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Introduction

Welcome to the School of Psychology Research Report for 2016. This report presents a snapshot of academic staff and Higher Degree Research (HDR) students within the School, as well as showcasing the School’s research achievements in 2016. Our staff and HDR students continue to engage in basic, translational and applied research that is recognized nationally and internationally. For instance, the Project Air Strategy for Personality Disorders is an award winning initiative led by Prof Brin Grenyer. Project Air is recognized nationally and internationally as a leader in research, training and treatment. A/Profs Mitch Byrne and Nadia Solowij received funding in the 2016 round of NHMRC grants. A/Prof Solowij’s grant will further examine the neurobiological factors associated with cannabis dependence, while A/Prof Byrne’s research examines the effects of omega-3 supplements on the aggressive behavior of inmates. The School is committed to producing quality research in partnership with colleagues, industry and community organisations. This commitment is illustrated in the long, fruitful research relationship that Prof Frank Deane and Dr Peter Kelly have established with the Salvation Army in evaluating residential drug treatments. In 2016, Deane and Kelly received the Australasian Therapeutic Communities Association Excellence in Research and Evaluation: Therapeutic Community Research award and the 2016 Excellence in Research and Evaluation Award at the NSW Non-Government Alcohol and Other Drug Awards. A/Prof Lynne Magor-Blatch, whose expertise is in substance abuse and treatment, was recognised when she was invited to attend the UN General Assembly Special Sitting on the global drug issue.

These achievements are the result of a strong commitment by our academics to producing quality research. We look forward to building on the successes of 2016 for a productive and rewarding 2017. Further information about individual researchers can be found at scholars.uow.edu.au

Associate Professor Peter Caputi
Head of the School of Psychology
University of Wollongong

“These achievements are the result of a strong commitment by our academics to producing quality research.”
Project Air

A year of major expansion for the Project Air Strategy

The multi-award winning Project Air Strategy for Personality Disorders broadened its global outreach in 2016 featuring innovative new research.

It was a significant year on the international stage when the project won a major mental health award in Vienna. Early intervention is a priority for young people with personality disorder and providing treatment to young parents is equally an opportunity for change. The Project Air Strategy Parenting with Personality Disorder intervention study, ‘An intervention supporting parenting with personality disorder: A pilot study of clinician acceptability’ was presented at the 4th International Congress on Borderline Personality Disorder and Allied Disorders in Austria and was awarded first place in the scientific research prizes at this meeting. The citation noted that “integrating this intervention into current treatment programs will protect children and contribute to the prevention of intergenerational transmission of the disorder”. The research paper, treatment manual, fact sheets and video are all available at www.projectairstrategy.org

During 2016 the Project Air Strategy team presented at events to spread the hopeful messages about early intervention, treatability and recovery of personality disorders. Presentations included to the Tasmanian Branch of the Royal Australian and New Zealand College of Psychiatrists Conference ‘Controversies and Contemporary Thinking in Psychiatry’; in Israel at the Society for Psychotherapy Research conference where Project Air Strategy participated in a panel presentation on new developments in psychotherapy research for Borderline Personality Disorder with Ueli Kramer (Lausanne) and Shelley McMain (Toronto); at the 4th International Congress on Borderline Personality Disorder and Allied Disorders in Austria – including three presentations; and

“We bring new scientific discoveries to promote recovery.”

Project Air Strategy moved to new purpose-built premises in March 2016. Previously housed in the Illawarra Health and Medical Research Institute (IHMRI) laboratories, the Project Air Strategy has now relocated to the Northfields Clinic building on UOW’s main campus. Executive Dean of the Faculty of Social Sciences, Professor Glenn Salkeld, joined the NSW Mental Health Commissioner, Mr John Feneley, in officially opening the new headquarters.

Director of Project Air Strategy, Professor Brin Grenyer, said the new premises would allow his team to be closer to the community with clinical facilities in Northfields Clinic, a treatment setting serving the community along with a new telehealth consulting room linking the headquarters of Project Air to every health service across NSW.

Professor Grenyer said Project Air Strategy for Personality Disorders was an internationally recognised leader in research, education and treatment partnering with health, justice, communities, schools, families and individuals.

“We bring new scientific discoveries to promote recovery,” he said.

Project Air Strategy for Personality Disorders is a partnership between IHMRI, the NSW Ministry of Health, and local NSW Health Districts.

Australian data from the national survey of mental health and well-being shows that personality disorders affect about 6.5 per cent of the population, with one in six hospital admissions to NSW mental health units each year involving personality disorders. Due to the extreme emotional distress caused, up to 80 per cent of those with personality disorders self-harm.

In November Project Air Strategy hosted the 10th Annual Conference on the Treatment of Personality Disorders on the theme, ‘New Research Frontiers and Discoveries’.

The NSW Minister for Mental Health, the Hon Pru Goward, opened the conference. One of the speakers at the conference was Professor Eric Fertuck of the City University of New York. His original and influential research uses a social cognitive neuroscience approach to understand mechanisms of psychological disturbance and their treatment.

Another key speaker at the conference was Professor Henry Jackson from the University of Melbourne who discussed landmarks in the field of personality disorders over the past 25 years, along with possible future directions.

Samples of new research findings from the Project Air Strategy team were also presented at the conference. These included a study which showed symptom recovery is common and likelihood of relapse is low among people with Borderline Personality Disorder. Other research demonstrated how mindfulness and emotion regulation can interrupt the association between negative early care experiences and poor mental health.

The conference also featured the launch of a new resource for schools. The NSW Department of Education and NSW Ministry of Health have sponsored Project Air to develop a new program for schools to assist their work with young people with complex mental health issues. This includes understanding and responding to emerging personality disorder, trauma history, self-harm and suicidal behaviour and difficulties with identity, emotions and relationships.

Project Air Strategy is the outcome of a competitive tender won by UOW in 2010 to create a more personality disorders-friendly health service through the application of evidence-based research and the development and evaluation of treatment guidelines and resources. The strategy has since become a clinical centre of excellence (with various awards to its credit) for the assessment and treatment of personality disorders, providing high-quality training, consultation and resources to health staff across NSW.
Passionate about research that results in tangible community outcomes, current key focuses for Dr Mitch Byrne are an investigation into the impact of Omega-3 supplementation on prisoner aggression and building on a de-stigmatisation program for Autism.

In 2016, Dr Byrne (along with Associate Professor Barbara Meyer) was Chief Investigator on a successful $1.8m five-year NHMRC Partnership grant examining Omega-3 supplementation on prisoner aggression. Dr Byrne has been working on this project since 2012 with the outcomes of a pilot feasibility study featuring on ABC-TV’s Catalyst program in 2014, and the data published in 2016. The NHMRC intervention trial begins in 2017 and involves partners within UOW, other universities, and correctional services in NSW and South Australia.

Dr Byrne has also continued his research in Autism, building on a de-stigmatisation program developed through 2012 to 2014 entitled Understanding Our Peers.

An estimated one in 100 people have Autism – that’s almost 230,000 Australians – and it affects around four times as many boys than girls.

The de-stigmatisation program was awarded the 2015 National Autism Spectrum Australia Advancement Award and in 2016 Dr Byrne and his doctoral student, Lidija Balaz developed a pre-school version comprising children’s story books. These have been well received in the early education community and have been commercialised.

Rather than focusing on developing another individual-focused intervention to improve the social functioning of students with high-functioning Autism, Dr Byrnes’ program focuses on creating an intervention to manipulate the social environment in educational institutions, to be more supportive and accepting of the differences that come with the condition.

Data collected as part of this research demonstrates reduced bullying-type behaviours by typically developing peers towards children with Autism. Dr Byrne has also been part of a consortium of researchers and practitioners liaising with peak bodies in China about the development of Autism services in their country.

Dr Byrne has also worked alongside university and community colleagues on the development of the MIND the GaP facility in Nowra and as part of that is collaborating with Dr Emma Barkus on community-based research investigating help-seeking, stigma and mental health literacies as they relate to Post Traumatic Stress Disorder (PTSD). This research received a UOW Faculty Partnership Grant of $11,500 and involved collaboration with Fearless, a not-for-profit PTSD advocacy group.

Dr Byrne continues to be an active provider of clinical and forensic psychological services. He was invited to present at the annual Children’s Court Magistrates conference on what constitutes a ‘good’ clinic report. He also presented to the Australian Psychological Society (WA Branch) Golden Jubilee Conference on the role of Omega-3 in the management of mental health disorders, and to the University of Sydney Institute of Criminology seminar on Pharmacotherapy and Crime. Dr Byrne has also been part of a consortium of researchers and practitioners working on Post Traumatic Stress Disorder (PTSD) and its treatment.

EXAMPLE PUBLICATION:
Maguire, G. & Byrne, M. K. (2016). The Law Is Not as Blind as It Seems: Relative Rates of Vicarious Trauma among Lawyers and Mental Health Professionals. Psychology, Psychiatry and Law (online first)
Radiation Health group’s key role in future international guidelines

While investigations are still continuing into possible adverse health consequences from using mobile phones, a potential health benefit against a common debilitating disease may lie on the other side of the coin.

It’s been a busy year for UOW’s Radiation Health research group. Professor Rodney Croft says much of this work has revolved around the potential for mobile phone-like radiation to adversely affect health.

His research group has been testing for effects on children as well as determining whether mild effects on neural function are due to heating. But at the same time his group has been developing an animal laboratory to assess the potential benefit of such exposure for Alzheimer’s disease, given that some recent publications suggest it can reduce pathology and improve cognition in Alzheimer’s model mice. The team’s work in this area is continuing.

In collaboration with visiting researchers from Germany, the research group has also been assessing the effect of public health message content on community concern and trying to determine why ‘precautionary messages’ increase concern. This has resulted in a range of publications showing that many of the expected causes of this, such as interactions with personality type and message content, have relatively little effect. Conversely, regardless of message content or recipient, the longer the message the greater the concern – making it difficult to inform the public about radiation and health without unduly alarming them.

As part of Professor Croft’s work with the International Commission on Non-Ionising Radiation Protection (ICNIRP), in 2016 he was appointed as Chair of the new high-frequency guidelines. These guidelines cover the 100 kHz to 300 GHz range of the electromagnetic spectrum, which includes that used for telecommunications (e.g. TV, radio, mobile phones and base stations). Professor Croft says it’s the first complete update since 1998, and is proving a fascinating but challenging task.

He described it as a “great prod” to ensure that Radiation Health research more generally is sufficiently focused to inform future guidelines.

Professor Croft is Director of the National Health & Medical Research Council of Australia’s Centre for Research Excellence in Electromagnetic Energy, he is a current ICNIRP Commissioner, and Professor of Health Psychology at UOW.

EXAMPLE PUBLICATION:

Salvos partnership aids people with substance misuse problems

A decade long partnership between the Salvation Army and UOW’s Illawarra Institute for Mental Health is a prime example of a direct contribution being made to those most vulnerable in the community.

The partnership between the two organisations initially developed when UOW received a two-year funding grant from the Australian Rotary Health Research Fund (ARHRF) to evaluate The Salvation Army’s residential drug treatment program at Morisset.

The Salvation Army was so impressed with the University’s work on this evaluation that they moved to self-fund an extension to include all of their residential drug and alcohol detoxification and recovery services located throughout Queensland, New South Wales and the Australian Capital Territory.

