



**UNSW**  
SYDNEY

# Psychiatry and Mental Health Discipline Report FY 2022-23

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**Author:** UNSW Sydney

**Produced** by Dr Anna Kiaos  
**Edited** by Dr Ria Riadi

## Acknowledgement of Country

The Discipline of Psychiatry and Mental Health acknowledges the traditional owners and custodians of country throughout Australia and acknowledges their continuing connection to land, waters, and community. We pay our respects to the people, the cultures, and the elders past, present and emerging.

The School of Clinical Medicine is located on the unceded territory of the Bidjigal (Kensington and Randwick), Gadigal (St Vincent's Campus), Gweagal (St George and Sutherland Campuses), Darug and Dharawal (South West Sydney Campuses), Wiradjuri (Albury, Wagga Wagga and Griffith), Birpai (Port Macquarie) and Gumbaynggirr people (Coffs Harbour), who are the Traditional Owners of the lands, seas and waters where each campus of UNSW is situated.

We believe that Aboriginal and Torres Strait Islander leadership and culture must be front and centre when considering the healthcare needs of Aboriginal and Torres Strait Islander peoples. As such, it is a fundamental aspect of our education and research.



# Contents

<b>Acknowledgement of Country</b>	<b>2</b>
<b>Message from the Vice Dean</b>	<b>4</b>
<b>Message from the Head of the Discipline of Psychiatry and Mental Health</b>	<b>5</b>
<b>Overview</b>	<b>6</b>
<b>About the Discipline of Psychiatry and Mental Health</b>	<b>8</b>
What we do	
Our mission	
Our vision	
Strategic pillars	
Our culture	
Our values	
<b>Centres and research groups</b>	<b>12</b>
<b>Key Medical Research Institutes and alliances</b>	<b>38</b>
<b>Our conjoins</b>	<b>44</b>
<b>Our students</b>	<b>46</b>
<b>Our research and teaching hospitals</b>	<b>49</b>
<b>Our industry partnerships</b>	<b>54</b>
<b>Philanthropy</b>	<b>57</b>
<b>Psychiatry and Mental Health seminars</b>	<b>58</b>
<b>Recognising our people</b>	<b>60</b>
<b>Highlights for the year</b>	<b>68</b>
<b>Looking ahead</b>	<b>70</b>



# Message from the Vice Dean, School of Clinical Medicine

It is my absolute pleasure to provide a forward to this outstanding Discipline Report. 2023 so far, is a year that sees us emerging from the confines of the 'COVID years' and establishing a 'new normal' work environment. Despite the challenges of the past three years, we can still celebrate the remarkable success of the Discipline of Psychiatry and Mental Health over this period. Despite the disruption of COVID, followed by the changes that resulted from the Faculty re-structure, the Discipline of Psychiatry and Mental Health has continued to make tremendous strides in advancing mental health research, impacting on clinical practice, and education. The unwavering commitment to excellence has positioned the discipline as a global leader in psychiatric research, garnering recognition and admiration from within the academic community and beyond.

One of the key pillars of the success of this Discipline lies in the exceptional calibre of our members and affiliates. Their passionate and innovative minds and unwavering energy, continue to push the standards of psychiatric and mental health research and contribute invaluable insights to our understanding of mental health disorders and care. Both the depth and breadth of ongoing research in the Discipline of Psychiatry and Mental Health is also reflected by the large numbers of higher degree research students and many more wanting to apply. The high standard of care and support within the Discipline for these students is reflected by the well organised and calibrated frameworks that set them up for success.

The commitment to providing outstanding education and training for both undergraduate and post-graduate students is illustrated by the consistent positive feedback from them (despite challenges with clinical placements over the past three years). Rather than being satisfied with existing offerings, it is likely that over the next few years, the Discipline of Psychiatry and Mental Health will be expanding post-graduate offerings.

Furthermore, the collaborative approach of Discipline of Psychiatry and Mental Health has enabled the fostering of meaningful partnerships with renowned research institutes, mental health organisations, and healthcare providers. By working together, the Discipline is creating a vibrant ecosystem that promotes knowledge exchange, multidisciplinary research, and the implementation of evidence-based practices. These partnerships have not only enhanced the quality of the research but have also facilitated the translation of findings into practical solutions that directly benefit those in need.

With warmest regards,

**Professor Adrienne Torda**  
Vice Dean and Head, School of Medicine



# Message from the Head of the Discipline, Psychiatry and Mental Health

Welcome to the 2023 UNSW Discipline of Psychiatry and Mental Health report.

We acknowledge the traditional owners of the lands on which we work and we pay our respects to their elders past and present.

The UNSW Discipline of Psychiatry and Mental Health, within the School of Clinical Medicine in the UNSW Faculty of Medicine and Health, is one of the leading academic departments focused on mental health research and education in Australia.

It was established as a Discipline within the new School of Clinical Medicine at UNSW in 2022 but has a much longer history as the School of Psychiatry which began 60 years ago. The Discipline has grown and evolved over that time and now supports a large and diverse group of researchers and educators, all focused on improving mental health through high quality translational research, education initiatives to improve clinical practice in mental health, and work in tandem with our partners and stakeholders. Staff, students, and partners of the Discipline come from a wide range of professional and academic backgrounds.

The Discipline has an ambitious plan for the future, expanding both the breadth and depth of the areas of psychiatry and mental health that we focus on, and aiming to have positive impacts on the mental health of our communities that are meaningful and occurring at scale. We are a passionate community of researchers, educators and leaders in the field, together committed to ensuring that mental health receives the attention, funding, and focus that it warrants given the scale of the problem in our society and the history of neglect. We recognise that the solutions lie in a broad interdisciplinary approach, that is inclusive and collaborative, engaging with stakeholder organisations, industry partners, families, community, funders, governments, and those with a lived and living experience.

**Professor Kimberlie Dean**  
NHMRC Emerging Leadership Fellow

Head of the Discipline of Psychiatry and Mental Health  
and Chair of Forensic Mental Health  
*School of Clinical Medicine,  
Faculty of Medicine and Health, UNSW*

Clinical Academic Forensic Psychiatrist and Research  
Lead for Forensic Mental Health  
*Justice Health and Forensic Mental Health Network, NSW*



# Overview



**18**

Research areas



**\$27,848,797.08**

Total value of research grants awarded  
(since 2020)

**\$11,606,828.76**

NMHC research grants awarded  
(since 2020)



**88**

Academics



**1**

Undergraduate program -  
approximately 1800 students  
across six years



**166**

Conjoints/Adjuncts/Emeritus/  
Honorary appointments

**1**

postgraduate program



**76**

HDRs completed since 2020

**27**

HDRs completed in FY22-23

**77**

HDRs in progress



**4**

Medical research institutes and alliances

**1**

Research centres

**13**

Research groups

**4**

Industry partnerships

**8**

Teaching hospitals



**782**

Scholarly articles



**5**

Prominent awards





The Discipline of Psychiatry and Mental Health focuses on two central areas, notably, research and teaching. Our current areas of research are:

- Anxiety disorders
- Child and adolescent psychiatry
- Dementia and cognitive disorders
- Depressive and bipolar disorders
- Epidemiology
- Forensic psychiatry
- Intellectual disability and mental health
- Migration/asylum seeking and mental health
- Neuropsychiatry
- Neurostimulation
- Neuroimaging
- Old age mental health
- Post-natal disorders
- Psychiatric genetics
- Psychoneuroimmunology
- Schizophrenia
- Social psychiatry
- Transcultural mental health
- Trauma and mental health

# About the Discipline of Psychiatry and Mental Health

The Discipline of Psychiatry and Mental Health leads the delivery of psychiatry education within the medical program, as well as a broad program of research that is focused on understanding and improving mental health in communities across the globe.

The Discipline is widely dispersed, with its primary location at the main Kensington campus. Teaching and research staff are also located across the following locations:

- **UNSW Clinical Campuses** (Randwick, St Vincent's Healthcare, St George and Sutherland, South West Sydney, and the Rural Campuses).
- **Other public and private healthcare sites** (e.g., Justice Health and Forensic Mental Health Network, St John of God Healthcare Hospitals, Gordon Private Hospital, Ramsay Clinic Northside, and The Sydney Clinic).
- **Affiliated Medical Research Institutes** (e.g., Black Dog Institute, Neuroscience Research Australia).

## What we do

UNSW Discipline of Psychiatry and Mental Health is one of the largest and most successful research departments in the country, and one of the leading universities in psychiatry, mental health, and neuroscience research groups internationally.

The Discipline receives considerable research funds from the Australian National Health and Medical Research Council, Australian Research Council and Medical Research Future Fund, and includes the largest group of NHMRC Investigator Grant holders in the field. Academic staff also receive funding from a very wide range of other peer-reviewed competitive funding bodies, industry partners, state and federal government partnerships, and philanthropic sources.

Undergraduate medical students benefit from a broad program of psychiatry education, with clinical placements offered across the full range of subspecialties and in a wide variety of clinical settings. The Master of Forensic Mental Health program is the leading postgraduate course in forensic mental health nationally. In addition, the Discipline hosts the annual Australian Mental Health Prize.

The Discipline of Psychiatry and Mental Health is passionate about research and includes staff from a wide range of disciplines (e.g., neuroscientists, epidemiologists, psychologists, and social workers), all working together to address complex research problems.

Psychiatry is the field of medicine which is concerned with the diagnosis, treatment, and prevention of mental illness. Psychiatrists, psychologists and other mental health professionals, who work with people affected by a range of mental disorders are employed in various health settings including hospitals, private practice, community health teams and other organisations. Psychiatry is taught to undergraduate medical students in UNSW Sydney and is an area of medical specialisation taught to qualified doctors at the postgraduate level.





## Our vision

Our vision is to prevent mental illness and improve the lives of those living with mental ill-health by delivering research and educational excellence.

## Our mission

The Discipline of Psychiatry and Mental Health seeks to improve the well-being of individuals and society by improving the understanding, diagnosis, treatment, and prevention of mental disorders through research, education, and advances in clinical practice.

## Strategic pillars

- Research excellence
- Leaders in education
- Inclusive culture and environment
- Workplace culture and development

## Our culture

We embrace our collaborative, diverse and exciting academic environment. Through various programs and initiatives, we are working to ensure that our students, staff, and partners feel free to be themselves, express their passions and interests and be exposed to equal opportunities. In this regard, we have listed our five cultural values, including cultural diversity, gender equity, LBGTIQ+ inclusion, disability inclusivity, access, and equity.

## Our values

- **Demonstrates Excellence** – Delivers high performance and demonstrates service excellence.
- **Drives Innovation** – Thinks creatively and develops new solutions. Initiates and embraces change and improvements.
- **Builds Collaboration** – Works effectively within and across teams. Builds relationships with internal and external stakeholders to deliver optimal outcomes.
- **Embraces Diversity** – Values individual differences and contributions of all people by promoting a culture of inclusion.
- **Displays Respect** – Treats others with dignity and empathy. Communicates with integrity and openness.





# Centres and research groups

Our academic and professional staff come from a diverse range of professional backgrounds, including the medical specialty of psychiatry, psychology, nursing and other allied health fields, including public health, neuroscience, and social sciences. Throughout this report, we feature our research projects and achievements as presented by our research centres and research groups.



## Centre for Healthy Brain Ageing (CHeBA)

Centre for Healthy Brain Ageing (CHeBA) is a premier research institution in Australia, investigating brain ageing. CHeBA was established within the Faculty of Medicine at UNSW Sydney in October 2012. It is headed by internationally acclaimed leaders in the field, Scientia Professor Henry Brodaty AO and Scientia Professor Perminder Sachdev AM.

The Centre aims to conduct multidisciplinary research into ageing in health and disease and be involved in knowledge dissemination and translational research. The Centre particularly focuses on the following aims:

- Determine the pathways of normal and abnormal brain ageing in the community and identify risk factors for and protective factors against abnormal brain ageing.
- Develop strategies for prevention of cognitive decline with ageing.
- Promote global collaborations to develop knowledge and further research into brain ageing.
- Determine the prevalence of age-related neurodegenerative and cerebrovascular disorders and develop biomarkers for their early diagnosis.
- Conduct treatment trials of novel drugs and non-pharmacological strategies.
- Conduct educational activities for a workforce involved in the care of the elderly, especially those with dementia.
- Design models of assessment and care using the latest research evidence in diverse populations with neurocognitive disorders.

CHeBA's vision is to achieve healthier brain ageing and better clinical care of age-related brain diseases through research.

CHeBA's mission is to conduct innovative research and provide the empirical basis to prevent and treat dementia and achieve healthy brain ageing for all Australians.

### Research metrics



**148**  
Scholarly articles



**Total value of awarded grants**  
**\$5,583,537**

### Top three projects

#### 1. Project name: Memory and Ageing Study 2 (MAS2)

**Project team:** Scientia Professor Henry Brodaty AO, Scientia Professor Perminder Sachdev AM, Dr Nicole Kochan, Associate Professor Wei Wen, Professor Julian Trollor, Professor Brian Draper, Dr Karen Mather, Dr John Crawford, Dr CP Ben Lam, Dr Katya Numbers, Dr Vibeke Catts, Ms Josie Bigland and Ms Zara Page.

**Students – PhD:** Ms Annabel Matison, Mr Abdullah Alqarni, Dr Russell Chander, Dr Sophie Chen, Mr Choa Dong, Dr Jing Du, Li Li, Dr Premilla Chinnappa-Quinn, Ms Fleur Harrison, Ms Fatemah Khorshidi, Mr Matthew Lennon, Dr Nithin Manchery, Ms Zara Page, Mr Toyin Abdulsalam, Ms Mary Revelas, Dr Gurjeet Kaur Virk, Dr Janet Mitchell, Ms Shizuka Hayashi, Ms Mary Revelas. Students – Hons (2022): Mr Anthony Liao, Ms Shafi Kalem, Ms Jessica Sawang and Ms Leilei Zhang.

**Project value:** \$3,304,760

**Expected outcomes:** The NHMRC Clinical Trials and Cohorts Grant will allow us to refresh the MAS1 sample for an entirely new study (MAS2), which will allow us to assess the generational change in four domains of health of older people – physical, psychological, social, and cognitive/brain health – by repeating comprehensive cross-sectional and longitudinal assessments of a defined population, and of associated use of health services. The wealth of knowledge gained from MAS1 perfectly positions us to examine whether risk factors associated with cognitive decline and dementia have changed over a generation so that we can make appropriate policy and healthcare recommendations. Our extraordinary team of international experts will be leading this effort with recruitment starting in early 2023.

#### 2. Project name: VCD-CRE

**Project team:** Scientia Professor Perminder Sachdev AM, Dr Nicole Kochan, Dr Adam Bentvelzen, Dr Danit Saks, Ms Jessica Lo, Dr Karen Mather, Associate Professor Wei Wen, Dr Anne Poljak, Dr Adith Mohan, Dr Matt Paradise, Dr Jiyang Jiang and Dr Tharusha Jayasena. Student: Ms Gurpreet Hansra.

**Project value:** \$3,000,000

**Expected outcomes:** The Vascular Contributions to Dementia Centre of Research Excellence (VCD-CRE) is an NHMRC funded CRE (2022-2026) led by Scientia Professor Perminder Sachdev AM with collaborators from UNSW Sydney, University of Melbourne, University of Newcastle, University of Queensland, Sydney University, Macquarie University, Garvan Institute, Victor Chang Institute, and several other institutions.



It brings together leading researchers in the fields of cerebrovascular disease and dementia, nationally and internationally, to address the most important issues relating to the analytical epidemiology of Vascular Cognitive Impairment and Dementia (VCID), its robust biomarkers, and its treatment and prevention, so as to reduce its overall health burden. It hopes to place VCID research at the forefront of dementia research alongside that of Alzheimer's disease (AD) and meet the promise of vascular dementia as a truly "preventable dementia". The work of the Centre is structured on five research themes to:

- i. Advance the diagnostic criteria of VCID
- ii. Coordinate an international effort to further develop its analytical epidemiology, and harness ongoing trials to enhance the evidence for risk factors
- iii. Identify and validate the clinical utility of biomarkers
- iv. Contribute to the international effort to identify its genetic underpinnings
- v. Develop a portfolio of interventions for its prevention and treatment

The VCD-CRE has an effective dissemination and implementation strategy to ensure timely translation of its research, with the involvement of consumers as its core principle.

Its cross-national collaborative network is complemented by collaborative agreements with the leading centres internationally to make it a truly global effort. There is a well-developed strategy to train and mentor the next generation of researchers in this field and develop a national Think Tank for vascular dementia. The publications and translational records of the investigators assure that the research from this Centre will have translational outcomes for all five research themes that make tangible contributions to the brain health of Australians and people globally.

### 3. Project name: DPAU (Dementias Platform Australia)

**Project team:** Scientia Professor Perminder Sachdev AM, Dr Darren Lipnicki, Dr John Crawford, Dr CP Ben Lam, Dr Louise Mewton, Mr Nicholas Hoy, Ms Rachel Visontay, Scientia Professor Henry Brodaty AO, Dr Suraj Samtani, Dr Ashley Stevens, Dr Gowsaly Mahalingam, Dr Jiyang Jiang, Dr Nicole Kochan, Ms Jessica Lo, Dr Vibeke Catts, Ms Rory Chen, Mr Juan Carlo San Jose. Students: Dr Matthew Lennon and Ms Annabel Mation.

**Project value:** \$3,356,620

**Expected outcomes:** The DPAU was developed as a data archival and distribution system for the sharing of participant level data from member studies of the Cohort Studies of Memory in an International Consortium (COSMIC). We established the Dementias Platform Australia (DPAU) utilising the template developed by our partner, Dementias Platform UK (DPUK) and Secure eResearch Platform (SeRP) technology deployed at Monash University, Melbourne. The SeRP is supported with a grant from the Australian Research Data Commons (ARDC), an initiative of the Australian Government.

**DPAU comprises:** a) a secure data repository for restricted data (Data Archive on SeRP); b) high quality data curation with data discoverability functionality (apply DPUK C-surv ontology; Contributing Research Study (CRS) Directory on DPAU Data Portal); c) a mediated access and approval process to enable appropriate governance compliance (Governance and Data Access on DPAU Data Portal); and d) a secure data transfer function and virtual workspace (DPAU Analysis Environment on SeRP).

DPAU works with other similar platforms around the world (DPUK, ADDI) with the objective of making all dementia related data accessible to researchers to spearhead discovery and innovation, and deal with the inequity in dementia research globally.

