

# Research News

## Dean of Research

Dear all,

I hope this message finds you in high spirits and full of enthusiasm for the exciting times ahead. As the newly appointed Dean of Research, I am thrilled to address you through this formal newsletter for the first time.

First and foremost, I would like to extend my heartfelt gratitude to Professor Emma Thomas (interim Dean) and Professor Mike Nicolls for their outstanding contributions over the past several years. Your hard work has laid a solid foundation for our research endeavours, and I commend you both for your dedication.

During the past three weeks, I have had the pleasure of engaging with our remarkable academics and professional staff members. I must say that I am truly impressed by the immense potential and talent that exists within our team. Each interaction has only reinforced my belief that we are on the path to achieving great things together.

I recently attended my first University Research Committee Meeting and had the privilege of chairing the first College Research Committee meeting. These experiences have highlighted some intriguing developments on the horizon, particularly in the areas of Open Access policy and procedures, as well as Quality and Impact for research reputation. Exciting times lie ahead, and I am eager to explore these avenues further.

I also had the opportunity to spend time with the extraordinary SWIRLS and SHAPE teams. A special shoutout to Professor Sarah Wendt and Professor Murray Drummond for their exceptional leadership in these Centres. Furthermore, I am thoroughly impressed by Professor Ben Wadham's Open Door Initiative and the remarkable work he is spearheading.

I am eagerly looking forward to meeting the research section academics at the upcoming researchers' "meet and greet" with the Dean of Research on 29th May. It will be a wonderful occasion to connect, exchange ideas, and strengthen our bonds as a team. Don't forget to RSVP if you are able to attend in-person 😊

We have shared an intent to apply for several Category 1 grants, including a MRFF target call in the space of Childhood Mental Health. Please respond to this intent so we can explore the best ways to assist you.

For those who wish to arrange a catch-up with me, I encourage you to reach out to my fantastic executive support, Ms [Elizabeth Traeger](#). She will be more than happy to coordinate our schedules and make the necessary arrangements.

Once again, thank you for your warm welcome and the inspiration I have already drawn from our collective brilliance. Let us embark on this exciting journey together, pushing the boundaries of knowledge and making a lasting impact in our fields of research.

Wishing you all a productive and rewarding month ahead!



# S U C C E S S

**Associate Professor Shane Pill** has won a **\$67,265** grant from the **Australian Council for Health, Physical Education and Recreation and Netball Australia Grant**. The project will deliver an evidence base to the use of modified equipment and game modification in netball in centres around Australia.

