News from the Chair
Professor Sandra Jones

2009 has been a busy but exciting year for research in Health and Behavioural Sciences with the introduction of a number of new administrative processes, preparation for the ERA assessment in early 2010, the launch of the IHMRI research network, a record number of NHMRC grant applications, the establishment of a new Research Strength and production of over 70 professional publications. The excellence of research in the Faculty has been recognised by the University and by external organisations through the receipt of numerous prizes and awards to staff and students throughout the year.

The Annual Faculty Research Awards function was held on the 9th December where the exceptional work of HDR students within the Faculty was acknowledged and rewarded. Congratulations to the recipients of the Research Student Publication Prize and the winners of the Outstanding HDR Student Prize in each school (see page 3). Further congratulations to the winners of Summer Scholarships and Faculty Research Scholarships (see page 3). I wish you best of luck in your research endeavours in 2010.

This year has been a busy and successful year of research and I would like to thank my amazing administrative ‘team’ without which this success would not be possible: Susan Lowe, FRC Secretary and Ravi Daga, Senior Administrative Officer. I would also like to give special thanks to Dr Kylie Smith for her work this year in the new and challenging role as Professional Officer (Research). This year has seen the introduction of the ERA submissions process as well as the new ARC grant software and Kylie has been instrumental in our success as a Faculty in conquering these sometimes tedious tasks.

This year, the Faculty’s primary focus has been to continue increasing the quantity and quality of our research outcomes. I believe the Faculty of Health and Behavioural Sciences has been successful in achieving this goal in 2009 and I congratulate all staff and students on their efforts. Early 2010 will be busy for research staff with the closing of NHMRC Project Grants and ARC Discovery Grants in March (see page 13) however, I have no doubt that the exceptional research staff and students of the Faculty will continue to demonstrate their commitment and passion for their research in their success.

I wish you a restful holiday and a merry Christmas.
Staff Profile: National Appointment

Associate Professor Brin Grenyer

Associate Professor Brin Grenyer from the School of Psychology has been appointed the Chair of the new National Psychology Board.

The Australian Health Workforce Ministerial Council announced on August 31 the appointment of the 108 inaugural members of the ten national boards for the new National Registration and Accreditation Scheme for the Health Professions. The appointments are made under the Health Practitioner Regulation (Administrative Arrangements) National Law Act 2008. The appointments are effective immediately, to enable the national boards to begin preparatory work for the commencement of the new national scheme on 1 July 2010.

Brin’s research program focuses on the treatment of chronic and complex psychological problems, with research topics spanning chronic depression, aggression and violence, personality disorders, chronic lifestyle diseases, and substance dependence. Since 1995 Brin has been invited to give over 25 keynote presentations, including by the University of Pennsylvania USA, University of Washington Seattle USA, University of Ulm Germany, University of Hertfordshire UK, University of Heidelberg Germany, North American Association of State & Provincial Psychology Boards Vancouver Canada, and the University of Milan Italy.

Since 1999 Brin has successfully supervised 15 Doctoral (PhD / DPscy) candidates to graduation and been awarded 25 grants totalling $4.2 million from National Competitive Schemes (NHMRC, ARC) and other grant agencies (e.g. Centre for Mental Health/NSW Health, Commonwealth Dept Health, NISAD, Clover Corporation, Ramaciotti Foundation, Uniting Ministry).

Brin serves on various national boards and committees, including being the Chair of the Council of Psychologists Registration Boards in Australia and New Zealand, and a grant reviewer for the ARC and NHMRC. Brin is the scientific director of the Neuroscience and Mental Health group in the Illawarra Health and Medical Research Institute.

Congratulations

Research Strength

Congratulations to the Centre for Health Initiatives (CHI) on being recognised as a research strength at the University of Wollongong. The Centre was established in 2004 and brings together a range of research strengths from the various Schools within the Faculty of Health & Behavioural Sciences and the Graduate School of Medicine.
Congratulations
Psychology Distinction Award

Associate Professor Craig Gonsalvez was awarded the Australian Psychological Society’s College of Clinical Psychologists’ Award of Distinction for 2009. The College’s Award of Distinction is given to a candidate of exceptional merit. It recognises the importance and significance of an individual’s contribution to the specialist field of clinical psychology and significant contributions to the College over a number of years.