### Top three achievements

**1.** In 2022, Scientia Professor Henry Brodaty AO was awarded a highly competitive NHMRC grant to understand how generational health challenges influence the prevalence of dementia. The \$3.3 million grant will allow his expert team of researchers to ascertain what changes have occurred in Sydney's next generation of 70 to 90-year-olds in terms of physical, psychological, social and brain health.

Age-related conditions and disabilities are major drivers of care needs and cost associated with ageing, and the top three diseases causing burden in people over the age of 70 are coronary heart disease, dementia, and stroke. According to Scientia Professor Henry Brodaty AO the time to prioritise dementia prevention is now, but to maximise return on investment there is a need to understand changes at a population level in people's exposure to risk factors, and their uptake of evidence-based strategies for healthy living.

**"Ultimately, we want to be able to help inform planning for services and health policy – and better target preventative strategies against Alzheimer's disease and other dementias."**

The study will address questions of health challenges by repeating one of Australia's largest population-based longitudinal studies of ageing – CHEBA's Sydney Memory and Ageing Study – one generation later. The highly successful study, which has a strong track record with over 180 peer-reviewed published papers, recruited 1037 dementia-free individuals aged 70-90 and followed them for 14 years.

Scientia Professor Henry Brodaty AO will lead an exceptional research team of experts in epidemiology, cohort studies, big data, physical health, psychological health, social health, cognitive ageing, health economics, diabetes and proteomics and metabolomics, genetics, neuroimaging, neuropsychology, and cognitive testing.

**2.** Scientia Professor Perminder Sachdev AM was awarded the 2022 Ryman Prize by The Right Honorable Jacinda Ardern, former Prime Minister of New Zealand, in recognition of research that has substantially enhanced the life of older people around the world. The Ryman Prize is the world's richest prize of its type and was established to create the equivalent of a Nobel Prize for people working in the field of the health of older people. The nomination was made by the former UNSW Sydney Vice Chancellor, Professor Ian Jacobs, who said he holds Scientia Professor Perminder Sachdev AM in the highest esteem and

**"as someone who has rendered conspicuous service to medical and health science, and the community at large, in the fields of brain ageing and dementia."**

In 2022, the Academy of the Social Sciences in Australia recognised Scientia Professor Henry Brodaty AO for his excellence and input in the field of social sciences, with his work having had major impacts on policy, services, research, and community advocacy for older people. Each year, the Academy elects the most distinguished scientists in Australia as Fellows.

**3.** Research led by Dr Suraj Samtani and published in *The Lancet Healthy Longevity* provides evidence to support that living with others, community group engagement and never feeling lonely are associated with slower cognitive decline. While it is widely recognised that poor social connections such as small networks, infrequent interactions, and loneliness are modifiable risk factors for cognitive decline, research had not examined data beyond North America and Europe until now. Existing research has also combined variables indicating good social connections (such as living with others and being married) instead of looking at each one separately. This means that we couldn't say what exact type or number of social connections we need for healthy brain ageing.

Data from approximately 40,000 people across 13 international studies and investigated a range of measures of social connectedness showed that good social connections (ie, living with others, weekly community group engagement, interacting weekly with family and friends, and never feeling lonely) were associated with slower cognitive decline.



## Department of Developmental Disability Neuropsychiatry (3DN)

The Department of Developmental Disability Neuropsychiatry (3DN) champions the right of people with intellectual or developmental disability to the same level of health and mental health care as the rest of the population. Our work includes clinical practice, research, workforce development, education, and policy. The program is underpinned by a new strategic plan and strives for the highest standard of health and wellbeing for people with cognitive disability. We prioritise and value co-designed and inclusive approaches. This year, our lived experience staff members, Ms Tahli Hind, Ms Sue Adrian and Ms Katrina Sneath have each made amazing contributions to projects and research.

This year has been our most productive on record. Our staff and students have embraced our growth and development as a department and delivered projects and research of major significance. Two major National Health and Medical Research Council grants commenced. One is a major partnership initiative with multiple co-funders, collaborating organisations and academics. This project focuses on the important area of preventative health care for people with intellectual disability. Another, an investigator grant, is a critical opportunity to expand the research program to address key gaps in understanding and response to mental health needs, physical health including preventative health, and premature deaths of people with intellectual disability.

We have delivered multiple face to face and online training events to large organisations, and launched a new electronic resource, the Intellectual Disability Mental Health Connect webtool. This webtool provides tools for consumers, their supporters, disability, and health professionals to navigate the mental health sector. We have had cause to celebrate with key staff promotions and our PhD students Dr Peiwen Liao and Dr Yunhe Huang (with a Dean's award) have graduated with outstanding success.

### Research metrics



**30**  
Scholarly articles



**Total value of awarded grants**  
**\$25,259,852**

### Top three projects

#### 1. Project name: Improving palliative care services for people with intellectual disability

**Project team:** Professor Julian Trollor, Professor Meera Agar, Dr Rachael Cvejic, Professor David Currow, Dr Rebecca Strutt, Professor Claire Vajdic, Associate Professor Richard Chye, Dr Preeyaporn Srasuebkul, Dr Janelle Weise, Dr Simone Reppermund, Ms Tracey Szanto, Ms Janeane Harlum, Mrs Maria Heaton, Ms Vanessa Evans, Mr Amanuel Hagos, Ms Olivia Burton and Dr Peiwen Liao.

**Project value:** \$1,210,678

**Expected outcomes:** Development of recommendations to enhance inclusion of people with intellectual disability in National palliative care policy and guidance documents; Description of access to, and the impact of, palliative care for people with intellectual disability in New South Wales, Australia; Co-design of a tailored model of palliative care for people with intellectual disability and development of an associated toolkit to build capacity across the sector; Development of recommendations for future data collection related to palliative care services used by people with intellectual disability nation-wide.

#### 2. Project name: Developing a Model of Preventative Health Care for People with Intellectual Disability – Intellectual Disability Health My Way

**Project team:** Professor Julian Trollor, Professor Mark Harris, Professor Anne Kavanagh, Professor Karen Fisher, Dr Janet Long, Dr Simone Reppermund, Dr Ben Harris-Roxas, Dr Catherine Spooner, Professor Anurag Sharma, Dr Chris Hatton, Dr Preeyaporn Srasuebkul, Mr Paul Crosland, Dr Jaithri Ananthapavan, Dr Jane Tracy, Professor Jenny Bowman, Professor Nick Lennox, Dr Janelle Weise, Ms Jessica Ward, Ms Maryann Barrington, Ms Tahli Hind, Mr Angus Liu and Ms Michaela Kobor.

**Project value:** \$2,479,755

**Expected outcomes:** Map how preventative health care needs of people with intellectual disability are represented in Commonwealth, State/Territory, and International policies; Determine the reach and accessibility of preventive health strategies for people with intellectual disability; Determine the impact current participation in preventative health strategies have on health service usage and health outcomes for people with intellectual disability; Determine the feasibility of implementing change to enable people with intellectual disability to access and participate in preventative health care.

#### 3. Project name: Intellectual Disability Mental Health Service Pathway Tool

**Project team:** Professor Julian Trollor, Dr Janelle Weise, Ms Claire Eagleson, Dr Jenna Zhao, Ms Tahli Hind, Ms Michaela Kobor, NSW Council for Intellectual Disability.

**Project value:** \$1,367,876

**Expected outcomes:** Our consortium will deliver and evaluate an interactive web based intellectual disability mental health service pathway tool (the Tool).

### Top three achievements

1. Dr Simone Reppermund was promoted to Associate Professor commencing 2023 and Dr Janelle Weise was promoted to Senior Lecturer in 2022.
2. Launch of the Intellectual Disability Mental Health Service Pathway Tool, a tool designed to target mainstream mental health services in NSW to promote collaborative approaches to service delivery for people with intellectual disability by guiding the development of localised, interconnected, and responsive services throughout a person's mental health journey and provide tools for consumers to navigate the mental health sector. More information can be found here: <https://idmhconnect.health>
3. [The Contribution Photovoice Gallery](#) event in 2022. To create the Contribution gallery, 11 volunteer artists with intellectual disability gave their time and expertise to create visual contribution stories. The gallery gives you a moment to reflect on contribution in your life and the lives of others.

## Academic Unit of Child Psychiatry



Our research seeks to understand the bio-psycho-social determinants of childhood development and mental health. Research conducted at the Academic Unit of Infant, Child, and Adolescent Psychiatry Services (AUCS) also focuses on early identification and clinical intervention including innovative models of service delivery. We also work closely with the consumers and the community to undertake clinical and translational research, ensuring better outcomes for children from pregnancy through to the adolescence.

Our goal is to transform health service delivery by enabling equitable access to health and health care while also addressing the key global health issue of neurodevelopmental and child mental health conditions delivering local action with a global impact.

We aim to achieve better health outcomes for young people and their families by: Establishing research priorities for children and their families, also incorporating consumer voices; Conducting innovative models of care at scale to help transform the health system to be responsive, equitable and sustainable and; Building research capacity by supporting clinical staff to embed research in routine services.

### Research metrics



**87**  
Scholarly articles



Total value of awarded grants  
**\$16,579,003**

### Top three projects

#### 1. Project name: Strengths-Based, Tiered, Accessible Resources and Supports (Stars) for Kids Program

**Project team:** Professor Valsamma Eapen, Associate Professor Susan Woolfenden, Professor Desiree Silva, Dr Amy Finlay-Jones, Professor Virginia Schmied, Associate Professor Ann Dadich, Professor Raghu Lingam, Associate Professor Jane Kohlhoff, Dr Daniel Lin, Professor Ilan Katz, Associate Professor Kenny Lawson, Professor Andrew Page, Associate Professor Jenny Downs, Associate Professor Shanti Raman, Dr Adam Walker, Ms Penny Dakin, Ms Ainslie Cahill AM, Associate Professor Rebekah Grace, Dr Grainne O'Loughlin, Associate Professor Paul Chay, Professor Susan Prescott, Dr James John, Ms Sharlene Vlahos, Ms Wendy Geddes, Dr Sara Cibralic, Ms Clare Brennan, Ms Bree Katsamangos and Dr Rebecca Goodhue.

**Project value:** \$1,964,142v

**Expected outcomes:** The program aims to improve early identification of child development, parental mental health and family social care needs by engaging children and families via opportunistic contacts (with health, early childhood education and social service providers – both Government and Non-Government Organisations). The provision of a tiered model of care alongside wrap around social care for those families with complex psychosocial needs being trialled in three distinct communities across Australia (multicultural in Fairfield, South West Sydney; regional/rural and Aboriginal in Taree, NSW and a low socioeconomic community in Wanneroo in WA) will allow the scale up of the program across Australia.

#### 2. Project name: Integrated Kids Hubs - Ensuring Equity of Access for Children

**Project team:** Associate Professor Susan Woolfenden, Associate Professor Jane Kohlhoff, Professor Kerrie Doyle, Professor Lynn Kemp, Professor Valsamma Eapen, Professor Sharon Goldfeld, Associate Professor Ann Dadich, Professor Virginia Schmied, Ms Penny Dakin, Ms Bree Katsamangos, Mrs Clare Brennan, Dr Rebecca Goodhue and Ms Grainne O'Loughlin.

**Project value:** \$1,558,443

**Expected outcomes:** We will produce the first large-scale Australian evidence on Hubs that support families in the first 1,000 days of their child's life. By embedding a strong knowledge translation strategy into the project, this work will inform the scale-up of Hubs, nation-wide.

#### 3. Project name: Watch Me Grow-Electronic (Wmg-E): Watch Me Grow Weblink for Child Development Expanded to Also Include Parental Mental Health and Social Wellbeing as a COVID-19 Service Response

**Project team:** Professor Valsamma Eapen, Associate Professor Sue Woolfenden, Professor Virginia Schmied, Professor Bin Jalaludin, Associate Professor Kenny Lawson, Professor Siaw-Teng Liaw, Professor Raghu Lingam, Professor Andrew Page, Associate Professor Jane Kohlhoff, Dr Paul Chay, Dr Antonio Mendoza Diaz, Ms Teresa Winata, Ms Jade Burley, Mr Kasun Rathnayake, Dr Iqbal Hasan, Dr Daniel Lin, Dr Anne Masi, Professor Ilan Katz, Associate Professor Ann Dadich, Mr Joseph Descallar, Dr Catherine Kaplun and Associate Professor Amit Arora.

**Project value:** \$495,000

**Expected outcomes:** Families in the intervention group were found to show significantly improved engagement for child development, parental mental health, and psychosocial services. By targeting CALD and rural communities, we have demonstrated its feasibility for the most vulnerable Australians that will then be ready for scaling up as leveraging primary care and child and family health services successfully identified children with developmental needs and links families with mental health care and psychosocial support services.

### Top three achievements

1. Award: 2022 – Research Team of the year, South West Sydney Clinical campus.
2. Infrastructure support to establish the South West Sydney Institute for Translational Child Health Research (SWITCH).
3. BestSTART Data Observatory: Australia's largest child birth and health data repository with ≈150,000 child records starting from pregnancy that integrates routinely collected data linked to electronic Medical Records.





## Bipolar Disorder Research Group

The Bipolar Disorder Research Group focuses on research into bipolar disorder, but also undertakes studies into severe Major Depressive Disorder. The central team includes Scientia Professor Philip Mitchell, Dr Gloria Roberts, Ms Tayla Williams, and Ms Neve Thompson. The major research program is the longitudinal Bipolar Kids & Sibs Study which aims to identify factors (such as clinical, imaging, and genetic) which are predictive of the onset of bipolar disorder in young people at high genetic risk to this condition, with the aim of thereby informing early intervention programs.

Our group is actively involved in international consortia:

- i. The US/Australian bipolar disorder high risk consortium (including John Nurnberger, University of Indiana, US; Rudolf Uher, Dalhousie University, Canada; Melvin McInnis, University of Michigan; and Holly Wilcox, Johns Hopkins)
- ii. The ENIGMA consortium Bipolar Disorder Working Group
- iii. The Psychiatric Genomics Consortium Bipolar Disorder Bipolar Disorder Working Group
- iv. The Global Bipolar Cohort consortium; and ConLiGen (Consortium on Lithium Genetics). Australian collaborators in the bipolar disorder research include Professor Michael Breakspear (University of Newcastle), Associate Professor Janice Fullerton (NeuRA), Professor Greg Murray (Swinburne) and Dr Tania Perich (Western Sydney University). The group also actively collaborates with Professor Colleen Loo in studies of depression.

### Research metrics

 **27**  
Scholarly articles

 **Total value of awarded grants**  
**\$4,050,022**

### Top three projects

#### 1. Project name: Improving Outcomes for Youth at Risk of Bipolar Disorder

**Project team:** Scientia Professor Philip Mitchell

**Project value:** \$2,221,276

**Expected outcomes:** First, identification of predictors of the onset of mania in young people at high genetic risk to bipolar disorder – clinical, genetic or neuroimaging. This will facilitate future development of early intervention to allow for more focused strategies. Second, delineation of the trajectory of clinical and biological (particularly neuroimaging) changes prior to the onset of mania will further understanding of the clinical and biological processes proceeding the onset of mania. Third, development of early intervention strategies, particularly focusing on web-based interventions to allow for more widely accessible interventions.

#### 2. Project name: Australasian Partnership for Improving Outcomes in Severe Depression

**Project team:** NHMRC Partnership Project: Professor Colleen Loo, Dr Donel Martin, Scientia Professor Philip Mitchell, Mr Dusan Hadzi-Pavlovic, Dr Mary Lou Chatterton, Professor Cherry Galletly, Professor Malcolm Hopwood and Dr Grant Sara.

**Project value:** \$909,752

**Expected outcomes:** First, improved understanding of the clinical usage in Australia of interventions for severe mood disorders such as ECT, TMS and ketamine. Second, introduction of more effective therapies for these disorders.

#### 3. Project name: Testing Risk Genes in Conjunction with Clinical Characteristics to Develop a Clinically Applicable Algorithm for Predicting Outcomes in Patients with Depression

**Project team:** Scientia Professor Philip Mitchell, Professor Colleen Loo and Associate Professor Janice Fullerton.

**Project value:** \$678,994

**Expected outcomes:** First, improved understanding of the contribution of genetics (using polygenic risk scores) to outcomes of depression above and beyond the contribution of historical clinical predictors such as personality traits. Second, the development of an algorithm (including genetic and clinical predictors) to assist clinicians in individualised prediction of outcome in depressed patients.

### Top three achievements

1. Major publication in the *American Journal of Psychiatry* from the Bipolar Disorder Kids & Sibs Study demonstrating longitudinal changes in a brain structural network involving emotional and cognitive control, prior to the onset of bipolar disorder. This finding highlights the need for the development of early intervention programs for young people at high genetic risk of bipolar disorder.
2. Establishment of a new James Packer Chair in Mood Disorders: \$7 million for 10-year support from Packer Family Foundation and Consolidated Press Holdings.
3. New national NHMRC Centre of Research Excellence in bipolar disorder: "The Centre of Research Excellence in Bipolar Disorder (CORE-BD)" awarded in 2022 and commences in July 2023). Funding for 5 years (total \$2.5million). Collaborative Australian research team from University of Melbourne, Deakin University, UNSW, and University of Sydney. CIs: Professor Susan Cotton (CIA), Professor Michael Berk (CIB), Professor Philip Mitchell (CIC), Professor Greg Murray, Professor Ian Hickie, Professor Patrick McGorry AO, Professor Ken Walder, Associate Professor Olivia Dean, Professor Cathrine Mihalopoulos, and Dr Aswin Ratheesh.

CRUFAD is a joint facility of St Vincent's Hospital (Sydney) and UNSW Sydney, founded in 1964 by Professor Gavin Andrews. The unit combines clinical and research expertise in the recognition, conceptualisation, and treatment of anxiety and depressive disorders.

CRUFAD comprises three main departments. First, the Anxiety Disorders Clinic, located at St Vincent's Hospital in Sydney, provides specialist clinical services for the assessment and treatment of adults with anxiety disorders. The Clinic also provides specialist training and supervision for psychologists, psychiatry registrars and other mental health clinicians. Second, THIS WAY UP ([thiswayup.org.au](http://thiswayup.org.au)), is a Commonwealth-funded national digital mental health service providing online treatment programs, education and mental health promotion for anxiety, depression, and related disorders, as well as chronic pain and insomnia. Third, the Virtual Clinic, is responsible for CRUFAD's research program, including conducting clinical trials and routine care evaluations of CRUFAD's assessment, educational, and treatment programs.

