

Research News

Dean of Research

Dear all,

Hope you all are well.

1) Celebrating Achievements: Congratulations to Associate Professor Deb Agnew, Professors Shane Pill and Phillip Slee for being awarded funding from Breakthrough Mental Health Foundation. Also a big congratulations to award recipients in their respective fields: Dr Annabelle Neil, Dr Monica Boord and Professor Tim Windsor.

2) Research Domains Events: A calendar of events can be found on page 10.

3) 3MT Runner Up: A huge congratulations to Tharin Sayed (PhD Candidate, Psychology) who was Runner Up in the 3MT Finals! You can read about her presentation on page 10.

3) Cross College (CBGL, CEPSW, CHASS) Collaboration Workshop: This is scheduled for Friday 20th September at Alere Function Centre South.

4) Thank You lunches: The College Research Leadership instigated Thank You Lunches for researchers from diverse backgrounds to meet and share their interests and plans. The dedication and hard work have not gone unnoticed and I have taken this opportunity to celebrate your successes. The lunches are not only a moment to show my appreciation but also a chance for us to connect on a more personal level. Your unique talents and insights are invaluable, and I'm excited to explore how we can harness them to shape and enrich our research culture. So far, four Thank You lunches have been held and more will follow.

(Photos of lunches feature (from top): Professor Dan King, Professor Raj Shekhawat, Professor Emma Thomas, Professor Gretchen Geng, and Dr Ben Lohmeyer; Professor Tim Windsor, Professor Raj Shekhawat, Dr Zamzami Zainuddin, Dr David Hosken and Dr Nathan Caruana; Professor Raj Shekhawat, Dr Loretta Bowshall-Freeman, Professor Eva Kempes and Associate Professor Jessica Paterson; Professor Raj Shekhawat, Dr Annabelle Neall and Associate Professor Ryan Balzan.)

5) Article in the Advertiser: I featured in the Sunday Mail Adelaide, Advertiser, on 15th September with the article *All hail male role models: Spotlight on men leading the way*. In an effort to 'drown out' negative narratives such as toxic masculinity, Flinders University will be recognising and celebrating positive male role models with a Men's Day Awards event on 19th November. Nominations are now open and close on 27th October. For further information please visit the [International Men's Day Awards](#) page.

6) Acting VPED Hat: Until 1st October, I am acting VPED and Professor Tim Windsor is acting Dean of Research.

Best wishes

Raj





Breakthrough Mental Health Grant

Associate Professor Deb Agnew, Professor Shane Pill, and Professor Phillip Slee were awarded \$55,000 funded by the **Breakthrough Mental Health Foundation** for the project *Big Talks for Little People Sports People*. This will be a proof-of-concept trial designed to adapt a program (“Big Talks for Little People: Child mental Health program”) for use in sporting clubs. It will test if young people’s desire for coaches and clubs develops knowledge around mental health and strategies for providing anticipated help functions. The answer to the question of sport clubs as contributors to the mental health literacy of young people has wide applicability across community sport and this project seeks evidence to support a justification in practice of the potential transportability of the research findings and outputs.



Australian Institute for Work Health and Safety Award

On Thursday 29 August, Dr Annabelle Neall and collaborators from UniSA and UQ (in partnership with the Woolworths group) were awarded the **Australian Institute for Work Health and Safety Award** for the **Best WHS Health & Wellbeing Program 2024** for “Project WERC”.



Australian Association of Gerontology’s Robert Penhall Early Career Research Award

Dr Monica Boord was recently awarded the Australian Association of Gerontology’s Robert Penhall Early Career Research Award for her work that found evidence for preoperative neurophysiological patterns predisposing to delirium subtypes in older cardiac surgery patients.

2024 Future of Ageing Research Award

A project led by Professor Tim Windsor titled “Talking Mental Health”, a partnership with Uniting AgeWell and the National Ageing Research Institute funded by ARIA, won the Research Award as part of the 2024 Future of Ageing Awards.

These awards recognise suppliers, aged care providers and individuals leading progressive change within the sector. You can read about the project on the Uniting Age Well webpage [The Talking Mental Health Project wins an award](#).

(Photo shows Professor Tim Windsor with Nina Bowes (Uniting AgeWell) and Anita Goh (NARI))





Edited Book

Seymour, K., Pease, B., Strid, S., & Hearn, J. (Eds.) (2024). *Interconnecting the violences of men: Continuities and intersections in research, policy and activism*. Routledge.

