



DynaMORE

Dynamic MOdelling of REsilience

H2020 - 777084

D 9.4– Project presentation slides and leaflet

Dissemination level	Public
Contractual date of delivery	31/12/2018
Actual date of delivery	22/11/2018
Type	Websites, patents, filling, etc.
Version	1
Filename	Project presentation slides and leaflet
Workpackage	9
Workpackage leader	Intresa (Oliver Tüscher) , UMC-Mainz (Raffael Kalisch), concentris (Sara Stöber)

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

This report reflects only the author's views and the Commission is not responsible for any use that may be made of the information it contains.

Author list

Organisation	Name	Contact information
P07 intresa	Oliver Tüscher	tuescher@uni-mainz.de
P01 UMC Mainz	Raffael Kalisch	rkalisch@uni-mainz.de
P08 concentris	Sara Stöber, Nina Donner	sara.stoeber@concentris.de

Publishable Summary /Deliverable report

As part of WP9 (task 1) partner 3 concentris in close collaboration with the coordinator and WP lead of WP9 developed project presentation slides and a leaflet in order to make DynaMORE known to the scientific community and the public.

1. Project presentation slides

The project presentation slides were professionally designed for DynaMORE. The presentation slides were already used for the project Kick-off meeting in April 2018 as well as the for the Steering Committee meeting in October 2018.

The design elements incl. the project logo will appear on all documents, publications and DynaMORE presentations and thus guarantee growingly high recognition.

