



ALMA MATER STUDIORUM  
UNIVERSITÀ DI BOLOGNA

**Project title:** Bridging Disciplines for Psychological Well-being: An Interdisciplinary Approach from Individual to Societal Growth

**Acronym:** INSPIRE

**Name and Department of the UNIBO scientific coordinator:** Martina Benvenuti - Department of Psychology "Renzo Canestrari"

### **Project objectives**

INSPIRE is a 18-month project that addresses the growing global challenges related to mental health and psychological well-being through a systemic and transdisciplinary approach, integrating perspectives from psychology, neuroscience, sociology, education, economics, philosophy, digital technologies, and related fields. At its core, INSPIRE aims to establish a sustainable European research and training network that promotes well-being not merely as the absence of mental distress, but as a dynamic, multi-level process shaped by biological, social, cultural, economic, technological, and ecological factors. The project aligns with the One Health framework and the Una Europa 2030 Strategy, contributing to long-term institutional cooperation and future competitive funding initiatives. The general objective of INSPIRE is to promote psychological well-being as a shared European priority through an integrated and interdisciplinary framework that connects individual, societal, and environmental dimensions.

### **Activities**

The project is structured into five interconnected work packages:

- **Project Coordination and Communication:** Monthly consortium meetings, mentoring coordination, communication strategy, and website development.
- **Mentoring Programme Co-Design and Interdisciplinary Innovation:** Co-creation of the interdisciplinary mentoring framework, definition of learning outcomes, and task distribution.
- **Winter School Implementation:** Organisation and delivery of an innovative training programme based on active learning methods (flipped classrooms, collaborative problem-solving, peer learning), followed by evaluation and reporting.
- **Final Conference and Dissemination:** Organisation of an international public conference in Bologna, stakeholder engagement, conference proceedings and policy brief publication.
- **Sustainability and Future Funding Strategy:** Development of a joint research proposal, mapping of funding opportunities and preparation of a long-term sustainability strategy.

Throughout the project, monthly meetings function as interdisciplinary incubators, fostering dialogue between disciplines and supporting the mentoring of early-career researchers.

### **Partnership**

The project brings together six UNA Europa partners with complementary expertise, coordinated by the University of Bologna: Jagiellonian University, Universiteit Leiden, Universidad Complutense de Madrid, Freie Universität Berlin and University of Edinburgh.

### **Expected impact**

For the University of Bologna, INSPIRE strengthens its leadership in interdisciplinary well-being research and enhances its visibility within Una Europa and beyond. For the partners, the project provides access to a structured European network, innovative training formats, and collaborative research pathways. For Una Europa, INSPIRE contributes to the development of a scalable thematic cluster aligned with One Health

and Sustainability priorities, generating reusable outputs such as mentoring models, training curricula, policy briefs, and joint funding proposals.

In the short term, the project will:

- Engage approximately 25 early-career researchers and 12 senior scholars across partner institutions
- Deliver a Winter School (50+ participants) and an international conference
- Produce a joint research proposal and dissemination outputs
- Establish a visible and sustainable European network on psychological well-being