The Salvation Army is Australia’s largest provider of residential treatment services for individuals with substance misuse problems. They provide more than 650 treatment places in NSW, ACT and QLD alone. UOW researchers have been evaluating recovery and detoxification services located in Mt Isa, Townsville, Brisbane, Gold Coast, Sydney, Central Coast, Lake Macquarie and Canberra.

Mr Gerard Byrne, Operations Manager for The Salvation Army Australian Eastern Territory Recovery Services programs said that the partnership with UOW has helped The Salvation Army maintain its high standards and quality of service.

The evaluation project for The Salvation Army has been co-ordinated by Professor Frank Deane and Associate Professor Peter Kelly at the Illawarra Institute for Mental Health and supported Dr Trevor Crowe and a number of honours and doctoral students from the School of Psychology. By 2016 a total of 32 honours, masters or PhD students from the School of Psychology have worked on the project and they now have more than 25 peer reviewed journal articles from this work.

In 2012, the Illawarra Institute for Mental Health and The Salvation Army took out the Excellence in Research category at the National Drug and Alcohol Awards and in 2016 they received the Australasian Therapeutic Communities Association Excellence in Research and Evaluation: Therapeutic Community Research award and the 2016 Excellence in Research and Evaluation Award at the NSW Non-Government Alcohol and Other Drug Awards.
Praise for pilot Family Drug Treatment Court

A practising psychologist with over 40 years’ experience working with people with alcohol and other drug issues believes the establishment of a Family Drug Treatment Court in Melbourne is an important initiative that could be adopted around Australia and the rest of the world.

Associate Professor Lynne Magor-Blatch, whose research speciality is in forensic psychology, including substance abuse and treatment, has praised the establishment of the Family Drug Treatment Court in Melbourne as a three-year pilot program in the Children’s Court of Victoria.

The aim of the Family Drug Treatment Court is to help parents stop the problematic use of alcohol and other drugs and to promote family reunification.

“If we are going to break the chain of intergenerational substance use, we need to be starting with the family system.”

Associate Professor Magor-Blatch’s expertise was recognised on the international stage in 2016 when she attended the United Nations General Assembly Special Sitting (UNGASS) on the world drug problem, presenting on treatment issues, including a policy shift away from law enforcement and prohibition to treatment and harm reduction for drug users.

Associate Professor Magor-Blatch was one of 11 experts selected from across the world to represent the non-government alcohol and other drug sector in roundtable discussions at UNGASS and is a keen advocate for the establishment of more drug courts in Australia.

“Substance use, while sometimes involving activities that place people within the criminal justice system, is fundamentally a health concern,” Associate Professor Magor-Blatch said.

Associate Professor Magor-Blatch said 66 per cent of Australia’s drugs budget is spent on law enforcement with just 21 per cent spent on treatment, 10 percent on prevention and two per cent on harm reduction.

“Combating the shame and stigma, and providing support to families, reducing fatalities and increasing partnership models between health and justice systems is of paramount importance.”

Associate Professor Magor-Blatch is part of a small group in the Illawarra concerned with the establishment of a Drug Court in the region.

Dr Mitch Byrne, also from the School of Psychology, and lawyer Renata Matyear are members of the group who have been working for a number of years on this initiative.

EXAMPLE PUBLICATION:
Treating ADHD without using drugs

Worried parents who do not want to see their children treated with drugs have spurred Associate Professor Stuart Johnstone’s pioneering research into developing a new pathway for dealing with Attention Deficit Hyperactivity Disorder (ADHD).

Associate Professor Professor Johnstone has made major advances in finding a drug-free alternative to treating ADHD which has involved a collaboration with one of China’s leading universities.

He has completed a research study with the Institute of Mental Health Peking University which show the benefits of neurocognitive training for children with ADHD. Another study, supported by UOW and Faculty of Social Sciences seed grant, is now in process for 2017.

Associate Professor Johnstone is motivated by using technology to create fun, evidence-based tools that can help people on a day-to-day basis.

In 2016 Associate Professor Johnstone published results from a collaborative study with the Centre for Cognition and Sleep, People’s Hospital of Guangxi Zhuang (Autonomous Region of China) showing that measurement of physical movement and cognitive performance can help us understand if a child has ADHD or not.

He also published results with positive results to date of a study examining a smartphone app that was designed to increase healthy food consumption in overweight or obese adults.

The commercialisation effort for his ADHD research has resulted in “Focus Pocus” software product being marketed in Australia, the United States, China, Canada, and European countries. His achievements have seen a demonstrable global benefit by bringing to market an affordable, research-supported, non-drug treatment program for children diagnosed with ADHD. This commercialisation effort also led to Associate Professor Johnstone receiving the 2013 Vice-Chancellor’s award for “Outstanding Achievement in Research Commercialisation”.

The future potential of the UOW Intellectual Property in other treatment domains has also been recognised and has generated additional research output and collaborations. For instance, the neuro-cognitive training tool has recently been explored as a potential training approach for adults with Traumatic Brain Injury (in association with the Illawarra Brain Injury Service in Wollongong and Nowra, and Liverpool Hospital Rehabilitation Unit) and for children with Post Traumatic Amnesia (in association with Sydney Children’s Hospital).

Associate Professor Johnstone paid special recognition to his research collaborators Professor Sun Li from Peking University and Dr Qin from the Centre for Cognition and Sleep.

EXAMPLE PUBLICATION:
Cannabis use – what are the effects?

With the rapidly shifting policies worldwide around legalisation of cannabis for medicinal or recreational use, it is more important than ever to understand the effects of cannabis, the mechanisms of action, and individual differences in response to cannabis.

Associate Professor Nadia Solowij and her team have continued their program of research on the effects of cannabis on the brain and expanded to include therapeutic potential.

Through National Health and Medical Research Council (NHMRC) project grant funds and Associate Professor Solowij’s Australian Research Council (ARC) Future Fellowship funding (2012-2016), the team has sought to better understand the effects of specific cannabinoid compounds, such as Cannabidiol (CBD) and D9-Tetrahydrocannabinol (THC) in several clinical trials completed in 2016. To date, her program of research has received more than $6 million in funding.

One pragmatic trial involved prolonged administration of CBD to regular cannabis users, daily for 10 weeks. The findings suggest that CBD treatment improved cognition and reduced psychotic-like and depressive symptoms in cannabis users. Together with Australian and international collaborators, they have recently reported that exposure to CBD in the cannabis used by regular users may protect from brain harms associated with exposure to THC. This work overall has implications for possible use of CBD as an adjunct to psychological treatments for cannabis dependence. Data analysis from the clinical trials toward publication is currently ongoing and will inform associations between cannabis exposure and psychosis-like outcomes, as well as protection from, or amelioration by, CBD of harms associated with THC.

Associate Professor Solowij was awarded $731,571 in the 2016 round of NHMRC grants to further investigate the neural correlates of cannabis dependence in a 4-year project titled “Characterising neurobiological abnormalities in Cannabis Use Disorders”. Together with colleagues from Liverpool University (UK), Monash University, UNSW and the University of Amsterdam, the team will examine brain structural and functional alterations associated with transitions from recreational cannabis use to dependence and its severity.

Professor Solowij’s collaborative involvement in Australia’s first medicinal trial of cannabis for managing symptoms and improving quality of life in terminal cancer patients is ongoing. She continues her extensive peer review work, serving as an editor on six international scientific journals and working on NHMRC and ARC panels. Further collaborative work by Associate Professor Solowij, Dr Peter Kelly and their clinical PhD student Ely Marceau, with community partner WHOs (We Help Ourselves) in a cognitive remediation program for residential alcohol and other drug clients, was selected by the NSW Health Agency for Clinical Innovation for health service expansion and implementation more broadly.

EXAMPLE PUBLICATION:
Ahead of the Game

Using grassroots sport to prevent mental health issues

In conjunction with the 2016 Mental Health Awareness Week, researchers at the University of Wollongong (UOW) called on local sporting clubs to get involved with a new project targeting adolescent males, a group at high risk of mental health problems.

The Ahead of the Game program is targeted at adolescent males who participate in sports and includes coach training workshops, programs for adolescent males and programs for their parents. As part of the program, researchers will be undertaking a study to better understand how Ahead of the Game can help local clubs to improve mental health knowledge and how to prevent or reduce the impact of mental health problems in adolescent males.

Ahead of the Game lead researcher Dr Stewart Vella said the program uses organised sport as a way to reach adolescent males, who are naturally at high risk of mental health problems.

“One man dies from suicide every minute and we have found that young men wait far too long to seek help for mental health problems, with some delaying treatment for up to nine years,” Dr Vella said.

“Three-quarters of adolescent males participate in organised sports and we really do believe that sports have a big role to play in the prevention of mental health problems in Australia.

“Sport lends itself to the opportunity to teach important lessons with participation in sport associated with the development of social and emotional skills. With such a high national importance placed on sport and large participation numbers among adolescent males, sport is a great channel to tackle important mental health issues.”

Ahead of the Game aims to equip adolescent males with the skills, confidence, and support systems to recognise the warning signs of mental health problems and act on them as early as possible.

“Through the program we want to provide adolescent males with greater resilience to mental health problems and greater wellbeing,” Dr Vella said.

“Our programs include Help Out a Mate; a workshop that will guide adolescent males through recognising when a team mate is having a tough time, how to speak to them and what to do.

“Participants in the program will also be able to access a wellbeing program to improve performance and build resilience.”

Researchers will be collecting data prior to the start of the sport season, with the program running anywhere from a few weeks to a whole season. The Ahead of the Game project team will work closely with participating clubs to ensure the program is delivered in the best way possible.

Ahead of the Game comprises the expertise of multiple researchers within ESRI and UOW’s School of Psychology, and is supported by the Australian Sports Commission and the governing bodies of six of the most popular sports for adolescent males: the Football Federation of Australia, the Australian Football League, Tennis Australia, Basketball Australia, Swimming Australia, and Cricket Australia. Community partners include the Black Dog Institute and the Australian Drug Foundation, the Movember Foundation and other collaborating University partners.

**EXAMPLE PUBLICATION:**
I like working with the volunteers who are passionate about youth mental health, and put so much effort and free time in to do this.”
Sarah Liddle is playing a critical role in helping young males to address mental health issues on and off the sporting field.

A clinical psychology PhD candidate, Ms Liddle has developed and evaluated a sports-based mental health literacy program to promote help-seeking in young males aged 12-17 in community sports clubs. Her project is one component of the ‘Movember’ funded Ahead of the Game initiative.

Ms Liddle’s PhD began by systematically reviewing the current approaches that Australian peak sporting bodies and organisations were taking towards addressing mental health. Findings revealed many of the organisations acknowledged the importance of mental components of their sport to increase competitiveness but few explicitly noted mental health problems or the potential of their sport to promote good mental health. Ms Liddle developed the Help out a Mate (HOAM) mental health literacy program to be delivered to adolescent males in sports clubs in NSW. The study is interested in the relationship between factors such as mental health literacy, prior helping behaviour and intentions to provide help to others, and own help-seeking intentions.

Her goal was to develop a brief 45-minute workshop that can be delivered within sports clubs to equip young people aged 12-17 with the knowledge and skills required to support one another both on and off the field. A program of this length and for this age span within sport did not currently exist.

