



THE
CAIRNMILLAR
INSTITUTE

2021 ANNUAL RESEARCH REPORT



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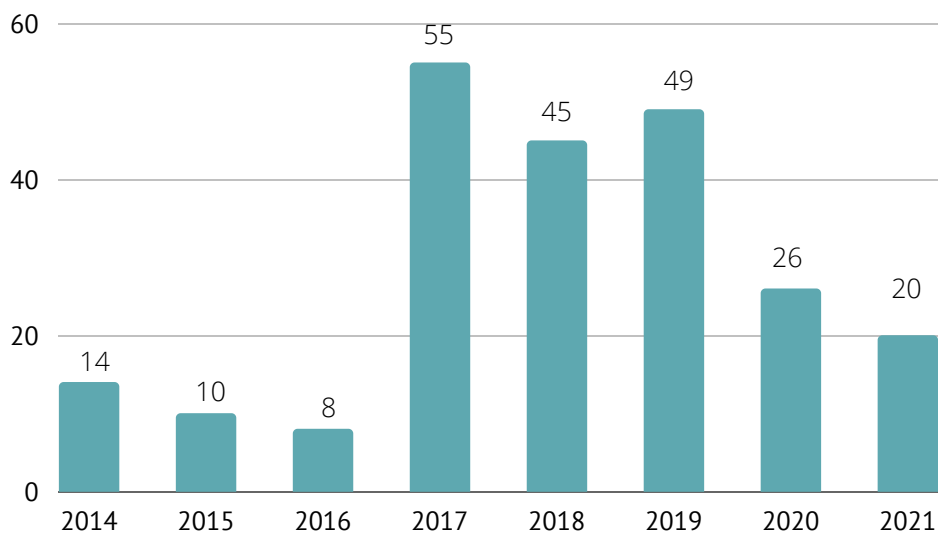
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EXECUTIVE SUMMARY

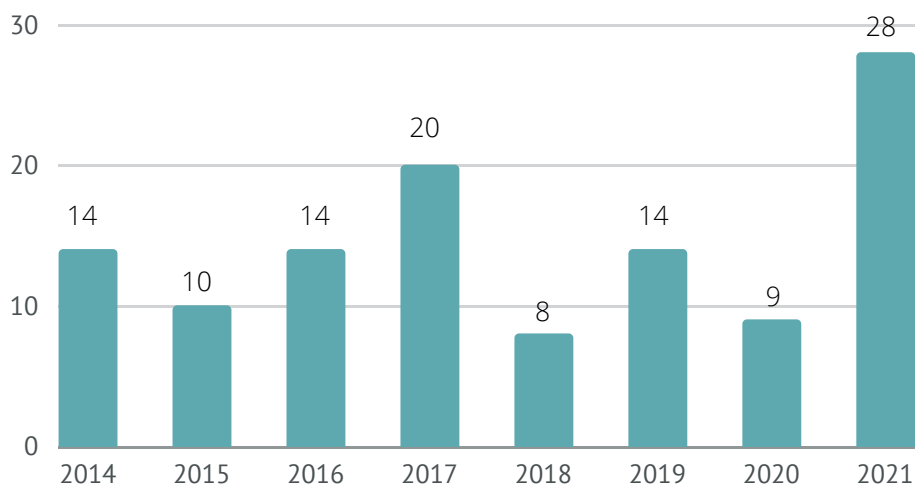
Despite two years of public health orders restricting our ability to meet face-to-face, including to conduct in-person research, staff at Cairnmillar have been working to maintain their research productivity. Staff have published 20 papers in peer-reviewed journals, and of the 20 with Impact Factor scores (Clarivate Journal Citation Reports), the average IF is an astounding 4.57. Under the broad heading of “PSYCHOLOGY” an impact factor of 3.52 was the boundary between Q1 and Q2 journals. Twelve of our papers exceeded this threshold. Five papers were the results of collaborations by academics within Cairnmillar Institute. Beyond journal articles, our staff authored 2 book chapters and presented 28 research papers at national and international conferences. Finally, one of our own, Sasha Davies, successfully completed and passed her PhD thesis.

