

# INSTITUTE

Mental health research and training for regional Australia

# Manna Research Projects on Offer



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#### **Theme 1: Older Adults and Dementia Prevention**

Project title	<ol> <li>Helping stroke survivors to reduce their stress levels - co- design and formative evaluation of a stress reduction program</li> </ol>
Project investigator(s)	Dr Prajwal Gyawali, Dr Lin Ong, Prof Sonja March, Prof Eliza Whiteside
Project summary	Problem statement: People living in regional Australia are 17 percent more likely to suffer a stroke than those living in metropolitan areas (1). However, unfortunately, regional Australians are less likely than those in metropolitan areas to receive the best possible stroke care (2-6). This is due to a lack of physical resources, dedicated stroke units (such as stroke rehabilitation units), and integrated care pathways. As a result, some established prognostic factors determining stroke recovery, such as psychological stress, remain neglected in the stroke-care continuum. We have recently published a cross-sectional study that demonstrated significant levels of chronic, unremitting levels of stress among long-term stroke survivors (7). High level of stress in stroke survivors affects long-term functional recovery (7) and cognitive function (8), and poses a threat to the quality and extent of brain repair after stroke. Despite being an important determinant of stroke recovery, evidence-based programs to empower and enable stroke survivors to mitigate high levels of stress are lacking, particularly in regional Australia (9). We will address this health care gap by co-designing and undertaking a formative evaluation of a stress reduction program for stroke survivors in partnership with consumers (stroke survivors and their carers) and health services personnel. The program will be informed by existing research literature and will be fasible to be delivered in <b>regional setup</b> . Our translational research vision is to provide regional Australian hospitals and outpatient stroke clinics with a program that they can implement to reduce stress levels among stroke survivors. Our co-design model and concurrent formative evaluation process will allow us to identify, and overcome in advance, any potential trialling and implementation barriers. Hence, the program will be tailored to meet the unique needs of stroke survivors and will be aligned with the capacity of hospital and health services in regional, remote, and rural



	<ul> <li>Aim 2: To undertake a formative evaluation of the program alongside stroke survivors and health service delivery partners (clinicians and executives).</li> <li>Aim 3: To pilot the program in regional hospital setting (Toowoomba base hospital and/or Ipswich base hospital or any other regional hospital)</li> </ul>
Research methodologies involved	<ul> <li>Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>Mixed methods (quantitative and qualitative approaches)</li> <li>Community-based participatory research</li> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li> </ul>
University through which the project will run	University of Southern Queensland
Type of degree	<ul> <li>Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)</li> <li>Honours</li> <li>Research Masters</li> <li>PhD</li> </ul>
Student requirements	Discipline or type of Undergraduate degree required: Undergraduate degree in social work or psychology required or allied health
	<i>Skills or Expertise required:</i> Experience in working with hospital partners/consumers would be helpful
	<i>Research or Technical skills required</i> : Experience working with patients or community people would be beneficial; Experience with quantitative research methods would be helpful.
Location requirement	<ul> <li>□On-campus (Specify):</li> <li>☑ External: Aim 1 and aim 2 can be done externally</li> <li>☑ Other (Specify): Aim 3: Hospital for piloting the trial</li> </ul>
Scholarship availability	Project is eligible for Research Training Program Stipends scholarship (PhD Scholarship) as stroke and mental health align with the UniSQ flagship research area.
Project notes	Aim 1 and Aim 2 of the project focuses on intervention development (co- designing approach); discussion/meetings with hospital stakeholders and consumers required Aim 3 is piloting a co-designed stress intervention in the clinical setting
For more information	on, please feel free to contact project investigator via:

For more information, please feel free to contact project investigator via:



Project title	2. I-CHAt: an Intergenerational Community Homeshare Activity for Older Adults and University Students on the Sunshine Coast
Project investigator(s)	Dr Dan Wadsworth (UniSc/Manna Institute) Dr Alison Craswell (UniSC)
Project summary	<ul> <li>In response to two pertinent issues (Ageing in Place/access to Community Care, and a current Accommodation/Rental Crisis), this proposed project partners researchers from UniSC, Sunshine Coast Council (SCC) and Industry (Suncare Community Services Ltd) to: <ul> <li>Provide a comprehensive overview of Intergenerational Community Homeshare and/or Cohabitation current practice,</li> <li>Explore stakeholder perspectives around this initiative,</li> <li>Co-create a Framework for community-based intergenerational homeshare programs for university students, and</li> <li>Lay the foundations for a future 6-month pilot of the co-designed Intergenerational Community Homeshare Program (I-CHAt) between older adults and university students on the Sunshine Coast (Phase 2).</li> </ul> </li> </ul>
Research methodologies involved	<ul> <li>Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>Mixed methods (quantitative and qualitative approaches)</li> <li>Community-based participatory research</li> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li> </ul>
University through which the project will run	University of the Sunshine Coast
Type of degree	<ul> <li>□ Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)</li> <li>□ Honours</li> <li>⊠ Research Masters</li> <li>□ PhD</li> </ul>
Student requirements	Discipline or type of Undergraduate degree required: Undergraduate degree in relevant discipline required Skills or Expertise required: Experience with delivery of community-focused interventions would be helpful.
	<i>Research or Technical skills required</i> : Experience working with older and/or younger adults would be beneficial; Some experience with participatory research methods would be helpful.



Location requirement	<ul> <li>On-campus (Specify) University of the Sunshine Coast, Sippy Downs (possibility for some of this work to be conducted remotely)</li> <li>External</li> <li>Other (Specify) (e.g., PhD studies need to be conducted elsewhere)</li> </ul>
Scholarship availability	The project has a guaranteed \$10,000 HDR student stipend attached. In addition, the supervisory panel will assist and support the successful student with relevant scholarship applications should this be required.
Project notes	This intergenerational project is being conducted in partnership with Sunshine Coast Council and Suncare Community Services Ltd (community care of older adults), with the support of the UniSC Student Guild. As such, the successful applicant will gain (or draw from) a working knowledge of community supports and systems for both older and younger adults. The project is available to begin asap, with the intention that the co-design process be completed, at least to a draft framework standard, by June 31 <sup>st</sup> , 2024.