“The goal of HOAM is to increase knowledge about common mental health problems, while discussing the common warning signs that a friend might be struggling, and outlining some steps they can take to help them out, including accessing supportive adults and other mental health resources they can suggest,” Ms Liddle says.

She recruited and trained a team of volunteers who work in pairs to deliver the workshops typically at a team training session. While most of the volunteers have been psychology undergraduate students, some of them are from other faculties, as well as UOW graduates. Some volunteers have had their own lived mental health experiences which they often share when delivering the workshops. All volunteers have completed Mental Health First Aid as well as attended several training sessions. The HOAM Volunteer Facilitator role is a part of the UOWx program which allows volunteers to have their involvement formally recognised by the University with a UOWx Transcript and is awarded at graduation.

As part of Ms Liddle’s research in 2016 she received a travel award to go with other members of the Ahead of the Game team to the North America Society for the Psychology of Sport and Physical Activity conference in Montreal, Canada to present in a symposium on the project development and progress.

“I love that as part of the Ahead of the Game team I get to do hands on work with the young athletes, teaching them a bit about mental health and how they can look out for each other and themselves as it’s so rewarding. I also like working with the volunteers who are passionate about youth mental health, and put so much effort and free time in to do this.”

**EXAMPLE PUBLICATION**

Palliative care is not a topic many people wish to confront but PhD candidate, Esther Davis, believes there is potential merit in further research into Acceptance and Commitment Therapy (ACT).

Ms Davis, who has recently submitted her thesis in clinical psychology, says her findings point to the need for more research into ACT-based interventions for patients and carers adjusting to serious illness and bereavement.

ACT is an evidence-based therapy with the aim of maximising human potential for a full and meaningful life. It is about being open and willing to experience unwanted thoughts and feelings in the pursuit of one’s values and goals. Ms Davis says when thoughts and feelings are observed with openness, even the most difficult can seem less threatening or unbearable and we are freer to act in ways that we value.

Her research focused in particular on examining the role of acceptance of thoughts and feelings and engagement in valued-living in psychological distress and grief. This research examined these variables among samples of bereaved students, and patients at end of life and their carers. Her research included a feasibility trial of an ACT self-help intervention to alleviate grief and psychological distress among carers of patients in palliative care. Carers were randomised to either the intervention group, which received a booklet and single telephone support call, or the control group that received treatment as usual. The booklet provided psychoeducation and skills to process difficult thoughts and feelings, and guided carers through a process of clarifying personal values and committing to value guided action.

Overall, Ms Davis’ research pointed to the potential of acceptance, and to some extent valued-living, as potential mechanisms of therapeutic change in psychological distress and grief for individuals at end-of-life or in bereavement.

“The self-help intervention was found to be a viable intervention option for carers, and preliminary analyses showed tentative trends for acceptance, valued-living, grief and psychological distress in helpful directions,” according to Ms Davis.

**EXAMPLE PUBLICATION:**

Promising findings on cognitive remediation

Health service authorities have recognised PhD researcher Ely Marceau’s promising findings on cognitive remediation among people affected by chronic drug and alcohol use.

Drug and alcohol intoxication produces a range of short-term effects but with heavy, chronic use, research indicates that structural and functional changes occur in the brain. These changes result in cognitive deficits, which manifest across a range of domains, impeding basic cognitive processes.

In particular, impairments of the executive functions*, which are linked to the prefrontal cortex and other associated areas of the brain, are commonly observed. [*The Unity/Diversity Framework proposes three core executive functions: Updating (monitoring and altering the contents of working memory), Shifting (flexibly switching attention between tasks), and Inhibition (overriding an unwanted distraction/response to focus on a task)]. Ms Marceau says it has been proposed that training these basic executive functions may increase the capacity for effective behaviour in everyday life and the ability to set and maintain progress towards long-term goals.

Her research has sought to apply these principles to people diagnosed with substance use disorder, receiving treatment in residential rehabilitation services. This was particularly relevant as a recent extensive systematic review found that cognitive deficits were one of the four most consistently reported risk factors for dropout from substance use disorder treatment. Dropout rates in residential treatment facilities are as high as 57% and Ms Marceau says there is a pressing need for interventions and strategies to reduce the likelihood of residents terminating treatment early.

With the help of collaborators Dr Jamie Berry (senior clinical neuropsychologist) and Joanne Lunn (project officer from a Sydney drug and alcohol rehabilitation service called We Help Ourselves: WHOS) Ms Marceau says they have developed, implemented, and evaluated a group intervention called cognitive remediation.

“We aimed to determine whether residents would improve performance on executive functions tasks and real-world everyday functioning in relation to a control group who took part in the usual treatment program at WHOS,” she says.

“We found that the cognitive remediation group improved both on the executive functions tasks and on the measures of everyday functional outcomes.”

These findings were presented at the inaugural NSW Agency for Clinical Innovation (ACI) Drug and Alcohol Innovation Forum in August 2016 and the project was chosen to receive ACI support and funding to facilitate implementation and evaluation in other drug and alcohol rehabilitation settings and more broadly across the health service.

The next major phase of the project is underway and Ms Marceau says hopefully this ongoing research will continue to improve the field’s understanding of how individuals can be bolstered to receive the full benefits of treatment and move towards breaking the negative cycle of addiction.

EXAMPLE PUBLICATION:
Award-winning former PhD student Diane Whiting is at the forefront of research involved in working with adults who have experienced a severe traumatic brain injury (TBI).

She is playing a vital role in assisting them to adjust psychologically to their life after such a catastrophic injury.

After a TBI people experience changes in their emotions, their thinking ability, their behaviour and in many of their life roles. They often are unable to return to work, relationships break down and they struggle to understand who they are anymore which results in a high level of distress.

Dr Whiting has implemented Acceptance and Commitment Therapy (ACT) in order to assist them to adjust and cope with these changes. ACT is a third wave cognitive behavioural therapy that assists people to accept what is beyond their control through mindfulness and acceptance based skills. ACT further seeks to promote meaningful behaviour in line with an individual’s personal values resulting in a reduction of psychological distress.

Her PhD has resulted in four publications in peer reviewed journals and a number of conference presentations at national and international levels.

She was successful in receiving two awards from her PhD research including the Australian Psychological Society ACT Interest Group Award in 2015 and the Luria Award for the most outstanding PhD presentation at the Australasian Society for the Study of Brain Impairment ASSBI, 39th Annual Brain Impairment Conference, held at the Sheraton Grand Macau Hotel, Cotai Central, Macau from 26–28 September 2016.

Although Dr Whiting is no longer working in a brain injury service and has moved into a dual role within NSW Health as the Principal Psychologist of South Eastern Sydney Local Health District (SESLHD) and the Manager of the Mindset team in community health (Child Youth and Family Counselling), she still maintains an active research role within her client group.

“I hope to translate my research knowledge and empower psychologists across SESLHD to embrace clinical research as an essential component of their work,” she said.

EXAMPLE PUBLICATION
David Spindler is a former professional golf caddie who has now turned his sporting interests into an in-depth study of the psychological processes behind world-class endurance cycling.

The PhD candidate says long distance cycling requires an athlete to make race-defining decisions while performing under substantial physiological load. However, limited research has explored decision making processes in elite level cycling.

Mr Spindler’s research is looking at how beliefs about decision making affect decision making performance when elite level cyclists are cycling at high intensity.

In his first study (Spindler et al., in press) 54 elite level endurance cyclists (including world champions) performed a decision making task before being informed that decision making ability is either fixed (cannot be improved) or malleable (can be improved). They then performed 20-minute sustained high intensity cycling. At the end of the cycling task, and while still under physiological duress, they again completed the decision making task.

The study showed that elite level cyclists led to believe that decision making ability can be improved increased their decision making performance when fatigued, whereas those led to believe that decision making ability cannot be improved worsened their decision making performance when fatigued.

Mr Spindler’s second study was a replication of the first study, but also tested whether the ingestion of glucose (a sports gel) would protect against the decrease in decision making performance that was observed in the second condition. Research has shown that ingestion of glucose may contribute to improved cognitive performance. Glucose is regularly ingested by athletes as an energy source. In the study, 76 elite cyclists (including nine world champions, and holders of 23 national titles) completed the same decision making task and were assigned to one of four conditions: informed that decision making ability is fixed and consumed sports gel (or did not consume sports gel), or informed that decision making ability is malleable and consumed sports gel (or did not consume sports gel).

The study (currently being written up for publication) replicated findings from the first study. Cyclists led to believe that decision making ability is malleable increased their decision making performance when fatigued, whereas those led to believe that decision making ability is fixed worsened their decision making performance when fatigued. However, Mr Spindler says this was not contingent on the ingestion of glucose.

“When cyclists ingested glucose (consumed the sports gel) it was the belief that decision making was a depletive task that mattered and NOT that the cognitive tasks were depleting in nature,” he says.

These two studies demonstrate that the ability to make critical decisions when fatigued (similar to competition environments) is dependent on the cyclists’ beliefs and may not be due to depletion of cognitive resources.

EXAMPLE PUBLICATION:
Research Profiles

DR MARK ALLEN

Research targets increasingly sedentary population

Dr Mark Allen and his research team spend much of their time researching the determinants of healthy living in the pursuit of implementing policy change and national-level intervention that might benefit an increasingly sedentary population.

Dr Allen currently teaches on the undergraduate psychology program (the psychology of health and physical activity) and actively pursues his career goal of conducting a program of high-impact research that directly contributes to improved societal outcomes.

His research interests include (1) the role of personality in health and disease across the lifespan (2) psychological processes governing athletic achievement, and (3) health-related lifestyle factors and onset of mental health disorders. Dr Allen has more than 50 peer-reviewed journal articles in the general area of physical activity and health, and in the last three years has published more than 25 articles on personality, health and disease.

In 2016 Dr Allen was awarded three internal research grants from UOW to undertake a series of research projects into adult physical activity and sedentary behaviour. His most notable publications of 2016 demonstrate that (a) health-related behaviour (alcohol intake, physical activity, diet and cigarette smoking) connect personality traits to cognitive decline in the elderly, (b) that long-term change in personality coincides with long-term change in physical activity, (c) that personality is a key factor predicting body image and sleeping difficulties, and (d) that personality traits of Indigenous Australian children relate to the accumulation of excessive body fat during the transition into adolescence.

His current research is exploring personality trait associations with biological markers of inflammation and immune function, personality and onset of lung disease in older adults, personality and change in sexual health across the lifespan, and systematic research syntheses of personality and health outcomes (risky sexual behaviour, sexually transmitted infections).

Dr Allen is an Associate Fellow and chartered member of the British Psychological Society and often works as a psychological consultant for high-profile professional athletes.

EXAMPLE PUBLICATION:

DR EMMA BARKUS

Dr Emma Barkus’ work encompasses psychological, biological and genetic markers for risk for psychosis and centres on the utility of using schizotypy as a marker for psychosis risk. Emma was awarded her Ph.D from Manchester Metropolitan University in 2005 under the supervision of Dr. John Stirling, Manchester Metropolitan University, and Professor Shôn Lewis, University of Manchester. Her PhD focussed on understanding the factors which predicted auditory hallucinations in otherwise healthy people. Emma obtained a NARSAD Young Investigator Award prior to joining the University of Wollongong in 2010.

