



THE
CAIRNMILLAR
INSTITUTE

2022 ANNUAL RESEARCH REPORT



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EXECUTIVE SUMMARY

Research at Cairnmillar has continued to rebound following the difficult years of pandemic lockdown. Staff have published 37 papers in peer-reviewed journals, and of the 28 with Impact Factor (IF) scores (Clarivate Journal Citation Reports), the average IF is 3.72. Two thirds of these indexed publications were published in Q1 and Q2 ranked journals. Beyond journal articles, our staff authored one book and four book chapters, and presented 13 research papers at national and international conferences. Cairnmillar staff hold memberships on the editorial boards of five academic journals, one staff member was the Scientific Convenor of a national research conference, and one staff member was a co-investigator on a successful grant application.

Professor Peter Norton

Associate Dean (Research)

RESEARCH OUTPUT REPORT

REFEREED JOURNALS

An, Z., Krug, I., Portingale, J., & **Butler, D.** (2022). Mirror, mirror, on the wall: During pandemics, how can self-perception research in people with eating disorders happen at all?. *Journal of Eating Disorders*, 10(1), 1-16. <https://doi.org/10.1186/s40337-022-00608-8>

Bag, S., **Kilby, C.J., Kent, J., Brooker, J.**, and Sherman, K. (2022). Resilience, Self-Compassion, and Indices of Psychological Wellbeing: A Not So Simple Set of Relationships. *Australian Psychologist*. <https://doi.org/10.1080/00050067.2022.2089543>

Borg, D., Hall, K., Youssef, G. J., Sloan, E., Graeme, L., & **Moulding, R.** (2022). Examining the role of brooding, distress, and negative urgency in dysregulated behaviors: A cross-sectional study in treatment-seeking young people. *Journal of Clinical Psychology*. <https://doi.org/10.1002/jclp.23366>

Buultjens, M., Gill, J., Fielding, J., Lambert, K., Vondeling, K., Mastwyk, S.E., Sloane, S., Fedele, W., Karimi, L., Milgrom, J., **von Treuer, K.**, & Erbas, B. (2022). Maternity care during a pandemic: Can a hybrid telehealth model comprising group interdisciplinary education support maternal psychological health? *Women and Birth*. <https://doi.org/10.1016/j.wombi.2022.09.007>

Chakrabarti, A., **Trawley, S., Kubilay, E.**, Mohammad Alipoor, A., Vogrin, S., Furlanos, S., ... McAuley, S. A. (2022). Effects of closed-loop insulin delivery on glycemia during sleep and sleep quality in older adults with type 1 diabetes: results from the ORACL trial. *Diabetes Technology & Therapeutics*, 0(ja), null. doi:10.1089/dia.2022.0110

Chan, P., Furlonger, B.E., Leif, E.S., D'Souza, L.A., Phillips, K.J., & **Di Mattia, M.** (2022). An evaluation of the behaviour change content and quality of smartphone apps designed for individuals experiencing anxiety: an illustrative example for school psychologists. *Educational and Developmental Psychologist*. <https://doi.org/10.1080/20590776.2022.2066994>

Chatzimike-Levidi, M.D., Collard, J.J. (2022). An integrated model of aggression : links between core self - evaluations , anger rumination and forgiveness. *Current Psychology*. <https://doi.org/10.1007/s12144-022-04077-9>

Cheng, S., Coghill, D., & Zendarski, N. (2022). A rapid systematic review of attention-deficit/hyperactivity disorder (ADHD) and high order writing: Current findings and implications for intervention. *Research in Developmental Disabilities*, 123, 104180. <https://doi.org/10.1016/j.ridd.2022.104180>

REFEREED JOURNALS

Collard, J., & Clarke, M. (2022). Use of a low frustration tolerance exercise for trainee therapists in a SP/SR framework. *the Cognitive Behaviour Therapist*, 15.
<https://doi.org/10.1017/S1754470X22000071>

Croot, B. & Krupka, Z. (2022). The shadow of childhood sibling loss in adult relationships. *Counselling Australia Journal*, 23(3), 34-43. ISSN 1445-5285.