For more information, please feel free to contact project investigator via: dwadswor@usc.edu.au



Project title	3. Menopause as a critical window of opportunity to reduce dementia risk in women
Project investigator(s)	Dr Mia Schaumberg
Project summary	This project will form part of the LIFE Study (Lifestyle factors for chronic disease risk in women across the menopause transition), and will contribute to developing novel, codesigned approaches to reducing mental health challenges and dementia risk in women across the menopause transition. The successful applicant will be involved across the project lifespan and will develop a wide range of research skills set in women's health, dementia prevention and risk reduction and mental health and wellbeing. Hands on data collection and participant and community interaction will be integral elements of the position. There is scope to contribute within a larger study team and develop independent research questions to align with the vision of the Manna Institute and Active Ageing Research at UniSC.
Research methodologies involved	<ul> <li>Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>Mixed methods (quantitative and qualitative approaches)</li> <li>Community-based participatory research</li> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li> </ul>
University through which the project will run	University of the Sunshine Coast
Type of degree	<ul> <li>Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)</li> <li>Honours</li> <li>Research Masters</li> <li>PhD</li> </ul>



Student	[Please insert any requirements of students to participate in this project. For
requirements	example:
	<i>Discipline or type of Undergraduate degree required</i> : Undergraduate or Masters degree in relevant discipline required
	<i>Skills or Expertise required:</i> Excellent attention to detail, demonstrated organisational skills and record-keeping skills, and a passion for health and wellbeing are highly desirable. Individuals residing in regional Australia are encouraged to apply
	<i>Research or Technical skills required</i> : Experience with quantitative and qualitative research methods would be helpful
Location	⊠On-campus (Specify)UniSC
requirement	
	□ External
	□Other (Specify) (e.g., PhD studies need to be conducted elsewhere)
Scholarship availability	Research Training Program Stipends (PhD Scholarship), subject to applicant meeting the eligibility requirements for entry into a higher degree by research program at USC.
Project notes	The successful applicant will be involved across the project lifespan and will develop a wide range of research skills set in women's health, dementia prevention and risk reduction and mental health and wellbeing. Hands on data
	collection and participant and community interaction will be integral elements of the position.

For more information, please feel free to contact project investigator via: mschaum1@usc.edu.au



#### Theme 2: Mental Health Needs and Services

Project title	4. Risk factors for mental ill health in rural vs urban areas
Project investigator(s)	Phil Batterham
Project summary	There may be factors associated with mental ill health that are specific to rural and regional areas. Using existing large population datasets, this project would examine whether there are distinct risk or protective factors associated with specific mental health problems among people living in rural and regional, with comparison to their urban counterparts. Investigation of associations with service use may also be explored.
Research methodologies involved	<ul> <li>Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>Mixed methods (quantitative and qualitative approaches)</li> <li>Community-based participatory research</li> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li> </ul>
University through which the project will run	Australian National University (partner) in collaboration with a Manna Institute regional institution
Type of degree	<ul> <li>□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)</li> <li>☑ Honours</li> <li>☑ Research Masters</li> <li>□ PhD</li> </ul>
Student requirements	Undergraduate degree in public health, psychology, social work or related discipline required. Experience with statistical methods including regression would be highly beneficial.
Location requirement	⊠On-campus (Specify) ⊠External □Other (Specify)
Scholarship availability	Could be included as part of a Manna scholarship program
Project notes	Data are existing, so timeframe is flexible. Could be a component of a PhD.

For more information, please feel free to contact project investigator via: *philip.batterham@anu.edu.au* 



Project title	<ol><li>Service use and disclosure of mental ill health in rural communities</li></ol>
Project investigator(s)	Prof Phil Batterham, Prof Alison Calear
Project summary	There are many individual factors and structural factors that influence disclosure of mental health symptoms, help seeking, and service use. While there is considerable literature on barriers and enablers of help seeking, there is limited recent research on factors specific to rural areas of Australia. The service environment changes rapidly, with an evolving mix of clinical (in-person and telehealth), online and peer services that may be available to people living in rural areas. Understanding pathways from recognition to disclosure to help seeking to service use may provide critical information about how to better support the mental health needs of Australians living in rural areas. This project would involve new data collection, potentially incorporating literature review, focus groups, community surveys, targeted interviews, and the development and evaluation of a new intervention. Drawing on existing theory from implementation science and public health, the project would aim to develop a comprehensive framework of mental health service use in rural areas and identify solutions to reduce the gaps between community need and availability of services.
Research methodologies involved	<ul> <li>Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>Mixed methods (quantitative and qualitative approaches)</li> <li>Community-based participatory research</li> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li> </ul>
University through which the project will run	Australian National University (partner) in collaboration with a Manna Institute regional institution
Type of degree	<ul> <li>□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)</li> <li>□Honours</li> <li>⊠Research Masters</li> <li>⊠PhD</li> </ul>



Student requirements	Undergraduate honours degree in public health, psychology, social work or related discipline required. Experience with statistical methods and qualitative methods would be highly beneficial.
Location requirement	⊠On-campus (Specify)
	⊠External
	□Other (Specify)
Scholarship availability	Could be included as part of a Manna scholarship program
Project notes	

For more information, please feel free to contact project investigator via: philip.batterham@anu.edu.au