Emma and her team have demonstrated that non-clinical auditory hallucinations activate the same brain areas as those experienced by patients with schizophrenia, and that people who are prone to psychosis report more psychotic-like experiences after using cannabis. Emma obtained a Stepping Stone Research Fellowship in 2007 that eventuated into a collaboration with a pharma consortium called Pivitol to investigate the utility of biomarkers to detect antipsychotic effects in high schizotypes.

More recently, Emma’s research has turned to focus on the effects of stress on mental health and how stress might exacerbate vulnerabilities to mental health disorders. Her team in Wollongong have demonstrated that high schizotypes display a blunted cortisol response to stress and that lack of cortisol reactivity accounts for the reduced learning observed in high schizotypes following stress. Everyday slips and errors in thinking are related to schizotypy and it appears that negative affect contributes to errors in thinking in high schizotypes. In addition, developmental difficulties such as dyslexia and neurological soft signs appear to be associated with the presence of schizotypy.

EXAMPLE PUBLICATION:
From detecting deception to the ‘flipside of noise’ . . .

Professor Robert Barry’s specialisation in brain activity and behaviour has involved him in a wide research spectrum from helping agencies identify deception to the advantages of ‘white noise’ in the environment.

He has also investigated differences in the brain activity of people with conditions such as Asperger’s Syndrome and Attention Deficit Hyperactivity Disorder (ADHD) which highlights some of the broad research carried out by Professor Barry in the area of psychophysiology.

For example, Professor Barry who is Director of the Brain & Behaviour Research Institute at UOW, has been involved in studies of EEG (electroencephalogram) differences between children with two subtypes of ADHD. Findings showed different neuroanatomical systems involved in the different subtypes of ADHD.

Professor Barry’s research continues to span three interconnected areas of psychophysiology. The first and most basic area, brain dynamics, explores how the ongoing EEG reflecting brain activity generates the ERP (or event-related potential) marking detection and processing of an environmental event. In particular, this research explores timing effects for stimulus events relative to both amplitude and phase of the current EEG activity. The second area is the Orienting Reflex, the automatic mechanism that grabs people’s attention to novel events in their environment. This research stream aims to integrate autonomic and central measures of the Orienting Reflex to novel stimuli, and to understand different response profiles over stimulus parameters and stimulus repetition.

Professor Barry’s third area of research is in individual differences, covering both normal and atypical development. This research also includes sex differences and changes over the lifespan, and uses autonomic measures, EEG and ERPs.

Professor Barry has active international projects with the Japanese National Research Institute of Police Science and universities in Japan (detection of deception), and with colleagues in Russia (sex differences and menstrual cycle effects in EEG) and Turkey (history of brain oscillation dynamics and new applications).

He is currently a Chief Investigator on an ARC-funded Discovery Project (2016-2018) with colleagues at the University of Queensland investigating “the flipside of noise” – the surprising improvements in listening and learning that can occur in some individuals with low attentional capacity (such as in ADHD) when additional white noise is present in the environment. White noise is a type of noise produced by combining sounds of all different frequencies together. It produces an even distribution of all sound frequencies within the range of normal hearing.

Professor Barry was the Founding President of the Australasian Society for Psychophysiology, and has been a Fellow of the International Organisation of Psychophysiology (IOP) for 35 years. He has been on the Board of Directors of IOP for more than 20 years, and Treasurer for the last six years; in 2016 he was elected Vice-President for 2017-2022. He reviews grants for the ARC, NHMRC, and agencies in Canada, Israel, UK, Singapore, Hong Kong, Netherlands, Jordan, and Qatar, and serves on the Editorial Boards of leading journals in psychophysiology, clinical neurophysiology, neuropsychiatric electrophysiology, and caffeine research, as well as being a regular peer reviewer for many other journals.

EXAMPLE PUBLICATION:
Professor Peter Caputi is currently Head of the School of Psychology at the University of Wollongong. Peter has been Interim Director of the Centre for Health Initiatives and a member of the Research & Evaluation Committee at Neami National. Peter’s research interests are in applied psychology, specifically in applied health and clinical psychology. Much of his research work is interdisciplinary, working with colleagues in public health, medicine and business. Trained originally as a quantitative psychologist, Peter has a particular interest in measurement issues and model development in applied and clinical settings. Peter’s work on psychological recovery from serious mental illness illustrates this point. In conjunction with Dr Retta Andresen and A/Prof Lindsay Oades, Peter developed a number of measures of stages of recovery, including the STORI (Stages of Recovery Inventory). These measures are underpinned by an innovative stage model of psychological recovery. A description of these recovery measures is available at http://socialsciences.uow.edu.au/iimh/stori/index.html. The impact of this work is not only evident in excellent citation rates but also by Wiley-Blackwell commissioning a book titled Psychological Recovery from Mental Illness that was published in 2011. The STORI has been translated into several languages including French, Spanish, Greek, Persian and Italian. It has been used as a clinical tool as well as a research inventory. Peter’s collaborations with Dr Chris Magee and Professors Iverson and Xu-Feng Huang has led to a body of work that has significant impact on our understanding of the relationship between sleep and obesity. In particular, this body of research (highlighted by the award of an ARC Discovery grant DP110100857) highlights Peter’s contribution in applying complex data modelling to the health discipline. More recently, Peter has focused his research attention to occupational health psychology, especially, understanding the concept of presenteeism. Internationally, Peter is recognized as a leading researcher in Constructivist Psychology. While he has published numerous influential papers on methodological and measurement issues in this domain, Peter has also contributed to theoretical and conceptual development. Peter has edited two influential books on Personal Construct Psychology, chaired two International Congresses on Constructivist Psychology, the most recent in 2013, and he is on the editorial board of the Journal of Constructivist Psychology.

EXAMPLE PUBLICATION:

Dr Amy Chan

Developing skills through counterfactual thinking

It’s a term we may not use in our everyday conversations but it’s something which regularly crosses people’s thought processes. Many of us wish something had, or had not, happened leading to ‘if only...’ situations.

One of Dr Amy Chan’s current research interests is in the area of counterfactual thinking. She is investigating how different forms of hypothetical thinking may affect subsequent task performance. She is exploring the relationship between executive functioning and children’s developing competence in anticipating regret in themselves and inferring regret in others.

Counterfactual thoughts are mental representations of alternatives to past events, actions, or states. Dr Chan’s research has demonstrated that counterfactual thinking influences subsequent performance and the development of new skills. When we try to perform a new task or develop a new skill, it can be helpful to reflect on our initial learning experience and any mistakes made. Through such reflections, we get to imagine how we may act differently and perhaps more adaptively in future similar situations. Dr Chan’s research has also demonstrated age related differences in children’s experience of counterfactual emotions (such as regret) providing insight into when these cognitive processes develop in childhood.

Dr Chan is a senior lecturer in the School of Psychology and the coordinator of the 4th year honours program. Her PhD thesis focused on inductive and deductive reasoning.

EXAMPLE PUBLICATION:
Associate Professor Adam Clarke is Head of Students in the School of Psychology. Prior to joining the UOW teaching team, Adam worked as a psychologist in a paediatric practice in Sydney where he worked with children living with a broad range of behavioural disorders and learning disabilities. Following this appointment, he worked in South East Health, on a project to improve services for people who presented to the Emergency Department after self-harming, and then on a longitudinal project in the School of Psychiatry (University of NSW) looking at genetic mental retardation. During this time he also completed a Ph.D at UOW that explored electroencephalogram (EEG) patterns in children with attention deficit hyperactivity disorder (ADHD).

Adam’s main area of research interest is the electrophysiology of children with behavioural difficulties. Through his research, Adam and his team have demonstrated maturational changes in the EEG of children with ADHD, sex differences in children with ADHD, and effects of comorbid learning and behavioural disorders. Adam’s research has also explored the effects of medications in children with behavioural difficulties providing insight into how such mediations work.

In addition, Adam is a recipient of the Presidential Award of Merit and the Career Achievement Award from the International Society for Neuronal Regulation, and the Early Career researcher Award from the Australian Psychological Society. Adam continues to research electrophysiological abnormalities in children with behavioural disorders.

EXAMPLE PUBLICATION:

Associate Professor Brett Deacon earned his Ph.D in clinical psychology from Northern Illinois University in 2002 and completed a two-year postdoctoral fellowship in medical psychology at Mayo Clinic. He worked as assistant and associate professor at the University of Wyoming for 10 years. In June of 2014, Brett relocated from the United States and joined the University of Wollongong.

Brett’s research program focuses primarily on investigating the nature and treatment of anxiety from a cognitive-behavioural perspective. In particular, his research program is targeted toward the evaluation and dissemination of exposure therapy for anxiety. Brett has additional interests in the development and maintenance of anxiety and the validity and utility of the biomedical (brain disease) approach to psychological problems.

EXAMPLE PUBLICATION:
Widespread adoption of new competency assessments of clinical psychology trainees

Universities around the country are now adopting measures of clinical supervision of clinical psychology trainees from research and collaborations involving Professor Frank Deane.

The research focuses on supervision and assessment of clinical psychology trainees’ competencies in field placements.

The work was funded by the Office of Learning and Teaching with Professor Craig Gonsalvez from Western Sydney University as the project leader. The project has included co-operation from 10 national and two international university clinical psychology programs.

In 2016 the grant ended and a major product of the work was the online system and measures allowing supervisors to make their competency assessments of trainees and then receive a comprehensive scored report. This system and the measures are now being used by around 22 university programs.

Professor Deane was involved in the publication of several papers in the area of clinical supervision in 2016. He also served as a co-editor on a special issue for the Australian Psychologist journal with supervision research as its theme. This special issue is forthcoming in 2017.

Meanwhile, Professor Deane continued to conduct applied clinical research in mental health and drug and alcohol treatment contexts during 2016. This includes his involvement with the Illawarra Shoalhaven Suicide Prevention Collaborative which involves about 20 local groups within the Collaborative who are all committed to suicide prevention.

EXAMPLE PUBLICATION:

Dr. Simone Favelle’s research investigates face recognition and learning in situations similar to those in which we encounter faces in the real-world and the role holistic processing might play. In 2016, work with international collaborators examined the mechanism of holistic processing itself and the kinds of facial information it involved. It was found that holistic processing captured information about the configuration of components (e.g., eyes, mouth and nose) as well as information about the components themselves. The broad nature of the information used in holistic processing is likely to be important for its use across the variety of conditions in which we encounter faces.

EXAMPLE PUBLICATION:
Global recognition for agenda-setting clinical psychologist

Professor Brin Grenyer is a practising clinical psychologist whose contribution to his field has been recognised nationally and internationally.

He is a senior clinical researcher and supervisor at UOW's Northfields Clinic and provides consulting and research services across the government and non-government sectors. Professor Grenyer is currently Director of Professional and Clinical Psychology Training in the School of Psychology. His research program focuses on the treatment of people with chronic and complex psychological problems, such as personality disorders, self-harm and suicidal behaviours, and early life traumas and attachment difficulties.

For 15 years he has regulated the profession of psychology, first as a member and President of the NSW Psychologists Registration Board (2002-2009) including Chair of the Council of Psychologists Registration Boards in Australia and New Zealand, and since 2009 has been Foundation Chair of the Psychology Board of Australia, which sets the standards for the profession and oversees the regulation and registration of all 34,000 psychologists practising in Australia.

