

Newsletter **TREASURE**

Maternal Perinatal Stress and Adverse Outcomes in the Offspring: Maximising infants' development.



Funded by
the European Union

- **TREASURE RESEARCH NETWORK**
- **MEETINGS: CONNECTIONS AND COLLABORATIONS**
- **TEAM SYNERGY: WORKING GROUPS UPDATES**
- **KNOWLEDGE ON THE MOVE: STSM EXPERIENCIES**
- **TRAINING SCHOOL HIGHLIGHTS**
- **VIRTUAL MOBILITY**
- **SCIENTIFIC ACHIEVEMENTS IN 2025**
- **DISSEMINATION AND OUTREACH ACTIVITIES**
- **CONNECTING AHEAD: SAVE THE DATES**

We begin the third Grant Period of the TREASURE project with great enthusiasm, and we are delighted to introduce the second edition of our newsletter. The success of the first issue was made possible thanks to the dedication, collaboration, and valuable contributions of colleagues across Europe. Your active involvement continues to strengthen the spirit of cooperation that lies at the heart of TREASURE.

This new edition aims to keep our community informed and connected through updates on the project's progress, recent activities, and the inspiring research being carried out by our members. By sharing knowledge and experiences, we continue to promote collaboration among researchers and to enhance the visibility and dissemination of our collective work.

A sincere thank you to everyone who made this edition possible. We hope you find it both interesting and inspiring, and that it encourages further engagement within our growing TREASURE network.

Rafael A. Caparros-Gonzalez, Action Chair
Sandra Garcia-Pintor, Science Communication Coordinator
Lucija Prepust, WG6 co-leader

About TREASURE

High levels of maternal perinatal stress are associated with negative effects in the offspring. The adverse impact maternal stress can have in the infants' health is:

- In the short term (prematurity, low infant birthweight).
- The long-term (neuroinflammation, autism).
- The very long-term (transgenerational effects).

During pregnancy, high levels of maternal stress can cross the placenta and reach the fetus. Mediators responsible for the impact of maternal stress in the developing fetus include cytokines, tryptophan, cortisol, catecholamines, reactive oxygen species, oxidative stress and microbiota. These mediators, along with epigenetic mechanisms, are involved on the adverse consequences high levels of maternal stress can have in the offspring.



In order to improve fetal development and boost infant's health throughout their lifespan, the TREASURE project aims to consolidate a multidisciplinary and international network of scientists, clinicians, students, stakeholders, Non-Governmental Organisations (NGOs) and Enterprises to achieve impact through a three-fold main objective:

- Discovering, reviewing and disseminating scientific evidence on minimize, reduce and prevent the impact of maternal perinatal stress on fetal development, and to improve psychological, medical and neural development in the offspring during their life-span.
- Bridging knowledge, evidence and experience between scientific disciplines, and bringing international research groups together to increase knowledge exchange between countries.
- Forming international coalitions to efficiently translate scientific knowledge into clinical guidelines and best practices across Europe to improve the health of children, and reducing economic cost appearing from high levels of maternal perinatal stress.

**Visit our website to stay
informed about our project**
<https://www.treasurecost.eu>



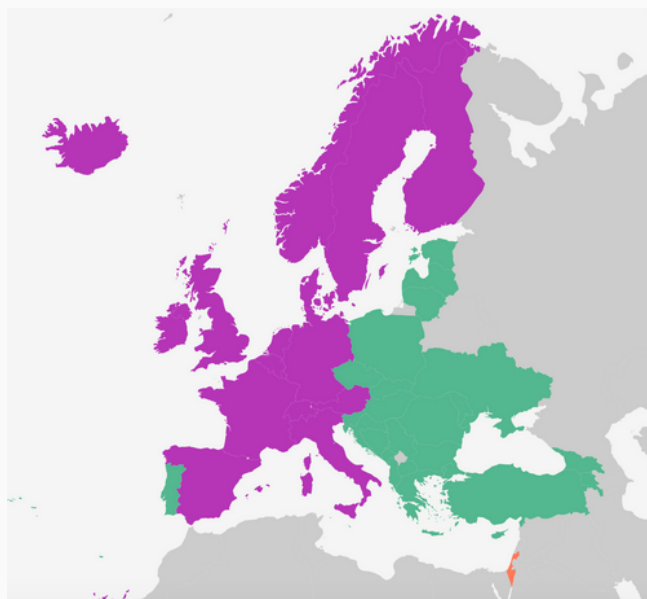
TREASURE Research Network

COST is an EU funded programme that supports the establishment of international researcher networks.

COST is committed to bringing out excellence and inclusiveness in science Europe-wide and clearingaway obstacles by offering low-barrier entry research networks and creating interdisciplinary research cooperation opportunities for researchers.

The COST inclusiveness policy is developed about three main elements:

1. Geographical spread.
2. Career stage: involving young researchers.
3. Gender balance.



Our project current membership figure

Total number of members:	460 members
Countries Full COST:	38 Full COST
Country partners:	1 South África
International partner:	6 Argentina, Colombia, India, Indonesia, United States, Kazakhstan.
Cooperating country:	1 Israel
Near Neighbour Country:	1 Tunisia
Management Committee members:	63 members
Gender Balance:	374 - Female / 86 - Male
Young Research Innovators (YRI) Balance:	199 - YRI / 261 - NYRI
Inclusiveness Target Countries (ITC) Balance:	204 ITC / 256 NITC

If you're interested in our project, you can join us through the following link:

<https://www.cost.eu/actions/CA22114/>

Meetings: Connections and Collaborations

Core Group and Working Group Meeting: Madrid (Spain) - March 2025



The first in-person meeting of the year took place in March 2025 at the Complutense University of Madrid, hosted by Prof. Alejandro De la Torre Luque. TREASURE members gathered to discuss progress within the different Working Groups, advance ongoing tasks, and outline the calendar for upcoming in-person meetings.

During the Core Group session, Maja Zutic and Rafael A. Caparros-Gonzalez presented the Gender Equality and Inclusive Communication Plan, reinforcing the project's commitment to diversity and inclusion across all activities.

The meeting also featured two inspiring keynote lectures: Prof. Antje Horsch spoke on "Parents and Infants at Risk: The Aftermath of Birth Trauma," and Prof. Alejandro De la Torre delivered "Longitudinal Models for Perinatal Research."

The event concluded with a guided tour of central Madrid, offering participants time to connect and enjoy the city's vibrant atmosphere.



Core Group and Working Group Meeting: Tirana (Albania) - June 2025



The second in-person meeting of 2025 was held in Tirana, Albania, hosted by Prof. Ana Uka at the Western Balkans University, where every detail was carefully prepared to ensure a productive and welcoming event. All Working Groups met simultaneously to discuss progress, exchange ideas, and set new goals for the next stages of the TREASURE project.

A Core Group meeting also took place, providing an opportunity to review ongoing management activities and confirm the calendar for upcoming in-person meetings.

Participants attended two insightful keynote lectures: Prof. Ana Uka presented "Maternal Mental Health in the Time of Crises: The Case of Ukraine," and Prof. Susan Ayers, co-leader of WG1, delivered "Extremes of Stress: Understanding Birth Trauma and PTSD."

The meeting concluded with time to enjoy the vibrant city of Tirana and its rich culinary traditions, strengthening both professional and personal connections among participants.

Team Synergy: Achievements of Working Group 1

WG 1. Maximizing our understanding of maternal perinatal psychological and physiological stress (Conceptualization).