Droppert, K., & Knowles S. (2022). The Role of Pain Acceptance, Pain Catastrophizing, and Coping Strategies: A Validation of the Common Sense Model in Females Living with Fibromyalgia. *Journal of Clinical Psychology in Medical Settings*.
<https://doi.org/10.1007/s10880-022-09873-w>

Durand, C., Dubois, M-F., Provencher, M. D., **Norton, P. J.**, & Roberge, P. (2021). Benzodiazepines and group transdiagnostic cognitive-behaviour therapy for anxiety disorders: A mixed-methods study. *Canadian Journal of Behavioural Science*.
<https://doi.org/10.1037/cbs0000340>

Fernandez, S., Daffern, M., **Moulding, R.**, & Nedeljkovic, M. (2022). Exploring Predictors of Aggressive Intrusive Thoughts and Aggressive Scripts: Similarities and Differences in Phenomenology. *Aggressive Behavior*. <https://doi.org/10.1002/ab.22061>

Huynh, A-T., Gaboury, I., Provencher, M. D., **Norton, P. J.**, & Roberge, P. (in press). Patient acceptability of group transdiagnostic cognitive-behavior therapy for the treatment of anxiety disorders in community care: A qualitative study. *Clinical Psychologist*.
<https://doi.org/10.1080/13284207.2022.2041363>

Jagasia, K., Saunders, P., & **Roufeil, L.** (2022). "Now I Can See Things for What They Are": The Experiences of Adult Children of Narcissists. *Journal of Constructivist Psychology*, 1-23. <https://doi.org/10.1080/10720537.2022.2048285>

Kent, J. N. & Kilby, C. J. (2022). Predictors of psychological distress during self-isolation. *Psychology and Psychotherapy: Theory, Research, and Practice*. Doi:
<https://doi.org/10.1111/papt.12432>

Kilby, C.J., Sherman, K.A., and Wuthrich, V.A. (2022). Believing is seeing: Development and validation of the STRESS (Subjective Thoughts REGARDing Stress Scale) for measuring stress beliefs. *Personality and Individual Differences*.
<https://doi.org/10.1016/j.paid.2022.111535>

REFEREED JOURNALS

Kreminski, M. A., Courtney, J. A., Drummond, S. P. A., & **Norton, P. J.** (2022). The influence of transdiagnostic vulnerability factors on PTSD symptom clusters in a Veteran sample. *Australian and New Zealand Journal of Psychiatry*.

<https://doi.org/10.1177/00048674221103488>

Kubilay, E., Trawley, S., Ward, G. M., Furlanos, S., Grills, C. A., Lee, M., MacIsaac, R. J., O'Neal, D, O'Regan, N.A., Sundararajan, V., Vogrin, S., Colman, P.G., & McAuley, S. A. (2022). Lived experience of older adults with type 1 diabetes using closed-loop automated insulin delivery in a randomised trial. *Diabetic Medicine*.

<https://doi.org/10.1111/dme.15020>

Lalor, A. F., **Brooker, J. E.**, Rozbroj, T., Whittle, S. L., Hill, C. L., Rowett, D., Buchbinder, R., & O'Connor, D. A. (2022, February). Factors influencing clinician prescribing of disease-modifying anti-rheumatic drugs for inflammatory arthritis: A systematic review and thematic synthesis of qualitative studies. In *Seminars in Arthritis and Rheumatism* (p. 151988). WB Saunders. <https://doi.org/10.1016/j.semarthrit.2022.151988>

Lawrence, R. J., Lee, S. J., Katona, L., De Bono, S., **Norton, P. J.**, & Avery, S. (2022). A self-help manual for psychological distress and quality of life during haemopoietic stem-cell transplant: An effectiveness and acceptability pilot. *Journal of Clinical Psychology in Medical Settings*. <https://doi.org/10.1007/s10880-022-09923-3>

Luong, H. K., Roberge, P., Provencher, M. D., **Kilby, C. J.**, Drummond, S. P. A. D., & **Norton, P. J.** (2022). Which, who, and when? Therapeutic processes in group cognitive behavior therapy for anxiety disorders. *Clinical Psychology and Psychotherapy*.

<https://doi.org/10.1002/cpp.2740>

McAuley, S & **Trawley, S.** (2022). Closed-loop therapy in older adults with type 1 diabetes: hypoglycaemia benefits and risk stratification. *The Lancet Healthy Longevity*. Vol 3 (6), E378. [https://doi.org/10.1016/S2666-7568\(22\)00092-7](https://doi.org/10.1016/S2666-7568(22)00092-7)

McKinlay, M. L. & **Norton, P. J.** (2022). The role of courage in predicting behavior: Replication in a public-speaking fearful sample. *Motivation and Emotion*.