## RESEARCH PUBLICATIONS

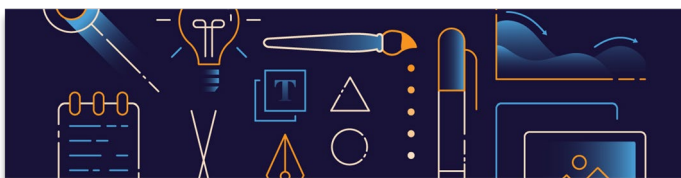


### Refereed Journal Articles

- Abdullah, A., Bentum, H., Frederico, M., Mensah, F., Jordan, L.P., & Emery, C.R. (2023). Protective indigenous collective value of Ubuntu and child neglect: Implications for rural child protection practice. *Child & Family Social Work*, 1-11. Doi:10.1111/cfs.13023
- Abdullah, A., Emery, C.R., Dwumah, P. & Jordan, L.P. (2023). Towards a normative change approach in child labour: A theoretical analysis and empirical exploration of the constituted and constitutive procedural social norms. *New Ideas in Psychology*, 70, 101032. Doi: 10.1016/j.newideapsych.2023.101032
- Agnew, D. & Pill, S. (2023). Creating caring environments: an exploration of football managers and coaching. *Sports Coaching Review*, 12(1), 27-46. Doi: 10.1080/21640629.2021.1896209
- Galanis, C.R., Weber, N., Delfabbro, P. H., Billieux, J., & King, D. L. (2023). Gaming disorder and stigma-related judgements of gaming individuals: An online randomized controlled trial. *Addiction*. Doi: 10.1111/add.16211
- Hagsand, A.V., Flowe, H., Takarangi, M., & Gawrylowicz, J. (2023). Editorial: The impact of alcohol and drugs on suspects', victims' and witnesses' cognition and memory. *Frontiers in Psychology*, 14:1209406. Doi: 10.3389/fpsyg.2023.1209406
- Jordan, L., Zhou, X., Abdullah, A., & Emery, C.R. (2023). Gendered dimensions of demand for Child Commercial Sexual Exploitation (CSEC) in Kathmandu, Nepal. *Violence Against Women*. Doi: 10.1177/10778012231172708
- McLaren, H., Patmisari, E. & Jones, M. (2023). Multicultural quality of life: Experiences of a South Australian Muslim community amid the COVID-19 pandemic. *Indonesia Journal of Islam and Muslim Societies*, 13(1). Doi:10.18326/ijims.v13i1.57-84
- Riggs, D.W., Rosenberg, S., Fraser, H., & Taylor, N. (2023). 'There's something to remind you that everything is okay': Australian trans young people and the presence of animals in interactions with healthcare professionals. *Qualitative Health Research*, 33, 556-564.
- Simister, E. T., Bridgland, V. M. E., Williamson, P. & Takarangi, M. K. T. (2023). Mind the information-gap: Instagram's sensitive-content screens are more likely to deter people from viewing potentially distressing content when they provide information about the content. *Media Psychology*. Doi: 10.1080/15213269.2023.2211774
- Sun, Y. T. J., Takarangi, M. K., & Nixon, R. D. (2023). Exploring intrusions without awareness: A preliminary study of the characteristics and influences of meta-awareness failures. *Journal of Behavior Therapy and Experimental Psychiatry*, 101889. Doi: 10.1016/j.jbtep.2023.1010889
- Wiltsch, S.M. (2023). Towards a more comprehensive understanding and support of parents with a child experiencing an eating disorder. *International Journal of Eating Disorders*. [The Editor organised a special section on this topic and four other commentary pieces have now been published based on this article.]

### Other Book

- Keller, R., & Pill, S. (2023). *United in schools: A curriculum resource for promoting football in schools*. Adelaide United Football Club.



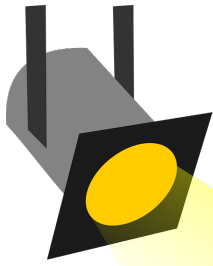
# Presentations

- Carey, I., Prichard, I., & Kemp, E. (2023, June). *The benefits of playful physical activity on mood*. Australasian Society for Social and Affective Neuroscience Conference, Adelaide, Australia.
- Dunk-West, P., Rosenberg, S., Riggs, D.W., & Vu, K. (2023). *Trauma-informed education: What is it and how can educators implement practices to support young people's education?* Mental Health in Schools Conference, Adelaide, June 1-2.
- Elliott, S. (2023, May 29). Invited presentation titled *Youth sport and parenting engagement* to the Northern Sport and Recreation Network. This is a collaboration of neighbouring councils including the City of Salisbury, Tea Tree Gully, Port Adelaide Enfield, Playford, Prospect and Adelaide Plains. The evening was held at the Bridgestone Athletics Centre and attended by 50 delegates from across the six council areas.
- Elliott, S. (2023, June 6-8). Presented his latest sport parenting research at the International Congress on Evidence-based Parenting Support (I-CEPS) with Dr Casey Dittman (UQ), Associate Professor Steve Rynne (UQ) and Stephanie Schoeppe (Central Queensland University).
- Elliott, S. (2023, June 7). Invited presentation on *Youth sport, high performance and parental involvement* to Henley High School. The evening was held at the Henley Beach campus and attended by 210 parents and teachers.
- Pill, S. (2023, May 31-June 1). As only one of two academics, Shane was an invited featured speaker at the Australian Sports Commission National Coaching and Officiating Conference, Aquis Park, Gold Coast. The conference was attended by national coach education and official managers. The presentation was on youth retention in sport, and a play for purpose for athlete game sense workshop.
- Thibeault, C-A., Arora, M., Kirichenko, V., Riggs, D.W., Skelton, S., & Pullen Sansfaçon, A. (2023, May 12). *Recherche de soins médicaux d'affirmation de genre: Processus décisionnel et impact sur le bien-être des jeunes trans et non-binaires et leurs familles au Canada et en Australie*. Colloque 604 - Jeunes trans et non binaires: Perspective intersectionnelle sur les enjeux, défis et stratégies. ACFAS. Montréal, May 12.
- Wade, T. (2023, June 3). Invited address at the World Congress of Cognitive and Behavioural Therapies in Seoul titled *Reimagining the treatment of eating disorders in a post-pandemic environment*.
- Wadham, B. (2023, June 7). Building veteran and family capacity for service, transition and life beyond the military. Seminar and networking session.
- Wadham, B. (2023, June 14). Building veteran and family capacity for service, transition and life beyond the military. Seminar and Networking Session UNSW ADFA.