O:       Factors impleting freip secting behavious in much experiencing mental health disorders         Project investigator(s)       Dr Jasleen Chhabra         Project summary       This study aims to explore the influence of masculinity, social support, stigma, and attitudes towards psychological help-seeking on the help- seeking behaviours of Australian men in rural, regional, and metropolitan areas.         Research <ul> <li>Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>Mixed methods (quantitative and qualitative approaches)</li> <li>Community-based participatory research</li> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li></ul>	Project title	6. Factors impacting help-seeking behaviours in men
Project investigator(s)       Dr Jasleen Chhabra         Project summary       This study aims to explore the influence of masculinity, social support, stigma, and attitudes towards psychological help-seeking on the help-seeking behaviours of Australian men in rural, regional, and metropolitan areas.         Research       Qualitative methods (e.g., interviews, focus groups, observations)         methodologies       Mixed methods (quantitative and qualitative approaches)         involved       Community-based participatory research         Quantitative methods (e.g., surveys, trials, instrument design)       Other (Specify)	•	
Project summary       This study aims to explore the influence of masculinity, social support, stigma, and attitudes towards psychological help-seeking on the help-seeking behaviours of Australian men in rural, regional, and metropolitan areas.         Research       Qualitative methods (e.g., interviews, focus groups, observations)         methodologies       Mixed methods (quantitative and qualitative approaches)         involved       Community-based participatory research         Quantitative methods (e.g., surveys, trials, instrument design)       Other (Specify)		
stigma, and attitudes towards psychological help-seeking on the help-seeking behaviours of Australian men in rural, regional, and metropolitan areas.         Research       Qualitative methods (e.g., interviews, focus groups, observations)         methodologies       Mixed methods (quantitative and qualitative approaches)         involved       Community-based participatory research         ØQuantitative methods (e.g., surveys, trials, instrument design)       Other (Specify)         University through       Federation University         which the project will       Federation University         run       Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         ØHonours       Research Masters         PhD       Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.	Project investigator(s)	Dr Jasleen Chhabra
seeking behaviours of Australian men in rural, regional, and metropolitan areas.         Research methodologies involved       Qualitative methods (e.g., interviews, focus groups, observations)         Mixed methods (quantitative and qualitative approaches)         Important involved       Quantitative methods (e.g., surveys, trials, instrument design)         Other (Specify)       Other (Specify)         Important integrated learning, internship)       Federation University         Which the project will       Federation University         Type of degree       Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         Whonours       Research Masters         IPhD       Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirementation       Mon-campus (Specify) _Berwick, Victoria	Project summary	This study aims to explore the influence of masculinity, social support,
areas.         Research methodologies involved       Qualitative methods (e.g., interviews, focus groups, observations)         Mixed methods (quantitative and qualitative approaches)         Community-based participatory research         Quantitative methods (e.g., surveys, trials, instrument design)         Other (Specify)         Pederation University         Which the project will         run         Type of degree         Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)         Honours         Research Masters         PhD         Student requirements         Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement       ⊠On-campus (Specify) _Berwick, Victoria		stigma, and attitudes towards psychological help-seeking on the help-
Research       Qualitative methods (e.g., interviews, focus groups, observations)         methodologies       Mixed methods (quantitative and qualitative approaches)         involved       Community-based participatory research         Quantitative methods (e.g., surveys, trials, instrument design)       Other (Specify)		seeking behaviours of Australian men in rural, regional, and metropolitan
methodologies       Mixed methods (quantitative and qualitative approaches)         involved       Mixed methods (quantitative and qualitative approaches)         Quantitative methods (e.g., surveys, trials, instrument design)       Other (Specify)	<b></b>	
involved       □Community-based participatory research         ☑Quantitative methods (e.g., surveys, trials, instrument design)       □Other (Specify)         □Other (Specify)		
Student requirements       Skills or Expertise required:         Experimentation       Skills required:         Experimentation       Skills required:         Experimentation       Student requirementation         Student requirementation       Skills or Expertise required:         Experimentation       Skills required:         Experimentation       Student requirementation         Student requirementation       Skills or Expertise required:         Experimentation       Skills required:         Experimentation       Student requirementation         Skills or Expertise required:       Skills required:         Experimentation       Skills required:         Experimentation       Student requirementation         Skills or Expertise required:       Skills required:         Experimentation       Student requirementation         Student requirementation       Skills required:         Experimentation       Student requirementation         Subscord       Skills required:         Experimentation       Subscord         Subscord       Subscord         Subscord       Subscord         Subscord       Subscord         Subscord       Subscord         Subscord       Subscord	-	
□Other (Specify)         University through which the project will run         Type of degree       □Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         □Honours       □Research Masters         □PhD       □Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement       ⊠On-campus (Specify) _Berwick, Victoria	IIIvoiveu	
University through which the project will run       Federation University         Type of degree       Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         Image: Mean and the project will run       Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         Image: Student requirements       Capstone project of Undergraduate degree required: Undergraduate degree in psychology required         Student requirements       Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.       Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement       MOn-campus (Specify) _Berwick, Victoria		
which the project will run       Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)         Type of degree       Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)         Honours       Research Masters         PhD       Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement       On-campus (Specify) _Berwick, Victoria		□Other (specify)
run       Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         Type of degree       Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         Honours       Research Masters         PhD       Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement       On-campus (Specify) _Berwick, Victoria	University through	Federation University
Type of degree       □Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         ☑Honours       ☑Research Masters         ☑PhD       ☑Dhop of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement       ☑On-campus (Specify) _Berwick, Victoria	which the project will	
integrated learning, internship)         ⊠ Honours         ⊠ Research Masters         □PhD         Student requirements         Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement         ⊠ On-campus (Specify) _Berwick, Victoria         ⊠ External	run	
Image: Second secon	Type of degree	
Image: Student requirements       Image: Student requirements         Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement       Image: On-campus (Specify) _Berwick, Victoria		
Image: Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement       Image: On-campus (Specify) _Berwick, Victoria		
Student requirements       Discipline or type of Undergraduate degree required: Undergraduate degree in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement       ⊠On-campus (Specify) _Berwick, Victoria		
in psychology required         Skills or Expertise required: Experience research methods would be helpful.         Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement         ⊠On-campus (Specify) _Berwick, Victoria         ⊠External		
Research or Technical skills required: Experience with quantitative research methods would be helpful.         Location requirement         Image: Specify in the system of	Student requirements	
methods would be helpful.         Location requirement         Image: Specify in the system of the sy		<i>Skills or Expertise required:</i> Experience research methods would be helpful.
methods would be helpful.         Location requirement         Image: Specify in the system of the sy		Research or Technical skills required: Experience with quantitative research
⊠ External		
	Location requirement	⊠On-campus (Specify) _Berwick, Victoria
□Other (Specify) (e.g., PhD studies need to be conducted		⊠External
elsewhere)		elsewhere)
<b>Scholarship</b> This project is an independent project conducted by a student/group of	Scholarship	This project is an independent project conducted by a student/group of
	availability	
Project notes The project is currently underway. New students will be invited to join	Project notes	The project is currently underway. New students will be invited to join
ongoing data collection and develop new research questions.		ongoing data collection and develop new research questions.

For more information, please feel free to contact the project investigator via:

j.chhabra@federation.edu.au



Project title	7. Evidence check of toolkits and dashboards used to inform provision of community delivered mental health services
Project investigator(s)	Prof Chris Doran, Dr Cassy Dittman and others
Project summary	Manna Institute aims to work with foundation partners (Lifeline and Lifeline Direct) to develop a Regional Community, Industry and Research (CIRA) Data Asset and Toolkit. The CIRA data asset and toolkit will focus on blue- sky thinking and solutions embedded within communities and industry for real-world outcomes. This approach allows for a comprehensive data asset to be developed for collaboration, evaluation and translation of commercial outcomes between end-users (i.e., community, industry and universities). This CIRA will be piloted with Lifeline Direct and ultimately will be housed on Life In Mind, a Commonwealth funded gateway to connect community and service providers with best practice, managed by Everymind. This project will provide a review of the existing literature on toolkit and dashboard approaches to date, including consideration of barriers and enablers around the implementation of evidence-based community services.
Research	<ul> <li>☑Qualitative methods (e.g., interviews, focus groups, observations)</li> </ul>
methodologies involved	Mixed methods (quantitative and qualitative approaches)
	Community-based participatory research
	Quantitative methods (e.g., surveys, trials, instrument design)
	□Other (Specify)
University through which the project will run	CQUniversity
Type of degree	□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)
	⊠Honours
	□Research Masters
	□PhD
Student requirements	Would suit a student with an interest in mental health and pursuing a career in social work or psychology.



