

# Research News

## Dean of Research

Dear all,

I hope that this message finds you well.

### ***Celebrating Achievements***

Let's start with a round of applause for the following grant successes: Tim Windsor and Stephanie Wong who are the recipients of an ARC DP24 grant \$685,081; Shane Pill, Phillip Slee and Deb Agnew who received \$169,000 from the Department of Education, Training and Skills; Ben Wadham for DVA funding of \$41,533; Ben Lohmeyer who received \$9,991 from Flinders' Impact Seed Fund for ECRs; Sam Elliott and Murray Drummond who were awarded an \$135,500 Industry PhD Scholarship from SANFL; and, Tracey Wade for receiving \$56,979 from the HTSA MRFF Catalyst Grant Scheme. Details of these grants are found on the next page.

### ***APAC***

I attended my first APAC and can report that we are on an upward research trajectory. The two key pointers for research were: 1) building more meaningful and sustained relationships with government and industry partners, and 2) working on our staff HDR compliance. Let's all work together in this direction in the next few months.

### ***Research Excellence Framework and New Horizons***

Thank you for your patience and I am delighted to share that we have now appointed the Research Excellence Framework leadership roles. I will be making a college wide announcement very soon.

This is the final research newsletter for the year. Make sure you all enjoy a good quality break, and, see you on the other side of 2023.

Thank you all for your dedication and contributions.

Best wishes

Raj





#### **ARC DP24**

Associate Professor Tim Windsor, Dr Stephanie Wong, and Partner Investigator Dr Serena Sabatini (University of Nottingham, UK) were funded an ARC DP24 of \$685,081 for the project *Ageism refers to stereotypes, prejudice and discrimination towards people based on their age*. This project aims to generate new knowledge in relation to older Australians' experiences of ageism by conducting a population-based survey of ageism and examining its links with mental health and wellbeing. The project will also use intensive longitudinal methods to study everyday ageism. Expected outcomes include identification of at-risk groups that can be used to inform government policy responses to tackling ageism and will inform the development of interventions and education programs to reduce ageism in the community. This should provide significant benefits for social inclusion, intergenerational solidarity and economic participation.

#### **Department of Education, Training and Skills**

Associate Professor Shane Pill, Professor Phillip Slee and Associate Professor Deb Agnew were awarded \$169,000 from the Department of Education, Training and Skills for the project *Big Talks for Little People: Child Mental Health Program for Primary School Health and Physical Education (HPE) Mental Health Education*.

#### **Department of Veteran Affairs**

Professor Ben Wadham together with Professor Sharon Lawn (lead-Cl) were awarded \$41,533 in contract research funding from the Department of Veteran's Affairs for the project *Survey of DVA staff and culture*.

#### **Flinders University Impact Seed Funding for ECRs**

Dr Ben Lohmeyer is one of five early career researchers who received a 2023 Impact Seed Funding grant. Ben's project is titled *Mapping early-life loneliness in built environments: Piloting a model for co-research with young people from the SA Youth Forum*, and received \$9,991 in funding.

#### **SANFL Industry PhD Scholarship**

Associate Professor Sam Elliott and Professor Murray Drummond received a \$135,500 Industry PhD Scholarship from the South Australian National Football League (SANFL) for the project *AFL Gather Round Legacy and Impact on South Australian communities*.

#### **HTSA MRFF Catalyst Grant Scheme**

Professor Tracey Wade, together with J. Coelho, Dr Mia Pellizzer, T. Mclean, B. Caldwell, M. Norris, T. Withington, Dr Laura Edney, A. McGregor, and R. Long, were awarded \$56,979 from the HTSA MRFF Catalyst Grant Scheme for the project *Introduction of on-line family-based group treatment for parents of children with eating disorders as first line treatment whilst waiting for face-to-face treatment: Cost-consequence and cost savings analyses*.



#### **Sixth Annual Stanford-Elsevier Standardised Citation Index**

Flinders' researchers have been listed among the top 2% of scientists globally in the recent Stanford-Elsevier standardised citation index. Congratulations to Professor Damien Riggs who is ranked eighth in the world for the field of social work with rankings based on number of citations, and to Associate Professor Dan King who is listed amongst the top 10 Australian researchers in his field.