## & Professional Services

- On 6 June 2023, Associate Professor Lorna Hallahan launched research carried out by The Achieve Foundation (of which she is a Director) at a Melbourne breakfast with invited philanthropists. Lorna was a senior advisor to the research team from The Frameworks Institute (Washington, DC, US). The findings, focussed on changing cultural mindsets about disability, will contribute to the implementation of Australia's Disability Strategy.
- Pill, S. (2023, 16). Consultancy with the Early Years team at Curriculum Development, Curriculum & Learning, Department for Education.
- Professor Damien Riggs was appointed to the Inclusion Reference Group for the Adelaide Aquatic Centre Development.



## Dr Alexandra Wade

### **Spotlight Series: ECR and Mid-Career Researchers**

*With the aim of raising awareness of the amazing early- and mid-career researchers within our College, we will be profiling and sharing the successes of a different ECR/MCR each month. It is my pleasure to introduce to you Dr Alexandra Wade!!*

Dr Ryan Balzan, ECR College Representative

#### **When did you come to Flinders and what is your current role within the College?**

I'm very new to the world of Flinders! I began my position as a Research Fellow two weeks ago with the Generations Initiative. I will be working on a new project that aims to adapt, validate and implement a screening tool for the early detection of Alzheimer's disease.

#### **Can you briefly describe the work/research journey that took you to this point in your career?**

I completed my Bachelor's degree in Psychology at UniSA back in 2011 and briefly worked as a project officer in education research and learning analytics. I was encouraged to pursue a PhD and decided to change lanes and focus on a personal interest of mine: nutrition and cognition. I was aware of some research in the area at UniSA, and sought out a PhD supervisor in the field of health sciences, with support from psychology. My PhD thesis focused on the cardiovascular and cognitive benefits of the Mediterranean diet, and included two randomised controlled trials testing the effects of the Mediterranean diet in populations at risk of dementia. I also conducted an analysis of longitudinal diet and cognition data in collaboration with researchers at the University of Maine. After completing my PhD, I successfully secured a postdoc position at UniSA and coordinated a multi-site cohort study aiming to characterise optimal diets and physical activity patterns for dementia prevention. During my postdoc, I undertook several additional roles, including establishing the Australia Dementia Network Screening and Trials program at SAHMRI. Last year I also reduced my academic fraction to 0.2FTE to take on an industry role in research impact and knowledge translation.

#### **What is your favourite part of being a postdoc and what is the hardest part of being a postdoc?**

My favourite part of being a postdoc might also be one of the hardest parts – the many, varied opportunities! There's so much on offer and so many avenues to explore. At the same time, it can be hard to say no, and there are only so many hours in the day.

#### **What is something you are most proud of?**

I'm a strong believer in the need for effective science communication and research translation. Throughout my PhD and postdoc, I had the opportunity to engage with the media, and I am proud that I was able to share the findings of my work internationally to reach global audiences. I'm also proud of the translation work I have done more locally, engaging with community groups to share research findings and to evaluate the effectiveness of council programs for health and well-being.

#### **What are your future ambitions?**

My career objective is to continue building and translating evidence and resources that can contribute to healthy ageing through dementia prevention. By working with key stakeholders and conducting collaborative research, my goal is to guide professional practice and policy and generate real world impact.

#### **How do you like to relax or spend your spare time?**

With a toddler, spare time can be hard to find. I love spending time with my daughter and exploring the world again through her eyes. When she's finally asleep, I also love relaxing with my husband, watching tv and movies, reading, cooking, painting, and drawing.

# Flinders University Library News



## Library Authentication Update...

Earlier this year, the Library transitioned its authentication system for accessing subscription resources. Our new authentication, known as OpenAthens, provides a range of benefits for all users, including:

- A single sign-on approach for all resources
- More secure, reliable, and transparent than EZproxy IP recognition; and
- An overall better user experience.

However, any links to subscription resources using our former authentication system will become invalid as of July 3rd. For links to subscription resources, these will need to move from FLO/Canvas to [Leganto](#) (the Library's reading list management system) to ensure students will have ongoing access. For more information please visit: [Logging in to library resources with OpenAthens](#). If you have any questions, please contact us at via [email](#).

