



THE
CAIRNMILLAR
INSTITUTE

2018 ANNUAL RESEARCH REPORT



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EXECUTIVE SUMMARY

Professor Kathryn von Treuer
Executive Director

2018 was another outstanding year for the contribution that Cairnmillar has made to psychological research.

Areas of focus included clinical research/practice (Assoc. Prof Andrew Francis), Wellbeing and resilience (Ms. RoseAnne Misajon), Body image and gender issues (Dr. Jacquie Mills), Cognition (Dr. Steven Trawley), Cairnmillar-Monash health clinical psychology practice collaboration (Dr. Jon Kettle), and gaming disorder (Dr. Vasileios Stavropoulos).

Cairnmillar continues to publish widely with over 40 peer reviewed publications. Additionally Cairnmillar achieved numerous conference presentations. Several staff have either been appointed as editors or reviewers for peer reviewed journals.

Overall the research year has been very productive and successful for Cairnmillar, and for the staff who achieved this outcome.

Professor Kathryn von Treuer
Executive Director

2018 RESEARCH GROUPS



BODY IMAGE AND GENDER ISSUES

Group leader: Dr Jacquie Mills.

The primary objective of the Body Image & Gender Issues group is to enhance our understanding of people's experiences of body image, eating, and gender-related phenomena. We have a particular focus on applied outcomes of our research, whether that be working towards developing clear policies or guidelines, tools for clinical and research purposes, or prevention and intervention programs.



CLINICAL RESEARCH GROUP

Group leader: Assoc Prof Andrew Francis

The Clinical Research Group aims to conduct research which informs, evaluates and refines clinical practice across the lifespan. Member research interests span personality disorders, neurodevelopmental disorders, schizophrenia, mood disorders (depressive, bipolar and anxiety), trauma, stress and adjustment disorders, and many more. Honours, Masters and Doctoral research projects are available across all these areas. Our research is enriched through collaborations with government and private agencies, including the On Track Therapy Group, and others.