<https://doi.org/10.1007/s11031-022-09967-w>

Mellor, D., McCabe, M., Byers, J., **von Treuer, K.**, Karantzas, G., & Goodenough, B. (2022). Real World Challenges in Delivering Consumer Directed Care to Enhance Nursing Home Residents' Well Being. *Clinical Gerontologist*.

<https://doi.org/10.1080/07317115.2022.2048286>

Norder, S. J., Visvalingam, S., **Norton, P. J.**, & Norberg, M. M. (2022). A scoping review of psychosocial interventions to reduce internalised shame. *Psychotherapy Research* 4.117.

<https://doi.org/10.1080/10503307.2022.2082340>

REFEREED JOURNALS

Norton, P. J. (2022). Transdiagnostic cognitive behavioural therapy. *Clinical Psychologist*. <https://doi.org/10.1080/13284207.2022.2064212>

Pascual-Vera, B., Akin, B., Belloch, A., Bottesi, G., Clark, D. A., Doron, G., ... **Moulding, R.**, ... & Sica, C. (2022). Maladaptive Consequences of Mental Intrusions with Obsessive, Dysmorphic, Hypochondriac, and Eating-disorders Related Contents: Cross-cultural Differences. *International Journal of Clinical and Health Psychology*, 22(1), 41-50. <https://doi.org/10.1016/j.ijchp.2021.100275>

Roberge, P., Marx, P., Couture, J., Carrier, N., Benoît, A., Provencher, M. D., Antony, M. M., & **Norton, P. J.** (2022). French-Canadian cross-cultural validation of the Panic Disorder Severity Scale Self-report. *BMC Psychiatry*, 22, 434. doi: 10.1186/s12888-022-03989-x

Sakdalan, J. and Maxwell, Y. (2022). "The application of adapted dialectical behaviour therapy concepts and skills in the treatment of adults with autistic spectrum disorder who display challenging or offending behaviours", *Advances in Autism*, Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/AIA-01-2022-0002>

Silva, J. F. B., & Coburn, J. (2022). Therapists' experience of climate change: A dialectic between personal and professional. *Counselling and Psychotherapy Research*. <https://doi.org/10.1002/capr.12515>

Smith, I., Youssef, G. J., Shatte, A., Teague, S. J., **Knight, T.**, & Macdonald, J. A. (2022). "You are not alone": A big data and qualitative analysis of men's unintended fatherhood. *SSM-Qualitative Research in Health*, 100085. <https://doi.org/10.1016/j.ssmqr.2022.100085>

Spies, R., Priscilla, E., Egan, R., Hemus, P., Gonzalez, R., **Droppert, K.**, ... Simmons, M. (2022). Introducing the youth residential rehabilitation service: An operational and experiential overview of a psychosocial residential support option for young people experiencing mental health challenges, *Early intervention in psychiatry*. <https://doi.org/10.1111/eip.13217>

Stephens, A. N., **Trawley, S., Ispanovic, J., Lowrie, S.** (2022). Self-reported changes in aggressive driving within the past five years, and during COVID-19. *PLoS ONE* 17(8): e0272422. <https://doi.org/10.1371/journal.pone.0272422>

Trawley, S., Stephens, A. N., McAuley, S. A., Speight, J., Hendrieckx, C., Vogrin, S., ... & O'Neal, D. N. (2022). Driving with type 1 diabetes: real-world evidence to support starting glucose level and frequency of monitoring during journeys. *Diabetes Technology and Therapeutics*, (ja). <https://doi.org/10.1089/dia.2021.0460>

REFEREED JOURNALS

Trawley, S., Ward, G. M., Vogrin, S., Colman, P. G., Furlanos, S., Grills, C. A., Lee, M. H., MacIsaac, R. J., Alipoor, A. M., O'Neal, D. N., O'Regan, N. A., Sundararajan, V., & McAuley, S. A. (2022). Glucose profiles of older adults with type 1 diabetes using sensor-augmented pump therapy in Australia: Pre-randomisation results from the ORACL study. *The Lancet Healthy Longevity*, S2666756822002665. [https://doi.org/10.1016/S2666-7568\(22\)00266-5](https://doi.org/10.1016/S2666-7568(22)00266-5)

Winzenried, C. & Coburn, J. (2022). Interpersonal dimensions of self-criticism: Exploring nuanced social processes through vignettes in interpretive phenomenological analysis. *Qualitative Research Journal*. <https://doi.org/10.1108/QRJ-07-2022-0093>

CONFERENCE PRESENTATIONS

Bowler-Bowerman, P., & Kilby, C.J. (2022). Stress through the lens of the self. Oral presentation at the Australasian Society of Behavioural Health and Medicine, 2-4 Feb, virtual.

