



Preventing the Impact of Digital Technologies on the Mental Health of Children and Young Adults

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My background



UNIVERSIDAD DE EXTREMADURA



20.000 STUDENTS
1.100 INTERNATIONAL STUDENTS (5,5% FROM THE TOTAL)
64 DEGREES
12 NATIONAL DOUBLE DEGREES
7 INTERNATIONAL DOUBLE DEGREES
47 OFFICIAL MASTER'S
25 DOCTORAL PROGRAMMES
1.829 PROFESSORS
969 ADMINISTRATION AND SERVICES STAFF
40 ACADEMICS DEPARTMENTS
208 RESEARCH GROUPS

Degree in Psychology (University of Salamanca) and PhD in Psychology (U. of Extremadura)

2025-current: [Director of the University Institute for Educational Research and Foresight \(INPEX\)](#)

Department of Psychology, Faculty of Education and Psychology, Badajoz, Spain



INFO DAYS 2026
**BROKERAGE
EVENT**
CLUSTER | HEALTH

THE EU RESEARCH & INNOVATION PROGRAMME 2021 - 2027

**TOPIC OF INTEREST: HORIZON-HLTH-2026-01-
DISEASE-02: Innovative interventions to prevent the
harmful effects of using digital technologies on the
mental health of children and young adults**

Objectives of our proposal

- Prevent mental health problems and difficulties in using technologies through **early detection**. Development of an **app for case assessment**.
- Educate** adolescents and young people on the **use of technology**.
'Detecting variables that promote mental health and social inclusion among adolescents through technological applications'.
- Develop guidelines and digital programs** as a preventive measure, alongside the detection of mental health problems and behavioral addictions to screens, as well as related **social exclusion difficulties**.

RESEARCH GROUP EXPERTISE IN RELATION TO THE TOPIC

The Research team in UEx (Spain) contributes the following:

- Research team experience: **International experience** in **Horizon Europe, Biodiversa, COST Action, national and regional research projects**. High-impact publications and international coordination capabilities. **Interdisciplinary team** (PhDs in psychology, sociology, economics and communication experts) with diverse roles ranging from senior lecturers to young researchers, with a balanced research focus.
- Technical capabilities: We are currently leading a **project on the detection of variables that promote mental health and social inclusion among adolescents in Extremadura through technological applications**. The results of this project may be of interest to the consortium: **development of an app** to detect mental health difficulties, problematic internet use, gambling and social exclusion **in adolescents**. **Data analysis** skills.
- Network of contacts: Access to **secondary education centers** (the team includes teachers and coordinators from the secondary education master's programme that prepares future secondary school teachers). We are in contact with secondary schools in Extremadura. We have been collaborating for more than 10 years with the NGO Caritas, which works to prevent poverty and social exclusion, raising awareness of mental health difficulties and new risks among young people and adolescents. We have relationships with **technological development companies** (Business Association of Information and Communication Technologies of Extremadura) that create technological applications and develop AI.
- Researchers and teachers at the University of Extremadura (Spain): Access to a sample of **university students**. We are researchers at a public university with **more than 32,000 university students**.
- Access to a diversity of researchers according to needs: Fernando is **Director of the University Institute for Educational Research and Foresight (INPEX)**. A research institute with more **than 135 researchers** from the University of Extremadura in the field of **psychology and education, within the area of social sciences**.

RESEARCH GROUP EXPERTISE IN RELATION TO THE TOPIC



Research experience:

- ✓ Horizon Europe
- ✓ Biodiversa
- ✓ COST Action
- ✓ National and regional projects
- ✓ High-impact publications
- ✓ International coordination



Expertise and technical capacity:

- ✓ Interdisciplinary team (Psychology, Sociology, Economics, Communication)
- ✓ Mental health and social inclusion research
- ✓ App development: Mental health risks
- ✓ Problematic internet use
- ✓ Gambling and social exclusion
- ✓ Advanced data analysis



Networks and access to target groups:

- ✓ Secondary schools in Extremadura
- ✓ 10+ years collaboration with Caritas (NGO)
- ✓ Links with tech and AI companies (ICT Business Association)
- ✓ University of Extremadura (32,000+ students)
- ✓ Access to university and adolescent students
- ✓ INPEX Institute: 135+ researchers (Psychology and Education)

Profile we are seeking



Seeks a Consortium/Coordinator.

We are looking for a consortium where our work on **psychology and education** from a social sciences perspective, can be recognized and useful for studying the impact of digital technologies in children and young adults' mental health.

We can be a **valuable addition to clinical scientific teams**, particularly those linked to neurology, hospitals, and health sciences.

Involvement in previous / ongoing projects related to the topic

2006-2009 **HEAD OF THE MENTAL HEALTH DEPARTMENT OF THE HOMELESS PROGRAM. NGO CARITAS.** LEADER OF THE FIRST HOMELESSNESS PROJECT IN TWO BIG CITIES IN EXTREMADURA.

SHORT TERM MISSION (INTERNATIONAL): UNIVERSITY OF BUCARAMANGA (COLOMBIA). UNIVERSITY PUC-RIO DE JANEIRO (BRASIL), UNIVERSITY OF COIMBRA (PORTUGAL) AND UNIVERSITY OF STIRLING (SCOTLAND).

CURRENT PROJECTS: (2023-2027) MORE THAN GREEN - LIGHTHOUSES OF TRANSFORMATIVE NATURA-BASED SOLUTIONS FOR INCLUSIVE COMMUNITIES (**HORIZON EUROPE; EUROPEAN COMMISSION**)

(2025-2028) COMCHA - COMMUNITY-BASED CHANGE: LOCAL AND TRADITIONAL KNOWLEDGES IN NBS (**EUROPEAN COMMISSION**).