WELLBEING AND RESILIENCE

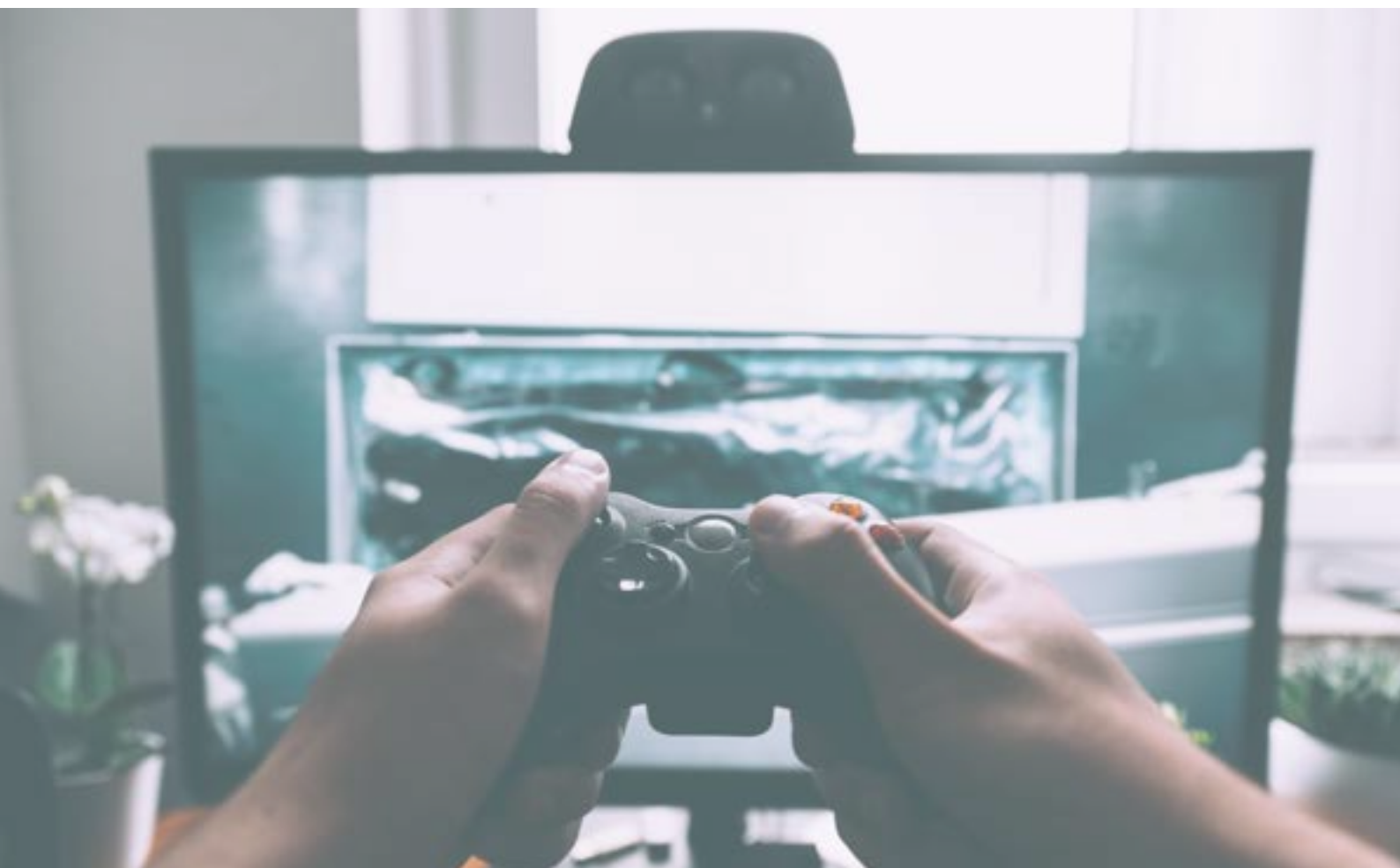
Group leader: Ms RoseAnne Misajon

The aim of this group is to understand wellbeing and resilience across a broad range of populations. This includes investigating factors that may negatively or positively impact on wellbeing, resilience and quality of life more broadly, as well as examining current theoretical models and measurement tools used in the field. The research interests and methodological approach within the group are very diverse. However, the overarching purpose is to better understand ways in which we can enhance resilience, particularly those facing a range of stressors and challenges, and to improve overall wellbeing and life quality across populations.

(INTERNET) GAMING DISORDER

Group leader: Dr Vasileios Stavropoulos

The Cairnmillar Gaming Research Group (CGRG) is dedicated to furthering the understanding of Internet Gaming Disorder (IGD) or also known as Gaming Disorder (GD) – a pattern of maladaptive gaming behaviours leading to significant impairment of various psychosocial (e.g., social and educational) domains. Our research aims to primarily inform effective IGD/ GD treatment, to contribute to the development of appropriate diagnostic instruments (e.g., through the application of advanced psychometric techniques, such as measurement invariance, latent class analyses and cross-cultural studies). A range of methods including cross-sectional and experimental designs, as well as longitudinal studies are employed.