Refereed Journal Articles

Boord, M.S., Feuerriegel, D., Coussens, S. W., Davis, D. H. J., Psaltis, P. J., Garrido, M. I., Bourke, A., & Keage, H. A. D. (2024). Neurophysiological patterns reflecting vulnerability to delirium subtypes: a resting-state EEG and event-related potential study. *Brain Communications*, fcae298. <https://doi.org/10.1093/braincomms/fcae298>

Keenan, C., von Hippel, C., Neall, A., & Barlow, F. K. (2024). Blurred ideas: How perpetrator behavior, target response, and observer gender can influence perceptions of workplace sexual harassment. *Journal of Interpersonal Violence*, 0(0). <https://doi.org/10.1177/08862605241271368>

Lawn, S., Waddell, E., Roberts, L., McNeill, L., Rioseco, P., Wadham, B., Sharp, T., Beks, T., Lane, J., Van Hooff, M., Mohammadi, L., ... (2024). Women veteran transition mental health and well-being support group programs: A scoping review. *Women's Health*. <https://doi.org/10.1177/174550572412754>

Opozda, M. J., Bonson, J., Vigona, J., Aanundsen, D., Paradisis, C., Anderson, P., Stahl, G., Watkins, D. C., Black, O., Brickley, B., Canuto, K. J., Drummond, M. J. N., Miller Jr., K. F., Oth, G., Petersen, J., Prehn, J., Raciti, M. M., Robinson, M., Rodrigues, D., ... Smith, J. A. (2024). Navigating the cultural adaptation of a US-based online mental health and social support program for use with young Aboriginal and Torres Strait Islander males in the Northern Territory, Australia: Processes, outcomes, and lessons. *International Journal For Equity in Health*, 23(1), Article 165. <https://doi.org/10.1186/s12939-024-02253-w>

Riggs, D.W., & Due, C. (Online First 2024). Exploring the role of migration status in pregnancy loss attributions, experiences, and support in Australia. *OMEGA: Journal of Death and Dying*. DOI: [10.1177/00302228241241831](https://doi.org/10.1177/00302228241241831)

Thompson, M., Radunz, M., Wade, T. D., & Balzan, R. P. (2024). Bridging the gap: Can single session interventions help enhance mental health treatment delivery for young people in Australia? *Australian and New Zealand Journal of Psychiatry*. <https://doi.org/10.1177/00048674241271964>

Commissioned Report

Seymour, K., Marmo, M., Cebulla, A., Ibrahim, N., Esmaeili, H., Richards, J., & Sinopoli, E. (2024). *Independent review of the operation of the paid family and domestic violence leave entitlement in the Fair Work Act 2009*. Australian Industrial Transformation Institute, Flinders University. [Commissioned by Department of Employment & Workplace Relations for the Minister. To be tabled in Australian Parliament, Oct 2024].

/N THE CONVERSATION

Mainbridge, C. S., Iannucci, C., Williams, J., & Pill, S. (2024). "In sports-mad Australia, new research suggests physical education can be undervalued at school". [The Conversation](#), 12 September 2024.

Wadham, B., & Connor, J. (2024). "'Didn't care enough': Here's what the Royal Commission into Defence and Veteran Suicide found." [The Conversation](#), 9 September 2024.



Presentations

Digital presentation by Isabella Anderberg, Ivanka Prichard, and Eva Kemps titled *The link between the use of diet and fitness monitoring apps, body image and disordered eating symptomology: A systematic review* at the 38th Annual European Health Psychology Conference, 3rd - 6th of September 2024 in Cascais, Portugal.

Anderberg, I., Kemps, E., & Prichard, I. (2024, September). *Diet and fitness app use and eating disorder symptomology: A systematic review*. 38th Conference of the European Health Psychology Society, Cascais, Portugal.

Carey, I., Prichard, I., & Kemps, E. (2024, September). *Movement, music and mood: Music contributes to mood benefits from physical activity*. 38th Conference of the European Health Psychology Society, Cascais, Portugal.

Gillespie, K.M., Kemps, E., White, M., & Bartlett, S.E. (2024, August). *The relationships between socio-economic status, frequency and dose of beverage consumption, and cognitive function*. Brisbane Cognition Conference, Brisbane, Australia.

Kemps, E., Gleaves, J., Prichard, I., & Tiggemann, M. (2024, September). *Social identity moderates the effect of social norms on food choices in an online setting*. 38th Conference of the European Health Psychology Society, Cascais, Portugal.

Professor Shane Pill (2024, August 15) together with Dr Brendan SueSee presented *Game based approach and questioning: Is open ended questioning (Guided Discovery) always (ever?) discovery?* TGfU SIG Webinar.

Professor Shane Pill and Brendan SueSee (USQ) (2024, September 5). Presented to ACHPER NSW: Online Masterclass: Spectrum of teaching styles in PE.

Professor Shane Pill (2024, September 11). Presented to Independent Girls School Association Professional Learning Network Event: Coach development, Ascham School, Sydney.

Professor Shane Pill (2024, September). Invited talk (virtual) at The 8th International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPER.SD) Africa Regional Conference 2024, Sport Literacy: Developing the functional use of sport knowledge in physical education.