Craig Gonsalvez, a clinical psychologist by training, was Director of the Anxiety Disorders Clinic and Deputy Head, Department of Medical psychology at Westmead Hospital, when he was recruited to the University of Wollongong in 1996 to teach in its clinical psychology programs. He has served as Director of Clinical Psychology Training in the School of Psychology for several years (2001-2004; 2008 – current) and has contributed in a significant way to raising the quality and reputation of clinical psychology training at the University of Wollongong. His contribution to clinical psychology training was recognised by the Australian Psychological Society when he was selected to be Chair of Course Approvals for the APS College of Clinical Psychologists. In this capacity he has oversight of the College’s course approval guidelines and coordinates site visits and course approval processes across clinical psychology training programs at the national level. Craig has been Chair of Course Approvals for the last 4 years. He is also a member of the Programs Development Accreditation Committee of the Australian Psychological Society, a committee that oversees and makes recommendations about accreditation of undergraduate and postgraduate programs in psychology at the national level.

In addition to his publications on clinical training including clinical supervision in psychology, Craig’s research contributions are in the area of clinical psychophysiology. He is principal investigator of an ongoing ARC-Linkage grant, “Problem Gambling: Can subtle physiological reactions to wins and losses help identify the problem gambler?”

Craig is currently Associate Professor and Director of Clinical Training, School of Psychology, and teaches Cognitive Behaviour Therapy and Clinical supervision to postgraduate students.

FRC 2009 Awards

**Faculty Research Scholarships** ($5,000 - $2,500 from Faculty and $2,500 from sponsoring research centre)
Jeyda Nazli Arapali
William Body
Cara Mura
Sarah Norris
Rakesh Quinn

**FRC Summer Scholarships** ($2,000)
William Body
Kye McCarthy
Sarah Norris

**FRC Higher Degree Research Student Publication Prize**
Danika Hall – Equal First Prize - $1,000
Karen Mickle – Equal First Prize - $1,000
Mei Han – Second Prize - $750
Nicholas Benikos – Third Prize - $500

**Outstanding Higher Degree Research Students**
Timothy Broady – School of Psychology
Karen Mickle – School of Health Sciences
Chettha Kaewprom – School of Nursing, Midwifery and Indigenous Health
Congratulations
National Nursing Appointment

The Dean of the Faculty of Health and Behavioural Science has become the Chair of the Council of Deans of Nursing and Midwifery. This elected position acknowledges and values Patrick’s contribution to nursing and midwifery in Australia and New Zealand.

Patrick has been on the Council since 1999 and on the executive for 8 years, serving as Secretary and Deputy Chair for the last two. Notable contributions Patrick has personally made to Council include championing the JET journal ranking project, which CHI subsequently tendered for and completed successfully; and the ALTC project which Roy Brown and Patrick are undertaking, supported by Council. As Deputy Chair Patrick was active in promoting the voice of academic nursing and midwifery, particularly pre-registration nurse education at all levels, including state and federal level politics. Nursing and midwifery quality and supply are major issues in health services worldwide and the Council has a major role in promoting excellence in RN/RM preparation, whilst also promoting (and sometimes defending) the professions from attack by forces of conservatism - for example, those who see the simple cure for the ills of health services to be to ‘put nurse education back into the hospitals’.

At the same time, the Council is regularly consulted on issues related to public policy and planning; as well as providing leadership for the development of nursing and midwifery via research.

Patrick has also represented Council on several major Government sponsored curriculum initiatives for example in relation to Aged Care and Mental Health Nursing content in RN preparation programmes; both of which have led to recommendations for curriculum updating across programmes in Australia. Patrick currently represents Council on the National Health Workforce Taskforce’s expert panel for ‘Simulated Learning Environments’.

Expert Panelists

Associate Professor Heather Yeatman has been selected as a member of the Expert Panel for Food Labelling Review. This national level panel is likely to have real impact on food labelling practices throughout Australia. Heather’s appointment to this panel reflects the high regard held for Heather in the area of Nutrition Policy.

Universities Australia, the industry peak body representing Australia’s universities, is joining with Elsevier Australia to recognise and encourage the best of Australia’s young researchers through the establishment of the Scopus Young Researcher of the Year Awards. As part of this program, Professor Robert Barry in the School of Psychology has been invited to be a panellist on a three-person judging panel for the awards category Life Sciences and Biological Sciences.
Congratulations

Endeavour Fellowship Awarded

Deborah Nolan, PhD student in the School of Health Sciences has been successfully awarded a 2010 Endeavour Research Fellowship. The letter of offer from the Minister of Education, Julia Gillard, advises that the awards are ‘the Australian government’s internationally competitive, merit based scholarships providing high achieving individuals with a unique opportunity to undertake research’.