EVERYDAY COGNITION

Group leader: Dr Steve Trawley

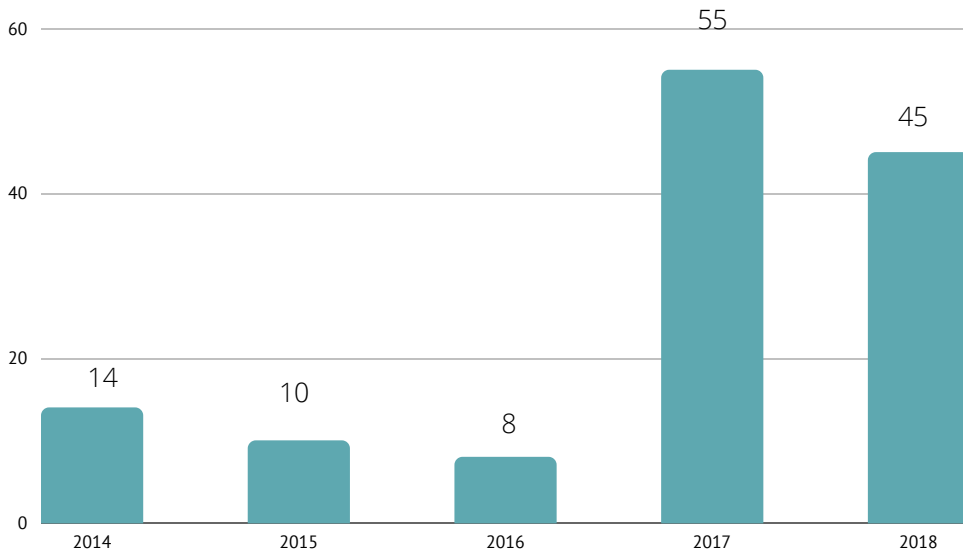
The aim of this research group is to better understand the cognitive processes that underpin everyday tasks, such as driving, shopping or remembering to take medication. We also have an interest in factors that influence these cognitive processes, ranging from poor sleep and circadian factors, to distraction and the impact of clinical conditions such as diabetes, dementia and other forms of neurological disruption on individuals and the communities in which they live. Honours, Masters and Doctoral research projects are available across all these areas.

CAIRMILLAR-MONASH HEALTH CLINICAL PSYCHOLOGY PRACTICE COLLABORATION

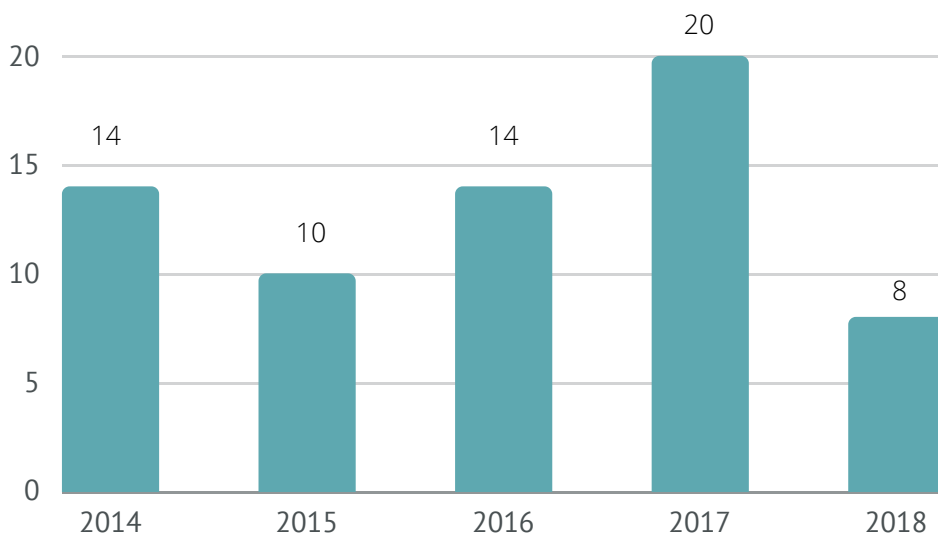
Group leader: Dr Jon Kettle.

The Cairnmillar – Monash Health Clinical Collaboration Research Group aims to conduct research that investigates theoretical and applied aspects of clinical psychology practice. This includes, but is not limited to, causes and treatment of mental disorders, such as psychosis, borderline personality disorder, eating disorders; chronic pain; effectiveness of psychotherapy; suicidality and functioning in public mental health clients. An overarching aim is to provide clinically relevant, applicable research findings in the area of mental health and service provision. Honours, Masters and Doctoral research projects are available in all these areas. The research is partnered with Monash Health, as well as other organisations as appropriate.