Professor Peter Norton
Associate Head of School (Research)

2021 PUBLICATIONS



**PEER
REVIEWED
PUBLICATIONS**



**CONFERENCE
PRESENTATIONS**

RESEARCH OUTPUT REPORT

REFEREED JOURNALS

Cascarino, E., **KnighT, T.**, & Macdonald, J. A. (2021). "The Music Gets Through": Experiences of Classical Composers and Observations of Hospitalised Adolescents in a Music-Based Intervention. *Psychology of Music*
<https://doi.org/10.1177/03057356211042079>

Cross, B. J., **Collard, J. J.**, & **Levidi, M. D. C.** (2021). Core self-evaluation, rumination and forgiveness as an influence on emotional distress. *Current Psychology*, 1-13.
<https://doi.org/10.1007/s12144-021-01628-4>

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:10.1017/bec.2020.20>

de Ridder, B., & **Deighton, R. M.** (2021). The effect of shame and self-efficacy on gambling behaviour. *Journal of Gambling Studies*. Advance online publication.

Galea, S., Salvaris, C. A., Yap, M. B. H., **Norton, P. J.**, & Lawrence, K. A. (2021). Feasibility and acceptability of an enhanced cognitive behavioural therapy programme for parent-child dyads with anxiety disorders: A mixed-methods pilot study protocol. *Pilot and Feasibility Studies*, 7 109. <https://doi.org/10.1186/s40814-021-00846-8>

Jeager, T., **Moulding, R.**, Yang, Y.-H., David, J., **KnighT, T.**, & Norberg, M. N. (2021). A Systematic Review of Obsessive-Compulsive Disorder and Self: Self-Esteem, Feared Self, Self-Ambivalence, Egodystonicity, Early Maladaptive Schemas, and Self Concealment. *Journal of Obsessive-Compulsive and Related Disorders*, 31, 100665.
<https://doi.org/10.1016/j.jocrd.2021.100665>

Kantidakis, J. D., **Moulding, R.**, & Knowles, S. R. (2021). Psychological mediators of psychological distress and quality of life in inflammatory bowel disease. *Journal of psychosomatic research*, 149, 110596.
<https://doi.org/10.1016/j.jpsychores.2021.110596>

Kings, C., **Moulding, R.**, Yap, K., Gazzola, R., & **KnighT, T.** (2021). Measuring possessions as extensions of self and links to significant others in hoarding: The Possessions as Others and Self Inventory. *Psychopathology & Behavioral Assessment*. 43(1), 1-13.
<https://doi:10.1007/s10862-020-09858-9>

Kreminski, M. A., Courtney, J. A., Drummond, S. P. A., & **Norton, P. J.** (2021). The relationship between a hierarchical transdiagnostic model of vulnerability factors and posttraumatic stress disorder symptom clusters. *Journal of Psychopathology and Behavioral Assessment*. <https://doi:10.1007/s10862-021-09939-3>

Lu, J.C., Vogrin, S., McAuley, S.A., Lee, M. H., Paldus, B., Bach, L.A, Burt, M.G., Clarke, P.M., Cohen, N.D., Colman, P.G., de Bock, M.I., Holmes-Walker, J.D., Jenkins, A.J., Kaye, J., Keech, A.C., Kumareswaran, K., Maclsaac, R.J., McCallum, R.W., Roem, K., Sims, C., Stranks, S.N., **Trawley, S.**, Ward, G.M., Sundararajan, V., Jones, T.W., & O’Neal, D.N & Australian JDRF Closed-Loop Research Group. (2021). Meal-time glycaemia in adults with type 1 diabetes using multiple daily injections vs insulin pump therapy following carbohydrate-counting education and bolus calculator provision. *Diabetes Research and Clinical Practice*. <https://doi.org/10.1016/j.diabres.2021.109000>

Luong, H. K., Drummond, S. P. A. D., & **Norton, P. J.** (2022). Can you see what I see? A comparison of client and observer perspectives of the alliance and group cohesion in CBT. *Cognitive Behaviour Therapy*, 51(2), 100-113. <https://doi.org/10.1080/16506073.2021.1898463>

Macdonald, J.A., Francis, L.M., Skouteris, H., Youssef, G.J., Graeme, L.G., Williams, J., Fletcher, R., **Knight, T.**, Milgrom, J., Di Manno, L., Olsson, C., & Greenwood, C.J. (2021). Cohort Profile: The Men and Parenting Pathways (MAPP) Study. A longitudinal Australian cohort study of men’s mental health and wellbeing at the normative age for first-time fatherhood. *BMJ Open* 11(7), e047909.

