## Effective interactions and trap-induced resonances between tightly confined ultracold polar molecules

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Ultracold dipolar atoms and molecules provide a flexible quantum simulation platform for studying strongly interacting many-body systems. Determining microscopic Hamiltonian parameters is then crucial. Here we study effective interactions in quasi-one-dimensional (q1D) dipolar quantum gases, as well as in double well potentials, revealing significant nonuniversal corrections to the commonly used pseudopotential. We demonstrate that a full 3D treatment employing realistic interaction potentials is essential for describing the reduced-dimensional system and for prediction of confinement-induced resonances. Our findings resolve existing discrepancies in q1D dipolar models and are particularly relevant to experiments probing nonequilibrium phenomena and quantum technological implementations.