## Artificial Intelligence and Digital Literacy

As part of efforts to support students develop competencies in the use of artificial intelligence tools, the Library has co-delivered two workshops:

- Data and Digital Literacy Workshop, as part of the [Horizon program](#). This workshop was updated to include references to recent AI developments and tools, with time allocated to discuss student use, experiences and reflections.
- Legal research workshop, as part of LLAW1312 Essential Legal Skills. Students reflected on the accuracy and relevance of a ChatGPT response to a legal scenario, using a series of questions based on the [Using AI tools for study](#) guide.

We are also pleased to see that the 'Using AI tools for study' webpage has been selected for inclusion in [TEQSA's Higher Education Good Practice Hub on AI](#). This is an excellent repository of resources on AI in learning and teaching. To discuss use of AI tools, please contact Library's Education Engagement team via [ServiceOne](#).



**Flinders  
University**

**Institute for Mental Health &  
wellbeing**

## Open Door Initiative

Professor Ben Wadham, Flinders Open Door Initiative, held a seminar and networking session on building veteran and family capacity for service, transition and life beyond military in early June. Over 30 veterans, researchers, community members and stakeholders came together at Flinders to hear Ben and visiting Professor Karl Hamner from The University of Alabama talk about their research on separation and transition, self-harm, suicide and institutional systems and cultures. The group were able to share experiences and insights as well as ask questions of Ben and Karl. You can access a recording of the presentation [here](#).

## Little Breakthrough Heroes Gala

Don't forget that the Little Breakthrough Heroes Gala is on 24 June. The Institute is a key sponsor of the event which supports children's mental health so if you would like to find out more or support this worthwhile cause, click [here](#).

## News updates

Finally, if you have any events, news or research that you would like highlighted, contact Kirsty de Ruyter, at [mentalhealthwellbeing.institute@flinders.edu.au](mailto:mentalhealthwellbeing.institute@flinders.edu.au) and we can feature across the Institute's social media and communications channels.

# SHAPE

## Sport, Health, Activity, Performance and Exercise Research Centre

### SHAPE researchers sharing their expertise

**Professor Murray Drummond** was interviewed on **5AA** interview this month alongside John Mannion from the Breakthrough Mental Health Research Foundation. They discussed the promotion of **mental health initiatives within sporting clubs**. The SHAPE Research Centre team have been working extensively with Breakthrough Mental Health Foundation on a range of research projects and initiatives around promoting mental health in sporting clubs. This interview highlighted the work they have been doing and provided ideas and strategies for listeners of 5AA involved in sporting clubs at all levels.

The **Women in Sport Taskforce** were fortunate to hear from **PhD candidate James Kay** who presented his research on re-engaging adolescent females in sport. The Women in Sport Taskforce, led by Hon Katrine Hildyard and of which Professor Murray Drummond is a member, is working to raise the profile and participation levels of girls and women in sport and to address inequality that inhibits girls and women from actively and equally participating in the sport they love.

The **Sunday Mail** featured an article on **"bigorexia"** ([3 June 2023](#)), highlighting the impact of social media influencers on the body image of boys and young men. **Professor Murray Drummond** shared his concern about the source of young people's training regimes, "Young people are getting a lot of their weight training programs from these so-called experts on TikTok," Dr Drummond said, and stressed the importance of understanding the context behind the bodies seen on social media.

**Associate Professor Sam Elliott** presented his latest sport parenting research at the **International Congress on Evidence-based Parenting Support (I-CEPS)** with Dr Casey Dittman (UQ), Associate Professor Steve Rynne (UQ) and Stephanie Schoeppe (Central Queensland University) from June 6-8, 2023.

### Multiple presentation options at NYSC2023

There will be multiple ways to present your research at the **National Youth Sport Conference 2023** (16-17 November). Whether you prefer to deliver a **rapid, two minute presentation** of your research, to share your study in the **traditional 12-15 minute oral presentation** format, or to put together a **digital scientific poster**, NYSC2023 has something for everyone.

Don't miss a chance to present your research alongside world-leading researchers, students and industry leaders.

[Registrations](#) are open and [abstract submissions](#) close in **2 week** so submit your research today. Keep your eye on the NYSC2023 socials ([@NYSCConf2023](#)) for future important announcements.