McAuley S.A., **Trawley, S.**, Vogrin, S., Ward, G.M., Furlanos, S, Grills, C., Lee, M.H., Mohammad, A., O’Neal, D.A., O’Regan N.A., Sundararajan V., Colman, P.G., Maclsaac, R.J. (2021) Closed-Loop Insulin Delivery versus Sensor-Augmented Pump Therapy in Older Adults with Type 1 Diabetes (ORACL): A Randomized, Crossover Trial. *Diabetes Care*. <https://doi.org/10.2337/dc21-1667>

Mills, J., Mata, A., Ling, M., & **Trawley, S.** (2021). The impact of different responses to negative body talk on body satisfaction, shame, and future fat talk likelihood: A UK sample. *Body Image*, 38, 325-333. <https://doi.org/10.1016/j.bodyim.2021.05.007>

Norton, P. J., Provencher, M. D., **Kilby, C. J.**, & Roberge, P. (2021). Impact of group transdiagnostic cognitive-behaviour therapy for anxiety disorders on comorbid diagnoses: Results from a pragmatic randomized clinical trial in primary care. *Depression and Anxiety*, 38(7), 749-756. <https://doi.org/10.1002/da.23184>

Pearl, S., & **Norton, P. J.** (2021). Transdiagnostic Cognitive Behavioural Therapy for Individuals with Anxiety Disorders: An Open Trial. *Behaviour Change*, 38(2), 73-83. <https://doi.org/10.1017/bec.2020.17>

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>

Sherman, K. A., **Kilby, C. J.**, Pehlivan, M., & Smith, B. (2021). Adequacy of measures of informed consent in medical practice: A systematic review. *PloS ONE*, 16(5), e0251485. <https://doi.org/10.1371/journal.pone.0251485>

Sturre, V.L., Anglim, J., **von Treuer, K.**, **Knight, T.**, Walker, A. (2021). Predicting Supervisor and Student Competency Ratings from a Developmental Assessment Center: A Longitudinal Validation Study. *Journal of Vocational Behavior*, 133, 103666. <https://doi.org/10.1016/j.jvb.2021.103666>

Wuthrich, V.M., Belcher, J., **Kilby, C.J.**, Jagiello, T., Lowe, C. (2021). Tracking Stress, Depression and Anxiety Across the Final Year of Secondary School: A Longitudinal Study. *Journal of School Psychology*, 88, 18-30. <https://doi.org/10.1016/j.jsp.2021.07.004>

GRANTS AND TENDERS

O'Neal, D., Jenkins, A., MacIsaac, R., Ward, G., Lee, M., Paldus, B., Morrison, D., Kiburg, K., Kong, Y., **Trawley, S.**, Ekinci, E., Furlanos, S, Harrison, N & Partovi, A (March, 2021). A Pilot Study Comparing Treatment Satisfaction with the Omnipod™ Insulin Pump Compared with Usual Care in Adults with Type 1 Diabetes Living in Australia. Funded by Insulet Corporation

CONFERENCE PRESENTATIONS

An Z, Krug I, Portingale J, & **Butler D.** Mirror, Mirror, on the Wall: During Pandemics, How Can Self-Perception Research in People with Eating Disorders Happen at All? A Narrative Review. Poster submitted to: Body Image & Related Disorders (BIRD) Virtual Conference; 2021 November 12; Australia.

Auton, J., and **Kambouropoulos, A.** The Australian Postgraduate Psychology Logbook Working Group: Processes and Recommendations. AustPLAT Conference. Virtual Conference; 2021 September 17; Australia.

Chang, G. The impacts of music-based interventions for people living with eating disorder diagnoses: A literature review and narrative summary. Rapid communication presentation at the Australasian Society of Behavioural Health and Medicine Annual Conference. Virtual Conference; 2021 February 3-5; Australia.

Coburn, J., Swiatek, L., Ducass, A., Northcote, M., Partridge, L., Samarawickrema, N. I have got my fellowship, now what?: Supporting post-award teaching and learning practice, reflexivity and planning. HERDSA Virtual Conference; 2021 July; Australia.
<https://conference.herdsa.org.au/2021/program/pre-recordedpresentations/>

Deacon, B. J. Insights from my transition from academia to real-world practice: Reflections on a failed paradigm of care and proposed solutions. Invited address presented at the annual meeting of the Australian Association for Cognitive and Behaviour Therapy. Virtual Conference; 2021 October 28; Australia.

Harris, K. R. & **Norton, P. J.** Transdiagnostic CBT: Extension and preliminary evaluation for mixed anxiety and depressive disorder. In J. Newby (Chair), Transdiagnostic treatment for depression & anxiety. Symposium presented at the annual conference of the Australian Association of Cognitive and Behavioural Therapy, Virtual. Virtual Conference; 2021 October; Australia.

