DynaMORE

Dynamic MOdelling of REsilience

H2020 - 777084

D 9.1– First press release

Dissemination level	Public
Contractual date of delivery	30/04/2018
Actual date of delivery	4/05/2018 (26/04/2018 German version)
Type	Websites, patents, filling, etc.
Version	1
Filename	First press release
Workpackage	9
Workpackage leader	Oliver Tüscher (Raffael Kalisch)

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 777084.

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Publishable Summary /Deliverable report

The first DynaMORE press release was published on 26 April 2018 on the website of Universitaetsmedizin der Johannes Gutenberg Universitaet Mainz, coordinator of DynaMORE: http://www.unimedizin-mainz.de/presse/pressemitteilungen/aktuellemitteilungen/newsdetail/article/kick-off-fuer-resilienz-forschungsprojekt-dynamore.html

The English Press release followed on 2 May 2018, see also text below (http://www.unimedizin-mainz.de/presse/press-releases/press-releases/newsdatail/article/kickoff-of-the-dynamore-resilience-research-project-1.html?L=1&cHash=58100133b40115236872349fcf5e3c8f).

Furthermore the press release was published on the following research media:

- EurekAlert (German): https://eurekalert.org/pub_releases_ml/2018-05/jgum-s050218.php
- Alphagalileo (German and English): http://www.alphagalileo.org/Item-Display/ItemId/163210 (DE) + http://www.alphagalileo.org/Item-Display/ItemId/163253 (EN)
- idw – Informationsdienst Wissenschaft (German and English): https://idw-online.de/de/news693613 (DE) + https://idw-online.de/en/news693612 (EN)