(2025-2028) DETECTION OF VARIABLES THAT PROMOTE MENTAL HEALTH AND SOCIAL INCLUSION AMONG ADOLESCENTS IN EXTREMADURA THROUGH TECHNOLOGICAL APPLICATIONS. (**REGIONAL AND EUROPE**).

Previous:

2009-2010 STORIES IN THE OUTDOORS. ANALYSIS OF THE SITUATION **OF HOMELESS** PEOPLE IN MERIDA AND BADAJOZ.

2014-2015. ANALYSIS OF **INTERNET AND MOBILE ADDICTION, MENTAL HEALTH** AND CYBERBULLYING IN SPANISH, PORTUGUESE AND BRAZILIAN UNIVERSITY STUDENTS (**MAPFRE FOUNDATION**)

2015-2016. ANALYSIS OF THE RELATIONSHIP BETWEEN **INTERNET ADDICTION AND EATING DISORDERS** IN ADOLESCENTS AND UNIVERSITY STUDENTS IN BRAZIL, SPAIN, AND PORTUGAL".(MAPFRE FOUNDATION)

2016-2020. SPANISH REPRESENTATIVE IN THE EUROPEAN PROJECT CA15218 - MEASURING **HOMELESSNESS** IN EUROPE (MEHO) (COST ACTION-**EUROPEAN COOPERATION IN SCIENCE AND TECHNOLOGY;COST**)

2017-2020. MULTIDISCIPLINARY TRAINING PROGRAMME FOR **THE PROMOTION** OF PHYSICAL ACTIVITY AND OTHER **HEALTHY HABITS IN INACTIVE ADOLESCENTS.** (JUNTA OF EXTREMADURA)

2023-2024 GRANTS FOR THE RE-QUALIFICATION OF CIVIL SERVANT UNIVERSITY TEACHING STAFF (**THE MINISTRY OF UNIVERSITIES. GOVERNMENT OF SPAIN**).

(**2023-2026**) INFLUENCE OF **STRESSFUL LIFE EVENTS AND NEW ADDICTIONS** ON THE PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS AND HOMELESS PEOPLE. (UNIVERSITY OF EXTREMADURA)



Publications related to the topic

<https://www.researchgate.net/profile/Fernando-Bullon>

<https://opendata.unex.es/investiga/investigadores/d908e27840c6d01a14674b32243ffa17>

PARTICIPANTS: ADOLESCENTS, UNIVERSITARIES
STUDENTS AND HOMELESSNESS

EDUCATION, BULLYING, CYBERBULLYING,
PROBLEMATIC INTERNET USE



SOCIAL EXCLUSION :
HOMELESSNESS (>18). HEALTH,
ACE's, SLE, GAMBLING

MENTAL HEALTH

(Fernando Fajardo-Bullón, Rasskin-Gutman, et al., 2021; F. Fajardo Bullón et al., 2017; Fernando Fajardo Bullón et al., 2016; Felipe-Castaño et al., 2013, 2019; García-Gil et al., 2023; León del Barco et al., 2015; M.I. Polo del Río et al., 2015, 2017; M^a Isabel Polo del Río et al., 2014; Zahinos et al., 2024))

(Fajardo-Bullón, 2010; Fernando Fajardo-Bullón, 2011; Fernando Fajardo-Bullón et al., 2023; Fernando Fajardo-Bullón et al., 2019, 2020; Fernando Fajardo-Bullón, Pérez-Mayo, et al., 2021; Fernando Fajardo-Bullón & Santos, 2017; Fernando Fajardo-Bullón & Santos, 2013)

Afonso Junior et al., 2020; do Nascimento et al., 2023; F. Fajardo-Bullón et al., 2019; F Fajardo-Bullón et al., 2019; F Fajardo-Bullón et al., 2012, 2017; Fernando Fajardo-Bullón et al., 2015; García-Gil et al., 2022, 2025; León-del-Barco et al., 2018, 2022)

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Influence of problematic video games use and technological access on academic performance: characterization of adolescent profiles

Influencia del uso problemático de videojuegos y el acceso tecnológico en el rendimiento académico: caracterización de perfiles adolescentes

M. Ángeles García-Gil¹,
J. Inmaculada Sánchez Casado¹,
Joaquín Armando Ferreira²,
Fernando Fajardo-Bullón¹



International Journal of
Environmental Research and
Public Health



Article

Problematic Video Game Use and Mental Health among Spanish Adolescents

María Ángeles García-Gil¹, Fernando Fajardo-Bullón^{2,*}, Irina Rasskin-Gutman³ and Inmaculada Sánchez-Casado²

Educación XXI
ISSN: 1139-613X e-ISSN: 2174-5374

EDUXXI

Analysis of academic performance and mental health of secondary school students by access to technological resources

Análisis del rendimiento académico y la salud mental de los alumnos de educación secundaria según el acceso a los recursos tecnológicos

María Ángeles García-Gil¹,
Fernando Fajardo-Bullón^{2,*},
Elena Felipe-Castaño³

Current Psychology
<https://doi.org/10.1007/s12144-023-04549-6>

The influence of sociodemographic variables and traumatic life events on the alcohol consumption of homeless people in Spain

Fernando Fajardo-Bullón^{1,✉}, Igor Esnaola², Koen Hermans³, Isobel Anderson⁴

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Revista Latinoamericana de Psicología

<http://revistalatinamericanadepsicologia.korradlorenz.edu.co/>



Analysis of mental health in cyberbullying victims and perpetrators in Spanish and Colombian adolescents

Fernando Fajardo-Bullón^{1,*}, Irina Rasskin-Gutman¹, Jesús Redondo Pacheco², Benito León-del Barco³, Beatriz Burguillos⁴, Elena Felipe-Castaño⁵



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