



THE  
CAIRNMILLAR  
INSTITUTE

# 2020 ANNUAL RESEARCH REPORT



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# EXECUTIVE SUMMARY

The year 2020, with its bushfires, pandemic, and the lockdown of Victoria, presented numerous challenges across academia, including limiting the ability to conduct in-person research. Interestingly, while the volume of our research outputs was reduced to 27 (from 49 in 2019) the quality and impact of the outputs was impressive.

The average Impact Factor of the journals in which Cairnmillar Institute articles were published was 2.94. Although different subdomains have varying rankings, Clarivate Journal Citation Reports indicates that under the broad heading of "PSYCHOLOGY" an impact factor of 2.94 would be a Q1 journal. In 2019, the average Impact Factor was 2.34 (Q2).

### ***Lower quantity but higher quality.***

Several highlights have included:

- A publication on which Steve Trawley was a contributor was published in Diabetes Care (Journal ranked 4th of 143 under "ENDOCRINOLOGY & METABOLISM")
- A publication on which Peter Norton was a contributor was published in Psychological Medicine (Journal ranked 7th of 78 under "PSYCHOLOGY")
- A publication on which Tess Knight was a contributor was published in Current Opinion in Psychology (Journal ranked 16th of 138 under "PSYCHOLOGY, MULTIDISCIPLINARY")

Beyond journal articles, our staff presented research at national and international conferences (e.g., Australasian Society of Behavioural Health and Medicine, Australasian Diabetes Congress, International Focusing-Oriented Therapy Conference, Advancing Community Cohesion Conference), received accolades (Distinguished Career Award) and honorary appointments with various academic organisations (President-elect, Treasurer, Affiliate), and published a consumer-oriented book.

Overall, and especially when focusing on quality over quantity, it has been a successful year under difficult circumstances.

Professor Peter Norton  
Associate Head of School (Research)

# 2020 RESEARCH GROUPS

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## CLINICAL RESEARCH GROUP

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.

## CAIRNMILLAR – MONASH HEALTH CLINICAL COLLABORATION

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; therapist attributes that improve treatment effectiveness; 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.

The research group is undertaking research projects that are suitable for Honours, Masters and Doctoral research project, and can be developed in collaboration with several staff members and students in these areas to improve research possibilities. The group meets several times per year, as well as with Monash Health several times per year, to co-ordinate research activities, particularly planning and undertaking student research and preparing research for publication in peer-reviewed journals.

The research is partnered with Monash Health, as well as other organisations as appropriate.

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## **BODY IMAGE AND GENDER ISSUES**

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.

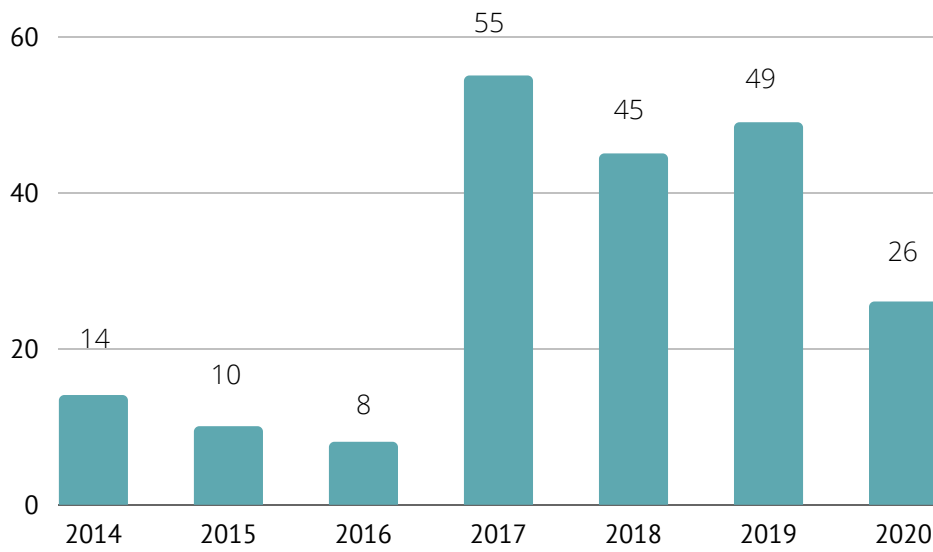
Within the group, we have a range of more specific interests, including exploring body image and gender issues through a sociocultural lens, such as social norms, social media, and sexual objectification, and understanding disordered eating behaviours in the general population, as well as clinically-diagnosed eating disorders. We also have an interest in the intersection of body image and certain health conditions, for example, how endometriosis and polycystic ovary syndrome affect the way women perceive their body and/or appearance, and how body image factors can influence medication adherence, such as in diabulimia. Additionally, the group is keen to identify and explore relevant protective factors for negative body image and maladaptive eating attitudes and behaviours, for example, self-compassion, mindfulness, and feminism. Please see the (non-exhaustive) list below for a summary of some of the key areas of focus within the group.