### Beyond the Club PODCAST



The latest episodes of SHAPE's Beyond the Club Podcast feature two of our PhD students:

- Episode 25: [Self-compassion & Well-being](#) with special guest is Amber Mosewich
- Episode 26: [81 determinants of fun in youth sport: Part 8](#)

# SHAPE

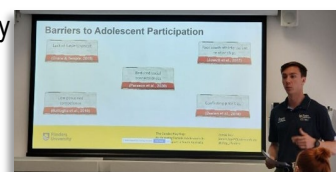
## HDR Student News

PhD Candidate **Sarah Crossman** was elected as an **HDR Student Member of the University Higher Degrees by Research Committee (UHDC)**. The UHDC is a governance sub-committee of the Academic Senate, which assists Senate to discharge its responsibilities regarding the accreditation, quality and compliance of higher degree by research education and training. The two student representatives provide a voice for the governance of HDR students. If you'd like to contact your HDR student representatives, please send an email to: [UHDC.studentreps@flinders.edu.au](mailto:UHDC.studentreps@flinders.edu.au).



HDR Candidates, **James Kay and Julia Church**, successfully delivered their Confirmations of Candidature.

**James** was awarded an Enterprise PhD Scholarship for his research, supported by the Office for Recreation, Sport and Racing, with the focus *The Gender Play Gap: Re-engaging female adolescents in organised sport in South Australia*. James supervisory team includes Associate Professor Sam Elliott, Professor Murray Drummond, Michelle Crisp (ORSR) and Dr Jasmine Petersen.



**Julia's** research explores *How surf lifesaving clubs in South Australia are looking after the mental health of adolescent surf lifesavers*. As a former specialist community public health practitioner for families and young people, and mother to a young surf lifesaver, Julia is hoping to improve mental health guidelines and services for adolescents in surf lifesaving. Julia is supervised by Professor Murray Drummond, Professor Claire Drummond, and Dr Samantha Fien from Central Queensland University.

## Finance and Procurement Services Research Finance

Research Development and Support and Flinders Finance and Procurement Services offered the '**Research Finance-principles, systems and dashboards**' presentation which focused on:

- Overview of the structure and services
- Overview of researchers' financial responsibilities
- Detailed presentation on Financial Reports
- Detailed presentation of Finance Dashboards

A recording is available on the [RDS Training Sessions](#) site.

There are future presentation dates available, as follows:

- 27 July, 10.30am-11.30am
- 10<sup>th</sup> October, 10.30am-11.30am

The information session is an interactive Teams webinar.

Enrolments via [ienrol](#).



### Assisting Grants Finance: Provide account details

The Grants Finance team has noted that one simple thing researchers could do that would assist them in responding to queries in a timely manner is to include the relevant account number in both the subject line and body of an email.

# Social Work Innovation Research Living Space



## Awards and Prizes

### Vice-Chancellor's Award for Doctoral Thesis Excellence



Congratulations to SWIRLS PhD student member, Dr Roxanna Diamond, who was awarded a Vice-Chancellor's Award for Doctoral Thesis Excellence 2022, for her thesis '*Come as you are: Peer research exploring the everyday lives of sex workers in South Australia*'. This is a significant achievement and only twelve of these awards have been granted to students who completed their PhD in 2022. The Office of Graduate Research hosted a ceremony on 14<sup>th</sup> June to celebrate the successful recipients.

## Spotlights

### Marking Sorry Day and Reconciliation Week 2023

National Reconciliation Week – 27 May to 3 June – is a time for all Australians to learn about our shared histories, cultures, and achievements, and to explore how each of us can contribute to achieving reconciliation in Australia. SWIRLS marked this with a blog post [Sorrow, reconciliation and professions of service and care: Truth, Treaty, Heart and Voice](#) by SWIRLS Member, Professor Debra Bateman, also sharing Professor Bateman's article 'Learning and unlearning: Lessons from a remote community'.

### Dean of Research visit to SWIRLS

It was a pleasure to have the new CEPSW Dean of Research, Professor Raj Shekhawat, visit SWIRLS on 15<sup>th</sup> June. It was wonderful to get together as a group, introduce and discuss SWIRLS researcher strengths and learn more about one another. We look forward to continuing our work together to achieve success as a collaborative group.

## WEEAD Video

World Elder Abuse Awareness Day is held annually on the 15<sup>th</sup> June. SWIRLS marked this day of significance, highlighting the theme that 'Elder abuse is everyone's business' by partnering with Uniting Communities Adelaide to create and share a [video](#) about how research and forming partnerships to respond to elder abuse is vital. We can prevent elder abuse by talking about it and working together to stop it.