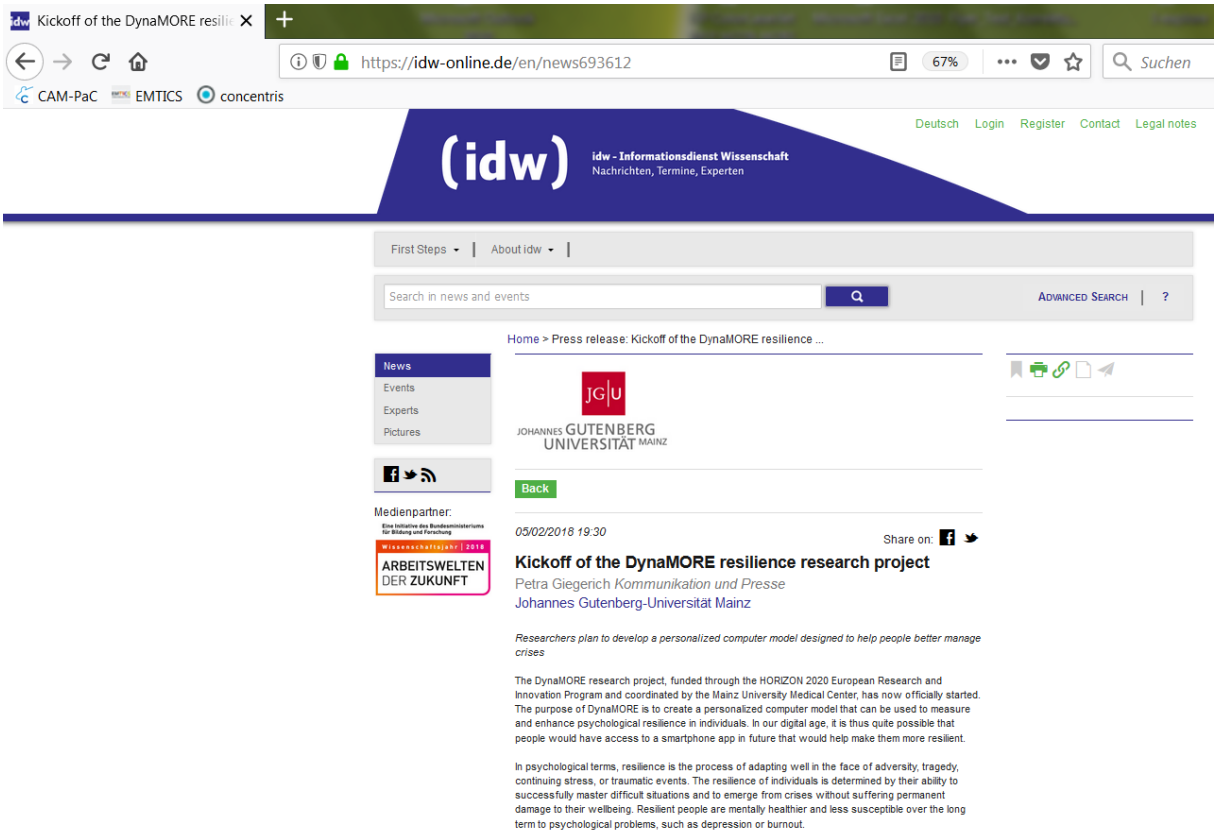

Photo 1: DynaMORE press release (English version) published on idw – Informationsdienst Wissenschaft on 02/05/2018.

Kickoff of the DynaMORE resilience research project

Researchers plan to develop a personalized computer model designed to help people better manage crises

(Mainz, 26 May 2018) The DynaMORE research project, funded through the HORIZON 2020 European Research and Innovation Program and coordinated by the Mainz University Medical Center, has now officially started. The purpose of DynaMORE is to create a personalized computer model that can be used to measure and enhance psychological resilience in individuals. In our digital age, it is thus quite possible that people would have access to a smartphone app in future that would help make them more resilient.

In psychological terms, resilience is the process of adapting well in the face of adversity, tragedy, continuing stress, or traumatic events. The resilience of individuals is determined by their ability to successfully master difficult situations and to emerge from crises without suffering permanent damage to their wellbeing. Resilient people are mentally healthier and less susceptible over the long term to psychological problems, such as depression or burnout.

Professor Raffael Kalisch, Director of the Neuroimaging Center (NIC) and a member of the German Resilience Center (DRZ) at the Mainz University Medical Center, is responsible for the coordination of the DynaMORE (Dynamic MOdelling of REsilience) project. Its purpose is to develop a computer model of resilience that can be personalized to provide support to individuals who are in difficult stages of their lives or who have experienced trauma. "We want to ensure the model is capable of using individual information to learn what susceptibilities and protective mechanisms the person has and to determine how robust these actually are," explained Kalisch. For this purpose the researchers need to determine as precisely as possible which stress factors an individual is exposed to and how these influence, for example, neural, biological, and cognitive functions. They will thus initially concentrate on discovering how resilience mechanisms work. "Assuming we are able to do this, we can then design a computer model that it is capable—through a smartphone app, for example—of providing personalized recommendations to users that will help improve their resilience and prevent stress-related psychological problems." In other words, the plan is to first better understand the phenomenon of psychological resilience and then, using the insights obtained, develop a tool that will contribute towards enhancing it. In the ideal case, this tool would give users advice on how to better deal with difficult situations. It could, for example, motivate them to adopt more positive thought processes or alternative behavior patterns.

"Businesses are losing billions as a result of employees having to take absence from work because they are suffering stress- or crisis-induced indisposition. Hence the potential benefits of the DynaMORE project are immense as its purpose is to prevent stress-related health problems and improve individual wellbeing," concluded Professor Raffael Kalisch with conviction.

The EU project runs for 60 months and will be funded with a total of EUR 6 million. Of this, EUR 1 million will go to the Mainz University Medical Center. A total of twelve partners are cooperating in the project, including the Universities of Berlin, Freiburg, Leuven (BE), Nijmegen (NL), Tel Aviv (ISR), Warsaw (PL), Zurich (CH), the Flemish-Dutch IMEC research center, and concentris research management GmbH in Fürstenfeldbruck. It is hoped that some 500 study subjects can be recruited for the purposes of the project.

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The University Medical Center of Johannes Gutenberg University Mainz is the only medical facility providing supramaximal care in Rhineland-Palatinate while also functioning as an internationally recognized hub of medical science. It has more than 60 clinics, institutes, and departments that collaborate across the various disciplines. Highly specialized patient care, research, and teaching form an integral whole at the Mainz University Medical Center. Approximately 3,400 students are trained in medicine and dentistry in Mainz. With its approximately 7,800 personnel, the Mainz University Medical Center is also one of the largest employers in the region and an important driver of growth and innovation. Further information is available online at www.unimedizin-mainz.de.