Kambouropoulos, A., & **Gopold, M.** Supervision: Opportunities and Challenges for Now and Beyond and Deliberate and Reflective Practice. Presentation at The Cairnmillar Institute Conference. Virtual Conference; 2021 November 24; Australia.

Kambouropoulos, A. Building Resilience During COVID-19 and Beyond. Presentation at the APS Health Psychology Conference. Virtual Conference; 2021 November 13-14; Australia.

Kent, J.N., and **Kilby, C.J.** Psychosocial predictors of psychological distress during self-isolation due to COVID19 pandemic. Oral presentation at the Australasian Society of Behavioural Health and Medicine Annual Conference. Virtual Conference; 2021 February 3-5; Australia.

Kilby, C.J., Sherman, K.A., Wuthrich, V.A. What Does Stress Mean To You? The Development of The Subjective Thoughts REgarding Stress Scale (STRESS). Research Spotlight presentation at the Society of Behavioral Medicine, Virtual Conference; 2021 April 12-16; Australia.

Kilby, C.J., Sherman, K.A., Wuthrich, V.M. Believing is seeing: The association between stress beliefs and stressor appraisals. Oral presentation in S. Fischer, J. Laferton, C.J. Kilby, and J. Keech (2021). Beliefs about stress – From psycho-biological mechanisms to interventions (symposium). Presented at the International Congress of Behavioural Medicine. Virtual Conference; 2021 June 7-11; Australia.

Kilby, C.J., Teunisse, A.K., Wuthrich, V., and Sherman, k.A. The toilet paper apocalypse: Correlates of health behaviours and stockpiling to COVID19. Oral presentation at the Australasian Society of Behavioural Health and Medicine Annual Conference. Virtual Conference; 2021 February 3-5; Australia.

Krupka, Z. Are we really in this together? What can a global pandemic teach us about transformative supervision. Presentation at The Cairnmillar Institute Conference on Supervision. Virtual Conference; 2021 November 24; Australia.

Kubilay, E., Trawley., S., Vogrin, S., Colman, P. G., Furlanos, S., Grills, C., Lee, M. L., O' Neal, D., O'Regan, N., Sundararajan. Vijaya., Ward, G., Maclsaac, R. J. & McAuley, S. A. Psychosocial Evaluation of Hybrid Closed-Loop Insulin Delivery among Older Adults with Type 1 Diabetes. In Australasian Diabetes Congress. Virtual Conference; 2021 August; Australia.

Mcauley, S., Vogrin, S., **Trawley, S.**, Colman, P., Furlanos, S., Grills, C., ... & Macisaac, R. Older Adults With Type 1 Diabetes: Glucose Outcomes With Technology And Education. In Diabetes Technology & Therapeutics (Vol. 23, pp. A154-A154). 2021 June; United States.

McAuley, S.A., **Trawley, S.**, Vogrin, S., Colman, P.G., Furlanos, S, Grills, C., Lee, M.H., Mohammad, A. A., O'Neal, D.N., O'Regan, N. A., Sundararajan, A., Ward, G. W., & Maclsaac, R. Closed loop increases time in range among older adults with type 1 diabetes compared with sensor-augmented pump therapy: A randomised, crossover trial. In Australasian Diabetes Congress. Virtual Conference; 2021 August; Australia.

Pokhriyal, S., and **Kilby, C.J.** The relationship between personality, dyadic coping, and parental stress. Rapid communication at the Australasian Society of Behavioural Health and Medicine Annual Conference. Virtual Conference; 2021 February 3-5; Australia.

Pokhriyal, S., Kilby, C.J. The relationship between personality and parental stress. Poster presentation at the Society for Personality and Social Psychology Annual Convention. Virtual Conference; 2021 February 9-13; Australia.

Portingale J, **Butler D, Chadakorn J, Teh J, Tupthim M**, Vincent L, An Z, & Krug I. Mirror, mirror, on the wall, that is not what I look like at all: Exploring enfacement in females with body image dissatisfaction during COVID-19. Poster presented at: Medicine, Dentistry and Health Sciences (MDHS) Early Career Researcher Network Symposium. Virtual Conference; 2021 November 18; Australia.