Lead: Prof Antje Horsch / Colead: Prof. Susan Ayers

Main Achievements 2024/2025

SG 1 - Definition of maternal stress.

Prof. Antje Horsch / Ms. Deborah Fort

Last year, we registered the protocol for our scoping review on OSF and developed a systematic literature search strategy, identifying 1,920 articles. Following the title and abstract screening, 71 articles were deemed potentially eligible. We are currently conducting full text screening and will finish this process in the next few days.

SG 4 - Secondary data analyses on physiological stress impact.

Ms. Sella Devita / Ms. Mariana Treviño

In our first year, we made significant progress towards Deliverable 1.4: Identification of biological and neuroendocrine predictors of maternal perinatal stress. In collaboration with WG2 and WG3, we collected metadata from 40 birth cohorts and narrowed them down to 17 based on studies assessing maternal biomarkers and perinatal stress. Our literature review highlighted inflammatory markers as key factors in maternal stress. Given the predominant focus on stress as a predictor of biomarkers in previous studies, we will conduct bidirectional longitudinal analyses to clarify whether inflammatory markers are not only an outcome of stress but also predict future stress levels. Having finalised a data sharing agreement with other subgroup leaders, the next steps will be to harmonise the maternal stress questionnaires and to upload a pre-registration of our study (OSF).

Upcoming milestone

Train people for the data extraction.

During the meeting in Madrid, we drafted a definition of maternal perinatal stress based on the data extracted until then. This draft definition will then be discussed with key stakeholders to achieve a consensus.

For data handling, we look forward to working with Luz M. Iribarne-Duran, Data Manager. She is supported by a Virtual Mobility Grant.

Team Synergy: Achievements of Working Group 2

WG 2 - Exploring intergenerational and transgenerational impact of maternal perinatal stress on the offspring through epigenetic and biomedical research

Lead: Prof. Mirjam Oosterman / CoLead: Prof. Elif Aysimi Duman

Main Achievements 2024/2025

SG 1 - Secondary data analysis from Birth Cohort studies.

Dr. Lea Takacs/ Prof. Livio Provenzi

The group is working on two papers two papers: (1) Stress in pregnancy and child social emotional development, primarily temperament (led by Lea) and (2) Stress in pregnancy and child motor and cognitive development (led by Livio). Metadata on cohorts are available – start contacting PI's regarding data once the data sharing agreement is finalized. In the meantime, the groups work on a preregistration of the papers. Questions/issue that needs attention: Need to find a person who takes care for data curation/harmonization.

SG 2 - Development of mathematical models.

Prof. Andreas Mayr/Dr. Alejandro De la Torre-Luque

The group decided on the methods: Statistical learning algorithms with data-driven variable selection. With regard to use of data, we decided not to wait for the harmonized database (consisting of multiple cohorts) but start working on one of the existing ones. The focus is on data from BASIC and U-BIRTH cohorts (Uppsala). Later also testing on other data from participats (cohort from Norway). Current status: Izdar Abulizu (PhD student from Andreas) should get access to the Uppsala databases, he will programm the algorithms to estimate the prediction model. We are on track with the work.

SG 3 - Systematic review of transgenerational impact.

Dr. Sara Cruz/Dr. Joanna Stecyna

The group works on a PROSPERO registration and a search strategy of the review. There is a good division of tasks.

Upcoming milestone

Izdar Abulizu (PhD student from Andreas) should get access to the Uppsala databases, he will programm the algorithms to estimate the prediction model. We are on track with the work.

In the systematic review, we will take the next step to analyze the retrieved papers. The work is proceeding according to the plan.

Team Synergy: Achievements of Working Group 3

WG 3 - Improving assessment approaches in perinatal maternal stress through psychological and biological measures.

Lead: Prof. Sarah Kittel-Schneider / CoLead: Prof. Maria Fe Rodriguez-Muñoz

Main Achievements 2024/2025

Systematic Review Progress:

SG 2 - Psychological markers of maternal perinatal stress with an impact on exposed children.

Dr. Ana Uka/Dr. Tugba Yilmaz/Prof. Ana Ganho/Ms. Mónica Sobral

Completed a Prospero protocol for maternal stress markers and initiated database searches in February 2025.

SG 3 - Markers of paternal perinatal stress with an impact on exposed children.

Prof. Sarah Kittel-Schneider/Dr. Rajesh Shigdel/Dr. Kristiina Uriko.

Finalized a Prospero protocol draft for meta-analysis, with plans to complete it by February 2025.

Secondary Data Analysis:

SG 4 - Secondary data analysis from Birth Cohort studies of perinatal stress.

Dr. Annaleena Holopainen/Dr. Jasminka Štefuljes

Initiated pre-registration on OSF for harmonizing birth cohort data, with plans to contact cohort principal investigators by January 2025.

Clinical Feasibility Study:

SG 5 - Survey of clinicians of the acceptability and feasibility to use markers/assessments in the daily routine.

Dr. Demet Gülaldi/Dr. Tugba Yilmaz/Dr. Ayça Demir Yıldırım/Dr. Imran Gokcen Yilmaz-Karaman

Drafted a survey protocol to assess clinician acceptance of perinatal stress biomarkers, pending input from other subgroups.

Upcoming milestone

Working on the reviews and plan to begin data collection in February 2026.

Team Synergy: Achievements of Working Group 4

WG 4 - Optimising the perinatal period to reduce the adverse impact on the offspring.

Lead: Prof. Anna-Lena Zietlow / CoLead: Prof. Pelin Dikmen Yildiz

Main Achievements 2024/2025

SG 1 - Qualitative Interviews with families & partners.

Prof. Nicola Carone / Dr. Johanna Petzoldt

Task: To identify potential social, cultural, and psychological factors associated with a reduction of maternal perinatal stress through the development of a quali-quantitative survey for mothers (Survey 1), partners & family members involved in childcare (Survey 2) across diverse countries.

SG 2 - Development of a psycho-educational toolkit for families.

Dr. Anna Georg / Dr. Magdalena Chrzan / Dr. Katharina Hartmann

Task: To develop a toolkit for partners and families based on identified social, cultural and psychological factors (e.g., resilience) associated with a reduction of maternal perinatal stress.

Subgroup 2 is working on a systematic review on psychological interventions for partners and families in the peripartum period.

SG 3 - Critical assessment of methods improving the parent-infant relationship.

Prof Sónia Brandão / Prof. Anat Talmon / Dr. Ewa Gieysztor

Task: Critical appraisal of methods to improve the parent-infant relationship.

Subgroup 3 is working on two tasks: scoping review of assessment instruments for parent-child relationships in the first year and a systematic review of interventions promoting these relationships postpartum.

SG 4 - Interventions reducing perinatal maternal stress.

Ms Lea Krumpholtz / Prof. Edi Vaisbuch

Task: To synthesize the best practices for reducing maternal perinatal stress through non-pharmacological treatments.

Subgroup 4 is conducting a systematic review (meta-analysis) on non-pharmacological treatments to reduce maternal perinatal stress. Currently, pre-registration is in the final feedback loop.

Upcoming milestone

Currently SG 1 is working on to finalize the research protocol for the "Mothers survey" within two months.

The first draft of the preregistration form is almost completed, and Subgroup 2 aims to start the screening process in the next two months.

SG 3. For Task 1, the protocol was completed and currently they are planning to pre-register it and preparing for the screening process. For Task 2, development of the systematic review protocol is still ongoing.