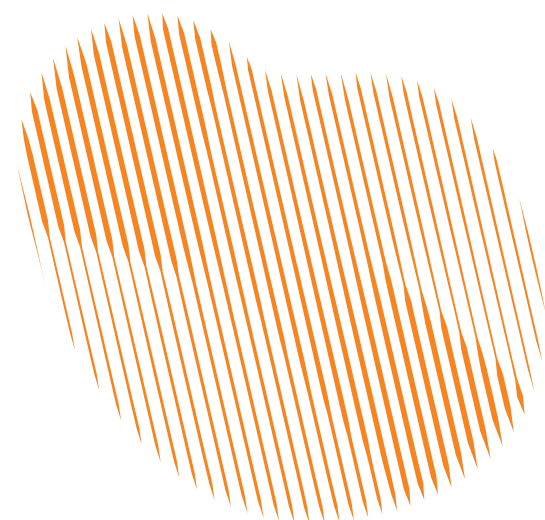
## Research metrics



**9**  
Scholarly articles



Total value of awarded grants  
**\$2,579,217**



## Top three projects

### 1. Project name: Co-Occurring Insomnia and Anxiety: A Randomized Controlled Trial of Internet Cognitive Behaviour Therapy (CBT) for Insomnia vs. Internet CBT for Anxiety

**Project team:** Dr Elizabeth Mason, Dr Ashlee Grierson, Ms Amanda Sie, Ms Maria Sharrock, Mr Ian Li, Ms Aileen Chen and Associate Professor Jill Newby.

**Project value:** \$95,000

**Expected outcomes:** The main article associated with this project was published in SLEEP, a top journal in the field. The findings provide useful guidance to clinicians and patients in terms of which treatment to select when comorbid insomnia and anxiety is experienced. The findings also have important public health implications given that stigma is a key barrier to accessing treatment for anxiety and that individuals appear to be much more willing to access treatment for sleep difficulties than for anxiety. The current findings suggest that treatment for insomnia might be a powerful way to reduce the burden of disease associated not only with insomnia but also with anxiety. This study has attracted significant media attention (e.g., showcased by National Nine News in March 2023 leading to a dramatic surge in community uptake of the program) and multiple invitations to collaborate with national and international research groups.

### 2. Project name: Evaluating Online Cognitive Behaviour Therapy (ICBT) for Maternal Antenatal and Postnatal Anxiety and Depression in Routine Care.

**Project team:** Dr Alison Mahoney, Dr Christine Shiner, Dr Ashlee Grierson, Ms Maria Sharrock, Dr Siobhan Loughnan, Ms Virginia Harrison and Dr Michael Millard.

**Project value:** Internally funded

**Expected outcomes:** The perinatal programs were successfully integrated within routine clinical care via THIS WAY UP. Over a four-year period (2019-2022), n=1502 women living in the Australia community commenced the iCBT programs. Both programs led to significant reductions in symptoms of anxiety, depression, and psychological distress; to the degree that ~60% of women had normalisation of anxiety scores and ~50% had normalisation of depression scores post-treatment. The findings of this study confirmed that iCBT can be successfully integrated into routine perinatal care to effectively reduce symptoms of anxiety and depression for pregnant/postnatal women.

These treatments are highly scalable and accessible. Every month, more than 30 women were able to access evidence-based treatment for their mental health when they needed it, with no waiting time, and from any geographical location.

The perinatal iCBT programs continue to be available online, have now been accessed by >2000 women in need, and have the potential to considerably reduce the burden of mental health conditions experienced in this formative period for mothers and infants.

This work has attracted significant interest and multiple invitations to collaborate with prominent clinical services (e.g., Tresillian, Karitane), as well as national and international research groups (e.g., the programs have been licenced to be trialled and provided in Canada and the USA, with future international agreements pending). Having funded the two perinatal RCTs, HCF is currently preparing a media release to promote this study and the THIS WAY UP perinatal programs.

### 3. Project name: Evaluating the Clinical Utility and Feasibility of Implementing THIS WAY UP in Regional and Rural Headspace Centres

**Project team:** Ms Jay Court, Mr Ben Prest, Dr Michael Millard, Ms Katherine Dobinson, Dr Alison Mahoney, Dr Christine Shiner, Mr Ian Li and Ms Alexandra Harmon.

**Project value:** \$250,000

**Expected outcomes:** This project will deepen CRUFAD's ongoing collaborative clinical and research relationship with Headspace (and other youth-focussed mental health services). We anticipate successful co-design, integration, and uptake of the THIS WAY UP youth program, leading to reduced treatment wait times, reduced consumer symptom severity, and increased consumer service satisfaction. We expect the project will provide insights into real-world challenges and practical solutions when implementing established digital psychotherapies into routine care settings. Accordingly, these outputs will inform national headspace models of care and service provision and policy. Top-tier journal publication are anticipated alongside broad dissemination of study outputs to the community via mainstream media, social media, professional conferences, and community forums.

## Top three achievements

1. This financial year, THIS WAY UP celebrated its 10-year anniversary and has demonstrated its considerable service maturity, reach and integration within routine community care. THIS WAY UP now has >205,000 consumers and >35,000 clinicians registered with the service, and >500,000 people have completed our online mental health assessment. This represents a third of Australian GPs registered with THIS WAY UP. With CRUFAD's support, THIS WAY UP service is being replicated internationally; this last financial year saw the successful launch of the French-Canadian service, *Equilia* ([equilia.ca](http://equilia.ca)).

2. CRUFAD published its 950th paper and commenced the 40th RCT of digital mental health interventions, demonstrating a sustained and substantial contribution to mental health research in Australia. We continue to provide specialist training and education, having given 9 university lecturers, 8 conference presentations, 3 keynote addresses, 15 in-service workshops/seminars, and provided intensive supervision to 3 psychiatry registrars, 4 clinical psychology interns, 1 PhD student, 2 RANZCP scholarly trainees, and 1 honours student.

3. CRUFAD continues to actively engage with the community and promote mental health awareness, understanding, de-stigmatisation, and evidence-based treatment. In the recent financial year, >579,000 users have engaged with our websites, with >4,265,000 page views. We have disseminated evidence-based psychoeducation via monthly newsletters to >188,600 Australians and blog posts which have been viewed >168,000 times. We have developed a social media community of >24,000 followers and have engaged >900 users in consumer engagement activities such as surveys, focus groups, community forums, interviews, and user experience testing. We have also contributed to 4 invited national media appearances, 3 national TV news stories, and 5 print/online stories.



## Forensic Mental Health Research Group

The Forensic Mental Health Research team is made up of UNSW and Justice Health NSW academic, professional and clinical staff and students. Under the guidance and leadership of Professor Kimberlie Dean, the team is responsible for the design and delivery of projects focused on translational epidemiological and clinical research questions aimed at improving outcomes for those with mental illness in contact with the criminal justice system. The research group works closely with various partners and funding bodies to ensure that research projects and their outcomes are relevant and meaningful.

### Research metrics



**19**  
Scholarly articles



**Total value of awarded grants**  
**\$1,492,508**

### Top three projects

#### 1. Project name: Enhancing Prison-to-Community Mental Healthcare for Aboriginal Prisoners

**Project team:** Professor Kimberlie Dean, Dr Carey Marr, Ms Makayla Reynolds, Mr Lochlan Peters, Ms Minh Thu Nguyen. Partners include Dr Trevor Ma, Dr Sarah-Jane Spencer, Dr Vindya Nanayakkara and Dr Liz McEntyre (Cultural Governance consultant)

**Project value:** \$1,180,613

**Expected outcomes:** Establishment and evaluation of a co-designed culturally appropriate prison-to-community mental healthcare intervention for First Nations people; Estimate the effectiveness of the new model of care compared to existing care in relation to the following: Treatment engagement; Social and emotional wellbeing and; Repeat contact with the criminal justice system.

#### 2. Project name: Reducing Hyper-Incarceration of First Nations Peoples by Removing Barriers to Mental Health Diversion

**Project team:** Professor Kimberlie Dean, Dr Elizabeth McEntyre, Georgia Lyons, Dr Yin-Lan Soon, Dr Carey Marr, Ms Makayla Reynolds and Ms Minh Thu Nguyen.

**Project value:** \$115,470

**Expected outcomes:** Produce the evidence required to inform changes in policies, programs and services to increase access to mental health diversion for First Nations Peoples, with the result that mental health diversion can act to effectively reduce over-



incarceration, as well as improve the mental health and associated social and emotional wellbeing outcomes for First Nations Peoples. In addition, identifying the nature and drivers of the low rate of mental health diversion seen at both the local court level and in the context of Forensic Patient provisions, utilising both qualitative and quantitative research methodologies.

#### 3. Project name: First Nations Peoples' Experiences and Understanding of The Forensic Mental Health System in NSW

**Project team:** Professor Kimberlie Dean, Dr Elizabeth McEntyre and Ms Georgia Lyons.

**Project value:** \$96,425

**Expected outcomes:** This project seeks to address a significant gap in the evidence base regarding the lived experience of First Nations Peoples regarding the forensic mental health system. This includes an exploration of the characteristics and outcomes for First Nations forensic patients in NSW, as well as their experiences of the system. The outcomes of this project will be used to design future policy and service development.

### Top three achievements

1. Recipient of the Medical Research Future Fund/2021 Clinician Researchers Applied Research in Health Grant.
2. Organisation and convenor of the 2023 Annual International Association of Forensic Mental Health Services (IAFMHS) conference, Sydney.
3. Professor Kimberlie Dean is the CIC on the NHMRC Clinical Trials and Cohort Studies Grant led by CIA Professor Stuart Kinner – 'Improving health outcomes in people with a dual diagnosis released from prison: a multi-jurisdictional, prospective cohort study'. The grant was announced in March 2022. Total funding for the project is \$1.47 million over 5 years.



< Image credit: Rites of Passage by Uncle Professor Mick Adams

## Mental Health Research for Justice and Belonging: Family, Community, and Country

Our research focus is on the social and cultural determinants of mental health and functioning, with an emphasis on remote and marginalised trauma-impacted populations. Issues related to race and ethnicity, culture, gender, poverty, and violence are determining factors. Our group is characterised by lived experience researchers who are representatives of our target research populations including those with a refugee and/or conflict-affected background, women who are parenting children, First Nations men who are parents, First Nations young adults, remote and regional communities, and women impacted by or living with violent male partners. We are interdisciplinary researchers with expertise in mixed methods, cohort studies and interventions. We prioritise a genuine and robust inclusion of community based and government stakeholders. We endeavour to promote and advance research in our country and the region, as well as First Nations health and mental health, gender equity, human rights, and social justice.

### Our team

Although we have several collaborators, our core team who develop and conduct research and are directly involved with our projects include Professor Susan Rees, Dr Lyndon Reilly, Professor Mick Adams, Ms Nawal Nadar, Ms Batool Moussa, Ms Fatima Hassoun, Dr Mariam Yousif, Ms Anggy Durant, Ms Farah Khalif, Ms Yalini Krishna and Ms Batoul Khalil.

### Research metrics



**19**  
Scholarly articles



**Total value of awarded grants**  
**\$3,478,384**

### Top three projects

#### 1. Project Name: Enabling Dads and Promoting First Nations Adolescent Mental Health

**Project team:** Dr Lyndon Reilly, Professor Susan Rees, Professor Mick Adams (Visiting) and Professor Derrick Silove.

**Project value:** \$1,684,250

**Estimated outcomes:** There are few empirically supported social and emotional well-being programmes for First Nations adolescents, and we found none targeting those living in Aboriginal communities in remote areas of Australia. The dearth of social and emotional well-being programmes is concerning given that adolescents in remote Australia are at much greater risk of mental disorder and suicide. Our pragmatic community-based research intervention 'Enabling Dads and Improving First Nations Adolescent Mental Health' is designed by and for First Nations people living in remote communities to promote and support the parenting role and examine the interconnection between men's parenting knowledge and adolescent mental health. The aim is to improve adolescent mental health by strengthening the participating father's empowerment, parenting confidence and engagement in the parenting role.



## 2. Project Name: Watch Cohort Study with Women and Their Children from Refugee Background and a Comparison Group of Australian Born

**Project team:** Professor Susan Rees, Professor Jane Fisher, Professor Zachary Steel, Ms Nawal Nadar, Ms Batool Moussa, Ms Fatima Hassoun, Dr Mariam Yousif, Ms Anggy Durant, Ms Farah Khalif, Ms Yalini Krishna and Ms Batoul Khalil.

**Project value:** \$964,892

**Estimated outcomes:** The Women Aware with Their Children study was created because prospective data are required to accurately guide prevention programmes for intimate partner violence (IPV) and to improve the mental health and resettlement trajectories of women from refugee backgrounds in Australia. The study includes 1335 women (685 consecutively enrolled from refugee backgrounds and 650 randomly selected Australian-born) recruited during pregnancy from three public antenatal clinics in Sydney and Melbourne, Australia. We are currently examining trajectories of IPV and mental disorder across four time points. Time 4 occurred during the COVID-19 pandemic, enabling a unique opportunity to examine the impacts of the pandemic over time. We have now five timepoints of data, and Time 6 is underway. The children at Time 5 are in the early school years, providing the capacity to examine behaviour, development, and well-being of the index child.

## 3. Project Name: Dili Cohort Study with Women and Children in Trauma-Impacted Timor-Leste

**Project team:** Professor Susan Rees, Professor Valsa Eapen, Professor Mark Dadds, Professor Zachary Steel and Professor Derrick Silove.

**Project value:** \$829,242

**Estimated outcomes:** The Desenvolvimentu Isin-d'iak Labarik no Inan (DILI) birth cohort study was designed to improve understanding of the mechanisms through which armed conflict and ongoing adversity impact mental health across generations in a low-resource, post-conflict setting. This is critically important to ensure the best mental health supports for women in the child-bearing years in conflict affected countries. The study was being conducted in Timor-Leste, a southeast Asian country lying to the east of Indonesia and the north of Australia. In preparation for our study, we conducted a pilot study of over 400 women residing in districts geographically adjacent to the site of our main study. We subsequently enrolled 1,672 women to our cohort study in the second trimester of pregnancy, recruited from the four main governmental health clinics in the capital, Dili and its surrounding administrative district. Women in the cohort and their 18-month old children participated in a second phase assessment, and the third assessment when children are 3 years of age. Assessments focus on maternal adversity (past exposure to conflict events, ongoing stressors, intimate partner violence) and indices of mental health, paternal adversity and mental health, and children's psychosocial outcomes.

### Top three achievements


1. SJ Rees, M Mohsin, A Kuowei Tay, B Moussa, L Klein, N Nadar, ... (2023) COVID-19 stressors and mental health problems amongst women who arrived as refugees and those born in Australia. PLOS Global Public Health 3 (7). This paper has received substantial media attention with over 12 recent newspaper articles and radio coverage.
2. D Silove, P Ventevogel, S Rees. The contemporary refugee crisis: an overview of mental health challenges. World Psychiatry 16 (2), 130-139. This paper received recognition from Scopus for being one of the highest cited papers in that timeframe. It is one of the highest cited in the refugee mental health field.
3. In 2023, Professor Rees accepted an invitation to join as a member of the Faculty of the Harvard Program in Refugee Trauma, School of Psychiatry, Harvard University.

## Mood and Burnout Team

The team (Scientia Professor Gordon Parker, Dr Gabriella Tavella, Mr Michael Spoelma, Mr Andrew Camara, Dr Adam Bayes, Ms Kerrie Evers and Ms Penelope Sawdy) has two principal study domains in play and a number of second-order research studies. One principal domain focuses on the bipolar disorders – how best they are diagnosed and differentiated (and with the latter relying on machine learning analyses), their impact on carers, development of a new measure of bipolar disorder, development of a nurse rating scale for differentiating bipolar disorder and schizophrenia, interpreting the 'bipolar eyes' phenomenon and, of key importance, what are the preferential (and second-order and third-order) medication strategies for managing both the bipolar I and bipolar II disorders. A second principal domain involves a series of studies evaluating how to model, measure and manage burnout – and differentiate it from other conditions such as depression.

Second-order studies include (i) Reviewing and challenging the construct of 'treatment-resistant depression or TRD', (ii) Faecal transplantation for those with TRD or treatment resistant bipolar disorder, (iii) Theta burst stimulation for TRD, (iv) Immunological changes in those with differing depressive subtypes, (v) Properties of ChatGPT4, (vi) Biological markers of melancholia, (vii) A revisionist model for use of MAOI antidepressants, (viii) Comorbidity of ADHD and bipolar disorder, (ix) Comorbidity of bipolar disorder and borderline personality disorder and (x) Factors predicting "the empathic doctor."

### Research metrics

 **25**  
Scholarly articles

 **Total value of awarded grants**  
**\$1,500,000**

### Top three projects

#### 1. Project name: Bipolar Disorder Study

**Project team:** Scientia Professor Gordon Parker, Mr Michael Spoelma (PhD Candidate) and Dr Adam Bayes.

**Project value:** \$1,050,000

**Expected outcomes:** Our studies will enable the bipolar disorders to be diagnosed and differentiated with greater precision and their optimal management strategies identified, with major impacts on clinical management and addressing second-order risks of poor treatment outcome and suicide risk.

#### 2. Project name: Burnout Studies

**Project team:** Scientia Professor Gordon Parker, Dr Gabriella Tavella, Mr Andrew Camara and Ms Kerrie Evers.

**Project value:** \$375,000

**Expected outcome:** We have published eight papers considering diagnostic and management issues in relation to burnout and with one published in World Psychiatry (the highest-ranking psychiatry journal with an impact factor of 79.7). Study findings will advance the modelling, measurement and management of burnout and thus have the capacity to reduce its huge cost to organisations. Our 2021 book on the topic ('Burnout: A Guide to Identifying Burnout and Pathways to Recovery') has had extremely high sales while the modified UK version was published by Routledge in January 2023 and highlighted in an article in Time magazine published in the same month. The authors have given over thirty presentations to differing groups, had study findings featured in the media, while Scientia Professor Gordon Parker was invited to address the Royal Commission into Veteran Suicide on the topic.

#### 3. Project name: Differentiating Melancholic from Non-Melancholic Depression by Biological Markers

**Project team:** Mr Michael Spoelma (PhD Candidate) and Scientia Professor Gordon Parker.

**Project value:** \$75,000

**Expected outcomes:** The team has long sought to define melancholia with greater precision and determine optimal management strategies. Defining melancholia and differentiating it from non-melancholic depression has been an ongoing research priority for several decades. Mr Michael Spoelma and Scientia Professor Gordon Parker undertook an exhaustive review of biological markers that aid differentiation, and this major research paper will shortly be published in the World Journal of Biological Psychiatry. The list of differentiating markers is extensive and should aid clinical diagnostic approaches.