2018 PUBLICATIONS



**PEER
REVIEWED
PUBLICATIONS**



**CONFERENCE
PRESENTATIONS**

RESEARCH OUTPUT REPORT

REFEREED JOURNALS

Adams, B. L., **Stavropoulos, V.**, Burleigh, T. L., Liew, L. W., Beard, C. L., & Griffiths, M. D. (2018). Internet Gaming Disorder Behaviors in Emergent Adulthood: a Pilot Study Examining the Interplay Between Anxiety and Family Cohesion. *International Journal of Mental Health and Addiction*, 1-17 (Ahead of print). doi:10.1007/s11469-018-9873-0

Ahern, S., Cronin, J., Woods, N., Brady, N. M., O'regan, N. A., **Trawley, S.**, & Timmons, S. (2018). Dementia in older people admitted to hospital: An analysis of length of stay and associated costs. *International journal of geriatric psychiatry*, 1-7. doi:10.1002/gps.5001

Alexandraki K., **Stavropoulos, V.**, Anderson, E., Latifi, Q., & Gomez, R. (2018). Adolescent Pornography Use: A Systematic Review of Research Trends *Current Psychiatry Reviews* 14(1), 47-58. doi: 10.2174/2211556007666180606073617

Alexandraki, K., **Stavropoulos, V.**, King, D., Burleigh, T. & Griffiths, M. (2018). Internet Pornography Viewing as a Risk Factor for Adolescent Internet Addiction: The Moderating Role of Classroom Personality Factors. *Journal of Behavioural Addictions*, 7(2), 423–432. doi: 10.1556/2006.7.2018.34

Anderson, R., Warren, N., **Misajon, R.**, & Lee, S. (2019). You need the relaxed side, but you also need the adrenaline: Promoting physical health as perceived by youth with vision impairment. *Disability and Rehabilitation*, 1-8. doi:10.1080/09638288.2018.1510552

Ascenzo, N. & **Collard, J.** (2018). Anger and Forgiveness in the Postnatal Experience. *Mental Health in Family Medicine*, 14(1), 689-698[CR1] .

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de Bock, M., McAuley, S. A., Abraham, M. B., Smith, G., Nicholas, J., Ambler, G. R., ... & Davis, E. A. (2018). Effect of 6 months hybrid closed-loop insulin delivery in young people with type 1 diabetes: a randomised controlled trial protocol. *BMJ open*, 8(8), e020275. doi: 10.1136/bmjopen-2017-020275

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- Dehring, T., **von Treuer, K.M.**, & Redley, B. (2018). The impact of shift work and organisational climate on nurse health: A cross-sectional study. *BMC Health Services Research*, 18, 586-592. doi: 10.1186/s12913-018-3402-5
- Dellaportas, S., Perera, L., Gopalan, S., & **Richardson, B.** (2018). Implications of a Fragile Professional Identity on Role Behavior: An Exploratory Case of an Accountant Fraudster. *European Accounting Review*, 1-21. doi: 10.1080/09638180.2018.1523018
- Fuller-Tyszkiewicz, M., Dias, S., Krug, I., **Richardson, B.**, & Fassnacht, D. (2018). Motive-and appearance awareness-based explanations for body (dis) satisfaction following exercise in daily life. *British journal of health psychology*, 23(4), 982-999. doi: 10.1111/bjhp.12334
- Fuller-Tyszkiewicz, M., **Richardson, B.**, Klein, B., Skouteris, H., Christensen, H., Austin, D., ... & Shatte, A. (2018). A Mobile App–Based Intervention for Depression: End-User and Expert Usability Testing Study. *JMIR mental health*, 5(3), e54. doi: 10.2196/mental.9445
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- Gill, S., Mansfield, S., Dunn, M., **von Treuer, K.M.** & Quirk, F. (2018, in press). HealthPathways improving access to care, *Australian Health Review*, 43 (2), 207-216. DOI: 10.1071/AH17090
- Gomez, R., Vance, A., & **Stavropoulos, V.** (2018). Correlated Trait–Correlated Method Minus One Analysis of the Convergent and Discriminant Validity of the Conners 3 Short Forms. *Assessment*, doi: 10.1177/1073191118803714
- Gomez, R. & **Stavropoulos, V.** (2018). Malaysian Parent Ratings of the Strengths and Difficulties Questionnaire: Factor Structure and Measurement Invariance across Language Versions, Gender, Informants, and Race. *Assessment* (in press). doi: 10.1177/1073191118787284
- Gomez, R., & **Stavropoulos, V.** (2018). Maternal ratings of ODD symptoms: Subtypes versus severity in a general community sample of children. *Comprehensive psychiatry*, 81, 81-90. doi: 10.1016/j.comppsy.2017.12.001
- Gomez, R., **Stavropoulos, V.**, Beard, C. & Pontes H. (2018). Item Response Theory Analysis of the Recoded Internet Gaming Disorder Scale 9–Short-Form. *The International Journal of Mental Health and Addictions* (in press). doi: 10.1007/s11469-018-9890-z
- Gomez, R., **Stavropoulos, V.**, & Van Doorn, G. (2018). Factor Structure of Teacher Ratings of the ODD Symptoms in Children. *Psychiatric Quarterly*, 89(1), 219-234. doi: 10.1007/s11126-017-9527-