Location requirement	□On-campus (Specify)
	⊠External
	□Other (Specify) (e.g., PhD studies need to be conducted elsewhere)
Scholarship availability	May be able to secure summer vacation scholarship
Project notes	Start ASAP – ethical clearance usually not required for reviews of the
	literature

For more information, please feel free to contact the project investigator via: c.doran@cqu.edu.au



Project investigator(s)       Prof Chris Doran, Dr Cassy Dittman and others         Project summary       There is a paucity of evidence pertaining to the economic cost of mental health in regional Australia. People living in regional Australia have a greater prevalence of chronic and mental health conditions. Treatments tend to be citycentric and ill-suited to the lifestyles and geographies of regional people. Receiving appropriate support can mean relocating far from family and friends. A better understanding of the economic cost associated with mental health in regional Australia may facilitate a more equitable allocation of dollars to close the gap in mental health disparities.         Research       □Qualitative methods (e.g., interviews, focus groups, observations)         methodologies       □Qualitative methods (e.g., surveys, trials, instrument design)         □Community-based participatory research       □Quantitative methods (e.g., surveys, trials, instrument design)         □Other (Specify)	Project title	8. Economic cost of mental health in rural and remote
Project investigator(s)Prof Chris Doran, Dr Cassy Dittman and othersProject summaryThere is a paucity of evidence pertaining to the economic cost of mental health in regional Australia. People living in regional Australia have a greater prevalence of chronic and mental health conditions. Treatments tend to be citycentric and ill-suited to the lifestyles and geographies of regional people. Receiving appropriate support can mean relocating far from family and friends. A better understanding of the economic cost associated with mental health in regional Australia may facilitate a more equitable allocation of dollars to close the gap in mental health disparities.Research methodologies involvedQualitative methods (e.g., interviews, focus groups, observations) 		
Project summary       There is a paucity of evidence pertaining to the economic cost of mental health in regional Australia. People living in regional Australia have a greater prevalence of chronic and mental health conditions. Treatments tend to be citycentric and ill-suited to the lifestyles and geographies of regional people. Receiving appropriate support can mean relocating far from family and friends. A better understanding of the economic cost associated with mental health in regional Australia may facilitate a more equitable allocation of dollars to close the gap in mental health disparities.         Research       □Qualitative methods (e.g., interviews, focus groups, observations)         Mixed methods (quantitative and qualitative approaches)       □Community-based participatory research         □Quantitative methods (e.g., surveys, trials, instrument design)       □Other (Specify)		Australia
health in regional Australia. People living in regional Australia have a greater prevalence of chronic and mental health conditions. Treatments tend to be citycentric and ill-suited to the lifestyles and geographies of regional people. Receiving appropriate support can mean relocating far from family and friends. A better understanding of the economic cost associated with mental health in regional Australia may facilitate a more equitable allocation of dollars to close the gap in mental health disparities.Research methodologies involvedQualitative methods (e.g., interviews, focus groups, observations) Mixed methods (quantitative and qualitative approaches) 	Project investigator(s)	Prof Chris Doran, Dr Cassy Dittman and others
methodologies       Improved         involved       Mixed methods (quantitative and qualitative approaches)         Community-based participatory research       Quantitative methods (e.g., surveys, trials, instrument design)         Quantitative methods (e.g., surveys, trials, instrument design)       Other (Specify)         University through which the project will run       CQUniversity         Type of degree       Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         Mesearch Masters       Mesearch Masters         Mealth economics and mental health.       Would suit a quantitative researcher that has an interest in economics / health economics and mental health.         Location requirement       Mon-campus (Specify)         Mexemption       Mexemption		health in regional Australia. People living in regional Australia have a greater prevalence of chronic and mental health conditions. Treatments tend to be citycentric and ill-suited to the lifestyles and geographies of regional people. Receiving appropriate support can mean relocating far from family and friends. A better understanding of the economic cost associated with mental health in regional Australia may facilitate a more
Image: Constraint of the second se	methodologies	
□Other (Specify)         University through which the project will run       CQUniversity         Type of degree       □Capstone projects (e.g. undergraduate research placement, work-integrated learning, internship)         ☑Honours       ☑Research Masters         ☑PhD       Student requirements         Would suit a quantitative researcher that has an interest in economics / health economics and mental health.         Location requirement       ☑On-campus (Specify)         ☑External		Community-based participatory research
University through which the project will runCQUniversityType of degree□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)Type of degree□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)MenoursMenoursMessearch MastersMenoursStudent requirementsWould suit a quantitative researcher that has an interest in economics / health economics and mental health.Location requirementMOn-campus (Specify)MessearchMessearch		Quantitative methods (e.g., surveys, trials, instrument design)
which the project will run□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)Type of degree□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)☑Honours☑Research Masters☑PhD☑PhDStudent requirementsWould suit a quantitative researcher that has an interest in economics / health economics and mental health.Location requirement☑On-campus (Specify)☑External		□Other (Specify)
integrated learning, internship)         ⊠Honours         ⊠Research Masters         ⊠PhD         Student requirements         Would suit a quantitative researcher that has an interest in economics / health economics and mental health.         Location requirement         ⊠On-campus (Specify)         ⊠External	which the project will	CQUniversity
Image: Section of the section of t	Type of degree	
Student requirements       Would suit a quantitative researcher that has an interest in economics / health economics and mental health.         Location requirement       ⊠On-campus (Specify)         ⊠External		⊠Honours
Student requirements       Would suit a quantitative researcher that has an interest in economics / health economics and mental health.         Location requirement       ⊠On-campus (Specify)         ⊠External		⊠Research Masters
Location requirement       ⊠On-campus (Specify)         ⊠External		⊠PhD
⊠External	Student requirements	
	Location requirement	⊠On-campus (Specify)
□Other (Specify) (e.g., PhD studies need to be conducted elsewhere)		⊠External
		□Other (Specify) (e.g., PhD studies need to be conducted elsewhere)



Scholarship availability	Possible to explore university scholarship, or other doctoral scholarship opportunities.
Project notes	Size of project depends on type of degree. Lots of potential to conduct rapid review or use a mixed methods approach.

For more information, please feel free to contact the project investigator via: c.doran@cqu.edu.au



Project title	9. Wellness out West! (WoW!)
Project investigator(s)	Prof Tracy Kolbe-Alexander Prof Sonja March
Project summary	<ul> <li>Mental health and obesity in adults living in regional Queensland is a major public health problem needing urgent innovative action.</li> <li>WoW! addresses the intersection between mental health and obesity and promotes collaborative research, innovation and translation. This program of research integrates community-based systems dynamics (CBSD) which has been shown to reduce health and social inequalities, and values community members (consumers) as part of the process.</li> <li>The over-arching aim of WoW! is to co-develop a whole of community intervention framework addressing the determinants mental health and obesity, that can be scaled up in regional towns.</li> <li>This will be achieved through 3 objectives:</li> <li>Objective 1 (Phase 1): Co-develop a whole of community intervention addressing mental health and obesity in two towns (Toowoomba City and Oakey) using CBSD methodology.</li> <li>Objective 2 (Phase 2): Based on the outcomes from Phase 1, we will develop a WoW! framework, highlighting leverage points and actions for scale up.</li> <li>Objective 3 (Phase 3): Determine the feasibility and acceptability of the refined WoW! program model in two other towns.</li> </ul>
	The WoW! model will support the scaling up of co-developed innovative solutions addressing determinants of health, to improve health outcomes and reduce inequalities in and between communities. WoW! will build capacity and empower priority communities to initiate, lead and advocate for community-wide change.
Research methodologies involved	<ul> <li>Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>Mixed methods (quantitative and qualitative approaches)</li> <li>Community-based participatory research</li> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li> </ul>
University through which the project will run	University of Southern Queensland
Type of degree	<ul> <li>□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)</li> <li>□Honours</li> <li>⊠Research Masters</li> </ul>