Professor Grenyer is Director of the Project Air Strategy for Personality Disorders, an initiative of the NSW Ministry of Health to improve pathways of care and researching new approaches to treatment. The Strategy won a Mental Health Matters Award in 2013, and first prize at the 4th European Society for the Study of Personality Disorders in 2016 for the parenting with personality disorder work. The Project Air Strategy has worked with more than 4,000 mental health clinical staff engaging in consultation, training and research on personality disorder treatment. Professor Grenyer was a member of the NHMRC Borderline Personality Disorder Guideline Development Committee, and is now on the RANZCP (Royal Australian and New Zealand College of Psychiatrists) Advisory Group for a Consumer Guide on Borderline Personality Disorder. He is on the Editorial Boards of Psychotherapy Research, and Personality and Mental Health.

Professor Grenyer is also an Executive Member of the Illawarra Shoalhaven Suicide Prevention Collaborative which involves about 20 local groups within the Collaborative who are all committed to suicide prevention.

Professor Grenyer is deeply involved in communicating evidence-based research receiving many invitations to present as a keynote speaker both locally and internationally. He has also chaired, organised and been on scientific committees for many international conferences, including the International Congress on Licensure, Certification and Credentialling in Psychology; World Congress of Psychotherapy; International Society for the Study of Personality Disorders; and the International Meeting of the Society for Psychotherapy Research.

Reflecting on his research, Professor Grenyer noted: “Mental health issues occur in the context of families, communities, schools and workplaces, and sophisticated research in the future will need to develop broader models in which interventions can be targeted at multiple levels.”

**EXAMPLE PUBLICATION:**

Impacts on a child’s developing brain

Associate Professor Jane Herbert’s research investigates how maturation and environmental experiences affect a child’s developing brain and the way in which the child acquires and uses knowledge.

Professor Herbert specialises in understanding and facilitating young children’s learning and memory abilities. She and her collaborators in New Zealand and Germany recently received funding from The Royal Society of New Zealand to continue their research program examining how sleep affects infants’ memory and emotion processing. Their previous research in this area received worldwide media attention because they showed that sleep after learning helps infants consolidate their memories and retain new behaviours. Professor Herbert’s research also examines how the infant’s early environment shapes their outcomes, and the extent to which early adverse circumstances can be overcome. In collaboration with colleagues in the UK, Professor Herbert has recently completed a randomised controlled trial to test the effect of promoting caregiver contingent talk on language development in infants from diverse socio-economic status backgrounds. Professor Herbert is also a consultant for a multidisciplinary research team in the USA and South Africa examining how prenatal exposure to alcohol has an impact on early associative learning abilities. Professor Herbert is currently setting up research at UOW’s Early Start Facility which aims to identify the relationship between motor development (e.g., the onset of crawling) and memory development in infancy. She believes that early motor skills are not simply the building blocks for later movement skills, but that they also provide new challenges and opportunities for the developing cognitive system. She is also conducting research examining how the conversations caregivers have with their 2-3 year olds during reading and play could support early numeracy learning. Ultimately, she is looking to create a resource for parents containing examples of how they could introduce numeracy conversations into their activities with toddlers.

EXAMPLE PUBLICATION:

Dr Harry Hill

Reviewing the latest in facial recognition

A research highlight for Dr Harry Hill in 2016 was speaking at the 31st International Congress of Psychology in Yokohama, Japan.

The talk reviewed work on the hollow face illusion including Trent Koessler’s work suggesting that the accommodation of the lens necessary for focussing at close distances influences, and is influenced by, depth perception. Using laser speckle optometry to measure accommodation, Trent showed that people tend to focus on the illusory rather than the physical surface when experiencing the illusion. We have also shown that disrupting accommodation through pinhole viewing or by blurring the physical stimulus so that it cannot be brought into focus strengthens the illusion, consistent with a role for accommodation in disambiguating depth at close distances.

Dr Hill also attended the annual Unfamiliar Face Identification Group Meeting at UNSW presenting on perceived similarity. This meeting is regarded as a useful opportunity to learn about real world problems from people working for government (e.g. the police and passport control) and industry (companies developing and selling automatic recognition systems).

Dr Hill said two honours projects at UOW looked at the effect of expression on other “race” face recognition and the potential of games software to create recognisable facial composites. And a lab report experiment he undertook with students looked at the influence of screen location as a recall cue when learning names for faces.

EXAMPLE PUBLICATION:
DR PETER KELLY

Peter Kelly is an Associate Professor based at the University of Wollongong, Australia. He has held registration as a Psychologist since 2002, and is a Member of the Australian College of Clinical Psychologists. Dr Kelly’s research is focused on the development, implementation and evaluation of evidence-based approaches within mental health and substance abuse treatment settings. In recognition of his clinically focused program of research, Prof Kelly has been the recipient of several awards. These have included the Excellence in Research and Evaluation Award (ATCA, 2016), the Excellence in Research and Evaluation Award (NADA, 2016), the Excellence in Research Award (National Drug and Alcohol Awards, 2012) and the Vice Chancellor’s Award for Research Excellence in Research Partnerships (University of Wollongong, 2010). Prof Kelly’s total income from competitive research funding is $2,554,160 in the last 5-years. He has published over 50 peer reviewed research articles and book chapters. Prof Kelly is on the editorial board for Addiction Research and Theory, Drug and Alcohol Review, and BMC Clinical Trials. He has recently returned from an Invited Honorary Fellowship position at the Feinberg School of Medicine, Northwestern University, Chicago (Oct – Dec 2015). Prof Kelly has also provided invited departmental presentations at Kings College London (London), Southbank University (London), Northwestern University (Chicago), University of Auckland (New Zealand) and the Treatment Research Institute (Philadelphia). He teaches into the postgraduate professional programs within the School of Psychology.

EXAMPLE PUBLICATION:

DR PETER LEESON

Dr Peter Leeson’s main area of expertise is in personality and social psychology, with a particular focus on the social psychology of media use. Peter completed his PhD exploring social identity theory in the context of prejudice at the University of Wollongong in 2007. He joined the teaching team here at UOW in 2009 and is the Year 1 coordinator and acting head of students in 2016.

Peter is currently researching attachment style in the use of social media and his research has found that attachment style is important for social media behaviour including Facebook stalking. Peter is also researching ideology and his research shows that ideological viewpoints stem from fundamental beliefs about the causes of action (e.g., person or environmentally driven).

Peter and his current team of PhD students are exploring social media use as it relates to factors such as alienation, belonging and prejudice. He is also researching how personality might moderate these associations, and how life coaching might foster positive personality trait development.

EXAMPLE PUBLICATION:

ASSOCIATE PROFESSOR CHRISTOPHER MAGEE

Associate Professor Christopher Magee’s primary area of research is in health psychology, with specific interests in the following two areas: (1) understanding the influence of poor sleep quality on well-being; and, (2) investigating how factors such as sleep, work-life balance and workplace bulling affect employee outcomes (e.g., work engagement and absenteeism).

He is also interested in the determinants and consequences of health behaviours more broadly (e.g., condom use, alcohol), and the well-being of vulnerable populations. He holds a number of grants and consultancies, and has a keen interest in the translation of research findings into policy and practice.

In addition, Christopher has a keen interest in quantitative methods and his research involves the use of contemporary statistical modelling approaches for longitudinal data such as lagged panel mediation models and mixture modelling.

EXAMPLE PUBLICATION:
Dr Leonie Miller completed her PhD in cognitive psychology at the University of Wollongong in 2010 under the supervision of Associate Professor Steven Roodenrys. Her thesis, which was awarded with special commendation for outstanding thesis, explored the word frequency effect in short-term serial recall. Leonie joined the teaching team in the School of Psychology full-time in October 2012 and is currently leading the revalidation of the undergraduate psychology degree programme.

Leonie is interested in understanding the nature of the word frequency effect in short-term serial recall (an experimental paradigm used to examine short-term memory). Serial recall involves remembering lists of words. Her research has shown that the frequency effect is more complicated than first considered in the literature with the size and appearance of the effect altered by what items constitute the list and the order in which they appear. Leonie’s research has also introduced a novel method of examining data in short-term memory.

Leonie's research has also tapped into personality and organisational psychology. Leonie has been part of an interdisciplinary investigation aimed at identifying psychosocial factors associated with good foster care and developing effective marketing strategies for fostering agencies. She is currently on an ARC funded project examining the experience of NDIS clients as this program is rolled out.

EXAMPLE PUBLICATION:

Associate Professor Stephen Palmisano's research examines how people perceive and control their self-motions and also how having two eyes benefits their perception of 3D space.

He is internationally recognised as an expert on self-motion perception and, in particular, vection. One real-world example of vection is the ‘train illusion’, where passengers on a stationary train experience illusory self-motion when viewing a moving train on the adjacent track.

Associate Professor Palmisano’s research shows that several previously ignored visual consequences of self-motion do in fact play important roles in vection (e.g., stereoscopic motion stimulation). Working with colleagues at UOW, Associate Professor Palmisano has recently identified the brain activity associated with this self-motion illusion. He has also shown that individual differences in susceptibility to this illusion can be predicted by the person’s postural stability when standing (http://www.abc.net.au/science/articles/2015/02/16/4169104.htm).

Associate Professor Palmisano has long been interested in stereopsis (the compelling impressions of 3D generated by binocular differences in our left and right eye views). His research shows that stereopsis works at least as far away as 300 metres, suggesting it should benefit a variety of distance tasks in the real world (including in-flight aircraft refuelling).

In his search for the limiting range of stereopsis, Associate Professor Palmisano has put stereoscopic information into direct conflict with monocular depth cues (by switching left and the right eye views of natural scenes). This ‘pseudoscopic viewing’ has uncovered surprising individual differences in binocular depth perception. Intriguingly, it also reveals that such manipulations allow many observers to see bizarre illusory surfaces in real world settings.

EXAMPLE PUBLICATION:
Short and long-term memory under examination

Examining the cognitive function of memory lies at the heart of research for Associate Professor Steven Roodenrys. Associate Professor Roodenrys has been researching short-term and working memory for more than 20 years, examining this cognitive function in diverse populations including adults, normally developing children, and children with developmental disorders of cognition such as dyslexia and Attention Deficit Hyperactivity Disorder (ADHD).

He also has ongoing interests in research on improving cognitive function or maintaining cognitive function into old age, and has been engaged in studies on the effects of dietary supplementation on cognition in younger and older adults, and the effects of training cognitive functions in children with ADHD.

Associate Professor Roodenrys’ ongoing program of research is targeted towards understanding the connection between short-term and long-term memory and its relationship to language. He also has current collaborations in the other research areas mentioned above.

Associate Professor Roodenrys joined UOW in 1994 and was Head of the School of Psychology from 2010 to 2014.

EXAMPLE PUBLICATION:

DR MARK SCHIRA

Dr Mark Schira is a Senior Lecturer at the School of Psychology at the University of Wollongong and a Senior Research Officer at Neuroscience Research Australia. He received a Dr. rer. nat. (Doctorate in Natural Sciences) in Human Neurobiology from the University of Bremen and the Charité University Hospital in Berlin, under the supervision of Prof. Manfred Fahle and Prof. Stephan Brandt.