### Top three achievements

1. Our Australian book on burnout ('Burnout: A Guide to Identifying Burnout and Pathways to Recovery') has had extremely high sales while the modified UK version released in January 2023 was highlighted in an article in Time magazine.
2. Two publications in World Psychiatry (highest ranking psychiatry journal with impact factor of 79.7) with one providing criteria for burnout and the second on topic of treatment-resistant depression.
3. King's birthday honours list an eighth member of the Mood Disorders Unit (Black Dog Institute predecessor), Emeritus Professor Philip Boyce who was awarded an honour.





## Neurostimulation and Interventional Psychiatry Team

The Neurostimulation and Interventional Psychiatry team works across the Discipline of Psychiatry and Mental Health and the Black Dog Institute and investigates novel ways to treat depression and other neuropsychiatric disorders. We are an integrated research team with expertise across basic neuroscience, clinical psychiatry, neuropsychology, clinical policy and clinical practice.

Our research team conducted the first randomised controlled trials of TMS, tDCS, ketamine, ECT and tRNS in Australia for the treatment of depression. We also conducted the world's largest randomised controlled trial of racemic ketamine for treatment resistant depression and developed a comprehensive framework for monitoring the safety of ketamine treatment (the Ketamine Side Effect Tool).

Our research findings have informed Royal Australian and New Zealand College of Psychiatrist (RANZCP) guidelines on ECT, TMS, tDCS and ketamine treatment. We are currently setting up and running clinical studies in ECT, TMS, tDCS, and psilocybin-assisted psychotherapy.

We also develop novel interventions for cognitive enhancement and treatment of cognitive impairment (e.g., individualising rTMS for cognitive enhancement and investigating the cognition-enhancing effects of psychedelics) and undertake diverse research in basic neuroscience to improve understanding of the pathophysiology and characteristics of psychiatric disorders, and to optimise the non-invasive brain stimulation techniques used to treat them.

### Research metrics



**29**  
Scholarly articles



**Total value of awarded grants**  
**\$13,335,563**

## Top three projects

### 1. Project name: The Randomised Controlled Trial of Frontoparietal and Temporoparietal Electroconvulsive Therapy (ECT) for Severe Depression (The RAFT ECT Study)

**Project team:** Professor Colleen Loo, Dr Donel Martin, Dr Stevan Nikolin, Dr Angelo Alonzo, Ms Vanessa Dong, Ms Ana Rita Barreiros, Ms Louise Brettell, Ms Kate Haldane, Ms Yucheng (Celeste) Zeng, Ms Lok Chi Julia Lui, Ms Ivana Solaja, Ms Ania Harvey, Dr Nobuatsu Aoki, Dr Adriano de Matos Moffa, Dr Alistair Carroll, Dr Clara Massaneda Tuneu. Partners: Mr Dusan Hadzi-Pavlovic and Associate Professor Socrates Dokos.

**Project value:** \$2,616,499

**Expected outcomes:** If this RCT confirms that Frontoparietal ECT has similar efficacy to conventional Temporoparietal ECT, but with markedly reduced cognitive side effects, Frontoparietal ECT will emerge as a new method of treatment that be directly adopted by ECT clinical services. Professor Colleen Loo is ideally positioned to steer the translation of Frontoparietal ECT into clinical practice, as a recognised world expert in ECT and one that is actively involved in development of clinical policy and practice guidelines, educating and advising clinicians, and advising government and professional bodies both in Australia and overseas.

### 2. Project name: Trial of Enhanced Neurostimulation for Anorexia (TRENA Trial)

**Project team:** Dr Donel Martin, Professor Colleen Loo, Associate Professor Sloane Madden, Ms Ania Harvey, Dr Adriano Moffa, Ms Laura Beesley and Ms Ivana Solaja.

**Project value:** \$1,100,000

**Expected outcomes:** The findings of this world-first study will be informative for larger definitive multicentre clinical trials in the future. Additionally, health economic data for both treatment modalities will have utility from a service perspective, given the disparity in resource requirements between the two treatments in terms of costs for patients and access to treatment for people living in remote and rural areas (i.e., for at-home tDCS).

### 3. Project name: Clinical Alliance and Research in ECT and Related Treatments (CARE) Network

**Project team:** Professor Colleen, Dr Donel Martin, Dr Angelo Alonzo, Dr Steven Nikolin, Ms Vanessa Dong, Ms Ana Rita Barreiros, Ms Kate Haldane, Mr Vinh Cao, Dr Clara Massaneda. Partners: NSW Health, the Black Dog Institute, Ramsay Healthcare, the Ramsay Hospital Research Foundation and the Singapore Institute for Mental Health.

**Project value:** \$1,659,752

**Expected outcomes:** Overall, the expected outcomes of the CARE Network project include a deeper understanding of treatment modalities, improved clinical practice and collaborative research efforts, all aimed at enhancing the effectiveness and quality of care for patients receiving interventional psychiatric treatments.

## Top three achievements

1. The primary paper for the KADS Study has been accepted and will shortly be published by the British Journal of Psychiatry. This is a highly significant study internationally, as the largest and only Phase 3 study of racemic ketamine vs placebo for treatment resistant depression. It has already been the subject of invited presentations at international conferences, including the University of Oxford's Ketamine Conference.
2. Recruitment has commenced for TRENA – the first trial worldwide comparing two forms of novel brain stimulation (TMS and tDCS) for the treatment of Anorexia Nervosa.
3. Published several research papers based on data collated from participating CARE Network sites and exploring the impacts of the COVID-19 pandemic on ECT services, practices, and patient outcomes. The findings were able to inform evidence-based practice during the pandemic and will support services to prepare for future pandemics, ensuring patients continue to receive ECT safely.





## New South Wales Child Development Study (NSW-CDS) Team

The NSW Child Development Study (NSW-CDS) is an intergenerational record linkage study which combines routinely collected data from state and commonwealth departments (spanning health, education, justice, child protection and welfare records) for a NSW population cohort of over 90,000 children being followed from birth to adulthood, to provide novel insights into the development of mental disorders across the life-course.

This record linkage study is unique in combining government-owned administrative data with cross-sectional assessments of the children in early childhood (the 2009 Australian Early Development Census) and middle childhood (the 2015 Middle Childhood Survey of mental health and wellbeing). This facilitates the study of intersecting mental health, justice, education, and health outcomes among families, from a life-course perspective, as the children develop.

To date, the NSW-CDS has produced more than 60 publications and facilitated personal fellowship funding for several early and mid-career investigators on the project team. The NSW-CDS is led by Professor Melissa Green and conducted in collaboration with other senior researchers at UNSW Sydney, Monash University, Queensland University of Technology, Griffith University, and Charles Sturt University. Ongoing collaborative partnerships with the NSW Ministry of Health, the NSW Department of Communities and Justice, and the NSW Department of Education ensure that the results are regularly transformed into usable knowledge that can be translated into policy and practice. In 2022-2023 there were two postdoctoral fellows, one research officer, three PhD students and one psychiatric registrar working on the project at UNSW, with additional staff and students based at other collaborating universities.

### Research metrics



**14**  
Scholarly articles



**Total value of awarded grants**  
**\$1,414,159**

### Top three projects

#### 1. Project name: Developmental Schizotypy in The General Population: Early Risk Factors and Predictive Utility

**Project team:** Professor Melissa Green, Professor Vaughan Carr, Professor Kristin Laurens, Professor Kimberlie Dean and Professor Johanna Badcock.

**Project value:** \$819,480

**Expected outcomes:** This project will determine the utility of population-based profiles of 'schizotypy' in middle childhood (age 11 years) to predict later diagnoses of schizophrenia spectrum or other mental disorders emerging in early adolescence.

#### 2. Project name: Breaking The Cycle of Intergenerational Child Maltreatment Using 'Big Data'

**Project team:** Professor Melissa Green, Dr Stacy Tzoumakis and Professor Kimberlie Dean

**Project value:** \$444,679

**Expected outcomes:** This project will provide new knowledge about the prevalence of intergenerational child maltreatment in NSW and determine the rates of contact with justice and mental health services among families in which child maltreatment is either initiated for the first time, maintained across generations, or in which the trauma cycle is broken. We will also attempt to determine resilience processes that may be operating to break the cycle of intergenerational trauma in vulnerable families.

#### 3. Project name: Growing Minds Australia

**Project team:** Professor Melissa Green, Professor Kimberlie Dean, Professor Vaughan Carr, Professor Kristin Laurens, Dr Stacy Tzoumakis (among 50 other investigators at other institutions, led by CIA Professor Mark Dadds at the University of Sydney).

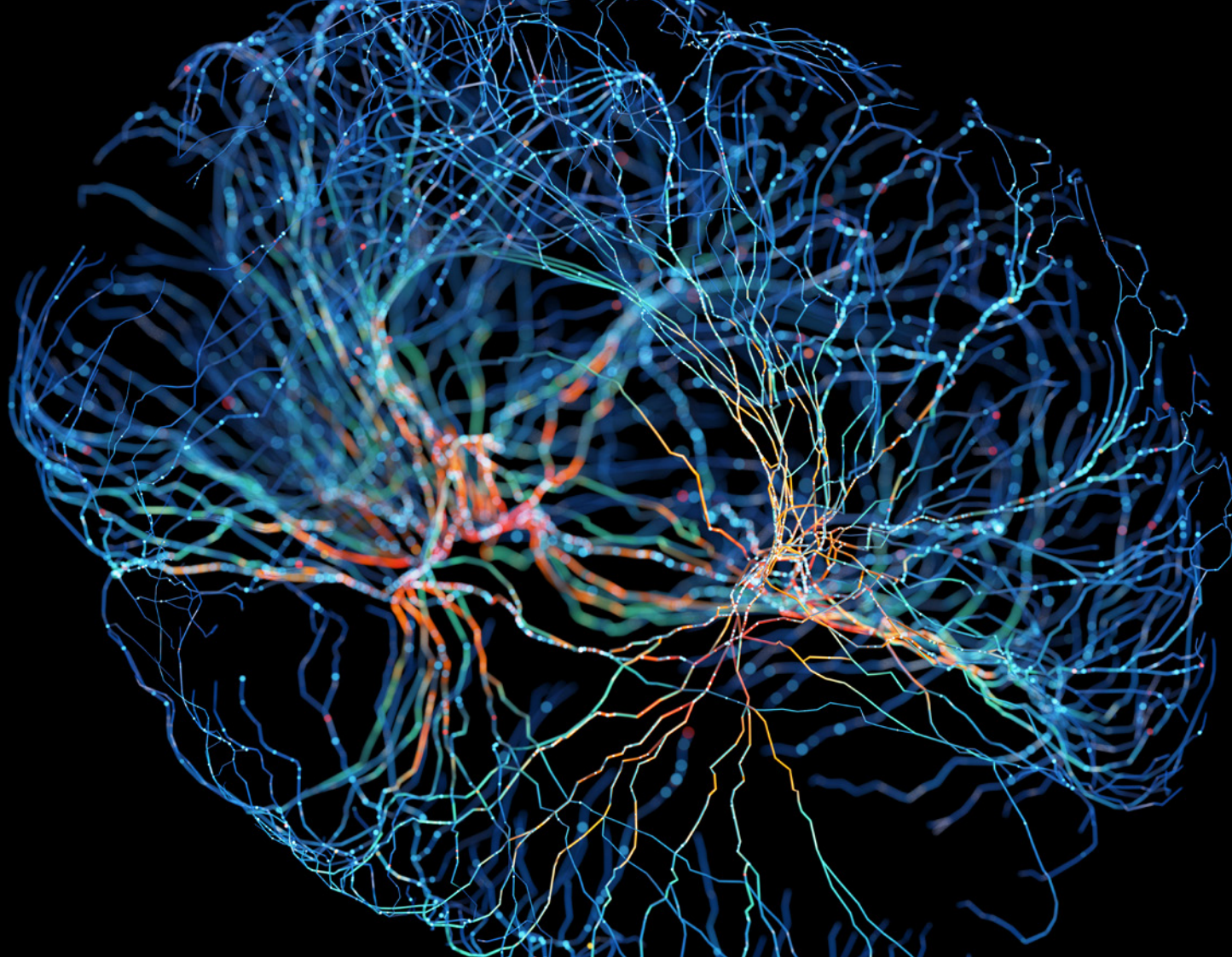
**Project value:** \$150,000 to NSW-CDS (of >\$12M awarded for this project)

**Expected outcomes:** The overarching "Growing Minds Australia" project will establish a child and youth clinical trials network to enable a national mechanism for identifying early signs of mental health problems in children and youth and improving access to evidence-based treatment. The role of the NSW-CDS team is to undertake epidemiological studies that can assist to identify modifiable risk and protective factors operating in early life, and to facilitate national focus on preventative interventions for young people with psychotic disorders.

### Top three achievements

1. Completed the 3rd data linkage (child-age 18 years) which integrated Commonwealth health and welfare records to State data collections for the first time.
2. Award of ARC Discovery Grant: "Breaking the cycle of intergenerational child maltreatment using 'big data'".
3. Publication in Schizophrenia Bulletin ("Cumulative environmental risk in early life: Associations with schizotypy in childhood") which was the subject of an Editorial.





## Psychosis Research Group


The NSW Tertiary Referral Service for Psychosis (TRSP), led by Clinical Director Associate Professor Julia Lappin, is a recently established translational clinical research centre focused on improving outcomes for people who live with complex psychosis.


The TRSP has three key domains of focus: first, the clinical service; second, capacity-building training for clinicians; and third, research to improve outcomes in psychosis. Examples of such research already delivered by TRSP include the Semaglutide Clinical Trial and the Cognitive Remediation Therapy programme.

TRSP is also a site in the MRFF-funded multi-site SWiMS study (detailed below). The TRSP team comprises both clinicians and researchers, including two PhD students both funded by competitive scholarships. Ms Kimberley Davies is completing her PhD on the topic of "Trauma, Shame and Psychosis". Ms Chloe Gott is completing her PhD on the topic of "Therapeutic Alliance in Cognitive Remediation Therapy".

Through extension and expansion of its Clinical Research Centre, TRSP aspires to establish itself as an internationally recognised leader in psychosis with an emphasis on clinical delivery, clinician capacity building and translational research aimed at improving outcomes for individuals with psychosis.

### Research metrics

 **14**  
Scholarly articles

 **Total value of awarded grants**  
**\$1,760,000**

### Top three projects

#### 1. Project name: The NSW Tertiary Referral Service for Psychosis

**Project team:** Associate Professor Julia Lappin (lead), Mr Robin Ellis, Ms Kimberley Davies, Ms Sarah Gratton, Ms Chloe Gott and Professor Jackie Curtis.

**Project value:** \$2,750,042

**Expected outcomes:** The TRSP will focus on improving wellbeing outcomes for NSW residents with complex psychotic illnesses. In so doing it will:

- i. Improve the capacity of referring LHD/SN teams to effectively work with and treat people with complex psychotic illnesses in their regular service environment
- ii. Increase access of rural and regional LHDs to assessment and treatment approaches for people with complex psychotic illnesses, including through providing virtual options
- iii. Measure NSW public mental health service utilisation by people with complex psychotic illnesses pre and post engagement with the TRSP
- iv. Address the unmet psychosocial needs of people with complex psychotic illnesses engaged with the TRSP, including increased access to support services
- v. Build the capacity of referring clinicians in working with people with complex psychotic illnesses
- vi. Provide consumers referred to the service with assessment and recommendations relating to their physical health care needs.

#### 2. Project name: Semaglutide Study

**Project team:** Associate Professor Julia Lappin (lead), Dr Patrick Bolton, Professor Katherine Samaras, Professor Ric Day, Professor Emad El-Omar, Dr Scott Teasdale and Dr Maryanne O'Donnell.

**Project value:** \$460,000

**Expected outcomes:** This open label Investigator initiated clinical trial examines the impact of the glucagon like peptide-1 receptor agonist (GLP1RA) semaglutide on metabolic risk factors (weight and measures of glucose control/prediabetes) and hunger/satiety in individuals with psychosis deemed to be at high risk for development of type 2 diabetes (T2D). This study will provide important information to elucidate whether semaglutide could be a valuable intervention in this vulnerable, high needs population. Findings from this study will also provide further information on the suitability of this drug in preventing T2D in this group and the feasibility of its use as part of routine care. The extension to include a microbiome sub-study allows examination of the question whether any changes are observable in microbiome composition and diversity in patients receiving the antipsychotic clozapine or olanzapine and semaglutide (GLP1RA) therapy.

#### 3. Project name: SWiMS: Schizophrenia, Weight, Metformin and Semaglutide

**Project team:** Associate Professor Julia Lappin, Professor Dan Siskind (lead), Professor Anthony Harris, Professor Alison Yung, Professor Michael Berk and Professor Anthony Russell.

**Project value:** \$3,839,117

**Expected outcomes:** Double blind double dummy RCT comparing percentage change in body weight from baseline to week 52 among participants randomised to semaglutide or metformin or both or placebo. Study findings will enable knowledge of best practice for management of overweight/obesity in people living with schizophrenia who receive antipsychotic treatment. This is important as metabolic and cardiovascular morbidity contribute significantly to the premature mortality (15-20 years approx.) among people living with schizophrenia.

### Top three achievements

1. Successful completion of first half of two-year contract with Ministry of Health, supporting TRSP through total of \$2.75 million, enabling the second tranche of funding to be released (\$1.03 million).
2. Extension of the Semaglutide study to include a sub study investigating changes in the microbiome among participants, with receipt of funding to support this, including grants from the Thyne Reid Foundation and the Prince of Wales Health Foundation. This is a world-first study among people with complex psychosis. Recruitment completion is anticipated by end 2023.
3. Establishment and successful roll-out of the TRSP monthly webinar series which attracts regular audiences of 200+ clinicians throughout NSW, evidencing that TRSP has a strong following among clinicians who are committed to learning about topics relevant to best practice for care of people living with psychosis.



## The Trauma and Mental Health Initiative

Our research team has a clinical research focus on the impact of trauma on veterans, first responders, refugees, asylum seekers, and civilian populations. Our current projects focus on improving the quality and sustainability of mental health and psychosocial support in humanitarian contexts for those who care for communities exposed to conflict and displacement, as well as the growing evidence base outlining the benefits of physical activity for those with trauma and mental illness, including physical health co-morbidities.