SG 4. They aim to start preparations for the screening process next month and are currently planning the expert consensus/theoretical paper in collaboration with the WG leaders.

Team Synergy: Achievements of Working Group 5

WG 5 - Analysis of health economics

Lead: Dr. Fiona Lynn / CoLead: Prof. Neville Calleja

Main Achievements 2024/2025

This working group has been focused on two main activities (1) planning and conducting a systematic review of evidence on the economic burden of poor maternal perinatal mental health, and (2) supporting the training needs of the team in relation to health economics.

In our first year, we made progress on Deliverable 5.1 by developing a systematic review protocol for our review titled "Economic burden of poor maternal perinatal mental health: a systematic review of cost of illness studies and economic evaluations". The protocol has been registered with PROSPERO and systematic searches for relevant literature have been completed both in bibliographic databases and within a search for grey literature. We identified a total of 3655 records and the team is currently conducting title and abstract screen to assess the eligibility for inclusion in the review. WG5 is a multi-disciplinary team that includes 44 members. Along with health economists, we have content specialists i.e. those who are experts in caring for, supporting and/or conducting research with women in the perinatal period and have an interest in tackling maternal perinatal stress and improving outcomes for mothers and their infants. To support content experts, we have delivered training sessions related to an introduction to health economics, as well as a focus on cost-of-illness studies, and in using web-based platforms that support systematic reviewers.

Upcoming milestone

The plan for the forthcoming year will focus on conducting the systematic review of economic evidence (Deliverable 5.1) and commencing work on the construction of a decision-analytic model for assessing the value for money of alternative strategies for preventing and/or treating maternal perinatal stress (Deliverable 5.2). We also plan to set up a stakeholder engagement group to help advice on model development. Further training sessions will be provided on the quality assessment of cost-of-illness studies and on data extraction for economic profiles.

Team Synergy: Achievements of Working Group 6

WG 6 - Communication, dissemination and knowledge transfer

Lead: Prof. Jean Calleja-Agius / Ms. Lucija Prepust

Main Achievements 2024/2025

Design and development of the TREASURE website.

Creation of TREASURE's social media accounts.

Regular updates on social media and the website.

Task 6.1. Draft and implementation of the Science Communication Plan:
This task was carried out during Grand Period 1.

Preparation and publication of a Newsletter.

Upcoming milestone

Task 6.2 Organise two International Conference:
Organize the first international conference during Grant Period 3.

Task 6.4 Organise open access events for the general public:
Host open-access events for professionals, the general public, and decision-makers.

KNOWLEDGE ON THE MOVE: STSM EXPERIENCIES.

What are STSMs?

Short-term scientific missions (STSM) are exchange visits between researchers involved in a COST Action, allowing scientists to visit an institution or laboratory in another COST Member state participating to TREASURE. These scientific missions may last up to six months. Their aim is to foster collaboration in excellent research infrastructures and share new techniques that may not be available in a participant's home institution or laboratory.

How to apply?

TREASURE is actively encouraging members to apply for STSMs. You can find all the instructions on our website, social media or by emailing us at.

www.treasurecost.eu

treasurecostaction@gmail.com

*Here are the participants of the
second STSM call:*

Alessia Melacca

Prof. Oznur KORUKCU

Elif Balkan

Esra ARDAHAN AKGÜL

Hikmet Emre CAN

Carlota Alcover Van de Walle

Leonie Miserez

“Discover our colleagues' experiences on the following pages—they won't leave you indifferent! Be inspired to take part in the STSM program, a fantastic opportunity to expand your knowledge while exploring new places and cultures.”

KNOWLEDGE ON THE MOVE: STSM EXPERIENCIES.

Alessia Melacca's STMS Experience at Universitat Rovira i Virgili in Tarragona, Spain

Where did you carry out your STSM?

My Short-Term Scientific Mission took place at the Universitat Rovira i Virgili in Tarragona, Spain, under the supervision of Prof. Serena Brigidi.

How would you describe your experience?

The experience was both academically enriching and personally transformative. The mission focused on using body mapping and narrative photography as creative, participatory methods to study women's birth experiences and promote Respectful Maternity Care (RMC).

I had the opportunity to reflect on the epistemological and ethical value of arts-based, participatory research in women's health. These methods engage participants as active contributors, revealing the complexity of embodied and emotional experiences.

The STSM also highlighted the benefits of interdisciplinary dialogue, particularly between anthropology and maternal health, in fostering inclusive and innovative perspectives on childbirth and care. I am sincerely grateful to Prof. Brigidi and the university for their generosity and hospitality, which made my stay in Spain both rewarding and inspiring.

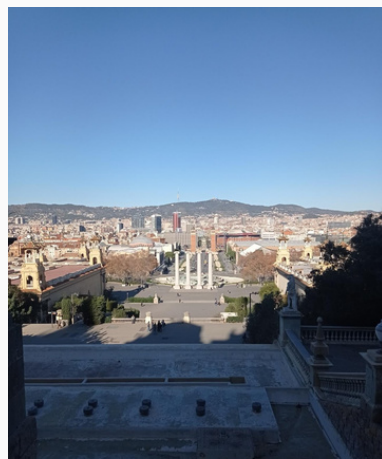
What recommendations would you give to future STSM participants?

Approach the STSM with openness and curiosity. While careful preparation is important, it is equally essential to leave space for discovery and unexpected insights!



Alessia Melacca

University of Florence



KNOWLEDGE ON THE MOVE: STSM EXPERIENCIES.

A Productive STSM Experience: Oznur Korukcu at the University of Bjelovar

Where did you carry out your STSM?

My STSM was conducted at the University of Bjelovar, Croatia, under the supervision of Prof. Zrinka Puharić. The mission took place in August 2025, as part of the COST Action CA22114 TREASURE. The main objective was to develop the preliminary version of the Intimate Partner Violence and Perinatal Mental Health Scale (IPV-PMH) and to establish its content validity through international and multidisciplinary collaboration.

How would you describe your experience?

The STSM provided an invaluable opportunity to collaborate with professionals from medicine, psychology, nursing, and public health across Croatia and Turkey. Prof. Zrinka prepared a very effective schedule for working together. The research process included item generation, expert consultations, and a content validity study with both in-person and online expert feedback. The experience was both academically and personally enriching, enhancing my research and cross-cultural collaboration skills. I gained deep insights into interdisciplinary teamwork and the methodological rigor required to develop valid, culturally sensitive measurement tools. Moreover, the supportive environment at the host institution fostered scientific exchange and strengthened future research partnerships within the TREASURE network.



Prof. Oznur KORUKCU

Akdeniz University Faculty
of Nursing

Participates in WG4, WG6

“Engaging actively with the host team and maintaining consistent communication are key to achieving meaningful outcomes.”



What recommendations would you give to future STSM participants?

Future STSM participants should prepare a clear and realistic work plan while remaining open to adapting it as collaboration evolves. In my opinion, the most important aspect of the STSM application is to identify an original research topic that aligns with the proposed of the COST action and contributes to the existing literature. Engaging actively with the host team and maintaining consistent communication are key to achieving meaningful outcomes. I also recommend allocating time for informal discussions, as these often lead to new ideas and long-term partnerships. Lastly, documenting each step of the process facilitates dissemination and ensures that the results contribute effectively to the broader objectives of the COST Action.



KNOWLEDGE ON THE MOVE: STSM EXPERIENCIES.