Deborah will use this opportunity to enhance her doctoral research on the health effects of dairy foods by undertaking nutrigenomics studies for 6 months with Professor Lynnette Ferguson at the University of Auckland. Building on established collaborations between Professor Ferguson and Deborah’s primary supervisor, Professor Linda Tapsell, this period of study will help to consolidate research between Nutrigenomics New Zealand and the Smart Foods Centre/School of Health Sciences/IHMRI at the University of Wollongong.

Flourish Awards

The Flourish Program developed by researchers at the University of Wollongong has won a Gold Award in The Mental Health Services Conference 2009 Achievement Awards.

The UOW research team, led by Dr Lindsay Oades of the School of Psychology and the Illawarra Institute for Mental Health/Illawarra Health and Medical Research Institute won their award in ‘Illness Prevention and Health Promotion’ category in recognition of an innovative self-development program for people with enduring mental illness.

The program, supported by a grant from Rotary Health, uses a combination of recovery self-help principles, positive psychology interventions and a peer led group format to build resilience and promote wellbeing.

The awards are presented every year by the Mental Health Services Conference of Australia and New Zealand (TheMHS) to recognise and encourage best practice, excellence and innovation in mental health service delivery. They have been made annually since 1992.

It is the third MHS achievement award for Dr Oades at this forum in five years-and the sixth for the Illawarra Institute for Mental Health at UOW. Dr Oades said the prize money was being used to assist writing the next grant application to expand the program to include web-based video components.
Research News

Kids and Computer Games

Researchers from the Psychophysiology Group in the Brain and Behaviour Research Institute are conducting a study into the effects of computer games on children’s behaviour.

Software developed by researchers from the School of Psychology has been shown in a pilot study to be beneficial in altering the behaviour of children with attention deficit hyperactivity disorder (ADHD).

The ability to control impulses, focus attention and keep information in memory are essential for successful learning. Research has indicated that we can enhance these abilities, and also behaviour, by playing specially-designed computer games for 15-20 minutes/day for 4 weeks.

Currently, researchers are looking at the effectiveness of a new computer-based training program for improving impulse control, attention and memory ability in children. The program involves playing 2 simple computer games on your computer at home for 4 weeks.

If you are interested in receiving an information pack, please call Dr. Stuart Johnstone on (02) 4221 4495 or email sjohnsto@uow.edu.au. More information can be found at http://www.uow.edu.au/health/psyc/research/bbri/adhd.html.

Asthma: Not A Sign of Old Age

Older people and their GPs are not recognising the risks of asthma among the over 65s. Many saw asthma symptoms “more as a nuisance, [a sign of] getting old” despite the high rate of asthma-attributed deaths for this age group. These were the findings of a study published in the August issue of the Health Promotion Journal of Australia.

Kelly Andrews and Sandra Jones from the Centre for Health Initiatives talked to older adults and health professionals on their knowledge of asthma and asthma diagnosis. Participants talked of asthma being a ‘young person’s disease’ and did not understand the risks of asthma in relation to other health problems. Comments they received included:

“I firmly believe, getting to this age, I don’t think that any of us now would ever get it.”

“We’ve had the rheumatoid arthritis foundation selling plants and books and things but I don’t know anything with asthma.”

A health professional remarked: “We aren’t really good at identifying it and there’s very few people over the age of 45 who have pure asthma, it’s always mixed … to sort out what is asthma … and what is lifestyle related is really very difficult.”

Ms Andrews said more support and information should be available. Other research has found that more than one-third of a sample of adults aged 55 and over had undiagnosed asthma. “Increased knowledge and understanding is needed to make older adults aware that asthma could be a reason for their symptoms,” she said. “In doing this, consideration must also be given to the needs of health professionals to help them do their job well.”

