



European Research Council  
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# ERC 2021 STR PROPOSAL

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E-Perinatal. Panel SH4  
ERC Starting Grant 2021

# Topics



PLANNING



EVALUATION  
OF THE CV



IDEA



SUPPORT

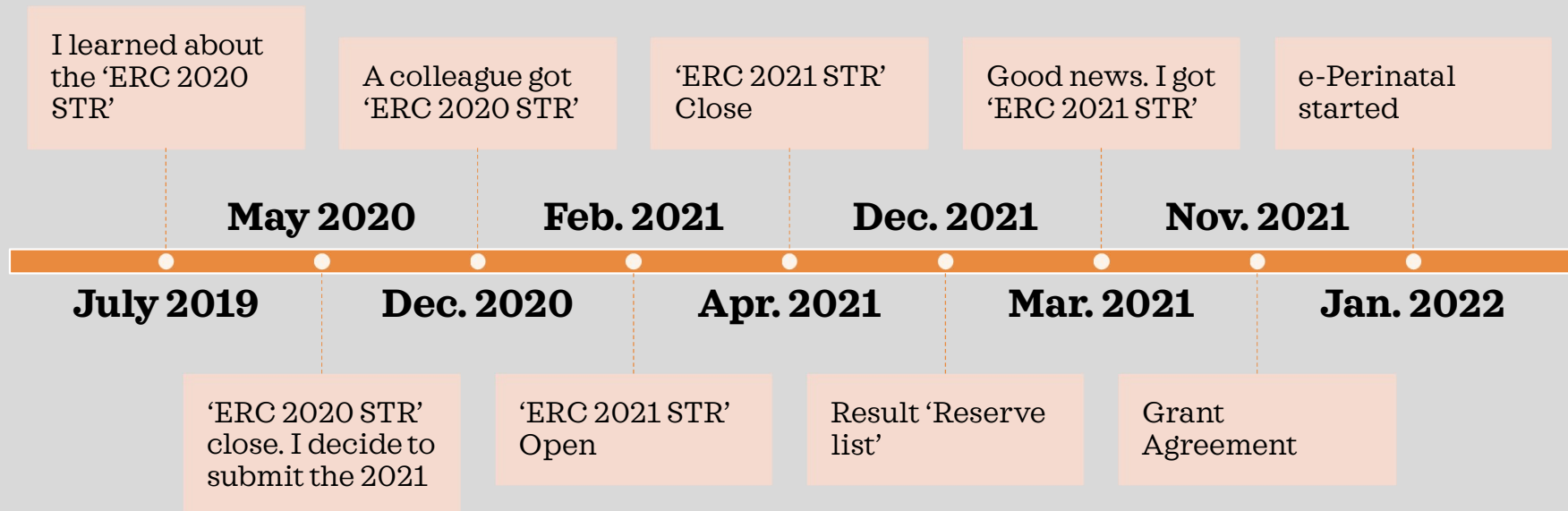


PROPOSAL  
WRITING



INTERVIEW

# 1. Planning



## 2. Evaluation of the CV

PhD in Psychology. May 2011.

Two maternal leaves (36 months).

Early achievement track records (April 2021):

- 50 publications in top Journals (Clinical psychology review, Preventive Medicine)
- Over 651 citations; H-index = 16 (WOS); 59 verified reviews
- Associate editor in top journals
- Chair in the main international societies
- Principal investigator in 5 funded projects ( one international, three national and one regional)
- Internationalization rate: 70% of the publications, international collaborations.
- Teaching and supervision of PhD/ Master students.

### 3. Idea



# 4. Support

## **Preparation of the proposal:**

- Trend 2000 Ltd: 1) Assessment of the CV; 2) First Review of B2 & Panel; 3) Second Review of B1 and B2; 4) Final Proposal Review; 5) 45m Zoom call
- English review: B1 and B2
- Interview preparation (pitch trainer): 5 sessions.

## **Teaching (2020-2021):**

- 2,6 ECTS: Master in Research
- 12 ECTS: Degree in Psychology (April/May 2021)
- 5 Degree Thesis
- 2 PhD Thesis: 2020





## 5. Proposal writing

- I started on part B2.
- Pitched the idea to senior international researchers and colleagues in the field
- Writing for one month full-time (all the Christmas holiday 2020)
- Serious feedback on January 2020
- Rewritings (same idea, changed presentation)
- More feedback on February 2020
- Presentation to senior researchers in March 2020 and rewriting
- Final touches April 2020



## e-Perinatal

- **Title.** “Universal prevention of maternal perinatal mental disorders and its implementation as normalized routine practice”
- **Panel presented.** LS7: Prevention, Diagnosis and Treatment of Human Diseases
- **Date:** 12 April 2021



## 6. ERC Interview

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Evaluation letter: 8 July 2021

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Evaluation panel: SH4 

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Date interview: 05 October 2021

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10.20-11.30 Brussels time

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WebEx guidelines

### **Interview characteristics**

- 10 minutes presentation + 15 minutes questions
- Power point
- Movie clips
- Back-up slides NO allowed

# Resources identification

- 1) Time: meeting with the Vice-chancellor of Research and delegation of tasks
- 2) Presentation/Pitch: English teacher and pitch trainer
- 3) Videoconference
- 4) Identification of the questions: International experts, other ERC grantees, colleagues in the research group and department.