## Book Chapters

Pill, S., & Slee, P.T. (2023). Sport in physical education for bullying, harassment and violence prevention. In: Deb, S., & Deb, S. (Eds.), *Handbook of Youth Development* (pp. 105-116). Springer, Singapore. [https://doi.org/10.1007/978-981-99-4969-4\\_6](https://doi.org/10.1007/978-981-99-4969-4_6)

## Refereed Journal Articles

Bastian, C., Wendt, S., Rowley, G., & Elder, A. (2023). Improving service responses for children and young people who experience domestic and family violence: A way forward. *Australian Social Work*. Doi: 10.1080/0312407X.2023.2267046

Canty, A.R., Windsor, T.D., & Nixon, R.D.V. (2023). Using Experience Sampling Methodology (ESM) to improve our understanding of day-to-day intrusion frequency and related distress in survivors of trauma. *Journal of Behavior Therapy and Experimental Psychiatry*. doi: <http://doi.org/10.1016/j.jbtep.2023.101921>

Chakraborty, R., Seby, C., Scott, H., Tang, V., Kempes, E., Anstice, N., Juers, E., Lovato, N., Taranath, D.A., Mills, R.A., & Lack, L.C. (2023). Delayed melatonin circadian timing, lower melatonin output and sleep disruptions in myopic, or short-sighted, children. *Sleep*. <https://doi.org/10.1093/sleep/zsad265>

Elliott, S., Petersen, J., Drummond, M., Prichard, I., Drummond, C., Crossman, S., & Bramley, O. (2023). What are the perceived barriers for building and maintaining a culture of mental health support in Australian competitive youth sport? *Journal of Applied Sport Psychology*. Doi: 10.1080/10413200.2023.2274460

McLaren, H., Patmisari, E., Jones, M., Skinner, C., & Mather, S. (2023). Piloting the Mockingbird Family™ in Australia: Experiences of foster carers and agency workers. *Child & Family Social Work*. Doi: 10.1111/cfs.13095

Manners, J., Kempes, E., Lechat, B., Stuart, N., Guyett, A., Proctor, S., Eckert, D., Catcheside, P., & Scott, H. (2023). Validation of an under-mattress sleep tracker to estimate sleep and wake during day and night sleep opportunities. *SLEEP Advances, 4 Supplement 1, A3*.

Petersen, J. M., Drummond, M., Rasheed, K., Elliott, S., Drummond, C., Smith, J. A., Wadham, B., & Prichard, I. (2023). Promoting mental health among young males in sporting contexts: A systematic review. *Psychology of Sport and Exercise*. Doi: 10.1016/j.psychsport.2023.102551

Skrzypiec, G., Wyra, M., & Lawson, M. (2023). The confounding and problematic nexus of defined and perceived bullying. *Children and Youth Services Review, 155*, 107175. Doi: 10.1016/j.childyouth.2023.107175

Stuart, N., Manners, J., Lechat, B., Ngyuen, P., Kempes, E., Scott, H., & Catcheside, P. (2023). Capturing localized *electroencephalography* signals during sleep using tripolar concentric ring electrodes. *SLEEP Advances, 4 Supplement 1, A4*.

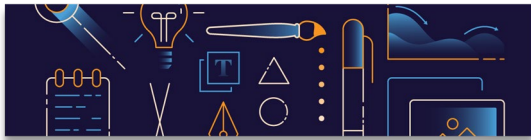
Vosniadou, S., Lawson, M. J., Bodner, E., Stephenson, H., Jeffries, D., & Darmawan, I. G. N. (2023). Using an extended ICAP-based coding guide as a framework for the analysis of classroom observations. *Teaching and Teaching Education, 128*, 104133. Doi: 10.1016/j.tate.2023.104133

Wilmott, J., Hamer, J., Riggs, D.W., & Rosenberg, S. (2023). Healing from intergenerational trauma: Narratives of connection, belonging and truth-telling in two Aboriginal healing camps. *Settler Colonial Studies*. Doi: 10.1080/2201473X.2023.2260547