We employ a range of study designs and methods to address these research questions, from more traditional methods of cross-sectional and experimental designs, to those that integrate technology, such as ecological momentary assessment/intervention (EMA/I). Most of our members have experience with, and are trained in, qualitative methods (all are experienced in quantitative methods) and there is an interest within the group for mixed methods studies.

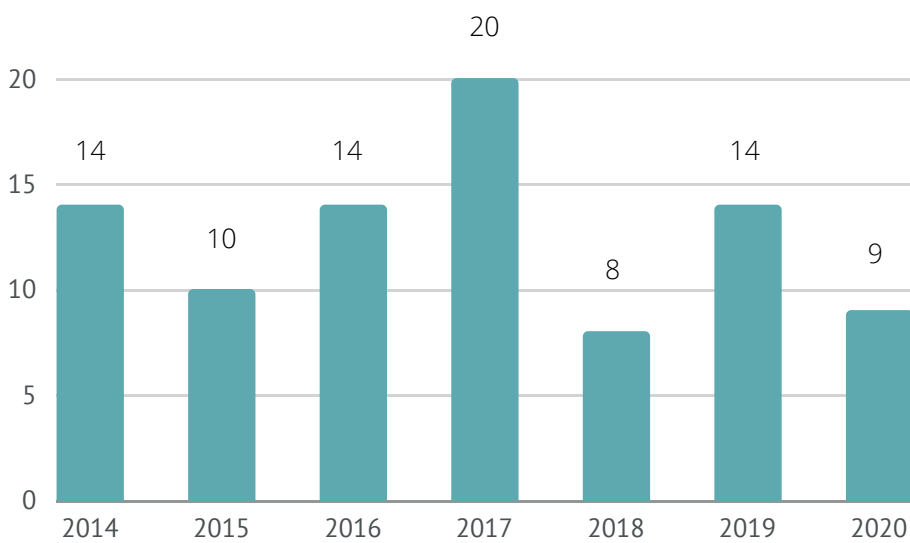
## **WELLBEING AND RESILIENCE**

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.

# 2020 PUBLICATIONS



**PEER  
REVIEWED  
PUBLICATIONS**



**CONFERENCE  
PRESENTATIONS**

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# RESEARCH OUTPUT REPORT

## REFEREED JOURNALS

Aitken, K. & **von Treuer, K.** (2020), Leadership behaviours that foster organisational identification during change, *Journal of Organizational Change Management*, 34(2), 311-326. <https://doi.org/10.1108/JOCM-01-2020-0029>

Anderson, R., Warren, N., **Misajon, R.**, & Lee, S. (2020). You need the more relaxed side, but you also need the adrenaline: Promoting physical health as perceived by youth with vision impairment. *Disability and Rehabilitation*, 42(6), 841-848. <https://doi.org/10.1080/09638288.2018.1510552>

**Collard, J.**, & **Clarke, M.** (2020). Experiential learning for trainee therapists through a shame attack exercise. *The Cognitive Behaviour Therapist*, 13(e53). <https://doi.org/10.1017/S1754470X20000549>

**Collard, J.**, & Fuller- Tyszkiewicz, M. (2020). Positive irrational beliefs and mental health. *Journal of Rational-Emotive and Cognitive Behaviour Therapy*. <https://doi.org/10.1007/s10942-020-00375-y>

Gomez, R., **Stavropoulos, V.**, Beard, C., & Pontes, H. M. (2019). Item response theory analysis of the recoded Internet Gaming Disorder Scale-Short-Form (IGDS9-SF). *International Journal of Mental Health and Addiction*, 17(4), 859-879. <https://doi:10.1007/s11469-018-9890-z>

Gomez, R., Watson, S., Wynen, J. V., **Trawley, S.**, **Stavropoulos, V.**, & Corr, P. J. (2020). Reinforcement sensitivity theory of Personality Questionnaire: Factor structure based on CFA and ESEM, and associations with ADHD. *Journal of Personality Assessment*, 1-12. <https://doi:10.1080/00223891.2020.1769113>