## Community and Professional Services

### WSSSA Reconciliation Breakfast

Sarah Wendt and Carmela Bastian attended a Reconciliation breakfast at the Convention Centre as invited guests of Women's Safety Services South Australia (WSSSA) on Friday 26<sup>th</sup> May.



### Karen Fitzgerald lunch

SWIRLS Members attended the Karen Fitzgerald Fund fundraising luncheon on Friday 19<sup>th</sup> May. The Karen Fitzgerald Fund raises money to support the most at risk children and young people in South Australia, offering significant life changing opportunities for them. The luncheon is an annual event presented in honour of Karen Fitzgerald, the inaugural director of the Flinders Medical Centre Child Protection Service and it is attended by community members, businesses and leaders in the child protection sector







### Federal submission

SWIRLS member, Professor Debra Bateman, contributed her knowledge and understandings in a submission for the [report](#) 'The Social Contribution of Independent Schools in Australia' commissioned by Independent Schools Australia to unpack the social contribution of Independent schools in Australia – that is, the way Independent schools are having a positive effect on their students and families, and on the broader community.

### Presentations

#### Presentation to Adelaide Hills Council Members

Sarah Wendt presented to Adelaide Hills Council Members on 20th June as a special guest at a Professional Development workshop. The workshop was held to implement Our Watch's Prevention Toolkit for Local Government - to expand their role in helping to prevent violence against women and children, both within the workplace and community. As a leading expert in the field, Sarah presented on the intended learning outcomes of the workshop for the elected body and executive team include increasing understanding of what violence against women is, what causes it, community attitudes towards (and common misunderstandings of) violence against women, research on regional, rural and remote women's experiences of domestic and family violence and sexual assault and how a primary prevention approach can help address this issue.



#### Presentation at Philanthropic Breakfast

Lorna Hallahan presented on changing attitudes related to disability to a breakfast of philanthropic leaders in Victoria on the invitation of The Achieve Foundation of which she is a non-executive director at the Stamford Grand Motel, Melbourne on 6th June.



## ARC Mid-Career Industry Fellowships

The **ARC Mid-Career Industry Fellowship** scheme for funding in 2024 (IM24) will be opening on **Wednesday 5<sup>th</sup> July**. If you are intending to apply to this scheme, please **register your intent** by reply email to [ARC@flinders.edu.au](mailto:ARC@flinders.edu.au) (cc'ing [cepsw.research@flinders.edu.au](mailto:cepsw.research@flinders.edu.au)), **no later than Friday 30<sup>th</sup> June**. This will assist with targeted support and allows us to provide relevant information for the new round as it becomes available.

The round is for Mid-Career researchers who have 5-15 years of relevant experience. Applications much include at least one Key Industry Partner.

The Mid-Career Industry Fellowship scheme aims to:

- strengthen the industry collaboration skills of mid-career researchers
- encourage uptake of a wider range of career options for established researchers
- supervise and develop future research and nurture their development of collaboration, commercialisation and translation skills; and
- deliver significant, actionable outcomes for industry partners and end-users.

The successful applicant will receive:

- a contribution to salary and salary related oncosts of \$199,824\* per year for 2–4 consecutive years on a full-time basis
- project costs not exceeding \$290,000\* may be requested over the duration of the grant

\*Note these figures are from IM23, and may be adjusted by the ARC for IM24

Applications open in RMS Wednesday, 5 July, and close Wednesday 16<sup>th</sup> August 2023.



**14 June 2023.** 5AA. Interview with Professor Philip Slee about *Big Talks for Little People*, a program that is supported by Breakthrough and comes in the form of a cartoon. The little characters provide opportunities for children in the classroom with their teacher to talk about their feelings and emotions and to give voice to things that are of a concern to them.

**10 June 2023.** Apple.com. *The Coaching Context*, podcast with Associate Professor Shane Pill.

**10 June 2023.** The Canberra Times; The Border Mail. *Sunshine and a dash of tech*, featuring Emeritus Professor Leon Lack research into jet lag and what can be done to combat it.

**9 June 2023.** World.edu; and associated media. *20% of Australian students don't finish high school: Mainstream schools have a lot to teach us about helping kids stay*. Reprint of The Conversation article by Dr Nigel Howard and Dr Andrew Bills.