# Presentations

- Agnew, D., & Pill, S. (2023, November). *Conceptualising school sport with educative value*. National Youth Sport Coaching Conference, Flinders University.
- Beatty L. (2023, October). Adapting psychological therapy for people with cancer. Australian Psychological Society College of Clinical Psychologists SA Seminar Series.
- Beatty L. (2023, October). Tailoring in practice: Formulation and delivery of psycho-oncology care. Psycho-Oncology Cooperative Research Group's Annual Scientific Meeting. Melbourne, Australia.
- Beatty L. (2023, November). Scaling up and out with finding my way. Clinical Oncology Society of Australia's 50<sup>th</sup> Annual Scientific Meeting, Melbourne Australia.
- Bensen-Boakes, D. (2023, November). *Measuring sleep-wake state discrepancy in the home across multiple nights at the Australasian Sleep Association – DownUnder in Adelaide*. Co-authors: K. Loffler, L. Lack, M. Perlis, B. Kaambwa, J. Paterson, H. Scott & N. Lovato.
- Bensen-Boakes, D. (2023, November). *Sleep-wake state discrepancy in older adults with sleep maintenance insomnia: Clinical characteristics and effect of cognitive behaviour therapy for insomnia at the Australasian Chronobiology Society Scientific Meeting, Adelaide*. Co-authors: H. Scott, L. Lack & N. Lovato.
- Bensen-Boakes, D. (2023, November). *Sleep-wake state discrepancy at the First Nations Researchers Collective Summit, Flinders University*.
- Bensen-Boakes, D. (2023, October). *Sleep-wake state discrepancy: Clinical characteristics and effect of cognitive behavioural therapy for insomnia at the World Sleep Society Congress, Rio de Janeiro*. Co-authors: H. Scott, L. Lack & N. Lovato.
- Bhatia, P. (2023, November). Presented *Crossing borders, nurturing bonds: Interpretative phenomenological analysis of caregiving experiences of Indian flying grandparents in Australia* at the ANZSWWER 2023 Symposium at Griffith University, Gold Coast.
- Chakraborty, R., Scott, H., Seby, C., Tang, V., Lovato, N., Lack, L.C., Kemp, E., Anstice, N., & Juers, E. (2023). Myopic, or short-sighted, children show delayed melatonin circadian timing, lower melatonin output and sleep disruptions. *SLEEP Advances, 4 Supplement 1, A33*.
- Christian, M. W., Bodner, G. E., & Williamson, P. (2023, November) *Feedback as a Catalyst: Optimising Global Meta-Reasoning in Decision-Making*, Presented at the 64<sup>th</sup> annual meeting of the Psychonomic Society, San Francisco, California, USA.
- Du Plessis-Schneider, S. (2023, November). *Social Work's Triple Mandate to Foster Belonging in School*, Workshop Presentation at the Australian & New Zealand Social Work & Welfare Education & Research (ANZSWWER) Symposium, Griffith University Gold Coast.
- Galovski, T.E. & Nixon, R.D.V. (2023, November). *Walking the Tightrope Between Fidelity and Flexibility: Can We Improve Outcomes by Personalizing Approaches while Delivering Manualized Treatments for PTSD?* Workshop for the 39<sup>th</sup> Annual Meeting of the International Society for Traumatic Stress Studies, Los Angeles, CA, USA.
- Halsey, J. (2023, October). Panel member at the Australian Catholic University's Advancing Rural, Regional and Remote Education part of the 'In Focus: Executive Dean Presents' series held in Brisbane.
- Kay, E., Kemp, E., & Prichard, I. (2023, October). *Nudging consumption-related behaviours using visual cues and primes: A meta-analysis and systematic review*. Australia and New Zealand Obesity Society Annual Scientific Conference, Adelaide, Australia. (Enola Kay was awarded the prize for Best ECR Poster.)
- Kay, E., Kemp, E., Prichard, I. & Tiggemann, M. (2023, October). *The impact of visual nudges on beverage choices: Insights from vending machine environments*. Australia and New Zealand Obesity Society Annual Scientific Conference, Adelaide, Australia.
- Lijun Zhao, L., Niranjan Bidargaddi, N., Vakulin, A., Li, W., Luscombe-Marsh, N., Benton, F., Adams, R., Kemp, E., Vincent, A., Heilbronn, L.K., & Wittert, G.A. (2023, October). *Efficacy of just-in-time nudging in reducing evening snacking measured by continuous glucose monitoring in adults with type 2 diabetes: a micro-randomized pilot study*. Australia and New Zealand Obesity Society Annual Scientific Conference, Adelaide, Australia.
- Manners, J., Guyett, A., Stuart, N., Nguyen, P.D., Lechat, B., Eckert, D., Kemp, E., Catchside, P., & Scott, H. (2023, October). *Estimating vigilance from the pre-work shift sleep using an under-mattress sleep sensor*. World Sleep Congress, Rio de Janeiro, Brazil.
- Nixon, R.D.V. (November, 2023). *Making Cognitive Processing Therapy widely accessible: Challenges and successes of training therapists around the world*. Panel presentation at the 39<sup>th</sup> Annual Meeting of the International Society for Traumatic Stress Studies, Los Angeles, CA, USA.



