



FAMILY

“Running in the FAMILY – Understanding and predicting the intergenerational transmission of mental illness”

Grant Agreement number: 101057529

Deliverable 9.8

Interim Training Report

<i>Work package:</i>	WP 9
<i>Task:</i>	Task 9.6
<i>Due Date:</i>	30 th September 2025 (M36)
<i>Actual Submission Date:</i>	19 th September 2025 (M36)
<i>Project Dates:</i>	Project Start Date: October 01, 2022 Project Duration: 60 months
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Project funded by the European Commission within HORIZON-HLTH-2021-STAYHLTH-01-02: Towards a molecular and neurobiological understanding of mental health and mental illness for the benefit of citizens and patients'		
Dissemination Level		
PU	Public — fully open (automatically posted online)	X
SEN	Sensitive — limited under the conditions of the Grant Agreement	

Document History:

Version	Date	Changes	From	Review
V0.1	16/03/2023	Deliverable template	Juliane Dittrich	Neeltje van Haren
V1	30/09/2025	Final version	Nina Karguth	Neeltje van Haren

SUMMARY

This deliverable outlines the training activities and related documentation developed within the FAMILY project. It provides a summary of the activities conducted to date and presents an overview of the training opportunities available to Early Career Scientists (ECS).

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1 INTRODUCTION

1.1 Purpose and Scope

WP9 (Dissemination, Communication, Training, and Guideline Development) identified the young researchers participating in FAMILY. These researchers assessed their level of expertise across different areas and outlined their training needs and educational goals that are not sufficiently addressed by their institutional programs. The results are presented in this report and have been considered in the design of training activities for the young researchers.

In addition, a mentoring program has been established, linking young researchers with senior FAMILY scientists. Particular attention is given to ensuring gender balance within the group, and members of underrepresented genders are offered targeted support.

Definition: Early career scientists (ECS) are all PhD students and postdocs, actively involved in FAMILY research projects.

1.2 References to other FAMILY Documents

- FAMILY DoA

2 FAMILY'S TRAINING ACTIVITIES

2.1 Masterclasses

Masterclasses are being organised during the annual General Assembly (GA) meetings. ECS can suggest internal or external speakers or topics they are interested in.

Past masterclasses:

- 05 October 2023: **miRNA and metabolic signatures of childhood trauma across body fluids in humans: Implications for intergenerational transmission and biomarker potential** by Ali Jawaid, EMBL-Nencki Center of Excellence for Neuronal Plasticity and Brain Disorders, Poland
- 10 October 2024: **About the Youth-GEMs Project** by Bart Rutten, Maastricht University, Netherlands

Planned masterclass:

- 05 November 2025: **Grant Writing Workshop: personal grants for early career researchers** by Charlotte Cecil, Department of Child and Adolescent Psychiatry & the Department of Epidemiology at Erasmus Medical Centre, Rotterdam, the Netherlands
- 06 November 2025: **Intergenerational Transmission in Clinical Practice: Bridging Research and Intervention in Youth MH** by Andrea Raballo, Università della Svizzera Italiana, Lugano, Switzerland

2.2 Secondments

The FAMILY coordinator has the opportunity to provide a number of travel grants to facilitate the collaboration between FAMILY partners or with institutions in consortia funded in the same call. A one-page outline will be submitted to the project management office (PMO) before the secondment, and afterwards a short report including the outcome and added value of the visit.

Several secondments were carried out, during which ECS (PhD candidates and postdoctoral researchers) visited partner institutions of the FAMILY project. These exchanges fostered scientific collaboration, facilitated the acquisition of new skills, and strengthened their individual research network.

Past secondments:

- March 2024: Lotte Vedum, working on the Danish High Risk and Resilience Study-VIA, spent one month in the research laboratory from Prof. Gisela Sugranyes (Hospital Clinic Barcelona – Institut d'Investigacions Biomèdiques August Pi i Sunyer (IDIBAPS)).
- April 2024: PhD student Parisa Mohammadzadeh from Bjørn Edrup's group at Region Hovedstaden in Copenhagen had the opportunity to visit the team at the Norwegian Institute of Public Health (Folkehelseinstituttet) in Oslo. She worked at the Centre for Genetic Epidemiology and Mental Health, where she finalized her PhD thesis and participated in lab meetings and seminars as part of her research stay.
- August 2024: Postdoctoral researcher Patricia Camprodon-Boadas from Hospital Clinic Barcelona – Institut d'Investigacions Biomèdiques August Pi i Sunyer (IDIBAPS) visited for four weeks the Psychosis Research Unit at Aarhus University Hospital in Denmark, led by Professor Ole Mors.