Mark worked as a postdoctoral fellow with Christopher Tyler at the Smith-Kettlewell Eye Research Institute in San Francisco, and with Michael Breakspear and Branka Spehar at the University of New South Wales.

Mark’s research targets the organisation and function of early visual cortex. In 2009 Mark and his team solved a 40 year old mystery surrounding the organisation of the fovea (the centre of gaze). This research demonstrated that the areas V2 and V3 form continuous bands around the tip of area V1. The fovea is the only part of the visual field supporting highest acuity and hence it is critical for day-to-day activities such as reading or fine motor control. Understanding its cortical organisation is a requisite for understanding its function. Mark is currently developing computer models of human visual cortex aiming to provide most accurate and complete predictions of fMRI experiments.

In addition, Mark is collaborating with the leading brain cartographer Prof. George Paxinos (Neuroscience Research Australia) and Prof. G. Allan Johnson (Duke University) to produce the next generation of brain atlases. The aim is a modern atlas suite that serves the needs of clinicians, researchers and education. Providing stunning MRI images with the best quality currently available, from both in vivo and post-mortem samples, these atlases will be fully 3D, interactive and conveniently accessible through web interfaces a la Google maps and convenient tablet apps. The project is currently funded through an NHMRC research grant.

EXAMPLE PUBLICATION:
Dr Tracey Woolrych is an Early Career Researcher and Academic who joined UoW in January 2016. After winning a University Medal in 2009, Dr Woolrych was awarded her PhD in late 2015 at Murdoch University in Western Australia where she taught in the areas of Psychology and Criminology. Currently her responsibilities are centred on the first year learning experience of university students, teaching some of the largest cohorts at the university. She is a chief investigator for an internal ESDF grant investigating online platforms for the program PASS, which will enable remote students and those unable to attend face to face classes to access the program.

Dr Woolrych’s research interests focus on empathy, empathic accuracy and emotion recognition. These processes are important in our everyday lives. Investigation into these areas can illuminate the bases of both prosocial and antisocial behaviours. Dr Woolrych is part of multi-disciplinary team monitoring and evaluating the success of a 2 year early intervention domestic and family violence pilot program in the Illawarra. She is also investigating the effectiveness of virtual reality environments in improving empathy and emotion recognition, and tackling unconscious bias in the workplace.

SELECT POSTDOCTORAL RESEARCH FELLOW PROFILES

Dr Frederik Freudenstein joined the School of Psychology in August 2016. He works as a post-doc in the Australian Centre for Electromagnetic Bioeffects Research (ACEBR) at the Illawarra Health and Medical Research Institute (IHMRI) and the Center for Population Health Research on Electromagnetic Energy (PRESEE) at Monash University, Melbourne, with a special interest in the fields of risk perception and risk communication.

He is currently investigating several risk topics related to radiofrequency electromagnetic fields (RF EMF). These topics include implementing new strategies to evaluate the RF EMF risk perceptions of lay people more accurately as well as examining the effects of RF EMF exposure communication on risk perception. Possible ‘traps’ in RF EMF risk communication are also being investigated, with an aim to provide recommendations for the development of risk description formats, which will assist the public in having a better understanding of RF EMF risk assessment.

Freudenstein studied Psychology at the University of Innsbruck, Austria, and finished his diploma in 2012, with a focus on risk and environmental psychology. In 2016 he successfully completed his PhD at the Karlsruhe Institute of Technology (KIT), Germany, investigating lay people’s risk and exposure perception of RF EMFs. Freudenstein worked for the “Science Forum EMF” (WF-EMF), Berlin, Germany and the European FP7 project “Low EMF Exposure Future Networks” (LEXNET).

EXAMPLE PUBLICATION:
Dr Sarah Loughran received her BSc in physiology and psychology from Deakin University before completing a PhD in cognitive neuroscience/psychophysiology at Swinburne University of Technology, investigating the effects of electromagnetic fields (EMF) on human sleep, the electroencephalogram (EEG), and melatonin. Sarah joined the School of Psychology in 2013, and is currently a researcher in two NHMRC Centres of Research Excellence: the “Australian Centre for Electromagnetic Bioeffects Research” (ACEBR) and “Population Health Research on Electromagnetic Energy” (PRESEE). Her current research focuses on a wide range of bioelectromagnetic health issues including the effects on sleep, human brain function, and the mechanisms associated with these effects, as well as sleep and cognitive neuroscience research more generally.

She is also currently leading a world-first investigation into possible effects of RF EMF exposure on sleep and brain activity in children. Additionally, Sarah has recently established the first sleep research laboratory at UOW, with many sleep and neurophysiology studies currently underway or near completion.

Sarah was awarded the 2016 edition of the Alessandro Chiabrera award. This prize has the main purpose to foster excellence in the Bioelectromagnetics community by giving recognition to outstanding scientific contributions from early stage researchers. Sarah gave a lecture titled: “Sleepless in Bioelectromagnetics: Unravelling the Effects of Radiofrequency Electromagnetic Fields on the Brain” during the joint annual meeting of the Bioelectromagnetics Society and the European Bioelectromagnetics Association, BioEM2016 in June in Ghent, Belgium, to accept the award.

As part of its efforts to encourage and promote scientific work related to non-ionizing radiation protection by more junior researchers, Sarah Loughran was awarded one of two Young Scientist awards by the International Commission for Non-Ionising Radiation Protection (ICNIRP) in 2016 and along with the award was given the opportunity to present her work with an invited presentation at ICNIRP’s 8th International NIR Workshop in Cape Town, South Africa.

EXAMPLE PUBLICATION:

Dr Denise Meuldijk received her PhD (Doctor of Philosophy) at the department of Psychiatry, Leiden University Medical Centre (LUMC) from the Leiden University (Leiden, The Netherlands) in June 2016. Her PhD research (Doing More With Less) focused on the clinical and cost-effectiveness of a brief intervention (concise formats of psycho-and pharmacotherapy) in the treatment of psychiatric outpatients with anxiety/depressive disorders.

From February 2016 she has been employed by the University of Wollongong as a research fellow, working with Professor Brin Grenyer with the Project Air Strategy for personality disorders, an initiative of the NSW Ministry of Health to improve pathways of care and researching new approaches to treatment. Within Project Air Strategy she conducts research on new models of care for the treatment of personality disorders, and provides consultation and training to health professionals in the evidence-based care for these disorders within the Australian public mental health system.

Her research interests include real-world driven research with a special focus on assessing (cost) effectiveness and acceptability of treatment interventions and treatment outcomes in wider clinical practice and investigating the role of psychological factors in causing, maintaining and overcoming mental illness.

EXAMPLE PUBLICATION:
Dr Michelle Townsend is a Research Fellow with the School of Psychology. Michelle’s work over the last year has been focused on working in collaboration with government agencies to improve outcomes for vulnerable children and young people. Translating research outcomes to enhance policy and practice is a key focus. Dr Townsend and Prof Grenyer manage a large collaborative research project which aims to support teachers, school counsellors and health staff to better recognise and respond to young people with complex mental health problems, including self-harm, suicide, trauma and emerging personality disorder. A range of resources have been developed including; accredited training for teachers, clinical tools, factsheets, a training film, as well as skills-based training workshops for over 300 NSW Education and Health staff. This work resulted in the publication of a monograph titled Working with young people with complex mental health issues. Understanding and responding to emerging personality disorder, trauma history, self-harm and suicidal behaviour and difficulties with identity, emotions and relationships (Grenyer, Gray, & Townsend, 2016). An ongoing evaluation of this program rollout is underway.

Dr Townsend is also the principal investigator with a collaborative team from the University of Wollongong and the University of Sydney, analysing the NSW Family and Community Services Pathways of Care Longitudinal Study. These data, including linked educational performance data, will be used to understand factors related to educational engagement and performance of children and young people who enter the out of home care system.

Dr Townsend continues to manage the Illawarra Born: cross generation health study. In this study, 41 families are being followed longitudinally with research focusing on early attachment, mindfulness and mental health and well-being. The Illawarra Born collaborative research team has continued to undertake research with the cohort, with several papers published and several under development. Dr Townsend is preparing for Wave 6 data collection, with a 94% retention rate.