## Presentations

- Pill, S. (2023, November). *Play with Purpose*. RugbySA Coaching Conference, Woodville Rugby Club.
- Pill, S. (2023, November). Keynote: *Linking health education and physical education through sport*. Workshops on Play with Purpose for Australian football/AFL and Touch football. PHASE International Conference, Hong Kong International School.
- Pill, S. (2023, November). *Coaching pedagogy for participation and enjoyment*. National Youth Sport Coaching Conference, Flinders University
- Pill, S. (2023, November). Keynote: *Physical education teachers are designers of movement learning opportunities*. Workshops on Play with Purpose. ACHPERWA State HPE Conference, Edith Cowan University, Mt Lawley Campus.
- Pill, S. (2023, November). *Game-based coaching: play with purpose*. SANFL – AFL Level 2 Coaching Course. Norwood FC.
- Pill, S. (2023, December). Keynote: *Physical Education Teachers are Designers of Movement Learning Opportunities*. ACHPERSA Secondary HPE Conference, The Lights Community and Sport Centre.
- Rose, C.E.L., Nixon, R.D.V. & Paterson, J.L. (6<sup>th</sup> November, 2023). *The feasibility and efficacy of combined treatment for primary school-aged children with PTSD and sleep disturbance*. Presented at the 2023 Australasian Chronobiology Society, Adelaide, SA, Australia.
- Rose, C.E.L., Nixon, R.D.V. & Paterson, J.L. (22<sup>nd</sup> November, 2023). *The integrated treatment of posttraumatic stress and sleep disturbance in primary school aged children: A feasibility and initial proof of efficacy study*. Presenting at the 2023 Adelaide Sleep Retreat, Adelaide, SA, Australia.
- Strudwicke, H., W., Palmer, L., A., Christian, M. W., Prike, T., & Williamson, P. (2023, November) *Cognitive vs. Social Factors: Unravelling the Root of Science Denial*, Presented at the 64<sup>th</sup> annual meeting of the Psychonomic Society, San Francisco, California, USA.
- Stuart, N., Manners, J., Guyett, A., Nguyen, P.D., Younes, M., Gerardy, B., Kempes, E., Scott, H., & Catcheside, P. (2023, October). *Assessing the Karolinska Drowsiness Test for markers of alertness using the odds ratio product*. World Sleep Congress, Rio de Janeiro, Brazil.
- SueSee, B., & Pill, S. (2023, November) *Self-identified and observed coaching styles of Australian junior community cricket coaches during net sessions*. National Youth Sport Coaching Conference, Flinders University.
- Williamson, P., Williams, R., Strudwicke, H., W., Christian, M. W., & Prike, T. (2023, November) *Contrasting Intuitive and Deliberative Correct Responses on the Two-response Cognitive Reflection Test*, Presented at the 64<sup>th</sup> annual meeting of the Psychonomic Society, San Francisco, California, USA.



## & Professional Services

- Balzan, R & Delfabbro, P. (2023, September). *Down the Rabbit Hole: The psychology of conspiracy beliefs*. Legal Services Commission “Justice in Peril” 2023 Conference, Adelaide, Australia
- Beatty, L. (2023, October). *Navigating the psychosocial impact of metastatic breast cancer online: Introducing ‘Finding My Way-Advanced’*. Keynote speaker for Cancer Council SA’s Innovations and inspirations seminar. Oct 25 2023.
- Pill, S. (2023, November). CBC Fremantle physical education teachers’ professional learning project.
- Damien Riggs was appointed as Editor in Chief for the International Journal of Transgender Health.
- Professor Michael Wenzel is one of six Flinders University academics appointed to the Australian Research Council (ARC) College of Experts. Appointments are for a three-year term.
- Dr Simon Wilksch delivered a webinar to Eating Disorder Families Australia titled *Understanding parent/carer experiences of supporting a loved one through an eating disorder*.