**9 June 2023.** ABC Radio Adelaide, and associated stations. Interview with Emeritus Professor Leon Lack re the effects of noise on sleep can differ between people as noise is dependent on people's different brain reactions.

**8 June 2023.** Explore Travel. *Beat jet lag with 'time-shifting' apps*. Features Emeritus Professor Leon Lack and Dr Helen Wright's wearable light that can de-program the body's circadian systems to help combat jet lag.

**5 June 2023.** Daily Mail; Daily Mail Australia; and associated media. *I'm a sleep expert and here's how to cure jet lag – and why flying west is less tiring than going east*, featuring Emeritus Professor Leon Lack's comments that the strongest tool when it comes readjusting your body clock is 'bright light', by visual exposure to light (white or blue/green-biased light) in the late afternoon and evening.

**2 June 2023.** The Advertiser; Weekly Times Now; and associated media. *More boys and young men are suffering from 'bigorexia' – is social media to blame?* Features comments by Professor Murray Drummond on young people getting weight training programs from so-called experts on TikTok which are likely not peer-reviewed and likely to be dangerous.

**1 June 2023.** ABC Online, and associated stations; Radio NZ. Interview with Professor Ben Wadham re the outcome of the Ben Roberts-Smith case. Comments included description of the condition in which SAS troopers fight.

**1 June 2023.** My Week Preview. *Marching towards a new life*, featuring Professor Ben Wadham's piloted Military Academic Pathway Program commencing late June at the University of the Sunshine Coast. Also in Sunshine Coast West, on 14 June 2023.

**29-31 May 2023.** ABC Radio Adelaide, and associated stations; Radio National; WEB ABC Online. Interview with Professor Robyn Young on autism diagnostic tools skewed towards men and boys and the need for clinicians to change their understanding of autism in girls and women.

**29 May 2023.** ABC News Breakfast; ABC News; ABC World news; Channel 10. News segment featuring recent study by Professor Robyn Young on findings that autistic girls are being much later diagnosed than autistic boys because the diagnostic tools have been designed around males. Late diagnosis can delay access to support, and researchers are calling for clinicians to be trained to recognise autism in women and girls. The research was also featured in the Warrnambool Standard, 12 June 2023.

**24 May 2023.** North East Connected. *Building on a model approach to teaching games*, features first author Associate Professor Shane Pill's comments that the book clarifies and extends new knowledge of purposefully student-centred and strength-based teaching for effective games learning in physical education.



# Higher Degree by Research



## CEPSW HDR UNSUPERVISED EVENTS

**Theme: Q&A with Researchers on Research Groups and Research Culture**

**Date: 6<sup>th</sup> July 2023**

**Time: 3pm until 5pm**

**Location: Multimedia Room, The Hub, Level 1 – then the Tavern**

Please join us for our catch up and discussion on the upcoming Q&A with Researchers on Research Groups and Research Culture- for HDR students, new and old. This is the next **“First Thursday each Month”** engagements with CEPSW HDR Students, planned for 2023.

The schedule for 2023 is available [here](#) via FLO. Please keep a look out for our meeting requests, which will be sent in due course. We also expect additional activity may be added during the year.

### Who will be there?

CEPSW HDR Students, CEPSW Researchers and HDR Student Committee members.

### CEPSW HDR Coordinator

Associate Professor Helen McLaren, College of Education, Psychology and Social Work  
Telephone: Office +61 8 8201 3025 | <http://www.flinders.edu.au/people/helen.mclaren>

### CEPSW HDR Contacts

A reminder that if you have any concerns or questions that you might not feel comfortable asking your supervisor, please get in touch with any of the committee members and we will help you as best we can or point you in the right direction.

**Student Committee:** [epsw-hdr-sc@FLINDERS.onmicrosoft.com](mailto:epsw-hdr-sc@FLINDERS.onmicrosoft.com)

**Education:** [catherine.litchfield@flinders.edu.au](mailto:catherine.litchfield@flinders.edu.au); [glen.fernandes@flinders.edu.au](mailto:glen.fernandes@flinders.edu.au)

**Psychology:** [georgina.maddox@flinders.edu.au](mailto:georgina.maddox@flinders.edu.au) (Chair); [lucy.bird@flinders.edu.au](mailto:lucy.bird@flinders.edu.au); [sam.antoniades@flinders.edu.au](mailto:sam.antoniades@flinders.edu.au); [david.nicoll@flinders.edu.au](mailto:david.nicoll@flinders.edu.au)

**Social Work:** [tess.cunningham@flinders.edu.au](mailto:tess.cunningham@flinders.edu.au)

**Link to CEPSW HDR FLO page:** <https://flo.flinders.edu.au/course/view.php?id=56481>

**Twitter:** <https://twitter.com/EPSSHDR>

### HDR Spotlight

This month we'll hear from one of our PhD student on their HDR journey so far: Lucy Bird, PhD Psychology Candidate.