## **Tips:**

- Prepare an email to send to the experts/other colleges.
- Identify experts from different backgrounds.

# Feedback & Practice

English teacher  
1,5h/week and pitch  
trainer course (FECYT)

Feedback from 6  
international experts , 2  
ERC grantees, 20  
colleagues in the  
research group and  
department

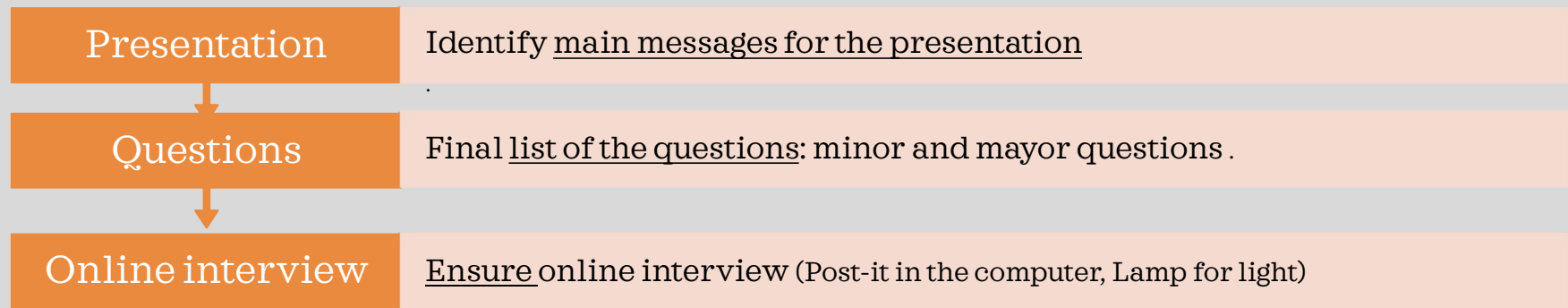
Support from IT  
department from my  
University



## **Tips:**

- Start as soon as possible
- Present the proposal as much as you can. I presented more that 30 times!!
- Practice in WebEx as the real interview.

# Evaluation of the proposal



## **Tips:**

- Take to integrate comments from all
- Concentrate in the main messages and fundamental questions.

# The online interview

- **Interviewers:** Panel chair and all the members of the panel (N=18)
  - Panel chair introduced me and explain the process.
- **Presentation was ok;** no questions about it.
- **Questions:**
  - One question per member.
  - **Topics:** recruitment of the participants, stakeholders, contingency plan, ethical issues, Gantt chart with the timing of work packages, etc.



# Main questions in the interview & report



**NOVELTY**



**THEORETICAL ISSUES**



# Universal prevention of maternal perinatal mental disorders and its implementation as normalized routine practice

Fact Sheet

## Project description



### A global approach to preventing maternal perinatal mental disorders

Many new mothers and their partners experience postpartum blues after childbirth. Depression, anxiety and feelings of emotional distress are common and can even lead to suicide. Such disorders affect the whole family. Despite the prevalence of the phenomenon, there is a lack of scientific evidence-based perinatal prevention programmes for depression and anxiety. For this reason, the EU-funded e-Perinatal project aims to carry out the first multidisciplinary research to allow the development of universal prevention programmes for maternal perinatal mental disorders. The proposed approach will be tested for effectiveness and implementation as standard maternal care in cases of perinatal disorders in global health practices.

Hide the project objective

## Objective

Maternal mental disorders are the most common complications during pregnancy and within the first year after childbirth (defined as the perinatal period) and are the leading cause of maternal suicide. Affected mothers cannot function properly, causing a devastating impact on the entire family. Effective primary prevention interventions are urgently needed. However, the current scientific evidence is insufficient to implementing primary preventive programs at the population level.

### Project Information

#### e-Perinatal

Grant agreement ID: 101042139

#### DOI

[10.3030/101042139](https://doi.org/10.3030/101042139)

#### EC signature date

21 November 2022

#### Start date

1 January 2023

#### End date

31 December 2027

#### Funded under

European Research Council (ERC)

#### Total cost

€ 1 486 172,50

#### EU contribution

€ 1 486 172,50

#### Coordinated by

UNIVERSIDAD DE SEVILLA

Spain



<https://cordis.europa.eu/project/id/101042139>