Gomez, R., **Stavropoulos, V.**, & Vance, A. (2018). Psychometric Properties of the Autism Spectrum Quotient: Children's Version (AQ-Child). *Journal of autism and developmental disorders*, 49(2), 1-13. doi: 10.1007/s10803-018-3713-8[CR1]

Gomez, R., **Stavropoulos, V.**, Vance, A. & Griffiths, M (2018). Re-evaluation of the Latent Structure of Common Childhood Disorders: Is There a General Psychopathology Factor (P-Factor)? *The International Journal of Mental Health and Addictions*, 17(2), 258-278. doi: 10.1007/s11469-018-0017-3

Hu, E., **Stavropoulos, V.**, Anderson, A., Scerri, M., & **Collard, J.** (2018). Flow and internet gaming disorder. *Addictive Behaviors Reports* (in press). 9. doi: 10.1016/j.abrep.2018.10.004

Kettle, J. W. L., & Allen, N. (2018, in press)1. Attentional processing of facial expressions and gaze direction in depression and first-episode psychosis as reflected by LPP modulation. *Clinical Neuropsychiatry*. 16(1), 2-16

Kettle, J. W. L., & Allen, N. (2018) Facial reactivity and attentional processing of facial expressions and gaze direction. *Journal of Psychophysiology (Advanced Articles)*, 1-13. doi:10.1027/0269-8803/a000227.

Liew, L., **Stavropoulos, V.**, Baxter, A., Burleigh, T.& Griffiths, M. (2018). Internet Gaming Disorder: The interplay between physical activity and user-avatar relationship. *Behaviour and Information Technology*, 37(6), 558-574. doi: 10.1080/0144929X.2018.1464599

McAuley, S. A., de Bock, M. I., Sundararajan, V., Lee, M. H., Paldus, B., Ambler, G. R., ...**Trawley, S...** & Cohen, N. D. (2018). Effect of 6 months of hybrid closed-loop insulin delivery in adults with type 1 diabetes: a randomised controlled trial protocol. *BMJ open*, 8(6), e020274. doi: 10.1136/bmjopen-2017-020274

McCabe, M.P., Beattie, E., Karantzas, G., Mellor, D., Sanders, K., Busija, L., Goodenough, B., Bennett, M., **von Treuer, K.**, Byers, J. (2018, in press). A Randomized Controlled Trial to Evaluate the Effectiveness of a Staff Training Program to Implement Consumer Directed Care on Resident Quality of Life in Residential Aged Care, *BMC Geriatrics*. 18 (1), 287. doi: 10.1186/s12877-018-0966-1

Mills, J. & Fuller-Tyszkiewicz, M. (2018). Nature and consequences of positively-intended fat talk in daily life. *Body Image*, 26, 38-49. doi: 10.1016/j.bodyim.2018.05.004.