### Sixth research pillar

We mentioned previously that Flinders University Institute for Mental Health and Wellbeing will be supporting a sixth research pillar. We have been working on this over recent months and can confirm that the pillar will be:

#### Bolstering wellbeing of the community

The National Wellbeing Framework emphasises that secure, sustainable, and cohesive environments have measurable impacts on the health and wellbeing of individuals, communities, and societies. Our research identifies the social dimensions to well-being and resilience.

This pillar will cover such as:

- Creation of cohesive and supportive work environments
- Methods to reduce prejudice and stigma
- Support for multiculturalism and diversity
- Security of the community and our nation
- Factors shaping national belonging and identity
- Relationship breakdown and interpersonal forgiveness
- Support for climate justice and adaptation
- Psycho-social resilience in the face of climate change and other societal changes
- Trust in community and democratic institutions
- Child protection and domestic or family violence
- Gender diversity and family wellbeing
- Veteran health and wellbeing
- Youth inclusion at school and in the community
- Access to justice and interactions with the criminal judicial system

If your research fits into one of these areas let [Kirsty de Ruyter](#) know to discuss becoming a member.

#### Generations Research Initiative Newsletter

Read all about what has been happening with the Generations Research Initiative in their Spring newsletter including an update on the Wisdom Club, new funding and well as the Older Adults Advisor Panel. Access the newsletter [here](#).

## Social Influence in the Grey Zone

### Multi-level influence for engagement and resilience

On the 1<sup>st</sup> of November, Professor Emma Thomas, together with co-authors Associate Brad West (University of South Australia), Cassandra Quarisa (PhD Candidate, Flinders University), and Damien Spry, a Senior Social Influence Researcher in the Human and Decision Sciences Division of the Defence Science and Technology Group, launched a major white paper. The report focus states:

“In an era of grey zone conflict, hybrid warfare, strategic competition, malign foreign interference and regional engagement, the need to understand influence, in its various forms, has never been more urgent and important. The report addresses these by drawing on best practice and leading research in the fields of social psychology, sociology and international relations. It highlights how insights from these and cognate fields can contribute to national security and international engagement for a more secure and stable region.” ([Produced for the Defence, Science & Technology Group in the Department of Defence.](#))





## The Last Post

In [Issue 31](#) of the Last Post, the article The Royal Commission into Defence and Veteran Suicide was published. As part of the Royal Commission's investigations a number of studies and research reports have been commissioned and published, including Open Door's Mapping service and transition to self-harm and suicidality. The article states: "The principal finding from this research is that violence within the ranks is an inherent and systematic part of any military and the ADF. This occurs because the ADF trains people in the use of violence against an enemy but fails to recognise the potential it creates among its own people. Because the ADF wants to optimise the potential for violence it is shy of taming it within the ADF workforce. The result is that the bright-eyed recruit or cadet is traumatised and morally injured or betrayed by the institution they had respected and given so much service and loyalty to. This source of trauma leads to self-medication and substance abuse, leading to suicidal thoughts, attempts or the actual taking of one's life. The report highlights the paradox of military service, that the training in and use of violence is double edged and leads to poor morale and damage to the ADF's most precious resource – people."



## 2024 Researcher Mentoring Program for Early-Career Researchers

Flinders University is pleased to announce that the Researcher Mentoring Program for Early-Career Researchers will run again in 2024. This Program pairs early-career researchers (ECRs) with senior academics who can assist them with developing their research careers, meeting their research aspirations and goals, and strategising for future academic success.

Through this program, ECRs will also have the opportunity to form a University-wide community with their fellow mentees at similar career stages (within 8 years post-PhD). This ECR community will serve as a source of support and information for the mentees in the Program and beyond.

Details about this program, including the program guidelines and links to the Expression of Interest forms, are available [here](#). Potential mentees and mentors are invited to apply for the 2024 Program by:

- reviewing the program guidelines to ensure you meet the eligibility criteria, and
- completing the relevant Expression of Interest application by **COB Monday 27 November**.