	⊠PhD
Student requirements	An opportunity is available for an Australian First Nations student with a public health, mental health, or sport and exercise degree. Ideally, the student should reside in the Toowoomba or Darling Downs region. <i>Skills or Expertise required:</i> Experience with community engagement, and
	delivery of peer-led interventions would be helpful.
	<i>Research or Technical skills required</i> : Experience working with the community (range of ages) would be beneficial; Experience with quantitative research methods would be helpful.
Location requirement	⊠On-campus (Specify) UniSQ Toowoomba □External
	□Other (Specify) (e.g., PhD studies need to be conducted elsewhere)
Scholarship availability	Scholarship available at the University of Southern Queensland.
Project notes	Ideal starting Date: January 2024. Data collection: data collection (yarning circles and workshops) will take place in Oakey and Toowoomba.

For more information, please feel free to contact project investigator via: tracy.kolbealexander@usq.edu.au



### Theme 3: Workforce and Education

Project title	10. Peer Support Program: Empowering Educators
	10. Peer Support Program. Empowering Educators
Project investigator(s)	Dr Marg Rogers (UNE/Manna)
	Associate Professor Wendy Boyd (SCU – lead)
	Associate Professor Michelle Neuman
Project summary	The Australian early childhood educator sector is in crisis with one million Australians unable to access early education for their children. This is due to a shortage of educators, especially in 'childcare deserts' where three families are competing for one early childhood education space. To address this, our team has funding to pilot a very successful, evaluated Canadian royalty-free peer support mentoring project for educators in five 'childcare desert' areas. This project that has been successful in supporting the
	wellbeing and improving the retention of Canadian early childhood educators. This program was co-designed and co-created with Canadian educators because they had high levels of attrition with beginning educators.
	Students could be involved in data collection, which will be collected online, via forums, focus groups and interviews. Students will be measuring the self-reported wellbeing of educators before the program and after the intervention. Additionally, the students could be involved in evaluating the program. The evaluative data will be used to adapt the program for Australian educators. Students are also welcome to choose a different aspect of the program to research.
Research	Qualitative methods (e.g., interviews, focus groups, observations)
methodologies	⊠Mixed methods (quantitative and qualitative approaches)
involved	Community-based participatory research
	<ul> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li> </ul>
University through	SCU (lead) and UNE
which the project will	We are a virtual team.
run	
Type of degree	Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship) Honours
	⊠ Honours ⊠Research Masters



Student requirements	Discipline or type of Undergraduate degree required: Undergraduate degree
	in education, social work or psychology required.
	<i>Skills or Expertise required:</i> We will be supporting your skill development.
	An interest in supporting the wellbeing of practitioners is required.
	Research or Technical skills required: Experience with mixed methods
	research methods would be helpful.
Location requirement	□On-campus (Specify)
	⊠External
	□Other (Specify) (e.g., PhD studies need to be conducted
	elsewhere)
	,
Scholarship	There are a variety of HDR scholarships available through UNE and the
availability	Manna Institute.
•	
Project notes	The project is funded by the Australian Childcare Alliance (Queensland
-	Branch). The project is starting in Spring, 2023. The project and will run for
	at least 18 months-2 years, but longer if further funding is secured.

For more information, please feel free to contact project investigator via: marg.rogers@une.edu.au



Project title	11. That's a RAP: Reconciliation Action Plans across the RUN
	Universities, a benchmarking project.
Project investigator(s)	Dr Vicki Pascoe
Project summary	Most universities now have, or are in the process of, implementing
Froject Summary	Reconciliation Plans. How do the RUN universities compare? What is being
	done well? What are the barriers and enablers of RAPs? What can we learn
	from their implementation?
Research	⊠Qualitative methods (e.g., interviews, focus groups, observations)
methodologies	□Mixed methods (quantitative and qualitative approaches)
involved	Livined methods (quantitative and quantative approaches)
	□Community-based participatory research
	Quantitative methods (e.g., surveys, trials, instrument design)
	DQuantitative methous (e.g., surveys, thais, instrument design)
	⊠Other (Specify): desktop audit or benchmarking process of RAPs across
	RUN universities
University through	CQUniversity
which the project will	
run	
Turne of degree	
Type of degree	⊠Capstone projects (e.g. undergraduate research placement, work-
	integrated learning, internship)
	□Honours
	⊠Research Masters
	Kesearch Masters
	□PhD
Student requirements	A discipline background/undergraduate degree in First Nations Studies
student requirements	
Location requirement	□On-campus (Specify)
	⊠External
	□Other (Specify) (e.g., PhD studies need to be conducted elsewhere)



Scholarship availability	A possibility for university scholarship.
Project notes	Project will require an extensive desktop search and analysis. Can begin immediately as no ethics required.

For more information, please feel free to contact the project investigator via: v.pascoe@cqu.edu.au



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Project title	12. Investigating early childhood educators' experiences with child behaviour and the influence on job satisfaction and wellbeing
Project investigator(s)	Dr Cassy Dittman
Project summary	Early childhood educators are on the frontline of early education and care. With up to 58% of children between the ages of 2 and 3, and 45% of children aged 4 attending formal types of early education and care (Australian Institute of Health and Welfare, 2020), there is an immense amount of pressure placed on educators to nurture and develop social skills, emotional and behavioural self-regulation abilities, as well as build the foundation for later academic performance. Some children will display challenging behaviours in this environment including non-compliance, defiance, verbal or physical aggression, and tantrums. These behaviours interfere with learning and development, and when frequent and severe, can be physically, emotionally, and mentally harmful to the child, other children or adults, and puts a child at high risk for later social problems or school failure.
	Managing such disruptive behaviour has been identified as a significant source of stress for primary and secondary school teachers, with Australian teachers reporting that they spend a considerable proportion of their day on behaviour management. There is significantly less research with early childhood educators that examines the influence of challenging child behaviour in their satisfaction with and stress in their role. Such research is essential given the high turnover in this profession, and the need to ensure educators are equipped with the skills they need to manage difficult and challenging behaviours in ways that are effective, proactive and facilitate strong educator-child relationships.
	Thus, the current study aims to investigate the relationship between early childhood educators' experiences with challenging behaviours and the influence this has on job satisfaction and personal wellbeing. In particular, the study aims to identify factors related to the educator that may be potentially modifiable in a professional development intervention targeted at improving educators' competence and confidence in managing child behaviour and enhancing prosocial behaviour.
Research methodologies	Qualitative methods (e.g., interviews, focus groups, observations)
involved	Mixed methods (quantitative and qualitative approaches)
	Community-based participatory research
	□Quantitative methods (e.g., surveys, trials, instrument design)