Mills, J. & Ling, M, (2018). Using EMA to assess the relationship between fat talk and women's body image experiences. *SAGE Research Methods Cases*. doi:10.4135/9781526447364[CR1]

Paganini, C., Peterson, G., **Stavropoulos, V.**, & Krug, I. (2018). The overlap between Binge Eating Behaviors and Polycystic Ovarian Syndrome: An etiological integrative model. *Current Pharmaceutical Design*, 24 (9),doi: 10.2174/1381612824666171204151209

Papadopoulos, N., **Stavropoulos, V.**, McGinley, J., Bellgrove, M., Tonge, B., Murphy, A. & Rinehart, N. (2018). Moderating Effect of Motor Proficiency on the Relationship Between ADHD Symptoms and Sleep Problems in Children With Attention Deficit Hyperactivity Disorder–Combined Type. *Behavioral Sleep Medicine*, 1-11. doi: 10.1080/15402002.2018.1443455

Pontes, H. M., Taylor, M., & **Stavropoulos, V.** (2018). Beyond 'Facebook addiction': the role of cognitive-related factors and psychiatric distress in social networking addiction. *CyberPsychology, Behavior and Social Networking*, 21(4), 240-247. doi: 10.1089/cyber.2017.0609

Redley, B., Hutchinson, A. M., Rawson, H. A., Peel, C., Tomlinson, E., Ockerby, C., & **Richardson, B.** (2018). Co-Creating BRAIN-TRK: Behavioural Resource App for Interventions for Neurocognitive Disorders-Translating Research Knowledge. *Journal of Clinical Nursing*. doi: 10.1111/jocn.14874

Riley, K., Gent, A., McLaren, S., Caunt, J., & **Stavropoulos, V.** (2018). The Fatigue and Depressive Symptom Relationship in Mothers of Young Children: the Moderating Role of Mindfulness. *Mindfulness*, 9 (6), 1955–1965. doi: 10.1007/s12671-018-0941-0

Scerri, M., Anderson, A., **Hu, E.** & **Stavropoulos V.** (2018). Need Fulfilment and Internet Gaming Disorder: A Preliminary Integrative Model. *Addictive Behaviors Reports* (in press). doi: 10.1016/j.abrep.2018.100144.

Soulioti, E., **Stavropoulos, V.**, Christidi, S., Papastefanou, Y., & Roussos, P. (2018). The relationship of internet addiction with anxiety and depressive symptomatology. *Psychiatrike*, 29(2), 160-171. doi: 10.22365/jpsych.2018.292.160

Stavropoulos, V., Adams, B. L., Beard, C. L., Dumble, E., **Trawley, S.**, Gomez, R., & Pontes, H. M. (2018). Associations between attention deficit hyperactivity and internet gaming disorder symptoms: Is there consistency across types of symptoms, gender and countries?. *Addictive behaviors reports*, 9, 100158. doi: 10.1016/j.abrep.2018.100158

Stavropoulos, V., Anderson, E. E., Beard, C., Latifi, M. Q., Kuss, D., & Griffiths, M. (2018). A preliminary cross-cultural study of Hikikomori and Internet Gaming Disorder: The moderating effects of game-playing time and living with parents. *Addictive Behaviors Reports* (in press). doi: 10.1016/j.abrep.2018.10.001

Stavropoulos, V., Burleigh, T., Beard, C., Gomez, R. & Griffiths, M. (2018). Being There: Understanding Presence in Internet Gaming Disorder. *The International Journal of Mental Health and Addictions* (in press). doi: 10.1007/s11469-018-9891-y[CR1]

Stavropoulos, V., Griffiths, M. D., Burleigh, T. L., Kuss, D. J., Doh, Y. Y., & Gomez, R. (2018). Flow on the Internet: a longitudinal study of Internet addiction symptoms during adolescence. *Behaviour & Information Technology*, 37 (2). doi: 10.1080/0144929X.2018.1424937