These findings were published in the August edition of the Health Promotion Journal of Australia, and emerge from research being conducted by the Centre for Health Initiatives with the Asthma Foundation through an ARC Linkage Grant.
Research News

New ‘Centre for human and applied physiology’

The University of Wollongong has been funded ($1.6 million over three years) to establish a National Centre of Excellence in Physical Employment Standards. It will be known as the Centre for Human and Applied Physiology. It will be based within the School of Health Sciences but will have five researchers working at the Defence Science and Technology Organisation (DSTO Melbourne).

In the first instance, the Centre will work collaboratively with DSTO to establish physical standards for the Combat Arms trades of the Army. However, it is expected that this work will also be extended into emergency service organisations, and eventually across a range of industries.

The Minister for Defence Personnel, Materiel and Science, Mr Greg Combet, has announced the establishment of this Centre of Expertise to accurately evaluate the physical requirements of service in military occupations.

Director of the Centre, Associate Professor Nigel Taylor, said UOW would provide academic input and also conduct supporting research at the University with several postgraduate scholarships to be announced later this month.

Adolescent Sun Protection

The Centre for Health Initiatives, via an ARC linkage grant with Cancer Council NSW, have been pilot testing in the month of September a measurement instrument of adolescent sun related behaviours.

The Uni Advice Year 12 Information Evenings provided a great opportunity for the research team to access their target market, young people, to complete the survey. Along with participation from a number of schools in the Illawarra area, over 500 surveys were completed in the pilot study.

Results from the pilot are currently being analysed by the research team, with the final instrument being used to evaluate a social marketing program targeting improved sun protection of adolescents commencing in December 2009.

The social marketing campaign will target various regions of NSW over the summer of 2009/10, with initial results of the study expected in May 2010.
The objectives of the evaluation were to synthesise and enhance existing evidence regarding the efficacy and excellence of the course for the intake of participants July 2007 – Dec 2008. The evaluation involved a mixed methods approach including both online surveys with past participants to establish perceptions of the program in the key areas of Leadership Practices, Relationship Management, (building teams, communication), Self Management and Operational Management. Evidence of change in the leadership practices of program participants was also generated via the ‘mapping’ of new leadership initiatives that each participant had implemented in their workplace as a result of completing the course. Narrative data regarding program participants’ leadership journeys was also generated from semi-structured telephone interviews regarding: expectations of the program; impact of the program on their leadership practices, and personal experience of the course.

Results:
A survey of 59/101 past participants of the SESIH Effective Leadership program and the development of two participant case studies revealed:
• Strong agreement from participants that the program had improved their ability to act across all areas of leadership practice including team building (Mean = 4.95; 0.72 SD); communication (Mean= 4.99; SD 0.85), Self development (Mean=4.95; SD 0.88) and Operational Development Mean= 4.84; SD 0.92).
• The actioning of at least 74 Leadership initiatives across all SESIH clinical areas including:
  - Aged and Chronic Care/ Community health/Mental Health/ Drug and alcohol (n=18); Child and Adolescent health/ Women and babies health (n=8), Cardiac care/ Critical Care; Medicine/Emergency Medicine/ Surgical/peri-operative/ Cancer Services/ Neurosciences /Spinal/ Rehabilitation (n=20) and allied health, coordinators, ISD and other (n=9)
  - 62.2% of leadership actions were in response to situations that program participants perceived as requiring a leadership response; 14% in response to staff concerns; 9% to management concerns and 5% to patient concerns
  - 77.0 % of initiatives undertaken were in response to predicted change and 23.0% to unexpected events
  - 100% of program participants utilised new skills and techniques acquired from the Effective Leadership Program as part of workplace initiatives
  - Over 85% were able to draw upon new skills which enabled them to improve communication with staff and patients.
  - The primary beneficial outcomes that occurred as a result of the action plans included improvements to clinical practice (35.6%), Patient/Client benefits (28.8%), Other Staff benefits (26.0%); and program participant personal benefit (9.6%)
  - Program participants strongly agreed that goals specified in their leadership initiatives were met and that the Effective Leadership program provided them with the tools, skills and confidence to implement their action plans, as well as respond to predicted and unexpected change in the future (Mean = 4.98; SD = 1.01)

The main outcome from this project was to externally validate the effectiveness of the program in building individuals leadership capacity within the healthcare sector. The project outcomes also informed a submission for the NSW Health Awards (2009) and will enable the development of a business case to support the future funding of the program. Results are also expected to be utilised in the continuous improvement of the programs content and delivery and to form the basis for joint academic papers (UOW/SESIH) to ensure the effective dissemination of the research findings.
Library News

New and Updated Resources

Introducing Article Finder: Search multiple databases simultaneously

The Library’s new search engine Article Finder allows you to search across a broad range of databases, perhaps some of you have yet to explore, in one simple interface. Over 60 databases have been profiled and under Advanced Search, categorised into discipline collections.