**Hu, E.**, **Stavropoulos, V.**, Anderson, A., Scerri, M., & **Collard, J.** (2019). Internet gaming disorder: Feeling the flow of social games. *Addictive Behaviors Reports*, 9, 100140. <https://doi:10.1016/j.abrep.2018.10.004>

**Kilby, C.J.**, Sherman, K.A., & Wuthrich, V. (2020). How do you think about stress? A qualitative analysis of beliefs about stress. *Journal of Health Psychology*, 1-12. <https://doi:10.1177/1359105320926543>

**Kilby, C.J.**, Sherman, K.A., & Wuthrich, V.A. (2020). A scoping review of stress beliefs: Literature integration, measurement issues, and theoretical concerns. *Annals of Behavioral Medicine*, 54(8), 595-610. <https://doi:10.1093/abm/kaaa006>

Kings, C., Moulding, R., Yap, K., Gazzola, R., & **Knight, T.** (2020). Measuring possessions as extensions of self and links to significant others in hoarding: The possessions as others and self inventory. *Psychopathology & Behavioral Assessment*. <https://doi:10.1007/s10862-020-09858-9>

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**Krupka, Z.** (2020). Feeling heavy too: Thoughts on the concept of vicarious trauma. *Psychotherapy and Politics International*. <https://doi.org/10.1002/ppi.1559>

**Krupka, Z.** (2020). We are not in this together: Psychotherapy and pandemic emotions. *Psychotherapy and Politics International*. <https://doi.org/10.1002/ppi.1561>

Kuswara, K., **Knight, T.**, Campbell, K. J., Hesketh, K. D., Zheng, M., Bolton, K. A., & Laws, R. (2020). Breastfeeding and emerging motherhood identity: An Interpretative Phenomenological Analysis of first time Chinese Australian mothers' breastfeeding experiences. *Women and Birth*. <https://doi:10.1016/j.wombi.2020.03.005>

Luong, H. K., Drummond, S. P. A. D., & **Norton, P. J.** (2020). Elements of the therapeutic relationship in CBT for anxiety disorders: A systematic review. *Journal of Anxiety Disorders*, 76, 102322. <https://doi:10.1016/j.janxdis.2020.102322>

Macdonald, J. A., Greenwood, C., Francis, L., Harrison, T., Graeme, L., Youssef, G. J., Di Manno, L., Skouteris, H., Fletcher, R., **Knight, T.**, Williams, J., & Olsson, C. A., (2020). Profiles of depressive symptoms and anger in men: Associations with postpartum family functioning. *Frontiers in Psychiatry*, 11. <https://doi:10.3389/fpsy.2020.578114>

McAuley, S. A., Lee, M. H., Paldus, B., Vogrin, S., De Bock, M. I., Abraham, M. B., Bach, L. A., Burt, M. G., Cohen, N. D., Colman, P. G., Davis, E. A., Hendrieckx, C., Holmes-Walker, D. J., Kaye, J., Keech, A. C., Kumareswaran, K., Macisaac, R. J., McCallum, R. W., **Trawley, S.** ... O'Neal, D. N. (2020). Six months of hybrid closed-loop versus manual insulin delivery with fingerprick blood glucose monitoring in adults with type 1 diabetes: A randomized-controlled trial. *Diabetes Care*, 43(12), <https://doi.org/10.2337/dc20-1447>

McAuley, S.A., Vogrin, S., Lee, M.H., Paldus, B., **Trawley, S.**, de Bock, M., Abraham, M.B., Bach, L.A., Burt, M.G., Cohen, N.D., Colman, P.G., Davis, E.A., Hendrieckx, C., Holmes-Walker, D.J., Jenkins, A.J., Kaye, J., Keech, A.C., Kumareswaran, K., MacIsaac, ...O'Neal, D.N. (2021). Less nocturnal hypoglycemia but equivalent time in range among adults with type 1 diabetes using insulin pumps versus multiple daily injections. *Diabetes Technology and Therapeutics*. <https://doi.org/10.1089/dia.2020.0589>

Moulding, R., Kings, C., & **Knight, T.** (2020). The things that make us: Self and object attachment in hoarding and compulsive buying-shopping disorder. *Current Opinion in Psychology*, 39, 100-104. <https://doi:10.1016/j.copsyc.2020.08.016>

O'Farrell, D. L., Baynes, K. L., Pontes, H. M., Griffiths, M. D., & **Stavropoulos, V.** (2020). Depression and disordered gaming: Does culture matter? *International Journal of Mental Health and Addiction*, 1-19. <https://doi:10.1007/s11469-020-00231-1>