An Inspiring Research Experience in Dublin: Elif Balkan at the Trinity College Dublin

I am Elif Balkan, a PhD student at Istanbul University-Cerrahpasa, Institute of Graduate Studies, Department of Obstetrics & Gynaecology Nursing. I also work as a Research Assistant at Yalova University.

This September, I participated in a two weeks STSM at the Trinity College Dublin, School of Nursing & Midwifery under the supervision of Prof. Joan Lalor. First, I would like to thank to the Prof. Joan Lalor, and all TREASURE STSM Committee members for this great opportunity. During this STSM, I had the opportunity to directly contribute to an international study and observe the research environment firsthand. This experience was invaluable for both my professional development and my research practice.

For my mission, I contributed to development of a review protocol on the psychological effects - particularly the stress - of pregnancy termination on women. In this context, I had the opportunity to closely observe processes at TCD for developing research questions, accessing databases, and developing search terms, and, at times, to actively contribute. The clinical and societal aspects of the project, along with the addition of other colleagues to our team by Prof. Lalor, created a diverse work environment that integrated ideas and methods from various disciplines.

One of my greatest supporters throughout this process was Prof. Joan Lalor. Using her academic expertise as well as her guidance on the legal aspects of termination and methodological approaches, she ensured sure that this experience was as productive as possible. Prof. Lalor's guidance allowed me to deepen my academic perspective and better understand the international research culture.

Being at a well-established institution like Trinity College Dublin was an eye-opener for me in observing the multidisciplinary and collaborative nature of scientific research. The contacts I established with diverse researchers laid an important foundation for potential future collaborations. This short but intense tenure allowed me to see the practical implications of my theoretical knowledge, to experience how scientific production is shaped internationally, and to re-evaluate my own research identity. I believe the insights I gained will guide me both during and after my doctoral studies, as well as in my future projects.

-Elif Balkan Kuru



Elif Balkan

PhD student at Istanbul University-Cerrahpasa, Institute of Graduate Studies, Department of Obstetrics & Gynaecology Nursing

Research Assistant at Yalova University



“Being at a well-established institution like Trinity College Dublin was an eye-opener for me in observing the multidisciplinary and collaborative nature of scientific research.”



Funded by
the European Union



KNOWLEDGE ON THE MOVE: STSM EXPERIENCIES.

Esra ARDAHAN AKGÜL at Escola Superior de Enfermagem do Porto



Esra ARDAHAN AKGÜL

PhD

**Asst. Prof. at Izmir Kâtip
Çelebi University**

Participates in WG2 and WG4

Where did you carry out your STSM?

I carried out my Short Term Scientific Mission (STSM) in Porto, Portugal, at the Escola Superior de Enfermagem do Porto under the supervision of Dr. Sonia Brandão. The visit took place within the framework of the COST Action Maternal Perinatal Stress and Adverse Outcomes in the Offspring: Maximising Infants' Development (TREASURE).

How would you describe your experience?

My STSM in Porto was a highly enriching academic and professional experience. Together with Dr. Brandão, I worked on the systematic review, focusing on screening and evaluating articles to refine the methodology and strengthen the evidence base on instruments for bonding.

A highlight of my visit was the field trip to the pediatric hospital, where I observed the use of pet therapy in the Neonatal Intensive Care Unit as a supportive, non-pharmacological intervention for maternal health to promote bonding. I also met with hospital nurses to discuss potential collaborative project ideas, which provided valuable insights into integrating clinical practice with academic research.

**“My STSM in Porto was a
highly enriching
academic and
professional experience.”**

Overall, the mission not only strengthened my scientific skills but also fostered international collaboration, opening pathways for future joint projects and publications.

What recommendations would you give to future STSM participants?

I would recommend that future STSM participants plan their visits with a clear focus on specific objectives, but also remain open to unexpected opportunities for collaboration that may arise. Engaging with both academic and clinical professionals during the visit can provide a richer perspective and lead to more sustainable partnerships. Finally, I would encourage participants to make the most of the cultural and professional context of the host institution, as these experiences can be highly inspiring and valuable for long-term cooperation.



KNOWLEDGE ON THE MOVE: STSM EXPERIENCIES.

STSM - My First International Experience

This year, I was one of the participants awarded a Short-Term Scientific Mission (STSM) grant. As part of the TREASURE project, I spent 13 days in July at the University of Granada, Spain, working with Professor Rafael Caparrós Gonzalez on a review study examining the relationship between maternal stress, anxiety, and child outcomes.

From the beginning, the process was both exciting and instructive. I am at the start of my academic journey — currently a first-year resident in the Department of Child and Adolescent Psychiatry at Balıkesir University — and having this opportunity was a valuable experience for me.

“My advice to future participants is to focus not only on producing results but also on the learning process itself and the experience of discovering a new culture.”.

I began preparing as soon as I was accepted, but as someone in the early stages of an academic career, I realized that I lacked sufficient experience in writing a systematic review. While drafting my work, I noticed that some parts were unclear, and I was uncertain about how to make the study more structured and objective.

When I arrived in Granada, Prof. Rafael patiently and clearly pointed out my mistakes. He guided me through topics such as academic writing, systematic review methodology, and the principles of open science. This guidance helped me strengthen the scientific quality and transparency of my work. I am now revising my study based on what I learned, aiming to produce a more coherent review with his valuable feedback.

He also provided advice beyond academic matters, helping me experience Granada and Spain more deeply. I had the chance to visit remarkable historical sites such as the Alhambra, meet new people, and learn about a different culture. I realized that combining academic knowledge with cultural experience gave me a broader and richer perspective.

In conclusion, my STSM experience was highly valuable for both my academic development and personal growth.

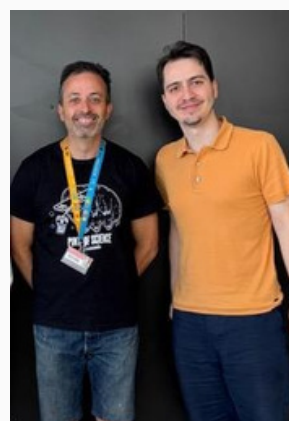
My advice to future participants is to focus not only on producing results but also on the learning process itself and the experience of discovering a new culture. Additionally, establishing early communication with their host supervisor, seeking their advice, and starting preparations before arrival can make the process more efficient and productive.



Hikmet Emre CAN

Balıkesir University,
Department of Child and
Adolescent Psychiatry

Participates in WG1, WG2,
WG4 and WG6



KNOWLEDGE ON THE MOVE: STSM EXPERIENCIES.

Carlota Alcover Van de Walle at University of Pavia, Italy



Carlota Alcover Van de Walle

ESIMar (Mar Nursing School), Parc de Salut Mar, Universitat Pompeu Fabra-affiliated, Barcelona, Spain

SDHed (Social Determinants and Health Education Research Group), IMIM (Hospital del Mar Medical Research Institute), Barcelona, Spain

Participates in WG1 and WG2

Where did you carry out your STSM?

I carried out my Short-Term Scientific Mission from 17 to 31 July 2025 at the Developmental Psychobiology Lab (DPB Lab) of the University of Pavia and the IRCCS Mondino Foundation, Italy.

How would you describe your experience?

My STSM was an inspiring and enriching experience. The main focus of my stay was to contribute to the multicohort study on prenatal mental health and early developmental outcomes coordinated within TREASURE. I worked on cleaning and organizing the database, reviewing variable structures, and preparing the documentation needed to request access to external datasets. Although it was not possible to conduct statistical analyses during this period due to pending data access, we established a clear framework that will guide the next phases of the study, in which I will continue collaborating remotely with the host team.

