-based intercultural study for preventing depression in children and adolescents	<p>1. Encouraging members of the network to implement strategies based on mindfulness and other contemplative practices for preventing and treating depression.</p> <p>2. Fostering the development of studies that assess the effectiveness of strategies based on mindfulness and other contemplative practices for preventing and treating depression.</p> <p>3. Allowing members of the network to exchange knowledge and expertise about strategies based on mindfulness and other contemplative practices for preventing and treating depression.</p> <p>4. Disseminating, among the scientific community, mental health professionals, and decision-makers in the fields of public and private mental health care, the results of studies on the effectiveness of strategies based on mindfulness and other contemplative practices for</p>	This collaborative activity is intended to result in a project involving Mindfulness-based interventions for preventing depression in children and adolescents	ZHAW School of Applied Psychology (Switzerland)	6	1	3	0	<p>1. Mindfulness and Resilience Seminar: Conceptual Basis and Mental Health Interventions.</p> <p>2. Coordination and planning meetings</p>	<p>Mariane Krause</p> <p>J. Carola Pérez</p> <p>Diego Cosmelli</p> <p>(Other researchers participating: Matías Irrarrázaval Sebastián Medeiros Álvaro Langer)</p>

	preventing and treating depression.								
Psychotherapeutic processes in adults and children	Studying psychotherapeutic processes in adults and children	During 2015, a scientific collaboration was established with the Psychological Care Center of Universidad Gabriela Mistral (UGM, Chile) to start conducting studies about psychotherapeutic processes in adults and children.	Psychological Care Center, Universidad Gabriela Mistral (Chile)	2	3	1		1, Applying for internal funding from Universidad Gabriela Mistral	Mariane Krause Guillermo de la Parra (Postdoctoral Researcher Paula Dagnino)
Validation of the OPD-SQ questionnaire	The objective of this alliance was to validate the OPD-SQ personality structure questionnaire.	In 2015, a specific collaboration was established between MIDAP, Heidelberg University (Germany), and the Chilean Institute of Personality Disorders (Chile) in order to validate the OPD-SQ personality structure questionnaire.	Heidelberg University (Germany), Chilean Institute of Personality Disorders (Chile)	1	3	2		3, Meetings for planning, translating, and validating the OPD-SQ personality structure questionnaire	Guillermo de la Parra (Postdoctoral Researchers Carla Crempien Paula Dagnino)
Use of MEA software in psychotherapeutic regulation processes	Using MEA (Motion Energy Analysis) to measure the synchrony between the movements of the patient and those of the therapist	In 2015, a scientific collaboration was initiated with the University of Bern	University of Bern (Switzerland)	2		2		1, Scientific publication	Claudio Martínez Alemka Tomicic

		(Switzerland), through which psychotherapy regulation data will be analyzed using MEA (Motion Energy Analysis).							
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## Annex 7. - Outreach

### 7.1. - Outreach activities throughout the period

Event Title	Type of Event	Scope (N=National)	Target Audience	Date	Country	Region	N° of Student from the Center	N° of Attendees	Duration in days	Participating Researchers	Responsible for the activity
Inauguration Ceremony of MIDAP Institute	Other	N	Community at large	20-11-2015	Chile	Metropolitan Region	30	250	1	Mariane Krause María Pía Santelices Juan Pablo Jiménez Claudia Miranda Pamela A. Foelsch J. Carola Pérez María Graciela Rojas Guillermo de la Parra Eugenio Fernando Rodríguez Balboa Luis Salazar Claudio Martínez Alemka Tomicic	Elisa Barrientos
Personality disorders: scientific approach, treatment and comorbidity with mood disorders	Conference	N	Industries / Services	29-12-2015	Chile	Metropolitan Region	20	200	1	Mariane Krause Alex Behn Paula Errázuriz	Álex Behn
Prevention of suicide in adolescents: A pending challenge	Seminar	N	Industries / Services	30-10-2015	Chile	Metropolitan Region		230	1	Vania Martínez Matías Irrázaval	Elisa Barrientos
Workshop " I Feel Fine, and So Does My Baby"	Workshop	N	Public service	17-11-2015	Chile	Metropolitan Region		30	1	Marcia Olhaberry	Elisa Barrientos
Puertas abierta en MIDAP	Other	N	High-school students	17-08-2015	Chile	Metropolitan Region		10	1	J. Carola Pérez Carla Crempien	Elisa Barrientos