Please contact the Program Coordinator, [Dr Jen Beaudry](#) (Manager, Researcher Training, Development and Communication) if you need any further information or clarification.

# SHAPE

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

### NYSC2023 a resounding success

The SHAPE Research Centre proudly hosted the inaugural National Youth Sport Conference 2023 (NYSC2023) on November 16-17, 2023.

This landmark event brought together over 140 delegates from across the globe to the Tonsley campus, fostering a vibrant exchange of knowledge and expertise in the field of youth sport.

The conference commenced with an inspiring address by the Honourable Katrine Hildyard MP, and included a captivating discussion with Adelaide United captain Ryan Kitto at the NYSC Awards Function. Over the course of two days, participants were treated to a wealth of insights from over 60 presenters, including 10 SHAPE HDR students.

Among the esteemed keynote speakers were Professor Jean Cote, a world-renowned expert in youth sport research, who shared his profound knowledge on the subject. Professor Camilla Knight delivered a thought-provoking presentation advocating for the inclusion and respect of parents' diverse roles in youth sport. Professor Rochelle Eime challenged the conventional approach to youth sport participation, urging a shift from focusing on "more" to prioritising "people" in order to retain young athletes.

The conference delved into various aspects of youth sport, encompassing its social, psychological, pedagogical, cultural, and developmental dimensions. Participants engaged in lively discussions, exploring strategies to increase the benefits of youth sport while minimizing potential risks. NYSC2023 proved to be a resounding success, providing a valuable platform for researchers, practitioners and policymakers to connect, share knowledge, and advance the understanding of youth sport.





# Social Work Innovation Research Living Space



## Spotlights

### New Research Support Assistant



SWIRLS warmly welcomes Alycia Budd who is the new Research Support Assistant, taking over from Hayley Anderson. Alycia is a Psychology PhD Candidate who recently submitted her PhD thesis on the role of intuitive and metacognitive processes in the development of conviction in delusional beliefs.

## Presentations

### STOP DV Conference

Dr Amy Marshall will be presenting at the STOP DV Conference in Hobart next week (27-29 November). She will be speaking about the project "Mapping the journeys of women with disability experiencing violence through the healthcare system" that was funded by a Flinders Foundation Health Seed grant.

### Visiting Scholar: Professor Tea Torbenfeldt-Bengtsson

On 17<sup>th</sup> November, Professor Torbenfeldt-Bengtsson presented *New system responses and uncertainty* which springs from the research project "Sanctions or support? Effects of introducing new system responses to youth crime in Denmark". The event was attended in-person and via live-streaming.

## Grant Funding

### Impact Seed Funding

Dr Ben Lohmeyer was awarded a \$9,991 Flinders University Impact Seed Fund for Early Career Researchers for the project *Mapping Early-life Loneliness in Built Environments: Piloting a model for co-research with young people from the SA Youth Forum*.

This project aims to pilot a method to investigate how young people navigate loneliness in built environments. Loneliness has been thought to predominantly impact older people, yet young people (18-25 years) in Australia are more likely than any other age group to experience loneliness.

Furthermore, cutting-edge research is now interrogating the phenomenon as an emotional experience in built environments. In partnership with the South Australian Youth Forum, this project will create a method of working with young people as co-researchers to address the critical lack of research on young people's experiences of loneliness in built environments.

## Publication

Bastian, C., Wendt, S., Rowley, G., & Elder, A. (2023). Improving service responses for children and young people who experience domestic and family violence: A way forward. *Australian Social Work*. Doi: 10.1080/0312407X.2023.2267046



**21 November 2023.** The Herald Sun, The Advertiser, and associate press. *South Australia's fastest growing schools for 2023 revealed: Annesley Junior School tops list*, features comments by Emeritus Professor John Halsey, who said factors "inside the school fence" that could affect enrolment numbers included curriculum offerings, the reputations of teachers, whether a school was inclusive and whether it "pursues high standards".

**18 November 2023.** Seven News. Dr Catherine Johnson's research on issue of perfectionism in children due to social media influence and the online educational tool that helps parents tackle the problem.

**18 November 2023.** Adelaide Advertiser. *Delean trapped in prison camp*, featuring Associate Professor Sam Elliott's sport mentorship with Jack Delean to improve his allround game.