Additionally, in partnership with St John of God hospital, we are involved in clinical programs at Richmond and Burwood Hospitals, the development of a National Trauma Translational Research Centre, and the development of a new digital health application to improve the healthcare experience of St John of God trauma services consumers.

In 2022-2023, these projects were directed by Dr Ruth Wells, Associate Professor Simon Rosenbaum and Professor Zachary Steel.

### Research metrics



**72**  
Scholarly articles



**Total value of awarded grants**  
**\$4,943,942**

### Top three projects

#### 1. Project name: Caring for Carers

**Project team:** Dr Ruth Wells, Professor Zachary Steel, Associate Professor Simon Rosenbaum, Dr Gülşah Kurt, Mr Michael McGrath, Mr Abdullah Masud, Mr Louis Klein and Ms Scarlett Wong.

**Project value:** \$1,360,902

**Expected outcomes:** A virtual psychosocial supervision intervention to improve the quality and sustainability of mental health and psychosocial support in humanitarian contexts. The overarching outcome is to inform mental health systems and strengthen health system integration in humanitarian settings.

#### 2. Project name: Addi Moves

**Project team:** Associate Professor Simon Rosenbaum, Professor Jackie Curtis, Dr Grace McKeon, Ms Chiara Mastrogiovanni, Dr Oscar Lederman and Dr Gülşah Kurt.

**Project value:** \$300,000 – a Mindgardens Neuroscience Network project funded by the NSW Government through the Refugee Health Flexible Fund.

**Background:** In partnership with Mindgardens and Addison Road Community Organisation, UNSW Sydney established a free, mental health informed exercise and research facility at Addison Road Community Centre, Marrickville. Addi Moves is a translational research program which supports people already utilising services such as the food pantry at Addison Road, to engage in meaningful physical activity. The program has been co-designed with people from refugee and asylum-seeking backgrounds, and service providers to ensure it is safe and inclusive.

**Expected outcomes:** Expected outcomes include improved social inclusion, mental and physical health. In addition to individual outcomes, the program focuses on capacity building, by providing practicum placement for UNSW exercise physiology students. It aims to upskill the exercise physiology workforce in mental health and trauma, and simultaneously, the mental health and psychosocial support workforce in physical activity promotion.

#### 3. Project name: Pocket Care – St John of God Continuity of Care Model

**Project team:** Dr Ruth Wells, Dr Gülşah Kurt, Mr Abdullah Masud, Jessica Dunn, Dr Melissa Baker, Ms Janja Bojanic, Adjunct Associate Professor Colman O'Driscoll, Ms Karen Burns and Mr Dominic Hillbrink.

**Project value:** \$139,430

**Expected outcomes:** Design of a study to investigate the impact of a digital health application on improving the healthcare experience of St John of God trauma services consumers. The application uses evidence-based behaviour change principles to support goal-directed, everyday behaviours that can improve functioning and mental health symptoms. Processes to implement the program in practice are ongoing.

### Top three achievements

1. Dr Grace McKeon was awarded the 2022 ESSA Medal, awarded in recognition of the most outstanding Australian PhD thesis approved for graduation in the field of Exercise and Sports Science and related fields. Grace received this award for her thesis "Using digital technology to promote physical activity in trauma exposed populations", which explored the role of digital technologies and peer support in the implementation of physical activity interventions for populations exposed to trauma, including emergency service workers.
2. Dr Ruth Wells was awarded the 2023 Springer Nature Inclusive Health Research Award – an award that celebrates those who are driving inclusivity in health research, thus promoting greater health equity, globally. Ruth received this award for their Caring for Carers research in Bangladesh, Türkiye, and Syrian Arab Republic.
3. Mr Mohammad Reza Rostami received the 2023 City of Ryde NSW Volunteer of the Year Recognition Award for his ongoing community service in providing extensive support to the wider Iranian and Afghan asylum seeker community.





## UNSW Karitane Research Group

With a commitment to optimising outcomes for children and families in the first 2000 days (conception to school entry), the UNSW-Karitane research group conduct clinically focused and translational research in the areas of perinatal, infant, and early childhood mental health. We work in close collaboration with clinicians and consumers to conduct research that:

- 1) enhances understanding of mental health in infancy and early childhood, and the role of parent-child attachment relationships and parenting in early childhood development/wellbeing, and
- 2) supports the delivery of high-quality, evidence-based perinatal and infant mental health services. We work in partnership with the Australian early parenting organisation, Karitane, and are co-located at their head site in Carramar, South West Sydney. In 2022-2023, the UNSW-Karitane research group was directed by Associate Professor Jane Kohlhoff, and included two research officers, three PhD students and five undergraduate 4th year medicine students. The group has close ties with the South Western Sydney Local Health District Academic Unit of Child and Adolescent Psychiatry (AUCS), led by Professor Valsamma Eapen.

### Research metrics



**10**  
Scholarly articles



**Total value of awarded grants**  
**\$880,000**

### Top three projects

**1. Project name: Evaluation of the ForWhen National Perinatal and Infant Mental Health Navigation program**

**Project team:** Associate Professor Jane Kohlhoff, Professor Valsamma Eapen, Ms Sophia Harris, Ms Nicole Traynor, Associate Professor Kenny Lawson and Mr Jack Vorgias.

**Project value:** \$248,034

**Expected outcomes:** Evaluation findings will be used to inform the development of a refined clinical navigation model, identify barriers and facilitators to successful navigation programme implementation, examine the impact of the ForWhen programme on client clinical outcomes and health service utilisation, understand how the programme is/can be best embedded in the evolving service system, and assess the cost-effectiveness and sustainability of a national navigation programme in improving health outcomes for Perinatal and Infant Mental Health in Australia.

**2. Project name: The Karitane Families Study**

**Project team:** Associate Professor Jane Kohlhoff, Ms Nicole Traynor, Ms Melanie Hughes, Ms Angela Wood, Ms Gillian Onslow, Ms Karen Edwards and Ms Jessica Clements.

**Project value:** \$55,000

**Expected outcomes:** This mixed-methods project will test clinical outcomes of Karitane's in-person and virtual early parenting residential unit programs, and will explore client perspectives about the program, and facilitators and barriers to positive outcomes. Results will be of interest more widely among early parenting service providers who deliver residential early parenting services, and will inform state government budgetary considerations around residential unit services.

**3. Project name: The 'My Toddler and Me' Study – A Randomised Controlled Trial Testing Outcomes of Two Attachment-Based Early Parenting Programs for Toddlers with Early Onset Disruptive Behaviours, Parent-Child Interaction Therapy – Toddler (PCIT-T), and Circle of Security – Parenting (COS-P)**

**Project team:** Associate Professor Jane Kohlhoff, Dr Sara Cibralic, Ms Susan Morgan, Professor Catherine McMahon, Dr Erinn Hawkins, Professor Valsamma Eapen, Dr Nancy Briggs, Dr Anna Huber and Professor Cheryl McNeil.

**Project value:** \$400,000

**Expected outcomes:** This project will provide evidence demonstrating the short- and longer-term clinical impacts of the Parent Child Interaction Therapy – Toddler (PCIT-T) intervention model, informing implementation and application to clinical practice.

### Top three achievements

1. Associate Professor Jane Kohlhoff received endorsement as a 'Parent Child Interaction Therapy International Regional Trainer'.
2. Awarded the 2023 UNSW School of Clinical Medicine SWS 'Best Clinical Paper' for 'Kohlhoff, J., Morgan, S., Briggs, N., Egan, R., Niec, L. (2021). Parent-Child Interaction Therapy with Toddlers: A community-based randomized controlled trial with children aged 14-24 months, Journal of Clinical Child and Adolescent Psychology, 20, 1-16.
3. Commenced the ForWhen evaluation; evaluation protocol published in BMJ Open.

## UNSW Schizophrenia Research Unit South West Sydney Local Health District Mental Health

With a commitment to improving the lives of people living with severe mental illness, the Schizophrenia Research Unit currently focuses on translational research to address poor physical health outcomes in people living with psychotic disorders. This work is undertaken in collaboration with frontline clinicians and draws on the lived experience of consumers and carers to inform both research questions and the methods employed to address them. Current work focuses on young people with neurodevelopmental disorders prescribed psychotropic medication, and adults with persistent psychotic disorders. The work we do is undertaken in partnership with the paediatric neurodevelopmental clinic at Carramar, and the physical health service recently developed by South West Sydney Local Health District (SWSLHD) Mental Health.

In 2022-2023, the research group was directed by Professor Philip Ward, and included one emerging leader research fellow, one postdoc, and three PhD students, two of whom received Health Education and Training Institute (HETI) research scholarships to support their work. The group has close ties with the SWSLHD Academic Unit of Child and Adolescent Psychiatry (AUCS), led by Professor Valsamma Eapen.

### Research metrics



**17**  
Scholarly articles



**Total value of awarded grants**  
**\$2,500,000**

### Top three projects

**1. Project name: Stop Smoking Start Living**

**Project team:** Dr Marianne Gale, Professor Philip Ward, Professor Nick Lintzeris, Dr Catherine Spooner, Associate Professor Patrick Bolton, Associate Professor Natalie Taylor, Dr Ryan Courtney, Associate Professor Frederic Sitas, Professor Anthony Shakeshaft, Professor Jackie Curtis, Dr Anh Dam Tran and Ms Nicola Kerr.

**Project value:** \$499,777

**Expected outcomes:** This project was funded by a NSW Health Translational Research Grant, and supports work at SWSLHD, South East Sydney Local Health District (SESLHD) and Mid North Coast Local Health District. The project aims to increase the rate at which health workers offer smoking cessation strategies to smokers admitted to hospital. These strategies include nicotine replacement therapy and a phone-based app. We will measure the rate at which staff offer these techniques to smokers, and the

number who stop smoking as a result. We will also talk to staff, and to patients from disadvantaged groups, about how they found participating in this intervention and how it might be improved. We will use this information to improve the interventions and argue for their widespread use.

**2. Project name: Growing Minds Feeling Good (Gmfg) – Flagship Physical Health Clinical Trial of The Growing Minds Australia Clinical Trial Network**

**Project team:** Professor Philip Ward, Professor Valsamma Eapen, Dr Sylvia Wong, Mr Patrick Hawker, Dr Pankaj Garg and Dr Catherine McHugh.

**Project value:** \$750,000

**Expected outcomes:** The pilot phase of this project is currently being undertaken in SWSLHD, in collaboration with the Neurodevelopmental Clinic run by Dr Pankaj Garg at Carramar. We are currently co-designing the key elements of an online lifestyle intervention for parents to utilise to improve physical health outcomes in children and adolescents prescribed psychotropic medications that are associated with weight gain and metabolic abnormalities. Once completed, the pilot data obtained will be used to inform the design of a national multi-centre randomised control trial.

**3. Project name: Dietitian-Led Intervention for Physical Health Disparities in People Living with Severe Mental Illness**

**Project team:** Dr Scott Teasdale and Professor Philip Ward.

**Project value:** \$655,150

**Expected outcomes:** This NHMRC emerging leader research fellowship (Level 1) awarded to Dr Teasdale involves research around three key themes: Identification and interventions to address food insecurity in people with established and enduring SMI, prevention of rapid weight-gain and metabolic abnormalities in youth with first-episode psychosis (FEP) commencing antipsychotic medication in an area that experiences greater social disadvantage (SWSLHD), and development and validation a nutrition-risk screening tool targeted for people who access mental health services.

### Top three achievements

1. Professor Philip Ward named a Highly Cited Researcher in 2022 by Clarivate Analytics.
2. Dr Scott Teasdale awarded an NHMRC Emerging Leader fellowship focused on improving dietary and physical health outcomes in people living with severe mental illness.
3. Mr Patrick Hawker awarded a Mindgardens Translational Research PhD Scholarship.



# Key medical research institutes and alliances



Black Dog Institute is Australia's only Medical Research Institute investigating mental health and suicide across the life span. Our aim is to create a mentally healthier world for all by delivering research with real world impact to treat, manage and prevent common mental health conditions and suicide in workplaces, schools, health settings and the wider community. Through translational research, we integrate our research studies, education programs, digital tools and apps, clinical services, and public resources to discover solutions, foster connections and create real-world change.

Our research teams bring together expertise in suicide prevention research, population level mental health, clinical research and culturally responsive research into First Nations Social and Emotional Wellbeing.

At Black Dog Institute, our strong partnerships with people with lived experience, federal, state and local governments, communities, schools, corporate Australia and others in the mental health sector enable us to drive evidence-informed change in mental health where it's needed most.

## Research metrics



**236**  
Scholarly articles



**Total value of awarded grants**  
**\$95,192,594**

## Top three projects

### 1. Project name: NHMRC Centre of Research Excellence in Suicide Prevention (CRESP II)

**Project team:** Professor Helen Christensen, Professor Svetha Venkatesh, Professor Katherine Boydell, Associate Professor Fiona Shand, Professor Samuel Harvey, Professor Philip Batterham, Professor Alison Calear, Professor Gregory Carter, Associate Professor Mark Larsen, Professor Jo Robinson, Associate Professor Aliza Werner-Seidler, Professor Andrew Mackinnon, Associate Professor Bridianne O'Dea, Dr Frances Shaw, Professor Henry Cutler, Dr Ju-Lee Oei, Professor Julien Epps, Professor Maree Teesson, Associate Professor Michelle Tye and Dr Tjeerd Boonstra.

**Project value:** \$2,496,909

**Expected outcomes:** Suicide is a leading cause of death in working age Australians—more common than land transport accidents and skin cancer. It is the tenth most common cause of death in Australian males overall. Suicide prevention efforts have been hamstrung by reliance on epidemiological risk factors with limited predictive value, resulting in a failure to identify people at risk of suicide until it is too late. CRESP II advocates for the implementation of a coordinated and multifaceted intervention strategy to provide a comprehensive safety net that will detect people at risk of suicide earlier and thereby prevent trauma and save lives.

This strategy involves the delivery of evidence-based interventions in six different domains: schools, workplaces, online, healthcare, means restriction, and crisis and aftercare. A central tenet of the strategy is that technology can extend the reach and amplify the impact of interventions in these domains. Smartphone and sensor technology will revolutionise prediction and response systems by providing real-time information about suicide risk and delivering timely

interventions. Underpinned by a multidisciplinary team with expertise in suicide prevention, big data, technology ethics, and knowledge translation, together with support and guidance of people with lived experience of suicide, CRESP II focuses on developing and evaluating scalable and cost-effective technology-enhanced interventions, and translating these into practice. CRESP II also advances the training of new researchers, building their capacity to take leadership at the nexus between mental health, population health, and technology.

### 2. Project name: Comparative Effectiveness of Ketamine and Esketamine (Spravato®) in Treatment Resistant Depression. The "TREK" Study

**Project team:** Professor Colleen Loo, Professor Anthony Rodgers, Dr Mary Lou Chatterton, Professor Malcolm Hopwood, Professor Christopher Davey, Mr Dusan Hadzi-Pavlovic, Professor Nicholas Glozier, Associate Professor Shanthi Sarma, Ms Karen Wells and Dr Stevan Nikolin.

**Project value:** \$2,994,691

**Expected outcomes:** Ketamine is a highly effective new treatment for treatment-resistant depression. Two main forms of ketamine are available in Australia, a patented new drug 'Spravato®', and a generic form of ketamine widely available at low cost. This is the first study to directly compare these two forms of ketamine, in terms of effectiveness, acceptability, safety and cost effectiveness. Indirect evidence from meta-analyses indicates generic ketamine has higher efficacy and lower drop out rates than Spravato®. The lack of a direct comparison of these therapies is a major issue for patients, clinicians and payers.

This study will inform treatment guidelines and policy in Australia and globally, on the relative treatment benefits and cost effectiveness of these two formulations of ketamine. If generic ketamine is shown to be as effective and safe as Spravato®, cost savings for TRD treatment in Australia alone are estimated at over half a billion dollars over 5 years.

### 3. Project name: Improving Mental Health Support for Emergency Workers- Build Back Better

**Project team:** Dr Denise Meuldijk, Professor Samuel Harvey, Scientia Professor Richard Bryant and Dr Mark Deady.

**Project value:** \$4,000,000 (total program value)

**Expected outcomes:** Emergency service workers and volunteers unfortunately experience higher rates of psychological distress and mental health conditions than the general community. The National Emergency Worker Support Service has been launched by Black Dog Institute in partnership with UNSW Sydney. It offers emergency service workers and volunteers free, confidential and trauma-informed mental health support across all of Australia. The service is funded by the Commonwealth Department of Health and Aged Care and is open to those who are active in their roles or those who have retired from emergency services.

Users of the service are invited to participate in a research study that aims to test the effectiveness of a smartphone app "Build Back Better" designed to reduce mental health and wellbeing issues in emergency service workers. The study is a randomised controlled trial of a Smartphone App for addressing distress and wellbeing in a high-trauma risk population. The Build Back Better app has been produced in Australia by researchers at Black Dog Institute and UNSW Sydney and is designed to reduce symptoms of common mental health disorders such as anxiety, depression and distress, and increase overall wellbeing in Emergency Service Workers across Australia. The app, supported by the National Emergency Management Agency (NEMA) and the Department of Health and Aged Care, has a range of quick and easy activities that have been designed to get them mentally strong and support them in responding to stressful situations.

## Top three achievements

1. Independent review of paracetamol overdose for TGA. Black Dog Institute Board Director and Scientia Professor Helen Christensen participated on the review panel for self-poisoning with Paracetamol. The panel found that self-poisoning is on the rise, especially among young women. They made recommendations to the Therapeutic Goods Administration (TGA) on how to educate parents and curb risks of self-harm. In response to the report the TGA published an interim decision to reduce the maximum pack sizes for various paracetamol products.
2. The World Health Organization (WHO) released their first-ever global guidelines for mental health at work with recommendations from Black Dog Institute researchers included. The guidelines provide evidence-based recommendations to improve mental health at work by supporting all workers, regardless of their mental health status, to participate and thrive at work.
3. Black Dog Institute launched a new report – Turning the tide on depression: A vision that starts with Australia's youth – which investigates how depression is impacting four groups in Australia: children; adolescents; young adults; and young First Nations peoples.