This mission also gave me the opportunity to learn from an internationally recognized research group and to explore innovative methodologies in developmental research. I observed a live EEG hyperscanning session examining parent-infant neural synchrony and learned about studies using infrared thermal imaging to investigate physiological co-regulation. These experiences broadened my methodological knowledge and provided valuable tools for connecting maternal mental health with infant neurodevelopment in my own work.

Equally important were the opportunities to present and discuss my research. Exchanges with colleagues from diverse disciplines led to stimulating conversations, useful feedback, and the basis for future collaborations, including potential joint publications. On a personal level, this mission represented a key step in consolidating my transition from clinical practice to applied research, strengthening my confidence, autonomy, and methodological expertise.

What recommendations would you give to future STSM participants?

I would recommend coming with a clear academic plan but also remaining flexible to adapt to the needs of the host institution. Take every opportunity to engage in discussions, observe new techniques, and share your expertise. An STSM is a unique chance to grow as a researcher and build meaningful collaborations.



KNOWLEDGE ON THE MOVE: STSM EXPERIENCIES.

From research to practice: perinatal mental health

My name is Leonie Miserez, I am a midwife and PhD student at KU Leuven, affiliated with the REALIFE research group. Within the COST Action TREASURE, I am part of a subgroup of work package 1 conducting a scoping review on the perinatal stress experiences of couples, a highly relevant topic in today's society.

During my Short Term Scientific Mission (STSM), I had the opportunity to visit Trinity College Dublin and work closely with Professor Joan Lalor and her research team. Professor Lalor prepared a valuable programme for me for the 10-day stay based on my STSM objectives. My focus was submitting the scoping review protocol in Ope Science Framework and the organisation of data extraction with the TREASURE review team. Collaborating with the Trinity College researchers allowed me to further develop my scientific writing and methodological skills in conducting a scoping review, as well as to gain experience in organising international research meetings, a valuable learning opportunity as a junior researcher.

“Furthermore, I attended a meeting where a new COST Action was being developed, which was a unique and inspiring experience for an early-career researcher.”

In addition, I followed the daily work of the Advanced Midwife Practitioner in the Rotunda Mental Health Clinic, which was highly relevant for my PhD in perinatal mental health and offered insights into best practices that could inspire implementation in Belgium. Furthermore, I attended a meeting where a new COST Action was being developed, which was a unique and inspiring experience for an early-career researcher.

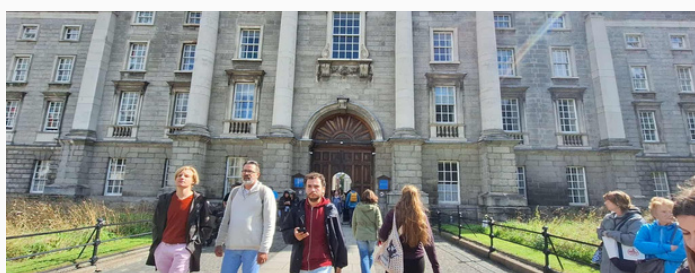
For future participants, I recommend setting clear learning goals in advance and discussing them with the host institution to make the most of the stay. Take every opportunity to expand your network, both within your project and beyond, and be open to activities outside your direct research focus, as these often provide unexpected insights. Good time management is essential, but it is equally important to explore the local culture, this makes the STSM both academically enriching and personally rewarding. I am very grateful to COST and Professor Lalor for offering me this opportunity. This STSM allowed me to strengthen both my research and personal skills. To anyone considering applying for an STSM: don't hesitate, it is a truly rewarding experience!



Leonie Miserez

PhD student at KU Leuven

Participates in WG1



Funded by
the European Union

cost
EUROPEAN COOPERATION
IN SCIENCE & TECHNOLOGY

MY TRAINING SCHOOL EXPERIENCE:

Perinatal Mental Health Experiences: A Midwife's Perspective Experiences of an academic at the beginning of her career: Dr. Ayseren Çevik1

I'm Ayseren Çevik. I work as a lecturer in the Department of Midwifery at Çukurova University. My master's and doctoral theses focused on perinatal mental health. My doctoral thesis was titled "The effect of midwife-led education based on Pender's health promotion model on the perinatal mental health of immigrant women." I completed my doctoral education in December 2024. My doctoral thesis is currently undergoing peer review at the journal "Women and Birth." My doctoral thesis has been accepted for poster presentation at the 34th ICM Triennial Congress, to be held in Lisbon from July 14 to 18, 2026. This congress is one of the most prestigious congresses in the field of midwifery. My doctoral dissertation was funded under the TÜBİTAK 1002-A Rapid Support Program, and the project was successfully completed in August 2025. I also continue my academic research on perinatal mental health. My study on mother-infant attachment is currently under peer review in The Journal of Psychology, Health & Medicine. Additionally, I applied to the TÜBİTAK 2218 Domestic Postdoctoral Research Fellowship Program in September 2025 with a project on psychological empowerment in the perinatal period, and it is currently in under review. In addition to all these, I am teaching "Perinatal Mental Health" to my undergraduate students in the fall semester of the 2025-2026 Academic year.



Ayseren Çevik

Department of Midwifery at
Çukurova University

"The Training School was my first COST Action event. It was a wonderful and rewarding experience."

One of the best opportunities and wonderful experiences I've had regarding perinatal mental health was the Training School. I attended the first Training School, organized as part of the TREASURE COST Action program at Charles University on July 16-18, 2025. The Training School was my first COST Action event. It was a wonderful and rewarding experience. I both enjoyed and learned. The scientific and social program of the training was quite intense. It was wonderful to meet participants from different countries and professions, strengthen our social networks through group work, and plan projects together. Thanks to the training, I also had the opportunity to visit Prague. Seeing its magical architecture, embracing different cultures, discovering new places, and meeting new people was both enjoyable and inspiring. I'm deeply grateful to the TREASURE team for making this experience possible. I'd love to attend such well-organized and interactive events again.



Funded by
the European Union

cost
EUROPEAN COOPERATION
IN SCIENCE & TECHNOLOGY

MY TRAINING SCHOOL EXPERIENCE:

Charles University, Prague (16-18 July 2025)

Participating in the Training School “Infant Socio-Emotional Development: Underlying Pathways, Assessment Tools and Cultural Challenges” at Charles University in Prague was an incredibly enriching experience. The program provided an excellent opportunity to deepen my understanding of socio-emotional development in early childhood, with a particular focus on the impact of cultural contexts and the use of innovative assessment tools.

Throughout the training, I was inspired by the high-quality lectures and interactive discussions led by distinguished researchers in the field. The small-group workshops encouraged critical thinking and collaboration, allowing participants to exchange perspectives and explore new methodologies. This setting also stimulated the development of a new project idea that I am eager to pursue further in collaboration with other attendees.

Beyond the academic content, the Training School fostered valuable networking opportunities. Meeting researchers from different countries and disciplines broadened my professional connections and opened potential pathways for future cooperation.

Additionally, experiencing the cultural and academic environment of Prague added a unique dimension to the training. It was both intellectually and personally rewarding to engage in an international learning atmosphere.

I would highly recommend this Training School to colleagues who are interested in advancing their research skills, gaining cross-cultural insights, and building international collaborations in the field of developmental psychology.