## HDR Spotlight on Lucy Bird

### What's the overview of your PhD?

My thesis looks at political despair in the contexts of climate change and racial inequality. I consider what leads to people experiencing despair about the social-political status-quo, and what impacts despair may have on individuals' well-being and their willingness to engage in the democratic process (e.g., signing petitions, donations, rallies, voting). My final experiment investigates three potential interventions to mitigate the negative implications political despair has on well-being and engagement in actions to promote social change.

### What is something that you have enjoyed during your PhD?

I have enjoyed meeting new people and learning new skills. The most enjoyable experience though has been helping to organise and then attending and presenting at a conference that our lab hosted last year (General Meeting of The Society of Australasian Social Psychologists).

### What has been the biggest challenge?

The biggest challenge during the PhD is staying motivated especially when you are stuck and having issues in your research. There is also a lot of self-doubt and imposter syndrome as a PhD student which can be hard to deal with.



### What advice do you have for someone starting their PhD?

My advice would be to attend things like conferences where you meet fun, like-minded people. It gives you a better perspective on why you're doing research and the community that you are involved with.




As PhD students we have access to funding to attend conferences (\$1000 for domestic, \$1500 for international, note that the maximum you can access for travel is \$1500). You can also apply for funding through FUSA and the university wide HDR Travel Grant in the scholarship portal of the Flinders Student System. All the information can be found on the FLO pages for the CEPSW. The FUSA grant and the university wide travel grant are both competitive, so to make yourself more likely to be successful, try and have multiple things lined up for your travels. For example, I am attending a big conference in Poland this year. I am also attending a pre-conference for it. Therefore, I was more competitive as I would be presenting at 2 events, so Flinders gets more bang-for-their-buck! Other students often attend multiple conferences/pre-conferences in the one trip as quite often conferences in similar fields are hosted at similar times.

Attending conferences (especially overseas) will be the highlight of the PhD experience because you get to engage with great people and innovative research, develop skills whilst also getting to see the world and having fun! So, make sure you apply for the conferences and apply for all the funding you're eligible for.

## **IN** THE CONVERSATION

Howard, N., & Bills, A. (2023). 20% of Australian students don't finish high school: Non mainstream schools have a lot to teach us about helping kids stay. [The Conversation](#), 8 June 2023.

## HDR 2023 Program of Events

| Date                 | What's on  | Who's there   | Where?<br><i>Subject to change, check your emails</i> | Unsupervised?   |
|----------------------|--|---|---|---|
| 6 <sup>th</sup> Jul  | Q&A with researchers on Research Groups & Research Culture | CEPSW Research Institute/ Centre members & HDR students | Media Room in the Hub 3-4pm, then Tavern              |   |
| 3 <sup>rd</sup> Aug  | Q&A on Mid-Candidature Review                              | HDR Students  | Media Room in the Hub 3-4pm, then Tavern              |    |
| 7 <sup>th</sup> Sept | Q&A on presenting at Conferences                           | Seasoned Academics, HDR Coordinator & HDR Students      | Media Room in the Hub 3-4pm, then Tavern              |   |
| 5 <sup>th</sup> Oct  | Q&A on Final Thesis submission                             | HDR students  | Media Room in the Hub 3-4pm, then Tavern              |    |
| 2 <sup>nd</sup> Nov  | Annual HDR Student Conference                              | Academics, HDR Coordinator, HDR Students                | Venue TBA<br>All day event                            |   |
| 7 <sup>th</sup> Dec  | HDR & FIMWELL joint X-mas catch up                         | Members of FIMWELL & HDR Students                       | Media Room in the Hub 3-4pm, then Tavern              |  |

**Research**<sup>7</sup>  
**Link** for funding searches



July 10<sup>th</sup>. AFL Victoria Teacher PD, Immersive Game Day Experience at the Huddle (North Melbourne FC) featuring Associate Professor Shane Pill – Game Sense.