Olsen, J.A. & **Misajon, R.** (2020). A conceptual map of health-related quality of life dimensions: Key lessons for a new instrument. *Quality of Life Research*, 29(3), 733-743. <https://doi:10.1007/s11136-019-02341-3>



Papadopoulos, N., **Stavropoulos, V.**, McGinley, J., Bellgrove, M., Tonge, B., Murphy, A., Cornish, K., & Rinehart, N. (2019). 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*, 17(5), 646-656. <https://doi.org/10.1080/15402002.2018.1443455>

Pearl, S. & **Norton, P. J.** (2020). Transdiagnostic cognitive behavioural therapy for individuals with anxiety disorders: An open trial. *Behaviour Change*, 1-11. <https://doi.org/10.1017/bec.2020.17>

Roberge, P., Provencher, M. D., Gaboury, I., Gosselin, P., Vasiliadis, H-M., Benoît, A., Carrier, N., Antony, M. M., Chaillet, N., Houle, J., Hudon, C., & **Norton, P. J.** (2020). Group transdiagnostic cognitive-behaviour therapy for anxiety disorders: A pragmatic randomized clinical trial. *Psychological Medicine*, 20. <https://doi.org/10.1017/S0033291720004316>

Scerri, M., Anderson, A., **Stavropoulos, V.**, & **Hu, E.** (2019). Need fulfilment and internet gaming disorder: A preliminary integrative model. *Addictive Behaviors Reports*, 9, 100144. <https://doi.org/10.1016/j.abrep.2018.100144>

**Stavropoulos, V.**, Burleigh, T. L., Beard, C. L., Gomez, R., & Griffiths, M. D. (2019). Being there: A preliminary study examining the role of presence in internet gaming disorder. *International Journal of Mental Health and Addiction*, 17(4), 880-890. <https://doi.org/10.1007/s11469-018-9891-y>

**Stavropoulos, V.**, Dumble, E., Cokorilo, S., Griffiths, M. D., & Pontes, H. M. (2019). The physical, emotional, and identity user-avatar association with disordered gaming: A pilot study. *International Journal of Mental Health and Addiction*, 1-13. <https://doi.org/10.1007/s11469-019-00136-8>

Sturre, V., **von Treuer, K.M.**, **Knight, T.**, & Walker, A. (2020). Using assessment centres to develop student competence: Nine steps to success and better partnerships. *Innovations in Education and Teaching International*. 1-11. <https://doi.org/10.1080/14703297.2020.1838939>

### Accepted in 2020, published in 2021

D'Arcy, S., & **Norton, P. J.** (2021). The effect of comorbid depression on sudden gains during transdiagnostic CBT for anxiety disorders. *Behaviour Change*, 1-11. <https://doi.org/10.1017/bec.2020.20>

Savoy, E. J., Businelle, M. S., Nguyen, N., Chen, T-A., Neighbors, C., **Norton, P. J.**, Tiang, M., & Reitzel, L. R. (2021). Examining moment to moment affective determinants of smoking rate following a quit attempt among homeless daily smokers. *Addictive Behaviors*, 115, 106788. <https://doi.org/10.3389/fpsy.2020.578114>

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# CONFERENCES

## REFEREED CONFERENCE PAPERS

Lalor, A. F., **Brooker, J. E.**, Rozbroj, T., Whittle, S., Hill, C., Rowett, D., O'Connor, D., & Buchbinder, R. (2020). Factors influencing prescribing and use of disease modifying anti-rheumatic drugs in inflammatory rheumatic disorders from the perspectives of clinicians: A qualitative evidence synthesis. *ARA Abstracts. Internal Medicine Journal*, 50 Suppl 2, 37. <https://doi.org/10.1111/imj.14932>

## NATIONAL CONFERENCE PRESENTATIONS

**Kilby, C.J.**, Sherman, K.A., & Wuthrich, V.A. (2020, February 5-7). Believing is seeing: The predictive validity of the Subjective Thoughts REgarding Stress Scale (STRESS). [Paper presentation]. Australasian Society of Behavioural Health and Medicine Annual Conference, Sydney, Australia.

**Kilby, C.J.**, Sherman, K.A., & Wuthrich, V.A. (2020, February 5-7). Stressing over the Subjective Thoughts REgarding Stress Scale (STRESS): The construct validity of the STRESS. [Paper presentation]. Australasian Society of Behavioural Health and Medicine Annual Conference, Sydney, Australia.