The Laboratory of ImmunoPsychiatry at NeuRA investigates the role of the immune system and inflammation in symptoms of psychiatric illness that present across multiple disorders. As such, we investigate the biological mechanisms responsible for inflammation-associated psychiatric disorders including depression and schizophrenia, neurodevelopmental disorders such as Autism, and when symptoms of depression and cognitive impairment occur in patients with chronic inflammatory illness such as cancer (known as 'chemobrain'). The Laboratory of ImmunoPsychiatry is dedicated to discovering potential cheap available drugs that can be repurposed to prevent and treat psychiatric illness and to identify new biological targets for novel drug design. We work in close collaboration with clinicians from the field of psychiatry to anaesthesiology and oncology, and in partnership with the NSW Schizophrenia Research Institute, led by Professor Cynthia Weickert. The group is a member of the Early Life Determinants of Health (ELDoH) Clinical Academic

Group of Maridulu Budyari Gumal, the Sydney Partnership for Health, Education, Research and Enterprise (SPHERE), led by Professor Valsamma Eapen. In 2022-2023 the Laboratory of ImmunoPsychiatry was directed by Dr Adam Walker and included three PhD students and three undergraduate 4th year medicine or neuroscience medical sciences students.

### Research metrics

 **12**  
Scholarly articles

 **Total value of awarded grants**  
**\$90,000**

### Top three projects

#### 1. Project name: Leucine: A Promising Novel Adjunctive Treatment for Psychiatric Disorders

**Project team:** Dr Adam K Walker, Professor Cynthia S Weickert and Ms Layla Neuhaus (PhD candidate)

**Project value:** \$882,937

**Expected outcomes:** A major challenge in developing new treatments for common symptom domains of mental health conditions is the heterogeneity of psychiatric illness, especially for patients with inflammation-associated psychiatric illness who are more likely to be treatment resistant. This research will characterise the effects of a potential new treatment strategy, leucine, to determine if it is viable for clinical trials in individuals suffering from psychosis and cognitive deficits. Leucine is safe, cheap and accessible, and has already advanced to clinical trials for depression based on Dr Adam Walker's discoveries.

#### 2. Project name: Investigating The Role Of Chronic Stress In Children With Autism Using Hair Cortisol

**Project team:** Dr Adam K Walker, Associate Professor Daniel Lin, Dr James John, Professor Valsamma Eape and Ms Nisha Mathew (PhD candidate).

**Project value:** \$40,000

**Expected outcomes:** Autistic children suffer from many comorbid health issues including gastrointestinal symptoms (which cause discomfort and distress), elevated anxiety and sleep disturbance at much higher rates than in typically developing children, which often exacerbate the severity of autism symptoms. The stress hormone cortisol is linked to these physical and mental health problems. We are determining the impact of chronic stress on the severity of symptom presentation in autism and comorbid health issues using hair cortisol as a biomarker of chronic stress. We will use hair cortisol to identify an 'at risk for comorbidity' phenotype to inform delivery of individually targeted interventions.

#### 3. Project name: Understanding The Blood-Brain Inflammatory Cytokine Relationship in Cancer-Related Anxiety, Depression and Cognitive Impairment

**Project team:** Dr Adam K Walker, Professor Cynthia S Weickert and Ms Delyse McCaffrey (PhD candidate).

**Project value:** \$40,000

**Expected outcomes:** Cognitive and psychiatric symptoms are prevalent in cancer patients and are considered to be a result of neuroinflammation, which is usually diagnosed by measuring cytokines in the blood. This approach yields wildly inconsistent outcomes, and has failed to unmask an inflammatory 'culprit(s)' responsible for cognitive and psychiatric symptoms. To improve our understanding of brain-to-brain blood cytokine signaling in response to cancer,

we explored if changes in blood cytokines could be used as predictive biomarkers for changes in brain cytokines using controlled preclinical models of breast cancer. Our findings revealed that five potential subgroups of immune-brain biotypes exist, which are likely to account for the discrepancies in the clinical literature and lead to under-diagnosis of cancer patients at-risk of cognitive and psychiatric symptoms. This new knowledge can be incorporated by clinical trials moving forward to provide more accurate diagnosis and screening of patients with neuroinflammation and at risk of psychiatric symptoms.

### Top three achievements

1. Awarded Editor's Choice from the journal of Psychoneuroendocrinology for our peer-reviewed manuscript: McCaffrey D, Lawther AJ, Weickert CS, Walker AK. 2022. Cancer activates microglia to the same extent as chronic stress throughout stress neurocircuitry in a mouse model of breast cancer. Psychoneuroendocrinology. 146: 105938.

2. Awarded the 'Best of the Best Basic Science and Translational Research Award' at the 2022 Clinical Oncology Society of Australia conference. Recipient: Dr Adam Walker. Talk title: Angiotensin receptor 1 blockade reduces cancer-induced memory impairment in a mouse model of breast cancer.

Our research into mental health, neurobiology of psychiatric symptoms and new intervention strategies is having far-reaching impact beyond the immediate field of psychiatry. Our work into the mechanisms of- and a possible treatment for- highly prevalent cognitive impairment, depression and anxiety in cancer patients won this award at the leading national clinical cancer conference. This recognition by our cancer colleagues highlights how UNSW Discipline of Psychiatry and Mental Health and NeuRA is breaking down barriers between siloed clinical disciplines and bridging mental health research with these disciplines to understand and improve the health of the mind and the body.

3. Invited, funded symposium speaker at the 36th European College of Neuropsychopharmacology congress held in Barcelona, Spain. Talk title: Targeting inflammation in chemotherapy- and cancer-associated cognitive impairment.





The Mindgardens Neuroscience Network is driving change to revolutionise mental health, drug and alcohol, and neurological healthcare services. Our collaborative approach between four founding members, including South Eastern Sydney Local Health District (SESLHD), UNSW Sydney, Black Dog Institute, and Neuroscience Research Australia (NeuRA), combines the expertise of clinicians, researchers, health managers, and people with lived experience. An inaugural participant in the Randwick Health and Innovation Precinct (RHIP), this unique collaboration is already translating new research insights rapidly into practice and making positive real-world impacts on people's lives.


Mindgardens' focus is exclusively on disorders that involve the brain. Building on the expertise of our Members and partners, we translate new insights rapidly into everyday practice, integrating patient health care with research and education to reshape the understanding, prevention, treatment and care of mental health, drug and alcohol and neurological disorders. By bringing these issues together within an integrated, virtual centre of expertise with patients' lived experience at its centre, we can generate new ideas and approaches in a united effort.

Mindgardens' work program is focused on four Flagships – **Youth, Psychosis, Dementia and MindLabs** (a teaching and learning initiative), which generate cross-disciplinary innovations to enhance clinical practice and streamline public health services. These Flagships offer opportunities for governments and investors to support research programs that address some of the most pressing healthcare challenges of our time.

### Research metrics

 **36**  
Publications

 **10**  
Research grants

 **Total value of new grants**  
**\$761,919**

2023 will see the expenditure of the remainder of Mindgardens' \$7 million establishment grant awarded in 2018 by the Commonwealth Government.

### Top three projects

#### 1. Project name: Mindgardens Functional Neurological Disorders (FND) Clinic

**Project team:** Dr Adith Mohan, Ms Emily Swift, Ms Noni Jervis, Ms Whitney Harris, Ms Madeline Armitage, Ms Kate Gow, Ms Joanna Patsiouras and Dr Rebecca Moss.

**Project value:** \$150,000 (Department of Health and Aged Care), \$80,000 (SPHERE), \$150,000 (Mindgardens)

**Expected outcomes:** The Mindgardens FND Clinic, the first public clinic of its kind for adults with FND in NSW, commenced operations in September 2022 at Prince of Wales Hospital. A short-term specialist service, it offers empathic, multidisciplinary treatment and support to FND patients and will develop a gold standard model of care, continually refined

using patient assessment data. Another important objective is to build skill and capacity in Australian primary and secondary care clinicians and develop responsive service models in FND for wider implementation in emergency, inpatient, and outpatient settings. In collaboration with RHIP and other national health precincts, the model of care will be adapted and tested across health systems. A national consortium, "The Clinical Alliance for Research and Education in FND (CARE FND)", has been established to coordinate clinical and research agendas and collect comprehensive data on FND that will shape policy development in FND.

#### 2. Project name: Youth Integration Project

**Project team:** Professor Jackie Curtis, Professor Raghu Lingham, Professor Valsamma Eapen, Dr Michael Hodgins, Dr Catherine McHugh, Sarah Lueng, Rosie Singh and Stephanie Osfield.

**Project value:** \$1,000,000 (Department of Health and Aged Care)

**Expected outcomes:** The Youth Integration Project will identify and improve pathways to care and support for young people accessing mental health services. The project team are co-designing evidence-based solutions to youth mental health service, system and care fragmentation in Randwick Health and Innovation Precinct, in collaboration with young people receiving mental health services, as well as mental health staff. An international review of integrated youth mental health services has been completed in partnership including collaboration with headspace National, NSW Health Perinatal, Child and Youth Mental Health Branch, CESPHN and other key stakeholders.

#### 3. Project name: Keeping the Body In Mind(gardens)

**Project team:** Professor Jackie Curtis, Patrick Gould, Dr Andrew Watkins, Dr Hamish Fibbins, Rachel Morell, Professor Philip Ward and Professor Mark Harris.

**Project value:** \$800,000 (Department of Health and Aged Care) and \$1,056,905 (CESPHN, NSW Health)

**Expected outcomes:** Keeping the Body In Mind(gardens) (KBIM-G) is a growing suite of research and pilot projects to improve the physical health of people with severe mental illness, who experience more preventable chronic conditions and lose up to 15 years of life compared to others in the community. It extends the core SESLHD Keeping the Body In Mind (KBIM) Program, which offers diet and exercise support, adding the following related projects:

- **KBIM Vaccines:** Addresses the low vaccination rate and increased risk from vaccine-preventable diseases among people with severe mental illness, using peer workers to provide vaccinations in consumers' homes and community mental health centres.

- **KBIM Refugees:** Offers a mental health-informed exercise facility in Sydney's inner west for people from refugee and asylum-seeking backgrounds, co-facilitated by exercise physiologists and people from similar backgrounds as the clients, providing a culturally safe environment for physical activity.
- **KBIM Primary Care:** Provides specialist assistance for GP clinics to confidently deliver personalised programs of exercise and dietary support, educating mental health consumers and helping them set lifestyle goals.

### Top three achievements

1. The KBIM(gardens) suite of physical health resources was launched by NSW Minister for Mental Health, The Hon. Rose Jackson MLC, at the Equally Well 2023 Symposium. The toolkit helps clinicians and consumers address physical health conditions associated with severe mental ill health and its treatment. Co-designed by mental health consumers and clinicians, and funded by the Mental Health Commission of NSW, the resources include: Positive Cardiometabolic Health Treatment Frameworks (adult and adolescent); tobacco treatment framework as well as consumer modules and clinical training videos.
2. The MindLabs training and capacity building initiative was launched to build collaboration skills across Mindgardens member organisations. A survey of stakeholders identified:
  - i. The importance of including lived experience in research, and the need for capacity building in co-design practice to achieve this
  - ii. The need to foster avenues for collaboration and connection between clinicians, peer workers, people with lived experience and academic researchers
  - iii. The need for mentoring in research projects and consumer engagement
  - iv. Priority areas for training and education.

Based on these insights, MindLabs now offers training in co-design and qualitative research methods, and will develop further programs to meet participants' needs.

3. Professor Jackie Curtis received the 2023 Royal Australian and New Zealand College of Psychiatrists (RANZCP) Margaret Tobin Award for Administrative Psychiatry, named in honour of the late Dr Margaret Tobin. Professor Curtis received the award for her achievements in transforming how mental health services responses to consumers' physical health needs as well as her international reputation in system change. She delivered the annual Margaret Tobin Oration at the RANZCP 2023 Congress in Perth.



# Our conjoints

## Our Conjoint Lecturers and Researchers



### Dr Shuli Futeran

Dr Shuli Futeran has been a Conjoint Lecturer in the Discipline of Psychiatry and Mental Health for 12 years. She is a Senior Staff Specialist at Prince of Wales Hospital where she is involved in teaching and supervising senior medical students, both in the PECC unit and community outpatients. She has supervised and marked 4th year medical students in their Independent Learning Projects. Dr Shuli Futeran enjoys the experience of introducing medical students to the challenges of mental health treatment as they often receive little clinical exposure to mental health during their training. Shuli appreciates the teaching experience that being a conjoint allows, as well as the benefit of the collegiate experience and the access it provides to the latest clinical updates.

The Faculty of Medicine and Health workforce includes almost 4000 conjoint academics ranging in levels of seniority from some of our recent medical graduates who have applied for and been appointed Conjoint Associate Lecturers, reflecting their involvement in teaching of medical students and/or ongoing research activities commenced in medical school. Conjoint academics work in health services or research institutions allied with UNSW. Appointments follow the same hierarchy as other academic appointments and are appointed based on an individual's level of experience and achievements. Although unpaid positions, a conjoint appointment is highly valued and respected and reflects an ongoing commitment to teaching, research or service to the university.

Conjoints are expected to commit to at least 30 hours per year of teaching, research or service and positions are renewed every 1-4 years depending on seniority. In turn, conjoints are able to use their conjoint title, access UNSW resources including the library, support services, the UNSW ethics committee and teaching and university resources. Conjoints are considered as key members of the UNSW community.

Our Discipline has approximately 180 conjoint academic who work in clinical and research settings associated with UNSW. From an educational point of view, we depend on the good will of these individuals to supervise and teach our undergraduate medical students both in their clinical placements and elsewhere in the medical course. We are currently working with the Faculty of Medicine and Health to find better ways of engaging and supporting our conjoint academics in terms of continuing professional development, improving avenues of communication and career support. Supporting our current clinical academics and encouraging others to apply will strengthen the critical relationships that exist between our Discipline and the health services and research institutions our conjoints belong to.



### Dr Brian Draper AM MBBS (Hons) MD FRANZCP

Dr Brian Draper has been a conjoint appointment at UNSW since 1989, initially in the School of Community Medicine, later from 1992 in the School of Psychiatry. He was promoted to Conjoint Professor in 2009. His clinical work and most his research, teaching and advocacy has been in old age psychiatry. He was involved in the development and evaluation of older persons' mental health and dementia services in Australia and overseas. He was responsible for the development and implementation of subspecialty training in old age psychiatry for the RANZCP. Despite clinical retirement in 2019, he remains honorary psychiatrist in Eastern Suburbs Mental Health.

His research interests include clinical and epidemiological aspects of dementia (NHMRC studies of young onset dementia, dementia in hospitals, dementia in Aboriginal people, and BPSD), substance use, mood disorders and suicidal behaviour, delirium, mental health services, medical ethics, and professional development. Since 2019, his research has focused on the history of old age mental health and dementia in Australia.

As a clinician interested in coalface clinical research questions, all his research has benefited from his UNSW conjoint appointment including by facilitating mentorship from experienced academics, collaboration with colleagues, provision of small seeding grants, assistance in obtaining and managing larger grants, and library access for obtaining research literature. The Discipline of Psychiatry and Mental Health has a long tradition of encouraging members to publish their work and this has aided him in publishing over 350 scientific articles/chapters, three edited academic books, two books on dementia and in 2022, 'Dementia and Old Age Mental Health: a History of Services in Australia'. Teaching is important to him and he received School of Psychiatry's Teaching awards in 2014 and 2019.



### Associate Professor John Kasinathan

UNSW Conjoint Associate Professor John Kasinathan is a senior forensic, child and adolescent psychiatrist. Graduating First Class Honours in Medicine from the University of Sydney, he became a Fellow of the Royal Australian and New Zealand College of Psychiatrists (FRANZCP), certified in both forensic psychiatry and child and adolescent psychiatry. His expertise includes the assessment and management of psychiatric conditions in children, adolescents and adults. He has authored over 25 peer-reviewed journal articles, a textbook chapter and presented at local and international conferences on forensic psychiatry and child and adolescent psychiatry.

His specialist appointments are as Clinical Director Adolescent Mental Health with Justice Health NSW; and Medical Director for the private adolescent and young adult inpatient program at Ramsay Clinic Northside. For over a decade he was clinical leader of the first high-secure adolescent forensic inpatient unit in Australia. For over 12 years he was senior Visiting Medical Officer with forensic and child and adolescent mental health services in Canberra.

His UNSW conjoint research interests include ADHD in young offenders, imminent aggression and re-offending in mentally ill adolescents, interpersonal drivers for self-harm, psychopharmacology addressing violence in adolescents and adult forensic patients, management of sexual deviance in youth, barriers to mental health court diversion and minimum age of criminal responsibility. These research areas directly assist the clinical treatment and care provided to young offenders. Research assists health services to advocate for better access to health care for some of the most vulnerable young Australians.





# Our students

UNSW is the number one preference for undergraduate medical program studies in New South Wales and this is because of the amazing student experience we offer our students. The program is constantly updated in keeping with the latest approaches to education. We also have many highly successful research centres based in our clinical school and an incredibly successful post-graduate research program.

The School of Clinical Medicine encompasses all our clinical campuses and disciplines as well as several other affiliated clinical sites. We have four main metropolitan clinical campuses which include our South West Sydney Campus, St George and Sutherland Campuses, the Randwick Campus and St Vincent's Healthcare Campus. Our Rural Campuses include Port Macquarie, Coffs Harbour, Wagga Wagga, Albury and Griffith. UNSW has formal alliances with a number of private psychiatry facilities including The Sydney Clinic, Ramsay Clinic Northside, The Gordon Clinic and St John of God, Burwood. Students are also allocated to the Forensic Hospital at Long Bay.

Our goals within this school are to provide the best educational practices across all of our clinical campuses, make sure that all our researchers are well supported and that our staff and students flourish. This school may be widely dispersed physically but this gives us a fantastic scale and diversity that only enriches our clinical school.

## Our undergraduate program

There is a growing need for a skilled workforce in psychiatry and mental health, both in Australia and internationally. As such, psychiatry is a popular choice for Honours and Independent Learning Projects (ILP) for students in the fourth year of the medicine program. In the final two years of the six-year program, undergraduate students complete an eight-week clinical placement in psychiatry in one or more of our clinical teaching sites throughout Sydney and rural NSW. Mental health-related content is also taught throughout the program. In Phase 3, students are encouraged to consider undertaking an elective placement in psychiatry and mental health. There are many options available within the many public and private clinical sites across the Sydney Metropolitan Area as well as rural locations and staff are always happy to guide students in the right direction when deciding on psychiatry career paths. Lastly, the Discipline of Psychiatry and Mental Health provide advice and contacts regarding overseas or interstate elective opportunities in psychiatry.

The Discipline of Psychiatry and Mental Health is keen to encourage interested students to expand their experience and to consider a career in psychiatry. As such, the Discipline offers short term placements in psychiatry. These are informal placements undertaken during term breaks that offer students extra insight and experience into psychiatry and mental health. These placements can be negotiated with clinicians and researchers within the Discipline.