Stavropoulos, V., Mastrotheodoros, S., Burleigh, T. L., Papadopoulou, N., & Gomez, R. (2018). Avoidant romantic attachment in adolescence: Gender, excessive internet use and romantic relationship engagement effects. *PloS one*, 13(7). doi: 10.1371/journal.pone.0201176

Trawley, S., Baptista, S., Pouwer, F., & Speight, J. (2018, in press). Prospective memory slips are associated with forgetting to take glucose-lowering therapies among adults with diabetes: results from the second Diabetes MILES–Australia (MILES-2) survey. *Diabetic Medicine*, 36(5), 569-577. doi: 10.1111/dme.13873

von Treuer, K.M., Karantzas, G., McCabe, M., Mellor, D., Konis, A., Davison, T., O'Connor, D. (2018) Organizational Factors associated with Readiness for Change in Residential Aged Care Settings. *BMC Health Services Research*, 28, 77-83. doi: 10.1186/s12913-018-2832-4

von Treuer, K.M., McLeod, J., Fuller-Tyskiewicz, M., Scott, G.D. (2018, in press). Determining the components of cohesion using the Repertory Grid Technique. *Group Dynamics: Theory, Research, and Practice*, 22(2), 108. doi: 10.1037/gdn0000085

NON REFEREED JOURNALS

Stavropoulos, V., & **Hu, E.** (2018). Mind games. *InPsych: The Bulletin of the Australian Psychological Society Ltd*, 40(2), 40.

REFEREED CONFERENCE PAPERS

Francis, A. & Farrell, C. (2018). The Mediating Role of Reward Sensitivity in the Comorbidity of Cluster B Personality Disorder Symptoms and Substance Use. Association for Psychological Science. San Francisco, May 2018

CONFERENCE PRESENTATIONS

INTERNATIONAL CONFERENCE PRESENTATIONS

ingston, G. and **Francis, A.** (2018). Mindfulness Mediates the Positive Impact of Religiosity-Spirituality on Well-Being. European Conference for Religion, Spirituality and Health, Coventry, May 2018.

Kabir, R., **Misajon, R.**, Bliuc, A., & Chambers, R. (2018). Migrants and Refugees Perceived Benefits of Learning Mindfulness for Resilience Building in Australia. International Society of Quality of Life Studies Conference, Hong Kong.

Kambouropoulos, A. (2018) Personal and Societal Challenges in Facilitating Hope with Children. Presented at the World Association for Person-Centered and Experiential Psychotherapy and Counselling Conference Austria, Vienna

Stavropoulos V., Gomez R., Beard, C. & Pontes, H. (2018). Item Response Theory Analysis of the Recoded Internet Gaming Disorder Scale 9-Short-Form. The 5th International Conference on Behavioral Addictions, the 23rd-25th of April, 2018, Cologne, Germany.

Invited presentation

von Treuer, K.M., Scott, G.D., Koh, C., Anglim, J., & Kolar, C. Resilience and workplace challenges faced by early career professionals: the role of university curriculum in aiding transition. EAWOP Small Group meeting 'New frontiers in employability research: How to build a sustainable workforce', Eindhoven, Netherlands, 28-29 June, 2018.

NATIONAL CONFERENCE PRESENTATIONS

Kettle, J. (2018). Repression and the clinic of neurosis: phobia. Presentation at the Foundations of Psychoanalysis Seminar, The Freudian School of Melbourne: School of Lacanian Psychoanalysis.

Krupka, Z. (2018). Holding hands in the dark: Unburdening a child whose sibling has died. Presentation at the Grief and Bereavement Conference 2018, Australian Centre for Grief and Bereavement: Novotel Manly NSW.

Trawley, S (2019). Driven to hyperglycaemia: adults with type 1 diabetes have higher glucose levels when driving. ATTD.