Accessing Article Finder is easy – go to the Search page (via the Catalogue link), or click on the Databases: journal articles and more link on the Library homepage.

Resources for assignments: steering students to relevant resources

Resources for assignments are web-based integrated subject guides that both undergraduate and postgraduate students are finding valuable to help get them started on assignments. These revised and updated guides can now be browsed by resource type, presented in easy to navigate tabs, for example http://uow.libguides.com/publichealth. Search tips and demonstrations in the form of short clips called ‘Show me’s’ are available on each page – click on the icon.

If you would like to suggest a favoured journal, database or website for inclusion in a subject’s guide, please contact Alison Pepper.

Library contacts:

Alison Pepper
Health & Behavioural Sciences Librarian
Phone: 4221 3536
Email: alison_pepper@uow.edu.au

Lucia Tome
Research Training Librarian:
Phone: 4221 3066
Email: lucia_tome@uow.edu.au
Grant Success

Some recent success for HBS staff in a number of grants. Congratulations to all successful members and good luck with the projects:

Congratulations to Xu-Feng Huang and Chao Deng who just received $399,250 for their NHMRC project grant: Schizophrenia: Prevention and treatment of atypical antipsychotic drug-induced obesity. This is an outstanding achievement, particularly given that only 3 NHMRC project grants were awarded to the University of Wollongong for 2010.

Congratulations on ARC Discovery Grants won by Dr Stephen Palmisano (School of Psychology): Viewpoint changes during locomotion: Their role in self-motion perception and motion sickness, $200K; and Prof Tony Worsley and Dr Heather Yeatman (School of Health Sciences): A taxonomy of Australian consumers’ food and health knowledge, $160K.

ERA for 2010

Thank you to everyone who contributed to the preliminary data collection in preparation for the ERA submission in 2010.

The ARC has released some information in regards to the 2010 submission. The following is a summary and its impact on UOW and its researchers:

1. The ERA Submission Guidelines are expected by mid December.
   a. Submission to the ARC opens in June 2010. UOW needs all data by the end of March 2010.
   b. Esteem will be a new indicator and data collection will occur during March 2010 with researchers identified for inclusion in ERA i.e. researchers at UOW as at 31 March 2009.
   c. Scopus will be the citation provider.

2. The ERA Journals will be released in December with the full list incl. Tiers and FoRs to be released in February 2010.

All releases will be communicated by email from the DVC (R) and links will be available on UOWs ERA website. For further information such as timeline, requirements and support documents please visit the ERA website at https://intranet.uow.edu.au/raid/era/index.html? and for enquiries please contact Claudia Perry-Beltrame, ERA Project Manager on ext 4321 or email claudiac@uow.edu.au
Publications

Book Chapter:


Journal Articles:


Conference Presentations


Conference Proceedings


Conference Proceedings (Edited)

Current Grant Opportunities
(as on 23rd December 2009)

<table>
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<tr>
<th>Closing Date</th>
<th>Scheme</th>
<th>Details</th>
<th>Contact</th>
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<tr>
<td>11th Jan 2010</td>
<td>Anti-Doping Research Program</td>
<td>The Australian Government’s Anti-Doping Research Program (ADRP) offers funding for new research to improve the analytical capability for detecting banned substances and doping agents taken by athletes and to help lead to practical doping deterrence strategies.</td>
<td>Sharon Clarke x5815 <a href="mailto:clarke@uow.edu.au">clarke@uow.edu.au</a></td>
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</tbody>
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Sharon Clarke x5815 clarke@uow.edu.au

NHMRC/ARC Grants 2010

NHMRC Project Grants and ARC Discovery Grants both open for applications in December 2009 and close in March 2010. Both bodies are using new grant management software systems. More information can be found on each institution’s websites:

**Project Grants**

**Discovery Grants**

To facilitate applications, the RSO will be in contact with researchers shortly with more information about submission deadlines and application help. For any questions please contact Kylie Smith by email: kyliesm@uow.edu.au or by phone on extension 4278.