9th Science Festival Explora Conicyt	Conference	N	High-school students	08-10-2015	Chile	Metropolitan Region		50	1	J. Carola Pérez	Elisa Barrientos
9th Science Festival Explora Conicyt	Exhibition	N	High-school students	07-10-2015	Chile	Metropolitan Region		200	2	Vania Martínez	Elisa Barrientos
9th Science Festival Explora Conicyt	Exhibition	N	Elementary students	07-10-2015	Chile	Metropolitan Region		600	4	Vania Martínez	Elisa Barrientos
Prevention of depression: from research to practice	Seminar	N	Industries / Services	24-04-2015	Chile	Metropolitan Region		60	2	Matías Irrarrazaval María Pía Santelices Marcia Olhaberry	Matías Irrarrazaval
Prevention of suicide in adolescents: A pending challenge	Seminar	N	Industries / Services	28-08-2015	Chile	de la Araucanía		200	1	Vania Martínez Matías Irrarrazaval	Elisa Barrientos
Suicide and mental health in people LGBT	Seminar	N	Community at large	19-11-2015	Chile	Metropolitan Region		150	1	Alemka Tomicic Claudio Martínez	Alemka Tomicic
Psychological aspects and interventions in the family care of people with dementia	Conference	N	Industries / Services	28-08-2015	Chile	Valparaíso		40	1	Claudia Miranda	Claudia Miranda
Psychological impact of vital events in the welfare of the elderly	Conference	N	Community at large	19-08-2015	Chile	Metropolitan Region		60	1	Claudia Miranda	Claudia Miranda
Depression, personality and mentalizing: Attempting on integration of	Conference	N	Community at large	20-11-2015	Chile	Metropolitan Region	50	300	1	Mariane Krause María Pía Santelices Juan Pablo Jiménez Claudia Miranda	Elisa Barrientos

therapeutic approaches											Pamela A. Foelsch J. Carola Pérez María Graciela Rojas Guillermo de la Parra Eugenio Rodríguez Luis Salazar Diego Cosmelli	
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## **7.2. - Products of outreach**

<b>Name of Product</b>	<b>Product Objective</b>	<b>Target Public</b>	<b>Type of Product</b>	<b>Scope</b>
Video about emotional regulation	Using Charlotte's story to describe the steps necessary to regulate emotions	Community at large High-school students	Other	National
Workshop "Depression in Adolescents: What Can Schools Do?"	Training activity for education professionals from the Araucanía Region, aimed at educating the school community about depression by providing contents that allow them to become familiar with its causes, symptoms, treatments, and prevention methods.	Education professionals from the IX Region	Training workshop	National
Workshop "Depression in Adolescents: What Can Schools Do?"	Training activity for education professionals from the Metropolitan Region, aimed at educating the school community about depression by providing contents that allow them to become familiar with its causes, symptoms, treatments, and prevention methods.	Education professionals from the Metropolitan Region	Training workshop	National
Workshop "Depression in Adolescents: What Can Schools Do?"	Training activity for education professionals from the Aysén Region, aimed at educating the school community about depression by providing contents that allow them to become familiar with its causes, symptoms, treatments, and prevention methods.	Education professionals from the XI Region	Training workshop	National
Problem-solving Poster	Applying the knowledge about problem solving acquired in the workshop "Depression in Adolescents: What Can Schools Do?"	Education professionals High-school students	Poster	National
Workshop "Depression in Adolescents: What Can Schools Do?"	Training activity for education professionals from the Bío-Bío Region, aimed at educating the school community about depression by providing contents that allow them to become familiar with its causes, symptoms, treatments, and prevention methods.	Education professionals from the VIII Region	Training workshop	National