Taylor, M., Thompson, C., & **von Treuer, K.M.** (2018). The Big Tent Program; targeted supervision, education and enhancing experience and knowledge of health and education professionals in early childhood settings. FRSA National Conference, Cairns, Nov.

PUBLIC PRESENTATIONS

Collard, J. "Mental Health", Men of Doveton program, Doveton College, February 2018.

MEDIA PRESENTATIONS

Collard J. (2018). Rigidity versus Flexibility: The Key to Mental Health. Psych Central.
<https://psychcentral.com/lib/rigidity-versus-flexibility-the-key-to-mental-health/>

Krupka, Z. F (2018, October). Where does the broken heart of a brother or sister fit in the house of grief? Focus, ABC Perth,

Mills, J. & Tufvesson, A. (2018, September). Stop the fat talk. Fernwood Fitness.

Stavropoulos, V. (2018 October). I was having panic attacks': online gaming addiction is real. The Sydney Morning Herald <https://www.smh.com.au/lifestyle/health-and-wellness/i-was-having-panic-attacks-online-gaming-addiction-is-real-20181011-p5094a.html>



RESEARCH GRANTS AND TENDERS

Collard, J., & Francis, A. (2018) Casey YMCA, Evaluation of the Men of Doveton program. \$4,700.

McAuley, S., **Trawley, S.**, Colman, P., Ward, G., Lee, M. Macisaac, R., Francavilla, O, O'Regan, N. Sundarajan, V. JDRF. Closed-loop insulin delivery for older adults with type 1 diabetes. \$325,093 USD

CONSULTANCIES, APPOINTMENTS, HONOURARY POSITIONS

Coburn, J. Convenor and Chair Psychotherapy and Counselling Federation of Australia (PACFA) Conference Committee Working with Trauma Conference (Sydney, February 2019)

Collard, J. Advisor on Program Quality Framework, Lord Somers Camp and Power House.

Kambouropoulos, A. School of Health & Biomedical Sciences Psychology (RMIT). Honorary Position for Course Advisory Committee.

Mills, J. Board advisor to children's body image foundation, Pretty Foundation.

Stavropoulos V. Honorary Research Fellow. National & Kapodistrian University of Athens, Greece.

AUTHORED MASTERS DOCTORAL & PHD THESES

Krupka, Z. (2018). Mapping the distance: Explorations along the boundary between therapy and supervision. La Trobe University. Complete.



CREATIVE OUTPUT

Krupka, Z. (2018). Finding hope in shared struggle after trauma. *Eureka Street*, 28(12), 36-38.

Krupka, Z. (2018). Gone but never forgotten: How to comfort a child whose sibling has died. *theconversation*. <https://theconversation.com/gone-but-never-forgotten-how-to-comfort-a-child-whose-sibling-has-died-101847>

EDITOR, REVIEWER FOR JOURNAL

Collard, J.

- PLOS one (reviewer)

Francis, A.J.P.

- Cognitive Behavior Therapy (reviewer)
- Journal of Wellbeing (reviewer)
- Journal for the Academic Study of Religion (reviewer)

Kettle, J. W. L.

- Clinical Neuropsychiatry (reviewer)
- PLOS One (reviewer)

Mills, J.

- Body Image (reviewer)
- Eating Behaviors (reviewer)

Misajon, R.

- Applied Psychology: Health and Wellbeing (reviewer)
- Quality of Life Research (reviewer)

Stavropoulos, V

- PLOS one (Associate Editor)
- Frontiers in Psychology (Associate Editor)
- Addictive Behaviors (Reviewer)
- Psychiatry Research (Reviewer)
- Addictive Behavior Reports (Reviewer)
- Journal of Behavioral Addictions (Reviewer)
- Psychiatric Quarterly (Reviewer)
- Assessment (Reviewer)
- International Journal of Mental Health and Addictions (Reviewer)

Trawley, S

- PLOS one (reviewer)
- Diabetic Medicine (reviewer)



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