**EXAMPLE PUBLICATION:**
<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elizabeth Dale</td>
<td>Improving Indigenous Health</td>
</tr>
<tr>
<td>Esther Davis</td>
<td>Adjustment at end of life and in bereavement for patients and carers in palliative care: The role of acceptance and valued-living.</td>
</tr>
<tr>
<td>Kristy Dawson</td>
<td>The Influence of Attitudes, Stigma, and Perceived Function on Students’ Help-Seeking Intentions for Others’ Deliberate Self Harm.</td>
</tr>
<tr>
<td>Nicholas Day</td>
<td>Testing Interpersonal Model of Narcissism, a Study of Patients and their Family</td>
</tr>
<tr>
<td>Frances De Blasio</td>
<td>Brain dynamics: Genesis of the Event-related potential</td>
</tr>
<tr>
<td>Saskia de Leede-Smith</td>
<td>Consideration of neurological soft signs, language and affective factors</td>
</tr>
<tr>
<td>Elizabeth Dowswell</td>
<td>The creation of a mindfulness-based mobile application for HSC students (and teachers): A feasibility and evaluation study.</td>
</tr>
<tr>
<td>Tinashe Moira</td>
<td>Practitioner constructions of the “Other”: Attitudes towad non-white migrant clients and implications of care.</td>
</tr>
<tr>
<td>Ian Evans</td>
<td>The Psychological Effects of Magnetic Fields on Occupationally-Exposed Individuals</td>
</tr>
<tr>
<td>Sheridan Findlay</td>
<td>Radiofrequency Electromagnetics Fields and Sleep</td>
</tr>
<tr>
<td>Jack Fogarty</td>
<td>Clarifying the Sequential Processing Schema in Young Adults</td>
</tr>
<tr>
<td>Lauren Gardner</td>
<td>Reducing Drop-Out Rates From Youth Sports: The Role Of Implicit Beliefs</td>
</tr>
<tr>
<td>Melvin Goh</td>
<td>Type 2 Diabetes Risk Perception and the Engagement of Healthy Lifestyle Behaviours Within People Attending Residential Substance Abuse Treatment</td>
</tr>
<tr>
<td>Lisa-Marie Greenwood</td>
<td>What does the altered Mismatch negativity in Schizophrenia represent?</td>
</tr>
<tr>
<td>Cecilia Hammell</td>
<td>Acceptance, Tolerance of Uncertainty, and Psychological Distress Among People with a Missing Loved One</td>
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<tr>
<td>David Hammer</td>
<td>Self-Regulation in Early Childhood: Antecedents and Consequences</td>
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<tr>
<td>Melinda Hickey</td>
<td>Neurocognitive Training in Traumatic Brain Injury</td>
</tr>
<tr>
<td>Tara Hunt</td>
<td>Factors Impacting The Professional Performance Of Telephone Crisis Supporters</td>
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<tr>
<td>Diarmuid Hurley</td>
<td>A Sports-Based Family Intervention to Promote Mental Health among Adolescent males.</td>
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<tr>
<td>Isabella Ingram</td>
<td>Smoke-Free Substance Abuse Treatment Services - Initiation of Smoking Cessation and Maintenance Across Residential Substance Abuse Treatment Centers</td>
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<tr>
<td>Natasha Josifovski</td>
<td>Serial Recognition Task and its Role in Explicating Short-Term Memory</td>
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<tr>
<td>Diana Karamacosa</td>
<td>Preparatory EEG Activity in relation to performance outcomes</td>
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<tr>
<td>Carol Keane</td>
<td>Exploration of the Nature and Impact of Complex Trauma within an Urban Poverty Context: A Resources Perspective Examination</td>
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<tr>
<td>Douglas Kerr</td>
<td>Multiple Selves, Multiple Stories</td>
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<tr>
<td>Suzanna Kirov</td>
<td>Evaluation of a Brief Parenting Program for Individuals Diagnosed with a Borderline Personality Disorder</td>
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<tr>
<td>Taneile Kitchingman</td>
<td>Help-negation among telephone crisis support workers: factors impacting wellbeing and performance</td>
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<tr>
<td>Bao Xia Lau</td>
<td>The Role of Semantic Features in Immediate Serial Recall</td>
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<tr>
<td>Sarah Liddle</td>
<td>A Trial of a Sports-Based Mental Health Literacy Program to Promote Help Seeking in Young Males</td>
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<tr>
<td>Brett MacDonald</td>
<td>ERPs in the context of the orienting reflex</td>
</tr>
<tr>
<td>Matthew Macfarlane</td>
<td>Basal Ganglia Size and Shape in Cannabis Use and Schizophrenia</td>
</tr>
<tr>
<td>Carol Manns</td>
<td>Predicting and Responding to Medication Non-adherence in Psychiatric Populations.</td>
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<tr>
<td>Ely Marceau</td>
<td>Neuropsychological Assessment and Intervention in Residential Substance Use Disorder Treatment</td>
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<tr>
<td>Jesse Martin-Allan</td>
<td>Assessing the Impact of a Self-Compassion Intervention on Emotional Stability</td>
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<tr>
<td>Breanna McGaffin</td>
<td>Criminal offending outcomes for people undergoing Drug and Alcohol treatment.</td>
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<tr>
<td>Alisha McGregor (Nee Cork)</td>
<td>The impact of individual and organisational factors on workplace presenteeism</td>
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<tr>
<td>Johanna Meyer</td>
<td>Beliefs about Safety Behaviours</td>
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<td>Caitline Miller</td>
<td>Evidence-Based Practice for Borderline Personality Disorder: A Clinical-Quantitative Research Project into the Self and Psychosocial Function</td>
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<tr>
<td>Simone Mohi</td>
<td>Values Amongst Individuals Being Treated for Borderline Personality Disorder</td>
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<tr>
<td>Rebecca Mursic</td>
<td>Auditory Vection: The Roles of Low and High-Level Psychoacoustic Properties in Auditory Illusions of Self-Motion</td>
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<tr>
<td>Fiona Ng</td>
<td>Models of recovery oriented care for borderline personality disorder</td>
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<tr>
<td>Jason Nunes</td>
<td>Improving the Mental Health of Informal Caregivers of People with Dementia - Caring for the Carer</td>
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<tr>
<td>Briony Osborne</td>
<td>Trauma, Attachment Relationships and Parenting Self-Efficacy in Male Caregivers Receiving Substance Abuse Treatment - A Randomised Controlled Trial</td>
</tr>
<tr>
<td>Bradley Parkinson</td>
<td>Psychological barriers to participation in higher education</td>
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<tr>
<td>Judith Pickard</td>
<td>The exploration of cross generational factors influencing attachment factors in early development</td>
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<tr>
<td>Suzanne Punton-Butler</td>
<td>Recidivism, Alcohol, Moral Development and Modified Cue-Exposure (RAMMCE)</td>
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<tr>
<td>Joanne Richardson</td>
<td>Neurocognitive training for children with AD/HD - implications for day-to-day activities including school</td>
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<tr>
<td>Laura Robinson</td>
<td>Sole working mothers, psychological distress and burnout: the role of work-family balance</td>
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<tr>
<td>Karin Sandquist</td>
<td>Understanding Complex &amp; Chronic Self Critical Depression</td>
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<tr>
<td>Krystal Sattler</td>
<td>Do Stigma, Emotional Eating and Motivation to Exercise Predict Weight Loss and Physical Activity in People Who Are Overweight?</td>
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<tr>
<td>Kerry Searle</td>
<td>&quot;Breaking Down the Barriers&quot;: Using Drama to Engage Young People in Mental Health Promotion and Prevention- A quantitative and qualitative research trial</td>
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<tr>
<td>Anitta Serrano</td>
<td>Attention restoration effects on Autobiographical memory specificity for individuals with depression</td>
</tr>
<tr>
<td>David Spindler</td>
<td>Using psychological techniques to improve the performance of world class cyclists</td>
</tr>
<tr>
<td>Sunila Supavadeeprat</td>
<td>The role of psychological flexibility in the emotional and social well-being of adolescents</td>
</tr>
<tr>
<td>Aik Chin Tan</td>
<td>Schizotypy: Social and Emotional Functioning</td>
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<tr>
<td>Harriet Taylor</td>
<td>Anomalous voxel responses: disturbing the order in human occipital cortex</td>
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<tr>
<td>Marianne Torres</td>
<td>Trauma, Attachment and Parental Self-efficacy in Substance Abusing Fathers: An Exploratory Study and Feasibility Trial of a Parenting Program</td>
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<tr>
<td>Brie Turner</td>
<td>Cognitive Factors Involved in Help Negation Following Suicidal Ideation</td>
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<tr>
<td>Louise Turner</td>
<td>Predictors of wellbeing and psychopathology in an ageing population: The effects of age and illness self-perceptions</td>
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<td>Adam Verrender</td>
<td>The Determinants of Electromagnetic Hypersensitivity</td>
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<tr>
<td>Emma Walter</td>
<td>Schizotypy: Stress and Cognition</td>
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<tr>
<td>Angeline Wilson</td>
<td>Personality, Self Control, Anger and situation perceptions as predictions of counter productive work behaviours</td>
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<tr>
<td>Dawei Zhang</td>
<td>Examining resting EEG features and applying non-pharmacologic interventions among Chinese children with AD/HD</td>
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<tr>
<td>Leah Zoszak</td>
<td>Occupational Health Psychology</td>
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</tbody>
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**HDR Completions 2016**

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Priscilla Almada</td>
<td>Understanding perspective taking as relational responding: Implications for social and psychological well-being</td>
</tr>
<tr>
<td>Chantel Ashkar</td>
<td>Theoretical and Practical Elaboration of the Self-Characterisation Technique in Therapy</td>
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<tr>
<td>Anna Dalecki</td>
<td>Optimising the methodology of the P50 suppression measurement</td>
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<tr>
<td>Benjamin Lee-Bates</td>
<td>Assessing Physical Employee Standards</td>
</tr>
<tr>
<td>Kane Mortlock</td>
<td>Identification of Mental Health Comorbidity in Drug and Alcohol Services</td>
</tr>
<tr>
<td>Diane Whiting</td>
<td>ACT in a Traumatic Brain Injury (TBI) Population</td>
</tr>
</tbody>
</table>
Grants Awarded in 2016

**INTERNAL GRANTS**

**Transforming the Psychology Undergraduate Curriculum: Part 1 - Investing in the catalysts for change**
Educational Strategies Development Fund (ESDF)
Awarded: $15,000
Rebecca Sng, Leonie Miller

**Antimicrobial Resistance: A global challenge and a campus-wide call to arms**
Global Challenges Seed Funding
Awarded: $30,000
Antonius van Oijen, John Bremner, Mitchell Byrne, Carley Jans, Nicholas Dixon, Michael Kelso, Weihua Li, Shahla Meedya, Long Nghiem, Wendy Nielsen, Aaron Oakley, William Price, Stephen Pyne, Andrew Robinson, Jennifer Beck

**Increasing physical activity in aging adults through open goals: A pilot study**
Global Challenges Seed Funding
Awarded: $14,578
Christian Swann, Stewart Vella, Mark Allen, Matthew Schweickle, Gregory Peoples, Judy Mullan, Daniel Hutto

**Addressing problematic drinking of people living with severe mental illness: Feasibility of a peer delivered telephone intervention for people engaged with non-government (Neami) or government funded health services (Illawarra and Shoalhaven Local Health District)**
Illawarra Health and Medical Research Institute Collaborative Project Grant
Awarded: $24,233
Peter Kelly, Keren Wlostencroft, Paula Hakesley, David Reid, Frank Deane, Amanda Baker

**Integrated equipment to support Early Start related research in the Faculty of Social Sciences**
Major Equipment Grant
Awarded: $100,000
Anthony Okely, Lisa Kervin, Thomas Astell-Burt, Marc de Rosnay, Bridget Kelly, Sarah Loughran

**Neural mechanisms and markers of self-motion**
Social Sciences Near Miss
Awarded: $9,519
Stephen Palmisano, Robert Barry

**Triathlon and revitalisation of regional Australia**
Social Sciences Near Miss
Awarded: $12,000
Gordon Waitt, Ian Buchanan, Christopher Magee

**The community face of PTSD: Understanding our region**
Social Sciences Partnership Grant
Awarded: $9,726
Mitchell Byrne, Emma Barkus

**Evaluating the physical health and mental health needs of people attending substance abuse treatment**
Social Sciences Partnership Grant
Awarded: $20,000
Peter Kelly, Frank Deane, Laura Robinson

**Efficacy of the Garran Street Toolbox training program for enhancing early executive functioning**
Social Sciences Partnership Grant
Awarded: $10,000
Steven Howard, Stuart Johnstone

**Approaches to reducing sitting time among people living with major depression**
Social Sciences Seed Grant
Awarded: $8,000
Mark Allen, Christian Swann

**Does combining personal best goal setting with neurocognitive training improve the outcomes for children with ADHD**
Social Sciences Seed Grant
Awarded: $6,566
Stuart Johnstone, Peter Kelly, Steven Roodenrys

**Improving the implementation of tobacco-free policy in residential substance abuse treatment: Application of the RE-AIM model**
Social Sciences Seed Grant
Awarded: $12,987
Peter Kelly, Frank Deane

**Developing an online application to assess environmental stress, fatigue and performance in employees**
Social Sciences Seed Grant
Awarded: $9,851
Christopher Magee, Shahnaz Bakand, Robyn Coman

**Optimizing enjoyment and adherence in exercise/physical activity using ‘open’ goals: Preliminary investigation and intervention development**
Social Sciences Seed Grant
Awarded: $9,007
Christian Swann, Mark Allen
EXTERNAL GRANTS

Functional magnetic resonance imaging: Decoding the palimpsest
Australian Research Council (ARC) Discovery Project (2017-2019)
$375,000 (USyd Lead)
Peter Robinson, Mark Schira, Michael Breakspear

Pathways of care longitudinal study
NSW Government Department of Family & Community Services (2016-2017)
$30,000
Michelle Townsend, Brin Grenyer, Ian Wright, Judith Cashmore, Ted Melhuish, Kate Lewis.