Students generally provide excellent feedback about their psychiatry placements and many describe the term as pivotal in their decision to pursue a career in psychiatry and mental health. Students benefit from teaching by senior UNSW academics who are leaders in the field and by senior and experienced clinical conjoint academics as well as by other mental health professionals. We also strive to include the voice of people with lived experience and carers. Our students also benefit from learning offered by Aboriginal and Torres Strait Islander Mental Health professionals. Whilst there is always more to learn than we can possibly teach in the brief period of time that our students are with us, we strive to give our students a solid grounding in mental health skills and knowledge. We believe that our students graduate with a positive attitude to mental health and people living with mental health challenges.

In addition, the Discipline of Psychiatry and Mental Health also offer Honours/ or Independent Learning Placements (ILP) which are a core component of the 4th year of the medical course. Many students choose to undertake a research project in psychiatry, often reflecting an underlying interest in psychiatry as a career. Other students undertake a coursework option for their fourth year and courses offered by the Master of Forensic Medicine Program are popular with students. A psychiatry and mental health honours stream is currently under discussion.

## Student profile



### Mr Trayden Miller

Coming into this term I was interested in addiction medicine and by association the many avenues of medicine that would allow me to pursue this passion. During the undergraduate degree we are superficially exposed to the fundamental mental health assessments all physicians are required to know. This term allowed me to experience the wide breadth psychiatry has to offer through both the online tutorials from people in different fields and my clinical placements. My consultation liaison psychiatry placement highlighted the flexibility of the field by being able to see patients with different pathologies which I found extremely interesting and refreshing. Similarly, in the mental health rehabilitation unit I was exposed to the holistic patient care approach that psychiatrists utilise. Overall, it was a great term and has influenced my career choice in specialising in psychiatry.





# Our research and teaching hospitals

The Discipline of Psychiatry and Mental Health has a strong focus on research and teaching both within metro and regional sites across NSW. Its network of research and teaching hospitals support the development of students by delivering the highest standard in psychiatry education and training.

## Postgraduate programs

The Discipline of Psychiatry and Mental Health currently has more than 70 Higher Degree Research students and offers postgraduate coursework programs in Forensic Mental Health. There is a rapidly growing need for a skilled workforce in forensic mental health in NSW and beyond. These programs aim to provide comprehensive training in forensic mental health covering all aspects of criminal, civil and specialist forensic mental health topics. The aim is for graduates of these programs to develop skills to work in forensic mental health settings and understand and contextualise the complex interactions between mental health, ethics, and the criminal justice system.

The program draws upon the existing body of leading expertise in law, medicine, nursing, allied health and the rich clinical resources of the Justice Health and the Forensic Mental Health Network (JHFMN). It is delivered by both UNSW staff and a team of conjoint contributors, including staff from JHFMN. The program is entirely online, through video lectures, forums and other online activities. This program is designed for mental health professionals including medical practitioners, nurses, psychologists, social workers and occupational therapists. The program is also open for members of the legal profession, corrections, police and criminologists.

For students who would like to extend their qualifications, the Discipline of Psychiatry and Mental Health offers students the opportunity to complete one of the four postgraduate programs: Graduate Certificate, Graduate Diploma or Masters in Forensic Mental Health. For more information, please visit [unsw.edu.au/research/hdr](https://unsw.edu.au/research/hdr).

In addition, the Discipline of Psychiatry and Mental Health offers the following postgraduate research degrees:

- Psychiatry Masters by Research (MRes): This is the Master's level research program for postgraduate students in the Discipline of Psychiatry and Mental Health. Candidates must demonstrate the ability to undertake research by the submission of a thesis embodying the results of an original investigation.
- Psychiatry Doctor of Philosophy (PhD): The PhD program is recognition of successful research experience. This degree requires an original and significant contribution to knowledge in an approved area. The degree requires a minimum of three years full-time study and preparation of a thesis.

## Metro teaching hospitals



Gordon Private Hospital provides mental health care at the highest level. Located on Sydney's leafy upper North Shore, their boutique-style setting provides a sanctuary to access compassionate experts who facilitate each patient's recovery. UNSW Sydney medical students are placed at Gordon Private Hospital throughout the academic year and enjoy excellent teaching and clinical experiences. The private hospital setting offers a contrast to the public inpatient setting in terms of both forms of mental health service provision and casemix, allowing students to be exposed to a broader range of mental disorders and treatment modalities. Strong links with the UNSW Discipline of Psychiatry and Mental Health bring together the best of teaching, research and clinical practice.





Ramsay Clinic Northside offers acute inpatient services, neurostimulation services and a comprehensive range of day programs for people requiring treatment for mood disorders, schizophrenia, psychosis, personality disorders, eating disorders, combat-related PTSD, drug and alcohol detoxification and rehabilitation.

Northside welcomes medical students for 4-week placements in psychiatry. Students experience a rich clinical environment with an emphasis on mood and anxiety disorders but with further opportunities to observe ECT, TMS and ketamine treatments. They are privileged to receive teaching from clinicians and academics who are internationally recognised within their fields.



South Eastern Sydney Local Health District is one of the largest local health districts in Sydney, covering a geographical area of 468 square kilometres from Sydney's central business district, the beaches from Bondi to Cronulla and down to the Royal National Park. They proudly deliver health care to around 930,000 residents across the local government areas of Woollahra, Waverley, Randwick, Bayside, Georges River and the Sutherland Shire. They also provide a key role in helping residents of Lord Howe Island.

UNSW Sydney medical students have a longstanding relationship with the teaching hospitals of SESLHD, with students attending Prince of Wales Hospital, The Sutherland Hospital and St George Hospital for clinical psychiatry placements. These placements offer a broad range of clinical experience including low prevalence disorders (schizophrenia and bipolar disorder), psychiatry of old age, child and adolescent psychiatry, perinatal psychiatry, and consultation-liaison psychiatry in both inpatient and outpatient settings. Students participate as active members of the multidisciplinary team and experience at first hand the delivery of mental health services and the interaction of mental health with other areas of health care delivery.



The District's vision is to provide a healthcare service that is patient focused, equitable and responsive to the changing and developing needs of the communities in South Western Sydney. SWSLHD covers seven Local Government Areas from Bankstown to Wingecarribee and has a population of approximately 820,000 people.

UNSW medical students attend Liverpool, Bankstown, and Campbelltown hospitals as psychiatry rotations. They receive a rich and diverse clinical experience and learn in a wide range of clinical settings including inpatient and outpatient psychiatry across the lifespan and consultation liaison services.



Founded in 1857 by the Sisters of Charity, St Vincent's Hospital is one of Australia's most iconic hospitals, which functions as a full service acute public teaching hospital. Part of the NSW-based arm of St Vincent's Health Australia, St Vincent's Hospital provides significant training and research activities housing several specialty units that are internationally recognised as centres of excellence.

Medical students undertaking psychiatry rotations at St Vincent's Hospital experience a wide range of clinical opportunities including emergency psychiatry, consultation-liaison, homeless person's mental health services and adult acute inpatient services as well as access to the Clinical Research Unit for Anxiety and Depression.



Sydney Children's Hospitals Network cares for thousands of children each year in our hospitals and in their homes – with one purpose in mind – to help young people live their healthiest lives.

The formation of the Network in 2010 was a significant milestone for paediatric services in NSW. The Network's leadership group has established a solid corporate and strategic platform to enhance clinical care, further groundbreaking research, invest in education and training of the health workforce and advocate for a healthy future for children in NSW and beyond.

Medical students can complete a 4-week placement in Child and Adolescent Inpatient Psychiatry as part of their paediatrics rotation.



Since 1971, The Sydney Clinic's dedicated team of private psychiatrists and other mental health professionals have assisted thousands of people in regaining their health and their confidence. They are the only private mental health facility in Sydney's eastern suburbs and have an established reputation for providing quality care and clinical excellence for mental health and addiction disorders.

The Sydney Clinic is a beachside, private mental health hospital located in Bronte in the eastern suburbs of Sydney. For over forty years, Sydney Clinic has contributed to the provision of quality care and clinical excellence.

Sydney Clinic's dedicated accredited specialists together with our multidisciplinary team of nursing staff and allied health professionals play an important role in providing a range of evidence-based treatments for people experiencing difficulty with their mental health or addiction.

Medical student placements are also highly valued. Students receive excellent teaching and exposure to a range of patients with higher prevalence disorders, where they spend four weeks of psychiatry rotation.

# Rural teaching hospitals



Albury Wodonga Health is a unique cross-border health care service spanning the border of Victoria and New South Wales providing public health care to a population of approximately 280,000.

It is the second largest regional health service in Victoria and operates under the jurisdiction of the Department of Health, Victoria. It has a total of 337 hospital beds across the two hospital campuses and employs over 3,300 staff and has 174 registered volunteers. In a typical year, AWH provides health care to approximately 40,000 patients.

In addition to hospital-based care, AWH has over 20 different specialist programs provided by more than 200 health care professionals and business support teams. These include specialist community-based health and wellbeing programs through both centre based and outreach appointments within the catchment. Importantly, AWH also offers lifespan services targeting vulnerable community members and people with chronic disease to optimise their engagement and enjoyment of life.

Students can elect to spend their 3rd year and/or their 5th and 6th at the Albury UNSW Rural Clinical School campus. The rural health experience is highly valued by students with many electing to remain in a rural location for their internship and beyond. Dedicated clinical teaching staff provide a rich experience for students undertaking their psychiatry rotation at these sites.



Coffs Harbour Health Campus is a leading regional facility focused on improving health outcomes for its population of 81,000 residents.

The hospital is a level five teaching hospital for medicine, nursing, and allied health and also acts as a hub for health research in the region.

The Coffs Harbour UNSW Rural Clinical School Campus hosts medical students in their 3rd, 5th and 6th year of the medical program. Students complete their psychiatry rotations locally and in surrounding areas and enjoy a rich clinical environment with teaching delivered by excellent local clinicians.



The Western NSW LHD is the largest Local Health District in NSW covering an area of 246,676 square kilometres, comparable to the size of the United Kingdom.

Medical students regularly rotate through the new Orange Base Hospital which is located on the Bloomfield psychiatric hospital campus. A small number of Sydney based medical students spend four weeks of their psychiatry rotation in Orange and enjoy a rich and comprehensive experience in psychiatry with excellent local and visiting teaching staff as well as exposure to inpatient and outpatient services.



The Port Macquarie Base Hospital is a 228-bed level five facility with a 24-hour Emergency Department and a range of specialist services including intensive care, cardiology, geriatric, rheumatology, stroke, respiratory, oncology, renal dialysis, general medicine, orthopaedic, urology, vascular, general surgery, mental health, paediatrics and obstetrics.

Port Macquarie is home to a UNSW Rural Clinical School (RCS) Campus where students can now complete all 6 years of their undergraduate medical program. Students complete their psychiatry rotation locally and enjoy excellent teaching from local clinicians.



Murrumbidgee Local Health District (MLHD) spans 125,243 square kilometres across southern New South Wales, stretching from the Snowy Mountains in the east to the plains of Hillston in the northwest and all the way along the Victorian border.

As the largest employer in the region, with over 5,000 healthcare staff working across 33 hospitals and 12 primary health care centres, we are supported by hundreds of volunteers who make an invaluable contribution to enriching the lives of people in our care.

At the Wagga Wagga UNSW Rural Clinical School (RCS) Campus, medical students are now able to complete their entire 6 years of the medical course. Students rotating through psychiatry placements in Wagga Wagga experience an excellent local teaching program coordinated by local mental health staff, incorporating inpatient and outpatient experiences.



# Our industry partnerships



St John of God Healthcare, established in 1895 by the Sisters of St John of God, is one of the largest not-for-profit providers of health care services in Australia and currently operates 27 facilities in Australia and New Zealand. St John of God Richmond Hospital has a long history of supporting those recovering from traumatic stress injuries in the line of duty, having engaged early with returning Vietnam Veterans who were affected by their war experiences. This history of care provided a solid foundation when the hospital, in 1994, established one of the first nationally accredited programs for Posttraumatic Stress Disorder (PTSD). The program's effectiveness was recognised in 1999, by publication of a detailed analysis of clinical outcomes in the Australian and New Zealand Journal of Psychiatry. This legacy of care has been brought to a large number of currently serving and ex-serving Defence members, as well as those serving on the home front, including first responders –those working in policing, ambulance, and fire and rescue – and other frontline workers working in transport, prisons, education, emergency services, and healthcare.

In 2012, the Board of St John of God Healthcare recognised the need to invest in research, evaluation, and service development

to continually enhance the clinical reputation of the trauma programs. This need for clinical and research excellence led to Australia's first Chair of Trauma and Mental Health, in partnership with UNSW Sydney, being established at Richmond Hospital in 2014.

In 2022, St John of God committed \$65 million, and is seeking to raise additional funds, for the redevelopment of St John of God Richmond Hospital, now in its final stage of completion, as well as the establishment of new satellite sites addressing areas of major unmet need across the country. A major initiative is the establishment of a research infrastructure framework, based on adaptive platforms, to create the first, national, learning healthcare system that will optimise care pathways in real time and identify practices and procedures that adversely impact the recovery journey of the people who are injured in their service of our country. The research partnership that UNSW Sydney has with St John of God is pivotal to both the redevelopment and the national initiative that will also link in other major universities across the country.



## Justice Health and Forensic Mental Health Network

Justice Health and Forensic Mental Health Network (Justice Health NSW) is a Statutory Health Corporation established under the Health Services Act (NSW) 1997. They are part of the broader health system reporting to the Minister for Health through the Board and the Secretary, NSW Health. Justice Health NSW delivers health care to adults and young people in contact with the forensic mental health and criminal justice systems, across community, inpatient and custodial settings.

They form a vital component of the NSW public health system through its support of a highly vulnerable patient population whose health needs are often numerous and more complex than the wider community. They are positioned with a unique opportunity to respond to the health needs of these individuals who commonly have had minimal contact with mainstream health services in the community.

Medical students seek out the unique opportunity to spend part of their psychiatry placement with Justice Health and the Forensic Mental Health Network. Students receive excellent teaching from enthusiastic and skilled conjoint academics and are able to develop an understanding of the complexity of delivering mental health care within forensic settings.

## KARITANE® 100 YEARS

In 2016, UNSW Discipline of Psychiatry and Mental Health formed an academic partnership in perinatal and infant mental health with Karitane. Karitane is an Australian non-government, not-for-profit healthcare service provider specialising in child and family health, and perinatal and infant mental health. The UNSW-Karitane academic partnership co-funds a 0.8 FTE academic position, currently filled by Associate Professor Jane Kohlhoff. Associate Professor Jane Kohlhoff is based at the Karitane site at Carramar in South West Sydney, where she leads a team of professional research staff, research students, and clinician researchers to conduct translational research in the areas of perinatal, infant and early childhood mental health. The overarching aims of the UNSW-Karitane partnership are to: engage and promote research, clinical and policy initiatives in perinatal infant mental health that complement the activities of both UNSW and Karitane; contribute to teaching in perinatal and infant mental health at Karitane, and to the education of UNSW undergraduate medical students; have input into perinatal and infant mental health service development at Karitane. Since its inception, the UNSW-Karitane academic partnership has been highly successful, having supported four UNSW PhD students and seven 4th year Honours students, publishing 64 journal articles/ book chapters, and a collaborator on grants worth close to \$8 million.







# Philanthropy

In 2023, The James Packer Foundation donated \$7 million which is poised to bring about a significant transformation in the field of mental health research at UNSW Sydney. The focal point of this transformation will be realised through the establishment of the James Packer Chair in Mood Disorders.

This esteemed Professorial Chair will assume a leadership role in a novel and innovative department at UNSW Sydney as well as within the Mindgardens Neuroscience Network. The donation will also facilitate the assembly of a team of dedicated researchers who will provide crucial support to the Chair.



James Packer



The Academic Unit of Child Psychiatry South West Sydney (AUCS) is based at Liverpool in partnership with South West Sydney Local Health District (SWSLHD). Aligned to SWSLHD's mission, the unit has a focus on improving equitable access to health and health care for the local population using innovative care models that would have a global impact. This includes programs that are co-designed with the young people and the local culturally and linguistically diverse communities. This has been facilitated by the establishment of the Youth Advisory Council of almost 90 students from the Liverpool Boys and Girls Schools. One example is our work with the students on the development of an intervention program for long-Covid.

Our innovative digital Watch Me Grow Program funded through an NHMRC partnership grant with SWSLHD (also NSW Health, QLD Health, and PHNs in South West Sydney and Brisbane) is trialling early identification of developmental and social-emotional problems in preschool children in GP practices and community settings across the district. It provides matched intervention and supports with wrap around social care as part of NSW Health First 2000 Days program implementation trial. This partnership is embedded in SWSLHD's Brighter Beginnings Program leveraging other policy initiatives and services within

the District namely the Safe START and Child and Family Health and Mental Health Services through integrating a tiered model of care with wrap around social care starting from pregnancy. An MRFF grant has seen this extend to a regional/rural site in Taree, NSW and a low socio-economic site in Western Australia in partnership with the Telethon Kids Institute. This is complemented by an ARC funded place based, co-located inter-agency hub in partnership with Karitane along a continuum of care with an NHMRC partnership grant on a novel Child and Family e-hub with the Murdoch Children's Research Institute. Our partnerships also focus on a number of projects on evidence-based approaches to physical health in mental health. For example, as part of the Growing Minds Australia NHMRC Million Minds Grant program we are developing a digital lifestyle intervention program for children attending the Fairfield Paediatric Disability Service who may also be on psychotropic medication and hence at higher risk of cardiometabolic side effects. The program aims to support children and families in healthy eating, being active and optimising sleep, with a view to scale up the program nationally.



# Psychiatry and Mental Health seminars

The Discipline of Psychiatry and Mental Health presents academic seminars and forums on a monthly basis. These forums aim to keep us informed with current research and information on psychiatry and mental health. Our speakers for 2022 and 2023 are featured below along with their topics of expertise.