**Kilby, C.J.**, Sherman, K.A., & Wuthrich, V.A. (2020, February 5-7). What does stress mean to You? The development of the Subjective Thoughts REgarding Stress Scale (STRESS). [Paper presentation]. Australasian Society of Behavioural Health and Medicine Annual Conference, Sydney, Australia.

McAuley, S.A, **Trawley, S.**, Vogrin, S., Alipoor, A. M., Colman, P., Furlanos, S., Grills, C., Lee, M., O'Neal, D., O'Regan, N., Sundararajan, V., Ward, G. & MacIsaac, R (2020, November 11 - 13). Older Adults with Type 1 Diabetes: Outcomes with therapeutic technology and educational support. Australasian Diabetes Congress.

**Misajon, R.**, & Kabir, R. (2020, February 10 - 13). Migrant experiences of cultural microaggressions in the Australian workplace: A qualitative study. [Paper presentation]. Advancing Community Cohesion Conference, Paramatta, Australia.

**von Treuer, K.M.** (2020, October 26 - 28) Professional Supervision as a Mechanism to address Mental Health. Rural and Remote Mental Health Symposium, virtual.

**von Treuer, K.M.** (2020, October 16 - 18) The Evolving Landscape of Psychology Education; Developing Safe and Practice Ready Graduates. APS Congress, virtual.

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## INTERNATIONAL CONFERENCE PRESENTATIONS

**Dearly, B.** (2020, October 21 - 25). Therapist's felt sense as a catalyst for the change process. [Paper presentation]. The International Focusing-Oriented Therapy Conference. New York, US.

**Norton, P. J.,** Luong, H. K., Carrier, N., Provencher, M. D., Roberge, P., & Drummond, S. P. A. (2020, November 19 - 22). Alliance and cohesion in group tCBT for anxiety disorders. Presented at the Annual Convention for the Association for Behavioral and Cognitive Therapies, Virtual Convention.

## PUBLIC PRESENTATIONS

Andrew, S., **Krupka, Z.**, & Wilson, J. (2020). Managing the changing frame of the therapeutic relationship in the midst of the COVID-19 pandemic. [Online forum] Available at: <https://www.onlinevents.co.uk/managing-the-changing-frame-of-the-therapeutic-relationship-in-the-midst-of-the-covid-19-pandemic-stephen-andrew-and-zoe-krupka/>

## MEDIA PRESENTATIONS

**Krupka, Z.** (2020, June 24). How to deal when you can't get away from your ex: Expert [Radio broadcast]. ABC. <https://www.abc.net.au/radio/programs/the-hook-up-podcast/getting-away-from-ex/11428922>

## BOOKS

**Norton, P. J.** & Antony, M. M. (2021). The anti-anxiety program (2nd ed.). Guilford.

## AUTHORED MASTERS DOCTORAL AND PHD THESES

**Kilby, C.J.** Stressing the Importance of Stress Beliefs. PhD dissertation, Macquarie University. Accepted Dec 2019, conferred April 2020.

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# CONSULTANCIES, APPOINTMENTS & HONOURARY POSITIONS

**Chris Kilby** - Executive Assistant and Assistant to Chair of Communications - International Society of Behavioral Medicine

**Chris Kilby** - President-Elect, Australasian Society of Behavioural Health and Medicine

**Chris Kilby** - Representative for Early Career Researchers and Students (Peers Connect), Australasian Society of Behavioural Health and Medicine

**Joanne Brooker** - Affiliate Appointment, Cochrane Australia, Monash University

**Peter Norton** - Australian Association for Cognitive and Behaviour Therapy: 2020 Distinguished Career Award

**Peter Norton** – Treasurer, Australian Association for Cognitive and Behavioural Therapy

**RoseAnne Misajon** - Affiliate, School of Public Health, Monash University

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# EDITOR, REVIEWER FOR JOURNAL

## **Chris Kilby**

- Stress and Health (Editorial Board Member and Reviewer)
- Annals of Behavioral Medicine (Reviewer)
- Applied Psychology: Health and Well-being (Reviewer)
- Anxiety, Stress, and Coping (Reviewer)
- Brain and Behavior (Reviewer)
- Journal of Reproductive and Infant Psychology (Reviewer)
- Australian Psychologist (Reviewer)
- Global Advances in Health and Medicine (Reviewer)
- Health Education and Behaviour (Reviewer)
- Journal of Health Psychology (Reviewer)
- Personality and Individual Differences (Reviewer)

## **Peter Norton**

- Journal of Anxiety Disorders (Editorial Board Member)
- Cognitive Therapy and Research (Editorial Board Member)

## **RoseAnne Misajon**

- Quality of Life Research (Reviewer)



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