- February – March 2025: Yenee Soh from Harvard School of Public Health, Boston, US, spent her secondment in at Erasmus MC in Rotterdam to work on the Generation R dataset.
- May 2025: Postdoctoral researchers Lisanne van Houtum and Dogukan Koc from Child and Adolescent Psychiatry/Psychology Erasmus MC visited the laboratory from Raffael Kalisch at the Neuroimaging Center (NIC) in Mainz. The visit featured presentations from lab members, a tour of the research facilities (including MRI, neuromodulation, and the sleep lab), and discussions on ongoing projects and methodologies.

2.3 Mentoring programme

A mentoring programme where young researchers are linked with senior researchers in the consortium (but who are not directly involved in the young researcher's project) was established as part of the training program. The aim of this mentoring programme is to support the professional development of ECS by fostering structured, trust-based relationships between mentors and mentees. Effective mentoring is grounded in clear expectations, open communication, and mutual respect. Beyond academic guidance, it also addresses broader career and life balance issues, such as managing family responsibilities within academia and personal wellbeing. Female trainees are given the option to choose a female mentor. Both mentors and mentees are encouraged to define their roles clearly, agree on communication routines, and set specific short- and long-term goals. Mentors provide constructive feedback, connect mentees with relevant networks and resources, and help identify career development opportunities. Mentees are expected to be proactive, respectful of their mentor's time, and open to feedback.

Currently, there are 14 active mentor-mentee pairings. At the annual GA meetings, the mentor-mentee pairs are encouraged to meet personally and discuss questions and feedback.

2.4 Training portfolio

A FAMILY training portfolio has been set up (see Annex 1). This training portfolio was filled out by ECS, when needed, with the help of their institutional supervisor or their independent mentor. The portfolios were collected and assessed by the WP9 team to build the basis for coordination and organization of training activities. ECS will discuss the next steps with their mentor during the annual GA meetings. This way, ECS will benefit optimally from the training opportunities and will be able to follow their progress and receive support when needed.

Suggestions for trainings and masterclasses from ECS:

- Grant writing & finding funding opportunities
- Science Communication
- Research career strategies / Steps in building a research career
- Normative modelling
- (Super)BigFLICA
- Anything genetics-related
- Basic intro into novel machine learning methods
- Statistical Genetics (Emma Sprooten)
- Digital Research Environments and data sharing (Ryan Muetzel)
- Longitudinal analysis of neuroimaging data, particularly resting-state fMRI
- Statistical methods and implications of the integration of multimodal and multidimensional data

- Designing Europe-wide cohort studies and best practices to harmonize across studies
- Networking in a post-Corona, environmentally aware world i.e. restricted travel budgets
- SEM-PGS, a novel trio method that we will use in multiple FAMILY papers (Noemie Valenza-Troubat/Jared V. Balbona)

3 PARADISE MEETINGS

Both knowledge integration (WP7, Task 7.4) and methods training (part of WP9, Task 9.7) are jointly organized by FAMILY partner LIR in the form of regular bi-monthly meetings (PARADISE meetings - Protected Area for Real Advancement of Discussion and Scientific Exchange).

These meetings involve all researchers of WPs2-8, being exclusively devoted to scientific and methodological issues. Meetings will take place offline in the months of the annual GA and SC meetings and online in the months between, paused during summer. These meetings have shown to be the point of departure of many new experiments and analyses in the individual WPs and of cross-WP integrative projects.

As we are approaching advanced stages of the projects, PARADISE meetings are used to share and discuss first FAMILY results, and to discuss follow-up ideas and initiatives, both scientifically as well as on how to further promote research in this field to the wider community beyond the time frame of the FAMILY project.

The following schedule was held during the past reporting period (01.04.2024 – 30.09.2025).