Bowler-Bowerman, P., & Kilby, C.J. (2022). Stress through the lens of the self. Oral presentation at the Australasian Society of Behavioural Health and Medicine, 2-4 Feb, virtual.

Cheng, S. (2022, July 30-31). A rapid systematic review of attention-deficit/hyperactivity disorder (ADHD) and high order writing: current findings and implications for intervention. [Conference session]. Australian ADHD Professionals Association, Sydney, Australia.

Deighton, R. Loft, N., Moncour, L., Marshall, S. (2022, November 25). Vicarious and workplace trauma at a forensic hospital: Symptom outcomes and the role of empathy. Presented at the Forensicare Research Dissemination Seminar, Melbourne.

Drummond, S. P. A. D., Jenkins, M., Mellor, A., **Norton, P. J.**, Baucom, D., & Bei, B. (June, 2022). The impact on treatment adherence of adding a bedpartner to CBT-I: Preliminary findings from a randomised controlled trial (Project REST). Presented at the 36th annual meeting of the Associated Professional Sleep Societies, Charlotte, USA.

Durand, C., Provencher, M., **Norton, P. J.**, & Roberge, P. (July, 2022). Transdiagnostic cognitive-behavioral group therapy for anxiety disorders: Therapists' perception of group management in community-based care. Presented at the 30th European Congress of Psychiatry, Virtual.

Krupka, Z. (2022, June 30-July 7). Are we really in this together? How can a pandemic teach us about anti-oppressive person-centred supervision? 2022 Person-Centered and Experiential Psychotherapy Conference, Copenhagen, Denmark.

CONFERENCE PRESENTATIONS

Moulding, R., Kings, C., Yap, K., Tynan, M., Boyce, S., Gazzolla, R., & **Knight, T.** (2022). Examining the Multidimensional Nature of “Self” in Hoarding Disorder. Paper presented at the 42nd Annual Congress of the Australian Association for Cognitive and Behaviour Therapy, Melbourne, Oct 15th 2022.

Roberge, P., Provencher, M., **Norton, P. J.**, Carrier, N., Marx, P., Couture, J., & Benoit, A. (July, 2022). Panic disorder severity scale self-report: Transcultural validation and sensitivity to change of the French-Canadian adaptation. Presented at the 30th European Congress of Psychiatry, Virtual.

Rostami, M., Provencher, M. D., Roberge, P., & **Norton, P. J.** (October, 2022). An analysis of differential improvement by diagnosis in group transdiagnostic cognitive behaviour therapy for anxiety disorders. In P. J. Norton (Chair), Recent advances in transdiagnostic CBT. Symposium presented at the annual conference of the Australian Association of Cognitive and Behavioural Therapy, Melbourne, VIC.

Silverstone, U. R., Roberge, P., Provencher, M. D., & **Norton, P. J.** (October, 2022). Sudden gain prevalence during transdiagnostic cognitive-behavioural therapy for principal anxiety disorders: The effects of comorbid depression. Open paper presented at the annual conference of the Australian Association of Cognitive and Behavioural Therapy, Melbourne, VIC.

Synowiec, R., & **Kilby, C.J.** (2022). What happens after we eat when stressed? Oral presentation at the Australasian Society of Behavioural Health and Medicine, 2-4 Feb, virtual. Recipient of the People's Choice award.

Synowiec, R., and **Kilby, C.J.** (2022). What happens after we eat when stressed? Invited oral presentation at the University of New South Wales Annual Symposium on Eating and Appetite, Feb 25. Online Symposium.