**17 November 2023.** So Brave Podcast. Associate Professor Lisa Beatty was interviewed on the So Brave podcast for young women with breast cancer, discussing navigating parenting with breast cancer: A guide for young mums with Lisa Beatty.

**16 November 2023.** Radio National: Life Matters. Interview with Emeritus Professor Leon Lack on the difference between waking up during the night as a normal sleep pattern and when help is required to regulate changes in sleep patterns.

**14 November 2023.** EducationHQ, Flinders News, Mirage News, National Tribune. *Adelaide conference aims to drive better youth sport outcomes*, featuring Associate Professor Sam Elliott. Leading world researchers, industry figures and policy makers attended the National Youth Sport Conference to help improve outcomes in youth sports- from understanding the role of sleep, getting the best out of coaching to creating a dynamic pipeline for the next generation of players.

**10 November 2023.** Education Daily; ABC Online. The article *It's time to rethink 'bullying'* presents findings from a study of 800 students aged 11-16 years about their perceptions of bullying. Dr Grace Skrzypiec is the lead author of the article *The confounding and problematic nexus of defined and perceived bullying* explains that bullying is a broad term open to widely varying interpretations, and it's a reality that leads to cases being missed or under-reported- especially by children. Also in Science Media Exchange; PsychOrg; The Nation.lk; Toowoomba Chronicle; Cairns Post- and associated press.

**9 November 2021.** ABC Radio Adelaide. Interview with Dr Grace Skrzypiec on problematic definition of what bullying is and how it is being under-reported by children.

**8 November 2023.** ABC Riverland SA; ABC North and West SA; and associated radio. Interview with Associate Professor Lydia Woodyatt speaking about the pathways to practise program which aims to address mental health care services across South Australia.

**3 November 2023.** The Advertiser; Geelong Advertiser; The Mercury; Adelaide Advertiser. *Manopause? No, you're just old, tired & weak.* Article in response to comments by Robbie Williams about entering 'manopause' as he is experiencing physical changes such as tiredness as he is turning 50. Professor Murray Drummond commented that 'manopause' may be a thing, as testosterone reduces, but that it cannot be compared to the menopause. There are issues with men losing strength and physicality as they age, however remaining active and training with weights will strengthen them.

**1 November 2023.** Butterfly Let's Talk podcast. *ANZAED 23: Still more to learn from the latest research*, featuring Dr Simon Wilksch about the financial and emotional costs that families face when caring for children with eating disorders and in order to improve outcomes the recommendation is that parents and caregivers also receive support.

**30 October 2023.** Psych.org; Geelong Advertiser; Gold Coast Bulletin. *High engagement, high return: The secret to student success.* Article by lead-author Professor Stella Vosniadou highlighted research findings that less than a third of teachers are engaging students in complex learning, limiting student opportunities for building critical thinking and problem solving. It is recommended that teachers are supported to plan interactive and constructive lessons that promote deep learning. (EducationDaily, 2 November)

**5 October 2023.** The Advertiser. *'Maybe we should go on a diet together': SA school kids are encouraging each other to start dangerous dieting trends*, featuring research findings by Dr Simon Wilksch that found that rates of disordered eating were as high as 52 per cent. Almost 1000 year 7 and 8 students from SA and WA participated in this study. Professor Tracey Wade commented that adolescents can fall into dangerous dieting habits quite quickly with lasting negative impacts.

# Flinders University Library News



## Know your metrics

- Do you know your Field Weighted Citation Index?
- Do you know what your 10 best publications are?
- How many citations do you have on Research Now?

Using Citation Metrics can help in many ways, from understanding your impact in your field to identifying significant voices in your field of research or study, to choosing where to publish for greatest impact, and of course in university rankings.

Citation metrics play a pivotal role in grant applications, assessment, and promotion evaluations. Staying well-informed about your metrics and mastering key platforms in advance will simplify the process when promotion or grant applications are on the horizon.

To support your academic journey, the Library is here to help. We can assist you in getting the most from SciVal and InCites. You can find self-help resources online or come to one of our training courses. If you still need assistance, please get in contact via ServiceOne. Empower your research with data-driven insights today!