Scientific coffee meeting "Suicide and Suffering: How to Deal with It?"	The objective of this activity was to disseminate the research conducted by MIDAP scientists, 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.	Community at large	Talk	National
Scientific coffee meeting "Mental Health in Older Adults: Dispelling Some Myths"	The objective of this activity was to disseminate the research conducted by MIDAP scientists, 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.	Community at large	Talk	National
Scientific coffee meeting "Bullying and Cyber-Bullying: How to Prevent Them?"	The objective of this activity was to disseminate the research conducted by MIDAP scientists, 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.	Community at large	Talk	National
Scientific coffee meeting "Violence and Family Abuse: Their Impact on Mental Health"	The objective of this activity was to disseminate the research conducted by MIDAP scientists, 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.	Community at large	Talk	National
Talks: "Multidimensionality of Depression"; "Etiopathogeny of Depression"; "Sensitivity to Stress and Personality: From Emotional Reactivity to Depressive Disorders", and "E-Mental Health for Depression Treatment".	The "Cycle of Training Activities on Depression", aimed at mental health professionals, sought to provide the participants with the tools and knowledge needed to improve the diagnosis and treatment of depression, in addition to informing them about the psychological, biological, and social components of this disease.	Industries / Services	Talk	National
Flyer and bookmark: "Take care of your mood"	The objective of this product was to promote good mental health by providing useful and practical advice to care for one's mood	Elementary and high school students	Flyer	National
Play script	Introducing the audience to the scientific coffee meeting on the topic of suicide	Community at large	Play script	National
Play script	Introducing the audience to the scientific coffee meeting on the topic of mental health in older adults	Community at large	Play script	National
Play script	Introducing the audience to the scientific coffee meeting on the topic of	Community at large	Play script	National

	bullying and cyber-bullying			
Play script	Introducing the audience to the scientific coffee meeting on the topic of family abuse and its impact on mental health	Community at large	Play script	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	19	0	0	21
Internet	0	1	0	4	0	2	7
Audiovisual	0	0	15	0	1	0	16
<b>Total</b>	0	1	17	23	1	2	44

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

<b>Activity</b>	<b>Type of Activity</b>	<b>Institution Country</b>	<b>Agent Type</b>	<b>Economic Sector</b>
Early childhood adversities study	Study	Chile	Private company	Medicine and human health
Design and pilot study of a web-based program for follow up and supporting for patients with stress related to a trauma being treated at the Chilean Work Safety Association (ACHS)	Study	Chile	Private company	Work sector
Continuation of ASCENSO study	Study	Chile	Private company	Medicine and human health
Signature of a collaboration agreement	Partnership	Chile	Private company	Medicine and human health
Training of professionals working in the Program of Care for Pregnant Women with Infant Children (PAMEHL) of Chilean Prison Service	Capacitation	Chile	Centralized and decentralized public institutions	Public sector
Pilot study on mindfulness	Study	Chile	Private company	Medicine and human health
Validation of AIPA and Y-OQ questionnaires	Study	Chile	Others	Medicine and human health
Technical work group on prevention of adolescent suicide	Technical advice	Chile	Participation in committees and supporting actions for public and private sectors	Public sector
Seminar: Challenges for the drafting of a mental health policy in Chile	Seminar	Chile	Proposals of Policies or Intervention in Public Policies	Public sector
Technical assistance to preschool education Undersecretary of the Ministry of Education	Technical advice	Chile	Proposals of Policies or Intervention in Public Policies	Education
Participation in Presidential Committee "Science for Chilean Development"	Otra	Chile	Proposals of Policies or Intervention in Public Policies	Public sector
Emission of several psycho-educative videos through MINSAL-TV in the waiting rooms of 30 public hospitals of the Metropolitan Region.	Outreach	Chile	Centralized and decentralized public institutions	Medicine and human health
Partnership with Community Mental Health Care Centers - COSAM	Study	Chile	Centralized and decentralized public institutions	Medicine and human health
Academic and technical collaboration with JUNJI	Technical advice	Chile	Centralized and decentralized public institutions	Education

**9.1 Total incomes:**

Funds	Accumulated incomes to last year [\$]	2015 Incomes		Total incomes to 2015 [\$]
		Amount [\$]	Percentage of resources used by the Center [%]	
MSI	---	344.580.941	85	344.580.941
MSI Networking	---	5.000.000	100	5.000.000
MSI Outreach	---	12.000.000	100	12.000.000
FONDECYT	---	29.969.550	100	29.969.550
POSTDOC FONDECYT	---	2.400.000	100	2.400.000
CONICYT - Capital Humano	---	4.692.450	100	4.692.450
CONICYT - ECOS-Sud	---	872.000	100	872.000
CONICYT - FONIS	---	3.000.000	100	3.000.000
US NIMH	---	1.308.000	100	1.308.000
<b>TOTAL</b>	---	<b>403.822.941</b>		<b>403.822.941</b>