MEDIA PRESENTATIONS

Gibbs, A. & Nguyen, C. (2022, December 4). A to Z of relationships: M is for mother. **Zoë Krupka** [Radio broadcast]. <https://www.abc.net.au/radio/programs/weekends/m-is-for-mothers/101732342>

Hunt, R. (2022, May 3). Are more young people choosing not to have children?: **Zoë Krupka** [Radio broadcast].
<https://www.abc.net.au/melbourne/programs/theconversationhour/the-conversation-hour/13855758>

Mora, J. (2022, November 27). Making multi-generational living work. **Zoë Krupka** [Radio broadcast]. <https://www.rnz.co.nz/national/programmes/sunday/audio/2018868750/dr-zoe-krupka-making-multi-generational-living-work>

Tencic, N. (2022, September 17). What are daddy/mommy issues?: **Zoë Krupka** [Radio broadcast]. ABC <https://www.abc.net.au/radio/programs/the-hook-up-podcast/daddy-and-mummy-issues-attachment-style/13498566>

Wang, B. (2022, August 29). How to deal with conflict over our deepest beliefs. : **Zoë Krupka** [Radio broadcast].
<https://www.abc.net.au/radionational/programs/lifematters/talkback-how-to-deal-with-conflict-over-our-deepest-beliefs/101322048>

Wang, B. (2022, November 11). Multigenerational living: How to make it work.: **Zoë Krupka** [Radio Broadcast].
<https://www.abc.net.au/radionational/programs/lifematters/talkback-multi-generational-living-how-to-make-it-work-/101634990>

CONSULTANCIES, APPOINTMENTS AND HONORARY POSITIONS

Norton, P. J.: National Conference Scientific Convenor, Australian Association for Cognitive and Behavioural Therapy

RESEARCH GRANTS AND TENDERS

December 2022. Dr Jacquie Mills (Deakin Uni) – Lead CI, Rebekah Davenport (UniMelb), Professor Kerry Sherman (Macquarie), **RoseAnne Misajon** (Cairnmillar Institute), Dr Leesa Van Niekerk (UTas), Cheryl McKay (UTas). Let's talk about sex: The development of communication tools for people living with endometriosis. *Endometriosis Australia*. \$24,948. Successful.

BOOKS

Kambouropoulos, A., & Harris, C. (2022). Handbook for Provisional Psychologists in Training: Psychological Practice and Supervision. Routledge, London, United Kingdom.

BOOK CHAPTERS

Bouguettaya, A., Jeager, T., & **Moulding, R.** (2022). Yet you may see the meaning of within: The role of identity concerns and the self in psychopathology. In R. G. Menzies, R. E. Menzies & G. Dingle (Eds.). Existential concerns and cognitive-behavioral procedures: An integrative approach to mental health. Springer. https://doi.org/10.1007/978-3-031-06932-1_10

Quinn, A.J. (2022). Exploring the ethics and unintended consequences of facilitating with stories. In A. Rixon & C Lloyd (Eds.) Facilitating with stories: Ethics, Philosophy and Reflective Practice. Cambridge Scholars Publishing (in press).

Quinn, A.J. (2022). New frames from old – the Kolb experiential learning model as reflective practice. In A. Rixon & C. Lloyd (Eds.) Facilitating with stories: Ethics, Philosophy and Reflective Practice. Cambridge Scholars Publishing (in press).

Quinn, A.J. (2022). Activity 2 - New frames from old. In A. Rixon & C. Lloyd (Eds.) Facilitating with stories: Ethics, Philosophy and Reflective Practice. Cambridge Scholars Publishing (in press).

CREATIVE OUTPUT

Kilby, C.J. (2022). The Science of Stress. *National Geographic*.

EDITOR, REVIEWER FOR JOURNAL

Coburn, J.: Reviewer, Australian Psychologist

Deighton, R.: Reviewer, BMC Psychology

Kilby, C.J.: Editorial Board Member, Stress and Health; Reviewer, Applied Psychology: Health and Wellbeing, Annals of Behavioural Medicine, International Journal of Stress Management, Personality and Individual Differences, 'Anxiety, Stress, and Coping', Journal of Health Psychology, Stress and Health, Health Education and Behaviour, Brain and Behaviour, Journal of Reproductive and Infant Psychology, Australian Psychologist

Moulding, R.: Editorial Board Member, Clinical Psychology Review (Elsevier); Journal of Obsessive-Compulsive and Related Disorders (Elsevier). Reviewer: The Bulletin of the Menninger Clinic; Journal of Obsessive-Compulsive and Related Disorders; Clinical Psychology & Psychotherapy; Clinical Psychologist

Norton, P. J.: Editorial Board Member, Cognitive Therapy and Research, Editorial Board, Journal of Anxiety Disorders; Special Issue Guest Editor: Clinical Psychologist

Trawley, S.: Reviewer, JDRF Strategic Research Agreement



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