Understanding and Overcoming ‘Risk Communication Traps’
Monash University Seed Grant (2016-2017)
$9,715
Frederick Freudenstein, Peter Wiedemann, Rodney Croft

Effect of RF EMF on emotion and cognitive load
Monash University Seed Grant (2016-2017)
$25,000
Anna Dalecki, Iksheta Verma, Sarah Loughran, Rodney Croft

Does Omega-3 Supplementation Attenuate Aggressive Behaviour: A Multi-Centre Randomised Controlled Trial of a Broadly Disseminable Strategy
National Health and Medical Research Council (NHMRC) Partnership Grant (2016-2021)
$1,445,278
Barbara Meyer, Mitchell Byrne, Alison Jones, Simon Eckermann, Francesca Fernandez, Marijka Batterham.

Characterising neurobiological abnormalities in Cannabis Use Disorders
National Health and Medical Research Council (NHMRC) Project Grant (2017-2020)
$731,571
Nadia Solowij, Valentina Lorenzetti, Antonio Verdejo-Garcia, Jan Copeland

Psychology in an international context – Singapore
New Colombo Plan Mobility Fund
$198,000
Stuart Johnstone, Peter Kelly

Communicating more effectively with recreational fishers from Chinese speaking backgrounds
Recreational Fishing Trusts Research Grant (2016-2017)
$81,039
Alistair McIlgorm, Michelle Voyer, Christopher Magee

While you were sleeping: Nap-dependent emotional memory processing in infants
Royal Society of New Zealand, Marsden Fast-Start Project (2017-2019)
NZ$300,000 (Waikato Lead)
Sabine Seehagen, Jane Herbert, Norbert Zmyj

Lifespan systems approach to suicide prevention.
$1,297,000 (Coordinaire lead agency).
Illawarra Shoalhaven Suicide Prevention Collaborative
(Executive: Brin Grenyer, Linda Livingstone, Alex Hains, Vida Bliokis, Tim Heffernan with 40 Collaborative members)
Ongoing Grants in 2016

**ONGOING INTERNAL GRANTS**

**Move for Mental Health** (awarded 2014)
Global Challenges Project Funding (2015-2017)
$75,000
Stewart Vella, Anthony Okely, Simon Eckermann, Frank Deane

**ONGOING EXTERNAL GRANTS**

**The flipside of noise: Does it benefit listening and learning?** (awarded 2015)
Australian Research Council (ARC) Discovery Project (2016-2018)
$359,000 (UQ Lead)
David Copland, Anthony Angwin, Robert Barry, Wayne Wilson

**Alcohol advertising to women in Australia** (awarded 2015)
Australian Research Council (ARC) Discovery Project (2015-2017)
$289,201
Sandra Jones, Rodney Croft

**Cannabis and the brain: The good, the bad and the unknown** (awarded 2011)
Australian Research Council (ARC) Future Fellowship (2012-2016)
$818,576
Nadia Solowij

**Consumer value and disability services: The impact of increased autonomy** (awarded 2015)
Australian Research Council (ARC) Linkage Projects (2015-2019)
$326,506
Melanie Randle, Leonie Miller, Sara Dolnicar, Glenn Connor-Brown, Deanna Maunsell

**The effect of screen time on sleep patterns in children and adolescents** (awarded 2015)
Monash University Seed Grant (2016-2017)
$25,000
Sarah Loughran, Rodney Croft

**Promoting Male Mental Health using a Sustainable and National Sport-Based Intervention** (awarded 2014)
Movember Foundation (2015-2017)
$1,986,778
Stewart Vella, Anthony Okely, Simon Eckermann, Frank Deane, Sandra Jones, Simon Eckermann

**Centre of Research Excellence for Electromagnetic Bioeffects Research** (awarded 2012)
National Health and Medical Research Council (NHMRC) (2013-2017)
$2,498,842
Rodney Croft, John Finnie, Andrew Wood, Irene Yarovsky, Peter Blumbergs, Boris Martinac, Elena Ivanova, Robert Vink, Nigel Taylor, Mark Elwood

**Centre of Research Excellence for Population Health Research on Electromagnetic Energy** (awarded 2013)
National Health and Medical Research Council (NHMRC) (2014-2018)
$2,499,197 (Monash Lead)
Michael Abramson, Malcolm Sim, Rodney Croft, Geza Benke, Rolf Vermeulen, Peter Wiedemann, Stuart Crozier

**An Investigation into the effects of electromagnetic radiation on low-level visual processes** (awarded 2013)
National Health and Medical Research Council (NHMRC) Early Career Fellowship
$299,564
Deborah Apthorp

National Health and Medical Research Council (NHMRC) Project Grant (2015-2017)
$352,077 (UNSW Lead)
George Paxinos, Mark Schira

**Evaluation of cannabinoids in cancer-related anorexia cachexia syndrome in advanced cancer: A Phase III double-blind randomised controlled trial** (awarded 2015)
$3,281,666 (UNSW Lead)
Meera Agar, David Currow, Nick Lintzeris, Nadia Solowij, Steve Quinn, Nicole McCaffrey, Jane Phillips, Peter Martin, Melanie Lovell, Iain McGregor, Jennifer Martin, David Allsop

**The feasibility of a peer delivered healthy lifestyle intervention to reduce cardiovascular and cancer disease risk for people living with schizophrenia** (awarded 2015)
Schizophrenia Fellowship NSW
$49,658
Peter Kelly, Amanda Baker, Alyn Turner, Frank Deane, Robin Callister, Claire Collins, Kathleen Griffiths, Rebecca McKeatin, Adam Zimmermann

**Notifications to the Australian Health Practitioner Regulation Agency: Identifying ‘hot spots’ of risk to help improve the quality and safety of healthcare.** (awarded 2014)
$562,601 (University of Melbourne Lead)
Marie Bismark, David Studdert, Ron Paterson, (CIs), Martin Fletcher, Lisa Wardlaw-Kelly, Brin Grenyer (AIs)

**Project Air Strategy for Personality Disorders** (awarded 2015)
$2,876,190
Brin Grenyer
Contract Research 2016

ASSESSMENT OF DEVICES CARRIED BY ABS STAFF - ANY RF EMF EFFECTS & RECOMMENDATIONS FOR RISK MANAGEMENT
Assessment of devices carried by ABS staff - Any RF EMF effects & recommendations for risk management
Australian Bureau of Statistics $46,200
Rodney Croft

MEASUREMENT OF ELECTROMAGNETIC FIELDS ASSOCIATED WITH SMART METERS
Department of State Development and Business, Vic $21,600
Rodney Croft

THE PROJECT AIR STRATEGY FOR PERSONALITY DISORDERS WORKSHOPS ISP IR
Grand Pacific Health Ltd
Brin Grenyer

PROJECT AIR SCHOOLS
NSW Department of Education and MH-CYP / SCHN - Mental Health Children and Young Persons - Sydney Children’s Hospital Network Westmead $249,000
Brin Grenyer, Marianne Bourke, Michelle Townsend.

SCHOOL COUNSELLING PROFESSIONAL PRACTICE FRAMEWORK
NSW Department of Education
Colleen Respondek

EVALUATION OF THE SALVATION ARMY DETOXIFICATION, RESIDENTIAL AND OUT-CLIENT RECOVERY SERVICES
The Salvation Army, Eastern Territories Recovery Services
Frank Deane, Peter Kelly

SMART RECOVERY ANNUAL SURVEY
Smart Recovery Australia Ltd
Peter Kelly
<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>ALLEN, Dr Mark</td>
<td>Lecturer</td>
</tr>
<tr>
<td>BARKUS, Dr Emma</td>
<td>Senior Lecturer (Head of Students &amp; Director of Undergraduate Studies)</td>
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<tr>
<td>BARRY, Prof Robert</td>
<td>Professor, Director BBRI</td>
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<tr>
<td>BLACKMAN, Russell</td>
<td>Associate Research Fellow</td>
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<td>BOURKE, Dr Marianne</td>
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<td>BROYD, Dr. Samantha</td>
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<tr>
<td>BYRNE, A/Prof Mitch</td>
<td>Associate Professor (Director of Clinical Training)</td>
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<td>CALVERT, Fiona</td>
<td>Lecturer</td>
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<td>CAPUTI, A/Prof Peter</td>
<td>Associate Professor, Head of School</td>
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<tr>
<td>CHAN, Dr Amy</td>
<td>Senior Lecturer (4th Year Coordinator)</td>
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<td>CLARKE, A/Prof Adam</td>
<td>Associate Professor (Head of Students)</td>
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<td>CRITTENDEN, Dr Nadia</td>
<td>Honorary Senior Fellow</td>
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<td>CROFT, Prof Rodney</td>
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<td>CROWE, Dr Trevor</td>
<td>Senior Lecturer (MPP Coordinator)</td>
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<td>DEACON, A/Prof Brett</td>
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<tr>
<td>DEANE, Prof Frank</td>
<td>Senior Professor - Director iiMH (Head of Postgraduate Studies)</td>
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<td>DE ROSNAY, Marc</td>
<td>Professor</td>
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<td>FAVELLE, Dr Simone</td>
<td>Senior Lecturer (3rd Year Coordinator &amp; Deputy SIM Program Director)</td>
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<td>GRENNER, Prof Brin</td>
<td>Senior Professor</td>
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<td>HERBERT, Jane</td>
<td>Associate Professor</td>
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<td>HILL, Dr Harry</td>
<td>Lecturer (2nd Year Coordinator)</td>
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<tr>
<td>JOHNSTONE, A/Prof Stuart</td>
<td>Associate Professor (SIM Program Director)</td>
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<tr>
<td>KELLY, Dr Peter</td>
<td>Senior Research Fellow</td>
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<tr>
<td>LEESON, Dr Peter</td>
<td>Lecturer (Head of Students &amp; 1st Year Coordinator)</td>
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<td>LOVEGROVE, Bill</td>
<td>Emeritus Professor</td>
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<td>LOUGHRA, Dr Sarah</td>
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<td>MATTHEAS, Dr Michael</td>
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<td>MEULDJIJK, Denise</td>
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<td>MILLER, Dr Leonie</td>
<td>Senior Lecturer</td>
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<tr>
<td>PALMISANO, A/Prof Stephen</td>
<td>Associate Professor</td>
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<tr>
<td>REIS, Dr Samantha</td>
<td>Career Development Fellow</td>
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<tr>
<td>RESONDEK, Colleen</td>
<td>Adjunct Lecturer</td>
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<td>ROBINSON, Laura</td>
<td>Career Development Fellow</td>
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<tr>
<td>ROODENRYS, A/Prof Steven</td>
<td>Associate Professor</td>
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<td>SCHIRA, Dr Mark</td>
<td>Senior Lecturer</td>
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<td>SNG, Dr Rebecca</td>
<td>Senior Lecturer (Deputy Director of Clinical Training)</td>
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<tr>
<td>SOLOWI, A/Prof Nadia</td>
<td>Associate Professor and ARC Future Fellow</td>
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<tr>
<td>TOWNSEND, Dr Michelle</td>
<td>Postdoctoral Research Fellow</td>
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<tr>
<td>VELLA, Dr Stewart</td>
<td>Senior Research Fellow</td>
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<tr>
<td>WALKER, A/Prof Beverly</td>
<td>Honorary Associate Professor</td>
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<td>WOOLRYCH, Dr Tracey</td>
<td>Associate Lecturer</td>
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