**9.2 Outcome structure**

ITEM	Accumulated expenses to last year [\$]	2015 Expenses [\$]				Total expenses to 2015 [\$]	%
		Operative	Networking	Outreach	Total		
Honoraria Researchers	---	192.266.180	0	0	192.266.180	192.266.180	62.11
Honoraria students and other personnel	---	9.309.986	0	0	9.309.986	9.309.986	3.01
Tickets and travel expenses	---	29.938.204	3.682.675	2.366.195	35.987.074	35.987.074	11.62
Materials/supplies	---	12.180.556	434.838	3.411.424	16.026.818	16.026.818	5.18
Goods and equipment	---	3.329.943	0	0	3.329.943	3.329.943	1.08
Infrastructure	---	0	0	0	0	0	0
Administrative expenses	---	13.893.333	0	0	13.893.333	13.893.333	4.49
Publications and subscriptions	---	382.451	0	0	382.451	382.451	0.12
Consultancies	---	21.860.442	7.000.000	5.953.946	28.514.388	28.514.388	9.21
Overhead	---	0	0	0	0	0	0
Insurance costs	---	8.402.586	182.487	268.435	8.853.508	8.853.508	2.86
Legal personality expenses	---	1.003.726	0	0	1.003.726	1.003.726	0.32
Others	---	0	0	0	0	0	0
<b>Total Expenses (\$)</b>		<b>292.567.407</b>	<b>5.000.000</b>	<b>12.000.000</b>	<b>309.567.407</b>	<b>309.567.407</b>	<b>100.00</b>

**9.3 Financial accounting**

ITEM	2015 [\$]				TOTAL TO 2015
	Operative	Networking	Outreach	Total [\$]	
Income	344.580.941	5.000.000	12.000.000	361.580.941	361.580.941
Outcome	292.567.407	5.000.000	12.000.000	309.567.407	309.567.407
Annual balance	52.013.534	0	0	52.013.534	Total balance 52.013.534

## **10. Exchange**

### *MIDAP researchers going abroad*

<b>Researcher category</b>	<b>Name</b>	<b>Type of activity carried out</b>	<b>Extent</b>	<b>Visited country</b>	<b>Funding source (Millennium/External/Mixed)</b>
Associate Researcher	Carola Pérez	Research stay with Dr. Tom Hollenstein (Psychology Department, Queen's University, Kingston, ON)	October 14-23, 2015	Canada	External
Postdoctoral Researcher (PR) and Adjunct Researcher (AdR)	Carolina Altimir (PR) & Nelson Valdés (AdR)	Providing training in Adolescent Identity Treatment (AIT) to new staff members of the Child and Adolescent Psychiatric Hospital at Psychiatric University Hospitals	October 22 – 31, 2015	Switzerland	Millennium (MIDAP's network)
Associate Researchers (AR), Adjunct Researchers (AdR), Young Researchers (YR)	Mariane Krause (AR), Guillermo de la Parra (AR), Eugenio Rodríguez (AR), Vania Martínez (AR), Juan Pablo Jiménez (AR), Marcia Olhaberry (AdR), Diana Rivera (AdR), and Alex Behn (YR)	Working with German colleagues of the Heidelberg Hospital University on the preparation of a new joint development program on "International Research Training Group (IRTG): Affective Disorders and Personality: Disease Mechanisms and Mechanisms of Change in Psychological Interventions"	September 7-10, 2015	Germany	Mixed funding

### *Visiting researchers*

<b>Name</b>	<b>Nacionality</b>	<b>Type of activity carried out</b>	<b>Extent</b>	<b>Country of origin</b>	<b>Funding source (Millennium/External/Mixed)</b>
Adrián Montesano	Spanish	Research stay at MIDAP	October-November, 2015	Spain	External
Virginia Fernández	Spanish	Research stay at Dr. Claudia Miranda's lab	July 2015	Spain	External
Otto Kernberg	American	Conferences	December 29, 2015	USA	Mixed funding