Dr. Tuğçe SÖNMEZ

Participating in the TREASURE Training School was an incredibly valuable and enriching experience for me, both professionally and personally. As someone who is deeply passionate about my field, the program offered a unique opportunity to step away from daily routines and immerse myself in a multidisciplinary and international learning environment. From the very first day, I felt part of a diverse and supportive community of researchers, practitioners, and experts from across Europe and beyond.

What I especially appreciated was the program's focus on active engagement, rather than passive learning. The topics addressed were directly relevant to current challenges in our field, and I left each session feeling more informed, inspired, and motivated.

One of the most meaningful aspects for me was the opportunity to connect with participants from different academic and professional backgrounds. These interactions sparked new ideas and allowed me to reflect on my own work from fresh perspectives. The network that continues beyond the Training School is already laying the foundation for future collaborations.

Being part of such a well-organized, intellectually stimulating, and inspiring environment was a major source of motivation. I am truly grateful for the experience and would highly recommend the TREASURE Training School to anyone looking to grow in both knowledge and perspective.

Emine Efe Ozel



VIRTUAL MOBILITY

What project did you develop during your Virtual Mobility (VM), and what were your main objectives?

During my VM, I worked on a project titled “Enhancing Data Sharing Infrastructure and Supporting Secondary Analysis Coordination in TREASURE”. My main goal was to strengthen collaboration between working groups conducting secondary data analyses and improve the data-sharing framework that supports TREASURE’s studies on maternal stress and child development.

A big part of my work involved coordinating the work from several subgroups to organize regular meetings, align research activities, and streamline communication among principal investigators. I also helped design and launch a metadata call to collect essential information from birth cohorts—an exciting step toward building a comprehensive repository that supports future secondary analyses. Another highlight was developing standardized documentation for data sharing, including a GDPR-compliant agreement and a roadmap for data sharing within TREASURE—both now serve as reference tools for the Action.

“Professionally, this experience was incredibly valuable. It allowed me to deepen my understanding of large-scale data coordination while collaborating closely with experts from diverse disciplines.”

What did you find most valuable about this experience, both professionally and personally?

Professionally, this experience was incredibly valuable. It allowed me to deepen my understanding of large-scale data coordination while collaborating closely with experts from diverse disciplines. Personally, I appreciated the sense of community that developed through our meetings—despite the “virtual” format, we managed to create a productive and supportive environment. It was rewarding to see how teamwork and shared goals can bridge distances and drive meaningful progress.

What advice would you give to colleagues who are considering applying for a Virtual Mobility grant in the future?

For anyone considering applying for a Virtual Mobility grant, my advice is simple: go for it! These opportunities are ideal for strengthening networks, learning new coordination and research skills, and contributing to the success of the Action. My tip would be to plan your objectives clearly at the start but stay flexible—unexpected collaborations and insights often turn out to be the most valuable part of the journey.



Isabel Jaramillo

Institute and Policlinic of Occupational and Social Medicine, Faculty of Medicine and University Hospital Carl Gustav Carus, TUD Dresden University of Technology

VIRTUAL MOBILITY



Annaleena Holopainen
University of Helsinki

What project did you develop during your Virtual Mobility, and what were your main objectives?

With the Virtual Mobility (VM) grant, I have contributed to TREASURE's data sharing infrastructure and secondary data analysis (SDA). The two main objectives of this project were to enhance and support (1) communication of all sub-groups that are involved in Secondary Data Analysis (with each other, the Core Group, and the PI's of the cohort studies) and (2) documentation and processes related to meta-data collection, data sharing, and data harmonization. Many of these tasks were done in collaboration with other researchers within TREASURE, which was one of the most valuable things, as described below. These objectives contribute to TREASURE's internal communication and data infrastructure/management, as well as the deliverables of all SDA groups, including SG3.4, which I am leading with Jasminka Štefulj.

“I am happy that I was told about this opportunity to apply for a grant within TREASURE without needing to travel to another country (which is not always possible). It is great that TREASURE offers also this type of grant in addition to the STSM's!”

What did you find most valuable about this experience, both professionally and personally?

This VM has been very valuable in many aspects. For instance, it has allowed me to learn about leading a group/process in a friendly, international environment. This is something that I would otherwise not (yet) be able to do as an early career researcher, although having this experience is very much appreciated in the (academic) job market. Also, I have very much enjoyed the opportunity to work together with other early career researchers on common goals. In most other projects, I am the only early career researcher, so it has been very nice to collaborate and learn together with colleagues, who are in the same phase of career.

What advice would you give to colleagues who are considering applying for a Virtual Mobility grant in the future?

I can warmly encourage you to apply for a VM grant if you have a project in mind that could fit into the scope/aims of TREASURE. I am happy that I was told about this opportunity to apply for a grant within TREASURE without needing to travel to another country (which is not always possible). It is great that TREASURE offers also this type of grant in addition to the STSM's!

VIRTUAL MOBILITY

The COST TREASURE Virtual Mobility Grant has given me a unique opportunity to deepen my expertise within the interdisciplinary field of peripartum research. Having been part of TREASURE co-chair Professor Susan Garthus-Niegel's lab in Dresden, Germany, for several years, I had already been able to make my own contributions to this field. What made this project so special was the chance to extend my collaboration to an international level and to exchange ideas directly with outstanding colleagues from across Europe and beyond.

A particular highlight of this experience was being able to contribute to a manuscript that, in my view, will become an important landmark for the field. The paper presents the first evidence- and consensus-based definition of maternal peripartum stress. This is a crucial step because, while the adverse effects of stress during pregnancy and the postpartum period are well documented, there has long been a lack of a clear and internationally shared conceptualization. Through a systematic scoping review and a multi-round Delphi process, the group integrated interdisciplinary perspectives into a new framework that captures peripartum stressors, appraisals, and stress responses.

“Knowing that my work could support such an important step toward a shared understanding of maternal peripartum stress has been a truly motivating and rewarding experience.”

My contribution focused on providing a coherent visualization of the consensus definition – aiming to translate the group's work into a form that is both methodologically sound and accessible as well as to ensure that it can be clearly communicated and applied across research and practice. Working closely with senior colleagues gave me the chance to test and further refine my skills in scientific communication and visualization, and to see how such tools can strengthen interdisciplinary dialogue and knowledge translation.

I feel truly fortunate to have been given the opportunity through the COST Virtual Mobility Grant to contribute to this collaborative effort. Knowing that my work could support such an important step toward a shared understanding of maternal peripartum stress has been a truly motivating and rewarding experience.

To early-career researchers considering a COST Grant or similar programs: joining international teams and new collaborations can feel intimidating at first, but these experiences truly expand your skills, network, and confidence. Take the leap – it's absolutely worth it.