	□Other (Specify):
University through which the project will run	CQUniversity
Type of degree	□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)
	⊠Honours
	⊠Research Masters
	⊠PhD
Student requirements	<ul> <li>Suitable for someone with an undergraduate degree in psychology, behavioural sciences early childhood education</li> <li>Experience with quantitative and qualitative research methodology and analysis desired but not essential</li> <li>Knowledge or experience with the early childhood education sector</li> </ul>
	desirable
Location requirement	□On-campus (Specify) ⊠External □Other (Specify) (e.g., PhD studies need to be conducted elsewhere)
Scholarship availability	Can explore options for university and other scholarships.
Project notes	Some survey data has already been collected. Looking to expand the sample and complement with qualitative methods (e.g., interviews or focus groups with educators). Could be expanded into a PhD project involving an evaluation of professional development for educators.

For more information, please feel free to contact the project investigator via: <u>c.dittman@cqu.edu.au</u>



Project title	13. The next workforce: Crisis support needs of students
	attending regional universities in Australia
Project investigator(s)	A/Prof Sarah Wayland (UNE), Dr Belinda Cash (CSU), Dr Tania Pearce (UNE),
	Prof Sonja March (USQ), Dr Dan Wadsworth (UniSC), Lifeline Direct.
Project summary	The aim of the collaboration will be to analyse routinely collected de-
	identified data to elucidate whether university students, identify reasons
	for seeking support with an emphasis on prevalence amongst regional
	university students in comparison to their metropolitan contemporaries.
Research	Qualitative methods (e.g., interviews, focus groups, observations)
methodologies	Mixed methods (quantitative and qualitative approaches)
involved	Community-based participatory research
	Quantitative methods (e.g., surveys, trials, instrument design)
	Other (Specify)
University through	UNE
which the project will	
run	
Type of degree	⊠Capstone projects (e.g. undergraduate research placement, work-
	integrated learning, internship)
	⊠Honours
	Research Masters
Student requirements	Discipline or type of Undergraduate degree required: Studying
	Undergraduate degree in any health science, preferably social work or
	psychology
	Skills or Expertise required: Skills in working with industry partners is an
	advantage.
	Research or Technical skills required: Some experience of working with
	quantitative data would be helpful
Location requirement	On-campus (Specify)
	⊠External
	□Other (Specify) (e.g., PhD studies need to be conducted
	elsewhere)
Scholarship	A small stipend may be available.
availability	
Project notes	Experience handling data from a real-world context, of working with service
	providers to collect and then report back on data that will inform future
	service delivery, is a significant and impactful gap for many researchers. Via
	this project, researchers based in regional Australia will (1) gain direct
	experience working within the realities of a resource-constrained, user-



facing environment, and (2) deliver outputs that will directly inform service provision. As such, researchers will be upskilled in approaches that enable user-context research and implementation.

For more information, please feel free to contact project investigator via: *swaylan2@une.edu.au* 



## Theme 4: Children, Adolescents and Families

Project title	14. Children's Family Resilience Programs
Project investigator(s)	Dr Marg Rogers (UNE/Manna)
	Dr Amy Johnson (CQU)
	Emily Small (Small Hands Early Learning)
	Yumiko Coffey (UNE)
	Associate Professor Ingrid Harrington (UNE)
	Dr Stoo Sepp (UNE)
	Dr Anwaar Ul-Hag (CSU)
Project summary	The Children's Family Resilience Programs project team co-design and co-
	create free, online, research-based resources for children from Defence,
	Veteran, First Responder and Remote Worker families. We work with our
	expert Steering Committee of stakeholders who have lived experience or
	support these families. We have co-created 12 award-winning children's e-
	storybooks and interactives to assist children from these families better
	understand and cope with parents working away, frequent relocations, and
	parents with work-related physical or mental health conditions. We have
	also co-created multimedia modules for their parents, educators and
	support workers so they can better assist these children and build
	resilience. Our resources are used and recommended by Open Arms
	(Department of Veteran Affairs), Defence Member and Family Support,
	Defence Families Australia and Military Life. We also have a Memorandum
	of Understanding with the Canadian Institute of Military Veteran Health
	Research and their partners who are adapting our storybooks for their
	families.
	Students could be involved in the co-design and co-creation of research-
	based resources for children, parents, educators and support workers in an
	Action Research project with our partners and those with lived experience.
	Students could also be involved in evaluation of our resources using a
	mixed methods approach. Students are also welcome to choose their own
	research project within the larger project.
Research	Qualitative methods (e.g., interviews, focus groups, observations)
methodologies	Mixed methods (quantitative and qualitative approaches)
involved	Community-based participatory research
	Quantitative methods (e.g., surveys, trials, instrument design)
	Other (Specify)
University through	UNE
which the project will	It should be noted we are a virtual, multidisciplinary team representing
run	many universities, organisations and lived experience.



	r
Type of degree	<ul> <li>☑ Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)</li> <li>☑ Honours</li> <li>☑ Research Masters</li> <li>☑ PhD</li> </ul>
Student requirements	<ul> <li>Discipline or type of Undergraduate degree required: Undergraduate degree in education, social work or psychology required.</li> <li>Skills or Expertise required: We will be supporting your skill development. An interest in supporting the wellbeing of service families, and families who experience parents working away is essential.</li> <li>Research or Technical skills required: Experience with mixed methods research methods would be helpful.</li> </ul>
Location requirement	<ul> <li>On-campus (Specify)</li> <li>External</li> <li>Other (Specify) (e.g., PhD studies need to be conducted elsewhere)</li> </ul>
Scholarship availability	There are a variety of HDR scholarships available through UNE and the Manna Institute.
Project notes	<ul> <li>The project started in 2020 and is ongoing. Our Australian and Canadian partners include: <ul> <li>Legacy Club Services</li> <li>Open Arms (Department of Veteran Affairs)</li> <li>Fortem Australia</li> <li>Military and Emergency Services Health Australia</li> <li>Defence Families Australia</li> <li>Canadian Institute of Military Veteran Health Research</li> <li>Canadian Forces Welfare and Morale Services</li> <li>HiMarc</li> <li>The Royal Canadian Legion</li> </ul></li></ul>

For more information, please feel free to contact project investigator via: <u>ecdefenceprograms@une.edu.au</u>