Portingale J, **Butler D, Chadakorn J, Teh J, Tupthim M**, Vincent L, An Z, & Krug I. Mirror, mirror, on the wall, that is not what I look like at all: Exploring enfacement in people with image dissatisfaction during COVID-19. Poster presented at: Appearance Matters 9 Online Conference. Virtual Conference; 2021 July 12-15; United Kingdom.

Portingale J, **Butler D, Chadakorn J, Teh J, Tupthim M**, Vincent L, An Z, & Krug. Mirror, Mirror, on the Wall, That Is Not What I Look Like at All: Exploring Enfacement in People with Image Dissatisfaction During COVID-19. Oral Presentation at: virtual Eating Disorders Alpbach Virtual Conference; 2021 October 22; Austria.

Portingale J, Krug I, Kiropoulos L, **Chadakorn J, Teh J, Tupthim M**, Vincent L, An Z, & **Butler D**. Investigating the Effects of Alexithymia on Self-Face Recognition and Perception: An Enfacement Illusion Study. Poster submitted to: Body Image & Related Disorders (BIRD) Virtual Conference; 2021 November 12; Australia.

Samarawickrema, N., **Coburn, J.** Swiatek, L., Ducasse, A., Northcote, M. When does feedback cease to be useful and sustainable?: Using SOTL to enhance feedback for mental wellbeing among academic staff International Society of Scholarship of Teaching and Learning Conference. Virtual Conference; 2021 October; Australia.

Sherman, K.A., **Kilby, C.J.**, Pehlivan, M., and Smith, B. (2021). Adequacy of measures of informed consent in medical practice: A systematic review. Oral presentation at the Australasian Society of Behavioural Health and Medicine Annual Conference. Virtual Conference; 2021 February 3-5; Australia.

Teh J, Butler D, An Z, **Chadakorn J**, Portingale J, **Tupthim M**, Vincent L, & Krug I. Exploring Enfacement and its Effects on Image Dissatisfaction in Individuals with Varying Levels of Dietary Restraint. Poster submitted to: Body Image & Related Disorders (BIRD) Virtual Conference; 2021 November 12; Australia.

Teunisse, A.K., and **Kilby, C.J.** (2021). "My opinion of vaccines depends heavily on which one": Personality predictors of attitudes toward childhood, flu, COVID, and general vaccines. Oral presentation at the Australasian Society of Behavioural Health and Medicine Annual Conference. Virtual Conference; 2021 February 3-5; Australia.

Vincent L, **Butler D, Chadakorn J**, Portingale J, **Teh J, Tupthim M**, Vincent L, An Z, & Krug I. My Face Feels Like Yours: The Effects of The Enfacement Illusion on Body Dissatisfaction in Females At-Risk of Developing an Eating Disorder. Poster submitted to: Body Image & Related Disorders (BIRD) Virtual Conference; 2021 November 12; Australia.

Wilson, C., **Misajon, R., & Brooker, J.** Migration Experiences of Self-Compassion and Self-Coldness among Hazaras in Australia. Oral Presentation at: International Society for Quality-of-Life Studies (ISQOLS). Virtual Conference; 2021 August 24; Australia.

MEDIA PRESENTATIONS

Chris Kilby <https://therapytips.org/interviews/what-is-the-right-way-to-think-about-stress>

Zoë Krupka <https://www.abc.net.au/radio/melbourne/programs/mornings/episodes/>

Zoë Krupka <https://www.abc.net.au/radio/programs/the-hook-up-podcast/daddy-and-mummy-issues-attachment-style/13498566>

AUTHORED MASTERS DOCTORAL AND PHD THESES

Davies, S. J. [submitted PhD thesis, not yet published]. Behavioural and psychophysiological indices of cognitive differences during pregnancy. Deakin University.

BOOK CHAPTERS

Anderson, J., & Butler, D. (2021). Mirror self-recognition: Five decades of primate research. The Cambridge Handbook of Animal Cognition. Cambridge: Cambridge University Press. Cambridge Handbook of Animal Cognition: <https://www.cambridge.org/core/books/cambridge-handbook-of-animal-cognition/BDA9DE35B6D696DE312068AF8FA258DE>

Sherman, K.A., Kilby, C.J. (2021). Genetic Counselling and Risk Communication. In G. Crombez (ed), Comprehensive Clinical Psychology, Second Edition. Oxford, UK: Pergamon

EDITOR, REVIEWER FOR JOURNAL

Chris Kilby

Reviewer: Stress and Health; European Journal of Health Psychology; Anxiety, Stress, and Coping; Personality and Individual Differences; Australian Psychologist

Editorial Board: Stress and Health



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