Stefani Unger

TU Dresden

Scientific Progress in 2025

Publication in Scientific Journals

AUTHOR	TITLE	DOI
Sónia Brandão, Anat Talmon, Ewa Gieysztor, Patrícia Souto, Andreia Soares Goncalves, Rosa Silva, Patrícia Gonçalves, Paula Prata, Özlem Şensoy, Esra Ardahan Akgül, Semra Pinar, Kristiina Uriko, Seda Ardahan Sevgili, Elif Bulut, Rajesh Shigdel, Demet Gülaldı, Otília Freitas, Aycin Ezgi Onel, Pelin Dikmen-Yildiz, Carmen Power, Alena Lochmannová, Dora d'Orsi, Özlem Koç Tuğçe Sönmez, Tânia Brandão, Diana Azevedo, Lence Miloseva, Edanur Tar Bolacali, Bahar Aksoy, Mirlinda Markaj, Gilberta Sousa, Burcu Kömürcü Akik, Nicola Carone, Pinar Gencpınar, Ayça Demir Yıldırım, Hazal Özdemir Koyu, Wilson Abreu, Tuğba Yılmaz Esencan, Margarida Reis Santos, Mario Santos, Remziye Can, Anna-Lena Zietlow, Rafael Caparros-Gonzalez	Collaborative development of a scoping review protocol to map instruments assessing the parent–infant relationship: An International Initiative from COST Action TREASURE	https://doi.org/10.12688/openreseurope.21700.1
Bolbocean, Corneliu	A heterogeneity analysis of health-related quality of life in early adults born very preterm or very low birthweight across the sociodemographic spectrum.	https://www.sciencedirect.com/science/article/pii/S0277953625005118
	The impact of very preterm vs very low birth weight on early and mid-adulthood preference-based HRQoL outcomes: findings from the Dutch study on preterm and small for gestational age infants	DOI: 10.1007/s11136-025-04024-8

Scientific Progress in 2025

Publication in Scientific Journals/Book Chapters

AUTHOR	TITLE	DOI
LACINOVA, Lubica	Pregestational Stress Representing a Maternal Depression Model and Prenatally Applied Antidepressant Mirtazapine Modulate Hippocampal Excitability in Offspring.	https://doi.org/10.3390/scipharm93020017
	Maternal immune activation impairs hippocampal pyramidal neuron excitability in newborn rat offspring: Implications for neurodevelopmental disorders	https://www.researchgate.net/publication/391882185_Maternal_immune_activation_impairs_hippocampal_pyramidal_neuron_excitability_in_newborn_rat_offspring_Implications_for_neurodevelopmental_disorders
	Effects of pre-gestational exposure to the stressors and perinatal mirtazapine administration on the excitability of hippocampal glutamate and brainstem monoaminergic neurons, hippocampal neuroplasticity, and anxiety-like behavior in rats.	https://doi.org/10.1186/s12913-024-10595-y
Songül Aktaş	The relationship between mothers' parenting self-efficacy and perception of postpartum social support: a descriptive correlational study	DOI: 10.4274/MNM.2025.24274
	Title of Book Chapter: Psychiatric illnesses during pregnancy and midwifery care in the light of evidence-based practices Book Title: Risky Pregnancies and Midwifery Care (Editörs: Dikmen HA, Çankaya S)	https://www.ankaranobel.com/riskli-gebelik-ve-ebelik-bakimi

Scientific Progress in 2025

Publication in Scientific Journals

AUTHOR	TITLE	DOI
Caparros-Gonzalez, Rafael	Maternal and infant (mental) health and development: our TREASURE–Introducing an EU COST Action on the impact of maternal perinatal stress.	DOI: 10.1080/02646838.2025.2492976
	Adverse fetal and neonatal impact of war conflicts during pregnancy: A systematic review.	DOI: 10.1002/iub.70006
	Assessment of pandemic-related pregnancy stress from seven western countries using Rasch analyses.	DOI: 10.1016/j.jpsychires.2024.12.045
	The Impact of Mindfulness Programmes on Anxiety, Depression and Stress During Pregnancy: A Systematic Review and Meta-Analysis.	https://doi.org/10.3390/healthcare13121378
	A brief international screening tool for traumatic birth and childbirth-related PTSD: the city BiTS-short form	DOI: 10.1136/bmjgh-2025-019216
	Does attachment and prenatal depression affect maternal health-promoting lifestyle during pregnancy? A cross-sectional study.	10.1016/j.cegh.2024.101904 External Link

Scientific Progress in 2025

Presentation of Master's or Doctoral Thesis;

Congratulations on successfully defending your Master's thesis or PhD dissertation! This is a remarkable achievement and a testament to your hard work and dedication. Wishing you continued success in your future endeavors.

Luisa Bergunde, TU Dresden, Germany

From Hair to Mind: Exploring endocannabinoids in the perinatal context and their association with stress-related psychopathology

Bergunde, L., Steudte-Schmiedgen, S., Karl, M. et al. Stability and inter-family associations of hair endocannabinoid and N-acylethanolamines across the perinatal period in mothers, fathers, and children. *Sci Rep* 14, 9459 (2024). <https://doi.org/10.1038/s41598-024-59818-6>

Bergunde, L., Jaramillo, I., Rihm, L., Gao, W., Weidner, K., von Soest, T., Steudte-Schmiedgen, S., Garthus-Niegel, S. PREPRINT: Associations Between Hair Endocannabinoid Concentrations And Parental Depressive Symptoms: A Longitudinal Study Of Mothers, Fathers, And Their Offspring Up To Two Years Postpartum. https://doi.org/10.31234/osf.io/kwmy9_v1

Bergunde, L., Woud, M.L., Shkreli, L. et al. Endocannabinoid and N-acylethanolamine concentrations in hair of female patients with posttraumatic stress disorder – associations with clinical symptoms and outcomes following multimodal trauma-focused inpatient treatment. *Transl Psychiatry* 15, 312 (2025). <https://doi.org/10.10>

Alzbeta Idunkova defended her PhD thesis „Effects of new generation antidepressants on offspring and their consequences on cellular mechanisms at the level of neuronal networks.“ at 27th of August 2025.

Maja Žutić successfully defended her doctoral dissertation titled Biopsychosocial Determinants of Peripartum Depressiveness and was awarded the highest honours (summa cum laude) at the University of Zagreb, Faculty of Humanities and Social Sciences (29th November 2024). Her dissertation integrated genetic, epigenetic, metabolic, and psychosocial factors to advance the understanding of peripartum depression within a biopsychosocial framework.

Scientific Progress in 2025

Presentations at Conferences/Projects/Achievements:

Congratulations on an excellent conference presentation! This achievement reflects your dedication and growing influence in your field. Wishing you continued success ahead.

Dr. Corneliu Bolbocean has presented two studies at the International Health Economics Congress in Bali Indonesia, July 19-24 2025.

Daniela Tavares has presented two oral presentations at the 45th Annual SRIP Conference, held at the University of Liverpool, United Kingdom, from 26 to 28 August 2025.

1. History of mental health problems moderates the association between partner support during childbirth and women's mental health in the postpartum period (27 August 2025)
2. Birth satisfaction and mental health problems in the postpartum period: clinical relevance of the Birth Satisfaction Scale-Revised (*oral presentation within a symposium — 28 August 2025*)

Lubica LACINOVÁ - Maternal Depression: Effects on Offspring Neuroinflammation and Neuronal Function. In 100. Physiological days: Conference proceedings. - Prag: Institute of Physiology 1. Medical School Charles University, 2025, p. 55-56.

Yasemin Ozkaya presented a poster at the WONCA World Conference, held on 17-21 September 2025.





25th WONCA WORLD CONFERENCE
17 - 21 SEPTEMBER 2025
LISBOA CONGRESS CENTRE - CCL

„New vision for primary health care and sustainable development“

Impact of maternal risk factors on infants under one year: a study using electronic health records in a primary health care center population

Suara Bika Sison*, Yasemin Ozkaya*, Oguzhan Cimen*, Vildan Mergen*
Department of Family Medicine, Dokuz Eylul University Faculty of Medicine, Izmir, Turkey; *SBU Izmir Toprak Education and Research Hospital, Izmir, Turkey

Introduction

Pregnancy, though exciting, poses inherent risks to maternal and infant health. High-risk pregnancies, influenced by factors such as advanced maternal age, hypertension, diabetes, smoking, or inadequate prenatal care, may lead to preterm birth, low birth weight, and developmental delays, impacting long-term child health. This study investigates the link between maternal risk factors and infant development.