Date	Type	Topic	Speaker/s	Content
24.04.2024	Educational	Resilience	Raffael Kalisch	Concepts of resilience
22.05.2024	Educational	Genetics	Rudolf Uher (external speaker)	Genetics and heritability of familial high-risk
27.11.2024	Educational	Open Science	Lisanne van Houtum	Concepts of open science
18.12.2024	Educational	Cognitive Reserve	Patricia Camprodon, Elena de la Serna, Lotte Veddem	Overview of cognitive reserve & links to FAMILY
22.01.2025	Educational	FAMILY cohorts	Manon Hillegers, Björn Edrup	MARIO & COPSYCH
19.02.2025	Educational	Neuropsychiatry & quantitative biology	Martien Kas (external speaker)	Linking neuropsychiatry to quantitative biology: a translational and transdiagnostic approach
21.05.2025	Results	Analysis Plans	Tim Finke, I Schuurmans, Boglarka Kovacs, Dogukan Koc, Lisanne van Houtum	Analysis plans in FAMILY
18.06.2025	Results	WP6 Results	Geeske van Worden	Behavioural and biological factors related to the intergenerational transmission of risk of mental illness using mouse models

4 APPENDIX I: TRAINING PORTFOLIO

INDIVIDUAL TRAINING PORTFOLIO (for PhD Students, Postdocs, and other Early Career Scientists) FAMILY (HORIZON Europe) WP9 Training Programme

BACKGROUND INFORMATION

Definition: Early career scientists (ECS) are all PhD students and postdocs who are actively involved in the FAMILY research projects.

If you are an ECS, we highly encourage you to participate in the training programme, as your professional development can only benefit from it.

We kindly ask you to fill out this portfolio

- **to introduce yourself**
- **to assess your current career status**
- **to identify your training needs**
- **to identify your wishes for professional advice / support**
- **to define your career goals.**

The training portfolios shall be filled out by each ECS, when needed, with the help of their institutional supervisor or their independent mentor (a senior scientist from the FAMILY consortium). The portfolios will be collected and assessed by the WP9 team to build the basis for coordination and organization of training activities. Towards the end of every reporting period, we would like to receive your feedback about the training activities you enjoyed during the year and whether you have reached your goals. By that time, you will have chosen a mentor from the project who will discuss the next steps with you during the annual General Assembly (GA) Meetings. This way, we can ensure that you benefit optimally from the training opportunities and will also be able to follow your progress and receive support when needed.

PERSONAL DETAILS

Title & Full Name :.....

Gender :.....

Nationality :.....

Institution :.....

Institutional Supervisor :

FAMILY Mentor :

Work E-mail address :.....

Work Phone number :.....

Postal address (work) :.....

Master's Degree in :.....

Start date of your PhD/MD :.....

End date of your PhD/MD :.....

RESEARCH ACTIVITIES

Research project(s)

Title: [please fill in]

Short description: [please fill in]

Your Work Package: [please fill in]

Your role in FAMILY: [please fill in]

MY INTEREST IN FAMILY TRAINING ACTIVITIES

FAMILY offers the following training activities. Please indicate your interest in joining them:

☐ **Mentorship programme**

- ☐ I am interested to be paired up with a mentor within the FAMILY consortium. My top 3:

.....

☐ **Masterclasses** during GA meetings

- ☐ Please tell us which topics you would be interested in and suggest experts to give the lectures.

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☐ **Secondments**

- ☐ FAMILY will offer secondments after the first year and will provide a number of travel grants to facilitate the collaboration between FAMILY partners. Please tell us whether you would be interested and your initial ideas.

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- ☐ **Other.** Feel free to make other suggestions for how you could enlarge or deepen your skill set using FAMILY as a knowledge source.

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The PMO will collect a feedback template, which will be part of the Horizon Europe reporting on dissemination and training activities.

MENTOR MENTEE DISCUSSION POINTS (EXAMPLES)

- CAREER DEVELOPMENT GOALS
- SKILLS I WOULD LIKE TO IMPROVE

Examples: Grant writing, English presentation skills, Time management, work/life balance, managing family and career, Open science practices, or specific scientific methods or techniques

REFLECTION ON YEAR 1

Please send to the WP9 leader by October 31st 2023!

1) Which training activities in the frame of FAMILY did I do in the past year?

2) Status quo after this year: Which skills have I learned or improved?

3) What are my (training) steps for the next year?

ACKNOWLEDGEMENT

Funded by the European Union, the Swiss State Secretariat for Education, Research and Innovation (SERI) and the UK Research and Innovation (UKRI) under the UK government's Horizon Europe funding guarantee'. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union, or the European Health and Digital Executive Agency (HADEA), the SERI or the UKRI. Neither the European Union nor the granting authorities can be held responsible for them.