Project title	15. Supporting Men's Perinatal Mental Health in Rural and
	Regional Australia
Project investigator(s)	Dr Jasleen Chhabra; Dr Dixie Statham
.,	(Will be looking to collaborate with other Manna researchers)
Project summary	The key objective of this project is to directly promote the perinatal mental
	health of fathers in rural and regional Australia. This will be achieved by
	designing an effective intervention in partnership with community
	members, service providers, and health professionals.
Research	Qualitative methods (e.g., interviews, focus groups, observations)
methodologies	Mixed methods (quantitative and qualitative approaches)
involved	Community-based participatory research
	Quantitative methods (e.g., surveys, trials, instrument design)
	□ Other (Specify)
University through	Federation University & Manna Institute
which the project will	
run	
Type of degree	Capstone projects (e.g. undergraduate research placement, work-
	integrated learning, internship)
	Honours
	Research Masters
	⊠PhD
Student requirements	Discipline or type of Undergraduate degree required: Undergraduate and
	Honours degree in psychology required
	Skills or Expertise required: Previous research experience (For e.g., Honours
	research project) will be helpful
	Research or Technical skills required: Experience working with men would
	be beneficial; Experience with quantitative and qualitative research
	methods would be helpful.
Location requirement	⊠On-campus (Specify)Berwick
	⊠External
	□Other (Specify) (e.g., PhD studies need to be conducted
	elsewhere)
Scholarship	Student will be eligible for RTP funding. External funding can be used to
availability	support the student during their PhD.



Project notes	The ideal state to start the project will be late 2023, or early 2024. The
	fathering project from Telethon Kids, and Lifeline will be invited to
	collaborate on this project.

For more information, please feel free to contact project investigator via: *j.chhabra@federaton.edu.au* 



Project title	16. Building positive parental involvement in children's sport
Project investigator(s)	Dr Cassy Dittman
Project summary	Participation in sport is associated with important benefits for children's mental health, wellbeing and positive development, with large-scale longitudinal research indicating that dropout from sport is associated with greater risk of mental health problems. Parents play a crucial role in influencing their children's development through sport, as life skills coaches, role models, supporters and enablers, and financiers. Prior research has indicated that parents can both promote and impede children's continued participation in and enjoyment of sport. There is a paucity of research on parental behaviour in the context of children's sport in Australia.
	The present study aims to address this gap by collecting information to identify the parenting and family factors that support children to retain positive involvement in sport throughout childhood and adolescence. There is capacity to explore the role of parent and child gender in sports participation, as well as the benefits that parents derive for their own mental health when they have children involved in community sport.
Research methodologies	Qualitative methods (e.g., interviews, focus groups, observations)
involved	⊠Mixed methods (quantitative and qualitative approaches)
	Community-based participatory research
	Quantitative methods (e.g., surveys, trials, instrument design)
	□Other (Specify)
University through which the project will run	CQUniversity
Type of degree	Capstone projects (e.g. undergraduate research placement, work-
	integrated learning, internship)
	⊠Honours
	⊠Research Masters
	□PhD



Student requirements	<ul> <li>Suitable for someone with an undergraduate degree in psychology or exercise science</li> <li>Experience with quantitative and qualitative research methodology and analysis desired but not essential</li> <li>Connections with junior sporting organisations would be ideal</li> </ul>
Location requirement	□On-campus (Specify)
	□Other (Specify) (e.g., PhD studies need to be conducted elsewhere)
Scholarship availability	Could seek summer research scholarship.
Project notes	Some survey data has already been collected. Looking to expand the sample and complement with qualitative methods (e.g., interviews or focus groups with parents and teens). Could be expanded into a PhD project.

For more information, please feel free to contact project investigator via: c.dittman@cqu.edu.au



Project title	17. The experiences of fathers caring for their children in
	regional and rural Australia
Project investigator(s)	Dr Cassy Dittman
Project summary	Increasingly in Australia, fathers are assuming greater responsibility in the care of their young children. Many fathers now share caring responsibilities more equally with their children's mother, with some fathers moving away from full-time paid employment to presume a primary caregiving role (what we might term, 'stay-at-home dads'). In spite of this, parenting research tends to focus largely on the experiences of mothers, and the role of mothers and mothering in child development. Further, early childhood services, support groups and playgroups are often geared towards mothers with fathers excluded entirely or made to feel unwelcome when they do attempt to participate. This is particularly the case in regional and rural areas where traditional gender roles are more apparent. The potential impact of this exclusion on fathers' sense of isolation, mental health and their capacity to parent effectively has not been investigated. Work is needed to understand the experiences and perspectives of fathers caring for their young children, particularly those who take on the non-traditional role of primary caregiver. Such work will help ensure we provide services and supports for all parents, regardless of their gender.
Research methodologies involved	<ul> <li>☑Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>☑Mixed methods (quantitative and qualitative approaches)</li> <li>☑Community-based participatory research</li> </ul>
	<ul> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li> </ul>
University through which the project will run	CQUniversity



Type of degree	□Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)
	⊠Honours
	⊠Research Masters
	□PhD
Student requirements	Suitable for someone with an undergraduate degree in psychology or behavioural sciences
	• Experience with quantitative and qualitative research methodology and analysis desired but not essential
Location requirement	□On-campus (Specify)
	⊠External
	□Other (Specify) (e.g., PhD studies need to be conducted elsewhere)
Scholarship availability	Can explore options for university and other scholarships.
Project notes	While this study has been pitched as suitable for either an Honours or Research Masters project, there is lots of potential for the project scope to be broadened into a PhD.

For more information, please feel free to contact project investigator via: *c.dittman@cqu.edu.au* 



Project title	18. How do parents access parenting support for child and adolescent mental health in regional, rural, and remote Australia?
Project investigator(s)	Dr Cassy Dittman
Project summary	A large volume of research attests to the capacity of evidence-based parenting programs to improve child and adolescent mental health, and the mental health of parents and carers themselves. Because of their positive influence on the family unit, parenting programs are, therefore, one of the few psychosocial interventions shown to improve the mental health of multiple individuals at once. However, there are significant challenges in ensuring parents have access to evidence-based support in regional, rural and remote Australia. Some of these challenges are similar to those related to accessing mental health services, including workforce shortages, poor quality services, or limited service availability. Others are unique to the delivery of parenting support such as the stigma of seeking support for parenting, and parenting interventions not having a clear 'home' within differing child and family services. Further, where child and family-based services aim to support parents and their parenting, it is not always clear whether these agencies deliver evidence-based parenting interventions. Thus, the present study aims to understand how parents access parenting support in RRR area from both the perspectives of parents and service providers. The study will identify the availability and diversity of parenting support available in RRR areas, as well as challenges and barriers to accessing and delivering evidence-based parenting support.
Research methodologies involved	<ul> <li>Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>Mixed methods (quantitative and qualitative approaches)</li> <li>Community-based participatory research</li> </ul>
	<ul> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify): scoping or systematic review also possible to frame the data collection stage of the research.</li> </ul>
University through which the project will run	CQUniversity



Type of degree	Capstone projects (e.g. undergraduate research placement, work-
	integrated learning, internship)
	⊠Honours
	⊠Research Masters
	⊠PhD
Student requirements	Suitable for someone with an undergraduate degree in psychology or behavioural sciences
	<ul> <li>Experience with quantitative and qualitative research methodology and analysis desired but not essential</li> </ul>
	<ul> <li>Knowledge or experience with the child and family services sectors desirable</li> </ul>
Location requirement	□On-campus (Specify)
	⊠External
	□Other (Specify) (e.g., PhD studies need to be conducted elsewhere)
Scholarship availability	Can explore options for university and other scholarships, including summer research scholarship.
Project notes	Scope of project can be designed to match type of degree being undertaken.