Methods

A cross-sectional analytical study was conducted on 145 infants, registered at six family health centers affiliated with Dokuz Eylul University. Data were retrospectively obtained from electronic health records, including sociodemographic characteristics, birth outcomes, and maternal risk factors. Statistical analyses included descriptive statistics, t-tests, correlation, and linear regression.

Results

Among 145 participants, 53.1% were male, and 62.8% of mothers had at least one risk factor, such as advanced maternal age (10.6%), hypothyroidism (8.8%), and obesity (4.4%). A weak negative correlation was found between maternal risk factors and infant birth weight ($p < 0.05$), though no significant associations were observed with gestational age or feeding method. Small for gestational age (SGA) infants exhibited significantly lower growth percentiles than appropriate for gestational age (AGA) infants ($p < 0.001$). SGA infants demonstrated partial catch-up growth in head circumference, emphasizing the role of postnatal nutrition.

Conclusion

Early identification of prenatal risks and breastfeeding promotion are crucial for mitigating developmental challenges. Despite high breastfeeding rates, ongoing support is needed to sustain health outcomes. Findings highlight the importance of integrated prenatal care and targeted interventions to improve maternal and infant health in high-risk populations.



Dokuz Eylul University Faculty of Medicine, Izmir, Turkey
E-mail: suzanne@deu.edu.tr
Phone: +90 356 7711000

Scientific Progress in 2025

Presentations at Conferences/Projects/Achievements:

Congratulations on an excellent conference presentation! This achievement reflects your dedication and growing influence in your field. Wishing you continued success ahead.

Maja Žutić received the **Doctoral Prize Award** from the *Society for Reproductive and Infant Psychology (SRIP)*, presented on 27th August 2025, in Liverpool, UK. In her dissertation, she provided empirical support for the **diathesis-stress hypothesis** in peripartum depression and contributed to a deeper understanding of the aetiology of this complex and prevalent disorder. During the award ceremony, she delivered a lecture entitled ***Testing the Diathesis-Stress Model in Peripartum Depression: The Role of 5-HTTLPR/rs25531 Genotype***.



Rafael A. Caparros-Gonzalez

1. Invited Speaker at ECSS/ACSM webinar: How to exercise for the health of future generations? – Global, evidence-based promotion of physical activity during pregnancy and postpartum confirming the participation as one of the speaker in the webinar on held on February, 26th, 2025 within the „NEPPE- global promotion“ project (Poland, online)
2. Keynote at Spanish Marcé Society Conference (Seville, 16 May 2025), Maternal Stress During Pregnancy and Adverse Consequences in the Offspring.
3. Speaker at Epidemiology and Public Health Workshop "Maternal Cortisol and Psychological Stress a Neonatal Development: GENEIDA (Genetics, Early Life Environmental Exposures and Infant Development in Andalucía), Granada (Spain) 19th September 2025.
4. National Professional Experts Group member for EU Health Hub – Investing in Resilient Health Systems.
5. Listed in the top 2% of the most influential researchers of the world (in 2 categories: Nursing and Obstetrics) according to the Stanford Ranking (2024).
6. Listed in the top 2% of the most influential researchers of the world (in 2 categories: Nursing and Public Health) according to the Stanford Ranking (2025).

CONNECTING AHEAD: SAVE THE DATES.

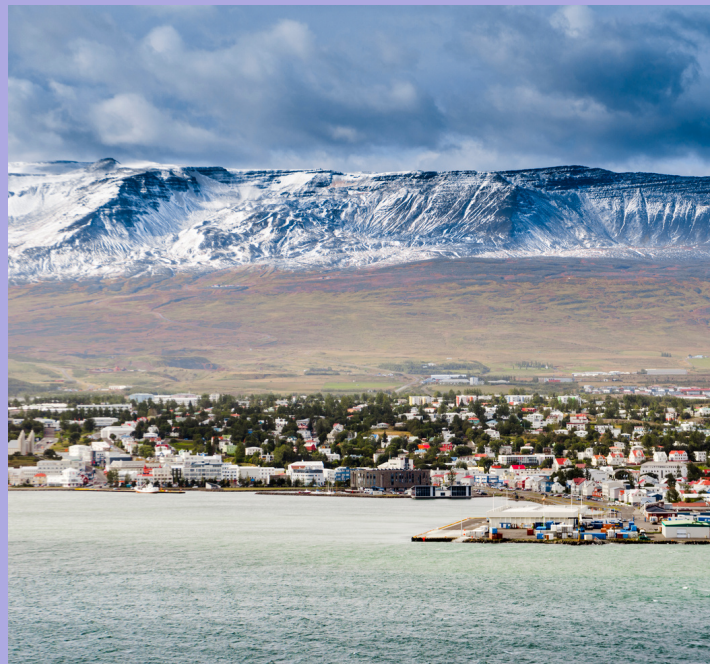
Core Group and Working Group Meeting

02/02/2026 - 03/02/2026, UNIVERSITY OF OXFORD,
OXFORD (UNITED KINGDOM)

1st International TREASURE Conference

04/02/2026, UNIVERSITY OF OXFORD, OXFORD
(UNITED KINGDOM)

We are delighted to announce the 1st TREASURE International Conference, a milestone event that marks the beginning of a shared endeavour to advance research on perinatal stress and its impact on infant development. This conference represents a significant step towards deepening our understanding of how maternal experiences shape early life, with the ultimate aim of promoting healthier beginnings and supporting the wellbeing of children and families.



Core Group and Working Group Meeting

04/06/2026 - 05/06/2026, UNIVERSITY OF
AKUREYRI, ICELAND

FOLLOW US ON SOCIAL MEDIA:



www.treasurecost.eu



TRESASURE COST ACTION



@Treasure_cost



@TreasureCost



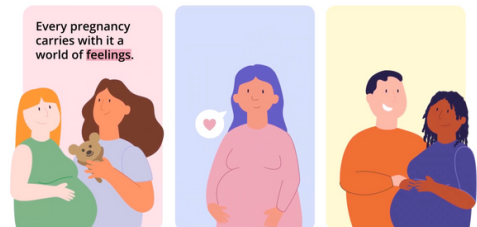
@Treasure_Cost

We're proud to present our new video produced through our Action TREASURE, focusing on Maternal Stress and Infant Development.

With this short film, we aim to present – in a more approachable and human way – what TREASURE stands for and the purpose behind this remarkable international initiative.

Watch here:

<https://www.youtube.com/watch?v=nLVobIWAFYs>



Be Part of Our Next TREASURE Newsletter

We want you to be featured in our next edition! This is a great opportunity to share your experiences, research, and insights with the TREASURE community. Whether you've participated in an STSM, are working on a topic related to perinatal stress or mental health, or have recently published a study, we'd love to highlight your work!

Our newsletter is more than just updates—it's a platform to connect, collaborate, and showcase the incredible contributions of our team. Let's build stronger networks and foster new opportunities together!

treasurecostaction@gmail.com



TREASURE

Maternal Perinatal Stress and Adverse Outcomes in the Offsprings: Maximising infants' development.



Season's greetings, and best wishes for a peaceful and successful New Year.



Funded by
the European Union