## Higher Degree by Research



### CEPSW HDR UNSUPERVISED EVENTS

**Theme: Event hosted by the OGR**

**Date: 14<sup>th</sup> December 2023**

**Time: 2.30pm**

**Location: Venue to be advised**

You're cordially invited to mark your calendars for an event hosted by the OGR on December 14th at 2:30 pm (Christmas Breakup). Venue details will follow—stay tuned!

## HDR Spotlight on Matt Thompson



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

My research looks at micro-interventions for people at-risk of developing eating disorders. Micro-interventions are brief, immediately actionable interventions that are readily available for consumers whenever they want/need them. It is hoped that these interventions will not just be efficacious in reducing risk factors, but will be more widely utilised by a population that is notoriously difficult to reach.

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

Meeting and collaborating with other researchers. Through my PhD, I have been fortunate enough to work with a number of other researchers, some from Flinders and some from other universities, including colleagues in the UK and the United States. I have learnt so much from my collaborations and formed both professional relationships and friendships that will last for years to come.

### **What has been the biggest challenge?**

Navigating uncertainty. The first 10-months of my PhD were particularly challenging, juggling coursework for my clinical training, work commitments and trying to come up with a plan for what my PhD actually was. I found this not knowing what my PhD would end up being and constantly feeling like I was falling behind really difficult.

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

Reach out to others for advice! Whenever I feel like everything is going wrong with my PhD (which is very often), I find it very reassuring to speak with my peers. It is amazing how often they have had similar issues and can provide support and advice. A PhD becomes a lot easier when you can make a few friends!

## ARC Linkage Infrastructure, Equipment and Facilities (LIEF)

The ARC LIEF scheme for funding in 2025 (LE25) will open on Wednesday, 24<sup>th</sup> January 2024. Please register your EOI with the [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 1<sup>st</sup> December 2024**. An email notice was sent to all researchers on 17<sup>th</sup> October, however if you need a copy of the EOI and the LIEF Grant Guidelines please email [cepsw.research@flinders.edu.au](mailto:cepsw.research@flinders.edu.au). Round dates are as follows:

- Flinders University EOI close Friday 1<sup>st</sup> December 2023
- Colleges consider EOI and advise if proposal is supported by January 2024
- Applications open in RMS on Wednesday 24<sup>th</sup> January 2024
- Flinders deadline for review, Monday 25<sup>th</sup> March 2024
- Flinders deadline for Partner organisation certification, Monday 1<sup>st</sup> April 2024
- Applications close in RMS on Tuesday 9<sup>th</sup> April 2024

## MRFF Research Future Fund: 2023 Childhood Mental Health Research

For the [MRFF 2023 Childhood Mental Health Research](#) funding, please contact Dr Rui Hoo (Research Development Director, Health) if you are considering an application to this round and would like to discuss your approach and strategy. Email [rui.hoo@flinders.edu.au](mailto:rui.hoo@flinders.edu.au), or phone 08 7421 9403.



## [ARC Discovery Project EOI Training](#)

**Friday 8<sup>th</sup> December, Thursday 1<sup>st</sup> February 2024.** How to construct your EOI project description. Applying for an ARC Discovery Project for funding commencing in 2025? To assist with addressing the major changes to the scheme's application requirements, join one or both of these training sessions.

## [Human Research Ethics Committee](#)

Apply now to be a member of the Human Research Ethics Committee. Members will be required to attend monthly meetings. EOIs close 8th December.

## [Media Training for Researchers with the Australian Science Media Centre](#)

**Thursday 30<sup>th</sup> November, 10-12.30pm**, web conference. This is led by Dr Joseph Milton, Senior Media Officer at Australian Science Media Centre (AusSMC), and will enable researchers to understand the media, how it works, what it wants and how to increase media interest in – and coverage of – your research. Dr Milton will be joined by Karen Ashford, Director of Media and Communications, other journalists and Flinders researchers (Professor Corey Bradshaw and Dr Romain Fathi).

## [SA Veteran Community Connection Event.](#)

**Wednesday 29<sup>th</sup> November, 9.30-11.30am**, Torrens Parade Ground. At the November event, you will hear from a panel of representatives from Adelaide's tertiary and vocational education institutions. You will also hear from Professor Ben Wadham about the research that he and his team at Open Door are currently undertaking and of interesting learnings that have come from their important work. You will need to register to attend this event.