For more information, please feel free to contact project investigator via: *c.dittman@cqu.edu.au* 



Project title	19. Digital models of care for youth anxiety: How can they
	work in regional communities?
Project investigator(s)	Prof Sonja March (Manna, University of Southern Queensland)
	Prof Alison Calear (Manna, Australian National University)
	Prof Caroline Donovan (Griffith University)
	Dr Govind Krishnamoorthy (Manna, University of Southern Queensland)
	Dr Kirsty Zieschank (University of Southern Queensland)
	Dr Arlen Rowe (University of Southern Queensland)
Project summary	Children and adolescents living in regional areas of Australia are at higher
	risk of mental illness and have less access to mental health services than
	their city counterparts. Digital models of care provide one avenue that
	could enhance access to evidence-based interventions, overcome issues
	of long waiting lists and therapist shortages, and provide assistance to
	those who need it most. This study aims to test a new evidence-informed
	digital model of care for child and adolescent anxiety in regional
	communities that is effective, acceptable, and sustainable for the regional
	context. The new model of care, iCBT-Plus, will include brief
	videoconferencing / teleconferencing support at critical stages of
	treatment, along with messaging throughout the program to provide
	personalisation to the young person's context. This study will test the efficacy of iCBT-Plus compared to standard iCBT (iCBT-Std) through a
	randomised controlled trial with 150 children and adolescents with a
	clinical-level anxiety disorder. This study is funded by a HCF Health
	Services research grant, and we are looking for a student interested in this
	project.
	It is anticipated that the student's project will focus on a) understanding
	how the iCBT-Plus model of care is received by regional young people and
	their parents and b) for whom such models of care are most likely to be
	effective. We anticipate the student will use a mixed-methods design to
	qualitatively understand the barriers and facilitators of treatment,
	acceptability of the model and support provided, and recommendations
	for future translation of the model of care into regional practice and
	service settings. Quantitative methods will also be employed to examine
	for whom iCBT-Plus works best, compared to iCBT-Std.
Research	Qualitative methods (e.g., interviews, focus groups, observations)
methodologies	oxtimes Mixed methods (quantitative and qualitative approaches)
involved	□Community-based participatory research
	Quantitative methods (e.g., surveys, trials, instrument design)
	⊠Other (Specify)
	The research will likely involve qualitative interviews with children
	The research will likely involve qualitative interviews with children,
	adolescents, parents and/or clinicians involved as participants in this study. It will also involve quantitative methods to analyse data collected
	study. It will also involve quantitative methods to analyse data collected



	in the Randomised Controlled Trial to examine predictors of treatment
	·
	response.
University through	University of Southern Queensland
which the project will	
run	
Type of degree	
	Research Masters
	⊠PhD
Student requirements	This project would suit a student with Psychology, implementation science or mental health discipline background. Clinical experience or experience working with young people would be beneficial, but not required.
Location requirement	<ul> <li>On-campus (Specify) Springfield, Brisbane</li> <li>External</li> <li>Other (Specify) (e.g., PhD studies need to be conducted elsewhere)</li> </ul>
	The student can be on-campus or external. This project can be conducted externally, with data collection completed online and via videoconferencing. Most of the research team are based in Brisbane, and on-campus attendance will provide easier access to the team and training.
Scholarship availability	Eligible students will be encouraged to apply for a scholarship through the University scheme, but this will be assessed on a competitive basis by the University, in allocated rounds. This project aligns with UniSQ strategic research priorities.
Project notes	This project has commenced, though data collection for the student project can occur at a later stage. Specific project research questions and study design can be negotiated with the team.

For more information, please feel free to contact project investigator via: *sonja.march@usq.edu.au* 



Project title	20. Evaluation of the Seasons for Life suicide postvention in
	schools program
Project investigator(s)	Professor Myfanwy Maple, A/Professor Sarah Wayland, Ms Laura Grattidge
Project summary	Seasons for Life (SfL) aims to support young people following exposure to significant loss. It does this through implementing the Seasons for Growth loss and grief education program, in 500 Australian schools. Small group psycho-educational sessions aim to reduce the impact of exposure to suicide and other significant losses, increasing resilience through grief literacy and coping strategies. Sessions are additionally provided for parents, carers, school staff and stakeholders, and a culturally-appropriate resource for Aboriginal and Torres Strait Islander families. The current evaluation will use surveys, interviews, and focus groups, to assess program aims and implementation and its ability to foster strong community linkages and comprehensively reach vulnerable populations, including young people.
Research methodologies involved	<ul> <li>Qualitative methods (e.g., interviews, focus groups, observations)</li> <li>Mixed methods (quantitative and qualitative approaches)</li> <li>Community-based participatory research</li> <li>Quantitative methods (e.g., surveys, trials, instrument design)</li> <li>Other (Specify)</li> </ul>
University through which the project will run	University of New England
Type of degree	<ul> <li>Capstone projects (e.g. undergraduate research placement, work- integrated learning, internship)</li> <li>Honours</li> <li>Research Masters</li> <li>PhD</li> </ul>
Student requirements	<ul> <li>Discipline or type of Undergraduate degree required: Undergraduate degree in social work, psychology or similar required</li> <li>Skills or Expertise required:</li> <li>Knowledge and expertise in mixed-methods research, pr the ability to learn; Experience with program evaluations and/or implementation would be helpful.</li> <li>Research or Technical skills required:</li> <li>Experience working with young people would be beneficial; Experience with mixed-methods research methods would be helpful.</li> </ul>



Location requirement	<ul> <li>On-campus (Specify)</li> <li>External</li> <li>Other (Specify) (e.g., PhD studies need to be conducted elsewhere)</li> </ul>
Scholarship availability	Students will be supported to apply for applicable scholarships, where available
Project notes	

For more information, please feel free to contact project investigator via: Mmaple2@une.edu.au