**“Using Behaviors Neuroscience to Reveal the Nature of Psychiatric Disorders”**

Scientia Professor  
Bernard Balleine



**“Coping with Uncertainty: Understanding the Impact of External and Internal Factors on Refugee Mental Health”**

Professor Angela Nickerson



**“The Harms of Involuntary Treatment”**

Associate Professor  
Christopher Ryan



**“Adolescent Substance Use: Using Neuroscience to Inform Treatment and Outreach”**

Associate Professor  
Lindsay Squeglia



**“Addressing Psychiatry’s Biggest Challenges with AI and Technology”**

Scientia Professor  
Helen Christensen A0



**“(Very) Early Mental Health Intervention and Prevention: Keeping Toddlers in the Picture”**

Associate Professor  
Jane Kohlhoff



**“Are People with Mental Illness at Greater Risk of Being Victims or Perpetrators of Violence?”**

Professor Kimberlie Dean



**“A Classification of Neurodegenerative Disorders Based on Biomarkers – Is this the Future?”**

Scientia Professor  
Perminder Sachdev AM



**“Utility of Data Linkage in Disability and Mental Health Research”**

Professor Julian Trollor,  
Dr Rachael Cvejic, Dr Simone Reppermund,  
Dr Tim Watkins,  
Dr Janelle Weise,  
Dr Preeyaporn Srasuebkul



# Recognising our people

## Prominent Industry Awards



### Scientia Professor Perminder Sachdev AM Awarded the 2022 Ryman Prize

Scientia Professor Perminder Sachdev AM, Co-Director of the Centre for Healthy Brain Ageing (CHeBA) and world-leading clinician and academic, has been awarded the 2022 Ryman Prize by The Right Honorable Jacinda Ardern, former Prime Minister of New Zealand, in recognition of research that has substantially enhanced the life of older people around the world. The Ryman Prize is the world's richest prize of its type and was established to create the equivalent of a Nobel Prize for people working in the field of the health of older people.



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### Professor Jackie Curtis wins 2022 Margaret Tobin Award

Named in honour of the late Dr Margaret Tobin, this award is made to the RANZCP Fellow who has made the most significant contribution to administrative psychiatry in Australia and Aotearoa New Zealand over the preceding five years. Professor Jackie Curtis received the 2022 award for her administrative expertise, international reputation and amazing achievements. She also delivered the annual Margaret Tobin Oration at the RANZCP 2023 Congress in Perth.

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### Professor Julian Trollor wins the Global Health Leadership Award in Intellectual and Development Health Care

Congratulations to Professor Julian Trollor for his Global Health Leadership Award in intellectual and developmental health care at the 2023 American Academy of Developmental Medicine and Dentistry's OneVoice Conference.



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### Scientia Professor Henry Brodaty AO honoured by Academy of the Social Sciences in Australia

Each year, the Academy elects the most distinguished scientists in Australia as Fellows, with CHeBA's Co-Director Scientia Professor Henry Brodaty AO recognised this year for his excellence and input in the field of social sciences.

Scientia Professor Henry Brodaty AO's work has had major impacts on policy, services, research and community advocacy for older people. With regards to policy, he is an advisor and serves on committees for the World Health Organisation, Australian and NSW governments, the Australian Institute for Health and Welfare and Australian Commission for Quality and Safety in Health Care on dementia, ageing and mental health services. He was a member of the McKeon Review of Health and Medical Research in Australia and the Living Longer Living Better Aged care reform implementation oversight committee.







### Royal Australian New Zealand College of Psychiatry NSW Meritorious Service Award Winners

Congratulations to Adjunct Associate Professor Carolyn Quadrio and Conjoint Professor Kay Wilhelm for receiving the Royal Australian New Zealand College of Psychiatry NSW Meritorious Service Award in 2021 and 2022 respectively.

Presented annually, this award recognises a Fellow of the RANZCP in New South Wales who has made significant, sustained contribution to the practice of psychiatry in a clinical, academic or administrative capacity, or to an agency or individual who is not a College Member, but has contributed to the improvement of mental health in New South Wales.



### UNSW Medicine & Health congratulates four very deserving winners of the 2022 Australian Mental Health Prize

Four diverse winners have been announced at UNSW Sydney for the 2022 Australian Mental Health Prize which seeks to recognise the important and groundbreaking work that many Australians are doing for mental health. Established in 2016, the Prize has expanded to four categories: Aboriginal or Torres Strait Islander; Lived Experience; Professional; and Community Hero.

Presented by the Honorable Emma McBride MP, Assistant Minister for Mental Health and Suicide Prevention, the 2022 winners of the Australian Mental Health Prize are:

**Ms Donna Stanley, Aboriginal or Torres Strait Islander:** to recognise and celebrate outstanding Aboriginal or Torres Strait Islander mental health leadership at a national or community level.

**Mr Ian Thorpe AM, Lived experience:** to recognise and celebrate outstanding mental health leadership by someone with lived experience of mental health, either personally or as a supporter, at a national level.

**Mr Alan Woodward, Professional:** to recognise and celebrate outstanding mental health leadership in the clinical, academic or professional sectors at a national level.

**Mr Gary Thorpe OAM, Community Hero:** to recognise and celebrate outstanding mental health leadership at a State or community level.



## Faculty awards

### Education Innovation Award

#### Team winners:

**Sexual Assault and Domestic and Family Violence Curriculum Working group:** Associate Professor Amanda Henry, Professor Adrienne Torda, Ms Dylan Mayer, Dr Susan Britton, Ms Marianne Colbert, Dr Patricia Cullen, Associate Professor Nada Hamad, Dr Megan Kalucy, Associate Professor Kathleen Kramer, Ms Catherine Marley, Professor Nalini Pather, Dr Husna Razee, Professor Susan Rees, Dr Kalli Spencer, Associate Professor Silas Taylor, Professor Annette Katelaris, students additional to Ms Dylan Mayer: Ms Jade Tran, Mr Divyansh Sharma, Mr Michael Orjekh, Ms Tania Koh, Ms Shraddha Tipirneni, Ms Emily Fergusson and Mr Jason Djafar.

In 2021, a BMed/MD student group led by Ms Dylan Mayer identified a critical gap in their curriculum regarding the management of acute sexual assault and domestic violence presentations and disclosures, and their broader health impacts. This Working Group was then formed, as a partnership between educators and students, to address that gap, proposing a new curriculum, implementing training for staff and progressively rolling out the new curriculum across all phases of the BMed/MD program.

UNSW Sydney Medicine & Health prides itself on the calibre of its people and on recognising and celebrating excellence. Our Staff Awards are one way we celebrate and reward the outstanding and valuable contributions made by our people to education, research and professional services.

We are proud to acknowledge our staff, both nominees and winners of the awards.



## Values in Action Award Winners

### Team winners:

**Faculty elevate team:** Dr Julie Thoms, Dr Chantelle Ahlenstiel, Associate Professor Xiaoqi Feng, Associate Professor Amanda Henry, Ms Amanda Burdett, Ms Marianne Colbert, Ms Allison Cullen, Dr Charles de Bock, Dr Steffen Docken, Professor Rebecca Ivers, Dr Xiaotao Jiang, Dr Ki-Wook Kim, Dr Katya Numbers, Dr Kalli Spencer, Dr Caroline Atkinson, Dr Winifred Asare-Doku, Dr Jennie Cederholm, Dr Jin Han, Dr Chandana Herath, Dr Nusrat Homaira, Associate Professor Jane Kohlhoff, Dr Sradha Kotwal, Dr Amy Kwon, Dr Daniel Lin, Professor Nalini Pather, Dr Chamini Perera, Dr Ajay Vijay, Ms Stefanie Leung, Mr Patrick McManus, Ms Gemma Milton and Ms Nicole Robertson.

Elevate is a promotion support program for level A academics developed and run by volunteers from the MHEDIC Gender and Cultural Diversity Working Groups since 2020 (success to date: 26/27 (96%) participants promoted). The Elevate team are building a culture within the Faculty where academics are supported at the start of their careers and, in turn, support those who come after them.

Congratulations to nominees from the Discipline of Psychiatry and Mental Health for their incredible commitment during 2022.

**Individuals:** Mr Lee Knight, Dr Megan Kalucy, Conjoint Professor Kay Wilhelm, Dr Daniel Lin, Professor Valsamma Eapen and Ms Elaine Cherry.

**Teams:** Forensic Mental Health Program (FMHP) Educational Team (Professor Kimberlie Dean, Conjoint Associate Professor Andrew Ellis, Dr Yin-Lan Soon, Adjunct Senior Lecturer Ms Corrie Goodhand and Mr Lee Knight.)

## Higher Degree Research Award Supervision Award



### Professor Lynne Eckert Bilston, NeuRA

Professor Lynne Bilston's career is an inspiration to young researchers. Professor Bilston now has 27 years of supervision experience, with 24 HDR completions, 13 Masters students and over 100 Honours students supervised to completion. Professor Bilston is highly sought-after, with many international students relocating to Australia to undertake their studies with her. Professor Bilston's high-quality supervisory style, finely balancing challenges and support, underpins her students' successes.

## 2023 Vice-Chancellor's Awards



The Vice-Chancellor's Awards were held on 14 June 2023 to formally recognise and celebrate the remarkable staff who light up UNSW by actively demonstrating the UNSW Values in Action.

Congratulations to the winner and nominees from the Discipline of Psychiatry and Mental Health.

**Individual Nominees:** Dr Jenna Zhao (Embraces Diversity) and Dr Megan Kalucy (Builds Collaboration).

# Discipline awards

## 2023 Best Paper

Congratulations to Dr Gloria Roberts for winning Best Paper in the Early-Mid Career Researcher category, and Dr Grace McKeon and Dr Sara Cibralic for winning Best Paper in the HDR category.

Dr Gloria Roberts published 'Longitudinal changes in structural connectivity in young people at high genetic risk for bipolar disorder' - *American Journal of Psychiatry*

Dr Grace McKeon published 'Feasibility of an online, mental health-informed lifestyle program for people aged 60+ years during the COVID-19 pandemic.' - *Health Promotion Journal of Australia*



Dr Sara Cibralic is an early career researcher and a registered clinical psychologist. Her research has focused on clinical and translational research in the early identification, prevention, and intervention of developmental difficulties and mental health disorders in families. Dr Sara Cibralic published 'Utility of screening for adverse childhood experiences (ACE) in children and young people attending clinical and healthcare settings: a systematic review' - *BMJ Open*

## 2023 Early-Mid Year Career Seed Grant winners

Congratulations to Dr Adam Walker, Dr Daniel Lin and Dr Gloria Roberts for winning the Early-Mid Year Career Researcher seed grant.

## 2022 Career Development Seed Grant

**Dr Adriano Moffa**

Enhancing the Effects of Traditional Therapeutics with Virtual Reality-assisted Interventions.

**Dr Oliver Watkeys**

Uncovering Chronic and Severe Longitudinal Patterns of Mental Health Service Use in a Population Cohort of 91,000 Children.

**Dr Rachael Cvejic**

Understanding the Perinatal Mental Health of People with Intellectual Disability.

**Dr Rohan Francis-Taylor**

Utilising Online Screening Tools to Enhance Mental Health Care - An Examination of Student and General Practitioner Perspectives.

**Dr Samuel Arnold**

Enhancing the Contribution Project for People with Intellectual Disability.

**Dr Scott Teasdale**

Keeping the Body in Mind - Food Secure (KBIM-FS).

**Dr Stevan Nikolich**

Understanding and Optimising Transcranial Magnetic Stimulation Using Electroencephalography.

Congratulations to Ms Corrie Goodhand for winning the Best Teacher Award (Postgraduate) and Dr Megan Kalucy for winning the Best Lecturer Award (Undergraduate).

In addition, congratulations to our conjoiners for winning the undergrad teaching award at Prince of Wales teaching hospital: Conjoint Professor Matthew Large and Conjoint Senior Lecturer Dr Maryanne O'Donnell.





# PhD awards

## 2022 ESSA Medal Winner: Dr Grace McKeon



'Using digital technology to promote physical activity in trauma exposed populations'

Mental illness is a leading cause of disability and is associated with poor physical health. Physical activity interventions can improve health outcomes, yet novel strategies are needed to help people to engage. This thesis explored the role of digital technologies and peer support in the implementation of physical activity interventions for populations exposed to trauma, including emergency service workers.

Through a mixed-methods approach and co-design strategies, Dr Grace McKeon conducted three pilot studies and a stepped-wedge trial which generated new knowledge about the feasibility, efficacy and adaptability of social media delivered physical activity programs. The findings offer scalable strategies for promoting physical activity and reducing levels of distress in populations exposed to trauma.

## 2022 Jim Lance Young Investigator Award winner: Dr Alice Powell

Congratulations to Dr Alice Powell, a PhD candidate supervised by Scientia Professor Henry Brodaty AO, Scientia Professor Perminder Sachdev AM and Professor Jacquie Close, for winning the Jim Lance Young Investigator Award at ANZAN in the poster category for the poster "The Super-ageing Systematic Review".



## 2022 Arc PGC Supervision Research Supervision Award winner: Dr Katya Numbers

Congratulations to Dr Katya Numbers for winning the Arc PGC Supervision Research Supervision Award for the Faculty of Medicine and Health.

# Student awards

## 2022 David Greenberg Award winner: Ms Amanda Hardwick

Congratulations to Ms Amanda Hardwick for winning the 2022 David Greenberg Award for the Forensic Mental Health program.

## 2022 NSW Humanitarian Award Winner: Ms Nawal Nadar

The NSW Humanitarian Awards acknowledge and thank people who have made an exceptional positive contribution towards refugee and asylum seeker issues in New South Wales. The 2022 NSW Humanitarian Awards Ceremony was held at Government House, Sydney on Tuesday 5 July 2022. Ms Nawal Nadar received her award from Her Excellency the Honourable Margaret Beazley AC QC.

Ms Nawal Nadar is a Blacktown Hospital Maternity Liaison Officer and Associate Investigator on the UNSW WATCH mental health and domestic violence cohort study of women from refugee background, led by Professor Susan Rees. The NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors presents the NSW Humanitarian Awards in partnership with the Refugee Council of Australia.

Ms Nawal Nadar was awarded the 'Government' category for her ongoing contributions to promoting culturally sensitive care, education, information and support to women and their families who attend Blacktown Hospital Women's Health Clinic.



# Highlights for the year

## 60th year anniversary

On 23 November 2022, the Discipline celebrated its 60th year in Colombo Theatre AGSM Building, hosted by Head of School of Clinical Medicine, Professor Adrienne Torda and Head of Discipline, Professor Kimberlie Dean. The event highlighted the origins and evolution of UNSW Psychiatry, as well as its future. The Discipline thanks Professor Adrienne Torda, speakers, panel members and guests for making this event very memorable and we look forward to celebrating another 60 years!



## CheBA turns 10

Established in October 2012 and headed by internationally acclaimed leaders in the field, Scientia Professor Henry Brodaty AO and Scientia Professor Perminder Sachdev AM, CheBA's vision is to achieve, through research, healthier brain ageing and better clinical care of age-related brain diseases. To honour a decade of research into dementia, CheBA has launched a new fundraising initiative Ten Years of Research Appeal. This initiative honours a decade of research, with a vision of achieving healthier brain ageing and better clinical care of Alzheimer's disease and other dementias. It is hoped that funds raised will enable the expansion of CheBA's team and the acceleration of research outcomes.

## Academic Unit in Child Psychiatry awarded Research Team of the Year

Congratulations to members of the Academic Unit in Child Psychiatry who were awarded the Research Team of the Year for their outstanding contribution to research in child health in South Western Sydney under the leadership of Professor Valsamma Eapen.





# Looking ahead



## Health Translation Hub

The UNSW Health Translation Hub (HTH) represents a visionary initiative to transform healthcare concepts and ideas into innovative advancements and educational practices. Seamlessly bridging the UNSW Kensington Campus and Randwick Hospital Campus, this hub serves as a nexus for fostering dynamic collaborations among a diverse array of stakeholders, including researchers, health service providers, educators, policymakers, consumers, and industry professionals.

Encompassing an expansive 35,600m<sup>2</sup> facility, the HTH redefines the landscape of healthcare collaboration by fostering learning, research, and clinical activities across a wide spectrum of health disciplines. By building stronger relationships between academia, research, and real-world healthcare implementation, the HTH endeavours to redefine the traditional timeline for translating research into impactful outcomes, thus setting new standards for health innovation.

The Discipline of Psychiatry and Mental Health is proposed to live on Level 3 in the HTH where the space provides collaboration spaces and workspaces for the education, healthcare and several research entities. The space will be utilised for ideation with clinicians and end-users to first identify the unmet need, then bring together the interdisciplinary team to develop solutions.

## New Research Centre for the Discipline of Psychiatry and Mental Health

In 2024, the Discipline of Psychiatry and Mental Health are establishing a unique research centre to improve both the integration and collaboration of our existing mental health research groups, enabling the Discipline to leverage academic resources and funding which will improve efficiencies and lead to higher outputs.

Over its sixty-year history, the Discipline of Psychiatry and Mental Health has developed into a highly successful department, engaged in education, research and community engagement/leadership across a widely dispersed geographical area and encompassing staff and students from a very broad range of professional backgrounds. The multidisciplinary profile of the group reflects the nature of mental health, both from an academic, as well as clinical perspective.

With regard to the research profile of the Discipline, the quality and quantity of output and impact makes it arguably the largest and most successful department of psychiatry in Australia. Discipline members successfully pursue a very broad range of mental health research activities: from understanding the causes of mental illness to developing and testing interventions; from understanding influences on mental health that are social to those that are biological; and covering almost all mental disorder categories, right across the lifespan from early life to older adulthood.

There are a number of research groupings that have developed within UNSW Psychiatry and Mental Health, including both those formally recognised (e.g., CHEBA focused on mental health in older adults) and others more informally recognised (e.g., RUSE focused on schizophrenia epidemiology and 3DN focused on neurodevelopmental disability). Discipline members also contribute to the Research Theme structure within the Faculty (i.e., the Neuroscience, Mental Health and Addiction Theme/CAG). Finally, Discipline members lead and contribute to a range of networks both within the University and external to the University. These include other CAGs within SPHERE and a range of cross-Faculty networks. A key research grouping within the Faculty of Medicine to whom we relate is the National Centre for Drug & Alcohol Research (NDARC).





## Contact us

☎ 02 9385 8765

📄 [Psychiatry & Mental Health |](#)  
[School of Clinical Medicine - UNSW Sydney](#)

✉ [psychiatryadmin@unsw.edu.au](mailto:psychiatryadmin@unsw.edu.au)

**Discipline Manager: Dr Anna Kiaos**

### Head Office

Discipline of Psychiatry and Mental health  
School of Clinical Medicine  
Faculty of Medicine and Health  
AGSM (G27) Gate 11  
Botany Street  
SYDNEY, NSW 2052

Designer: Kancy Ho  
Imagery: Getty Images

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