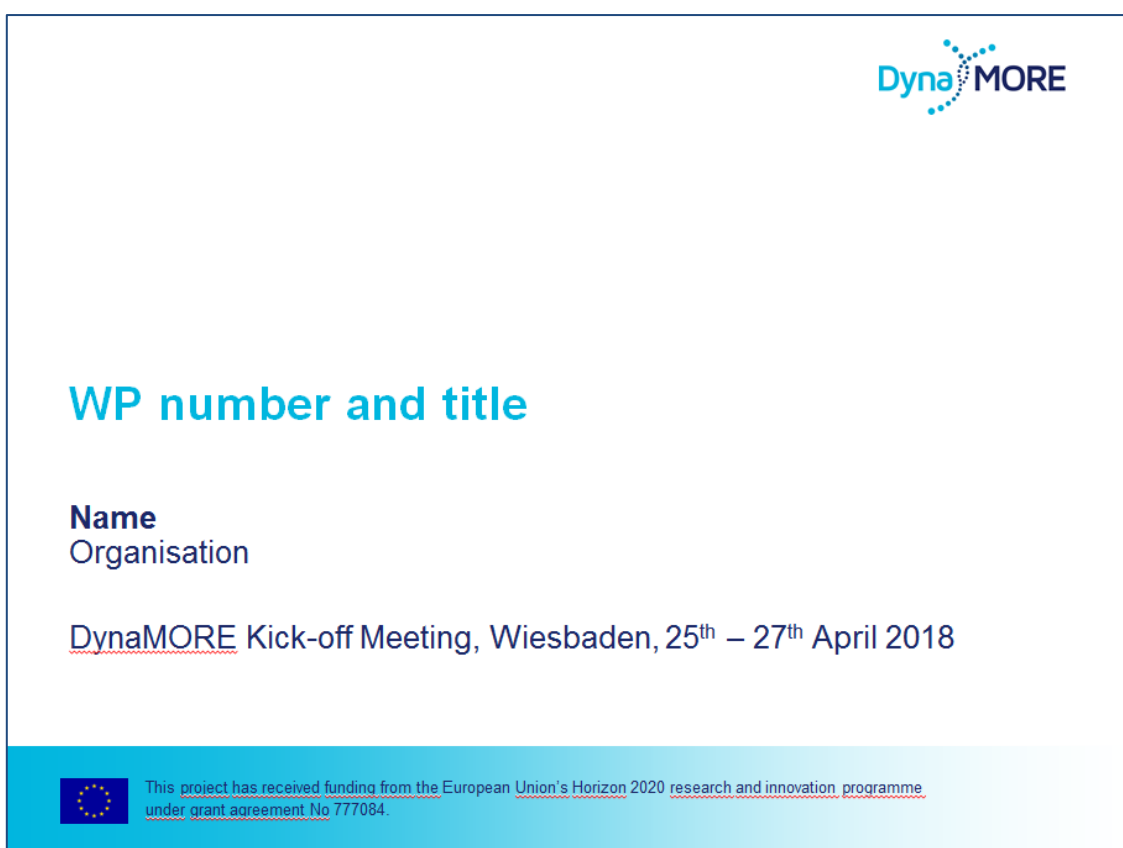


Fig. 1: Presentation slides of DynaMORE

2. Project leaflet (folder)

The DynaMORE consortium designed and developed a project leaflet (web and print version) explaining the most important facts of DynaMORE for experts and laymen. The leaflet is available at the DynaMORE website (www.dynamore-project.eu/news-events/downloads/) and will be available as print version soon which could be shared with e.g. the scientific communities at national and international conferences, stakeholders and interested public.

MEMBERS
DynaMORE is an international research project that brings together 12 transdisciplinary institutions from 6 different countries.

BASIC FACTS

FULL PROJECT TITLE	DynaMORE: Dynamic Modelling of Resilience
START DATE	01 April 2018
DURATION TIME	5 years
PARTICIPANTS	12 institutions from 6 countries
EC FUNDING	6.0 million (€ 6,069,015 €)
PROJECT WEBSITE	www.dynamore-project.eu

CONTACT

PROJECT COORDINATOR
Prof. Dr. Raffael Kalisch
University Medical Centre Mainz
r.kalisch@uni-mainz.de

PROJECT MANAGEMENT
Dr. Sara Stöber
concentris research management GmbH
sara.stoeb@concentris.de

FOLLOW DYNAMORE ON TWITTER: [www.twitter.com/DynaMORE_H2020](https://twitter.com/DynaMORE_H2020)

DYNAMIC MODELLING OF RESILIENCE

This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 773394.

OUR VISION

The overall aim of DynaMORE is to improve the prevention of, and recovery from, stress-related mental health problems. By developing a mobile monitoring and intervention App, we strive to increase individual well-being, reduce healthcare demands, lower indirect economic costs, and contribute to an overall healthier society.

Our approach is health- rather than disease-focused, meaning that our goal is to prevent mental health problems rather than trying to cure them after they have already developed into full-blown psychiatric diseases. We pursue this goal by successively collecting physiological, endocrine, microbial, psychological, social and sensorial data from healthy, but vulnerable study participants during a stressful transition phase in their life, questioning them about daily hassles, major life events and individual coping strategies, and using this input to advance the mathematical data integration and in silico modelling of mental health.

In return, the in silico model itself will deepen our scientific understanding of what comprises stress resilience versus stress susceptibility, which stressors or triggers are most detrimental, and which interventions, resilience mechanisms, and coping strategies are most effective and beneficial.

In short, we are about to generate and validate the first in silico model of stress resilience, and will use it as a basis for developing a novel mobile health (mHealth) device that will monitor individual well-being and help prevent stress-related mental disorders.

DynaMORE means improving stress resilience and well-being in the face of adversity

OUR OBJECTIVES

- MODELLING RESILIENCE** conceptually and mathematically, and validating our model empirically
- IMPROVING HUMAN LIVES** via real-time monitoring and intervention
- KNOWLEDGE GAIN** about the bio-psychosocial mechanisms of stress resilience
- SOCIETAL IMPACT** via education, training, dissemination of results, and commercialisation and exploitation
- TECHNOLOGICAL ADVANCEMENT** of interactive mHealth applications, data integration and modelling

WHY IT MATTERS

Globaly, major depression and anxiety disorders are among the top 10 leading causes for disability, and more than half a billion people are affected by anxiety, post-traumatic stress disorder (PTSD), depression, or addiction each year. These conditions often occur as a consequence of stressors, such as traumatic events, changing life circumstances, stressful transition phases, or physical illness.

In Europe alone, stress-related disorders are believed to cause direct and indirect economic costs of about 200 billion € every year. Behind these numbers, there is much individual suffering, a heavy burden on families, friends, colleagues, the health care system, and drastic economic consequences.

DynaMORE takes a different approach: We intend to reveal mechanisms of mental and physiological health. With computer science providing aiding new possibilities of data collection, monitoring, and mathematical modelling, we aim to identify key resilience factors and provide practical and personalised intervention during stressful life phases.

Fig. 2: DynaMORE leaflet (print version)