Professor Shane Pill Shane Pill (2024, September 23). Presenter at ACHPER(SA) Primary Years Conference presentation: Big Talks in HPE: Teaching Mental Health Education. The Lights Community & Sports Centre.

Professor Emma Thomas (2024, August) spoke at the ADM South Australian Defence Summit on the topic of information warfare.

Vosniadou, S., Stevenson, H., & Lawson, M. J. (2024). Teachers' direct and indirect promotion of SRL in the classroom: An observation study. Paper presented at the 11th International Biennial Conference of EARLI Sig 16 Metacognition and Self-Regulated Learning, University of Heidelberg, Germany, 11-13 September 2024.

Professor Ben Wadham (2024, August 27) presented the keynote *Mapping service and transition to self harm and suicidality* at the Identity, Purpose and Belonging: The first Scottish International Conference on Armed Forces in Society, Edinburgh, Scotland.

Williams, I., Kemps, E., & King, D. (2024, September). *The role of emotion regulation in healthy food choices and intake among restrained eaters*. 38th Conference of the European Health Psychology Society, Cascais, Portugal.

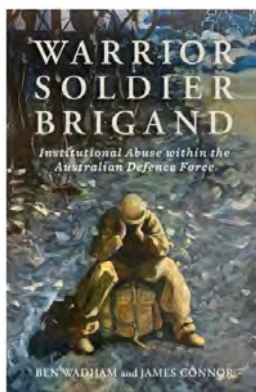


- Professor Shane Pill (2024, August 30) met with Andrew McRitchie, Helix Group. Athlete transition to retirement research collaboration discussed.
- Professor Shane Pill (2024, September 5) met with Luke McCarthy, Pembroke College, Sport Coordinator- Junior School – Industry PhD discussion.
- Professor Shane Pille (2024, September 13) met with Professor Jason Scholz and Dr Tim Stroh from RMIT regarding maturing industry engagement
- Professor Shane Pill (2024, September 13) met with Dr Kanishka Pandey: Head of Centre for Sports Research at the Institute of Management Technology, Ghaziabad. Opportunities for sport research collaboration discussed.



& Professional Services

- Associate Professor Ryan Balzan (2024, August 29) gave a CME presentation on metacognitive training to clinical staff at Ramsey Clinic ("Adealide Clinic").
- Associate Professor Ryan Balzan (2024, August 29) presented about the online interventions for eating disorders event at Alere for staff donors for the Early Career Research Seed Funding scheme. The event was hosted by the Vice-Chancellor.
- Professor Shane Pill (2024, August 5) met with Dr Jason Berry: Director of Sport Science, Research & Innovation at IMG Academy, Florida, USA.
- Professor Shane Pill (2024, August 22). University of Tasmania HLERU Health Literacy and Equity Research Unit meeting.
- Professor Shane Pill (2024, August 15 and 26) met with Cruxes Innovation.
- Pill, S. (2024, August 1) Australian Sports Commission Podcast. What is participant-centred coaching? Hosted by Will Vickery (Senior Advisor, Coaching, ASC) with Dr Shane Pill (Professor of Education, Flinders University) and Dr Mitch Hewitt (National Youth Programs Manager, Tennis Australia).
- Professor Damien Riggs was appointed as a mentor for the Association of Australian Social Science Research Councils.
- Zainuddin, Z. (2024, September). Reviewer: Austrian Science Fund (FWF) Proposal 2024.



Book Launch: Warrior Soldier Brigand In Conversation with Ben Wadham and James Connor

Wednesday 25th September | Harry Hartog ANU Campus Acton | 6-7 pm AEST
Please join us for a panel discussion with author Ben Wadham, Dr Nikki Coleman and Bernadette Carmel Boss on *Warrior Soldier Brigand: Institutional Abuse within the Australian Defence Force – MUP*. A forensic analysis of how institutionalised abuse in the Australian Defence Force has affected its personnel. Author James Connor will launch proceedings on the night.

To register please click [here](#).

First Scottish International Conference on Armed Forces

Members of the Open Door Initiative team took part in The First Scottish International Conference on Armed Forces in Society at Napier University, Edinburgh, from 22-28 August 2024. This landmark event convened international experts and advocates to explore the evolving role of the armed forces, with a focus on identity, purpose, and belonging. Our team made valuable contributions by presenting on a range of key topics and actively participating in the HDR workshop, supporting a shared vision of fostering inclusivity and better support for service members and veterans globally.

Photo (left to right): Andrew Prevett, Dr Karen Bird, Associate Professor Belinda Lange, Professor Ben Wadham, Associate Professor Amy Hamilton, Lynette Kelly, and Natalie Merryman.





Flinders University

Institute for Mental Health & **wellbeing**

Open Door Symposium

**Transition and Transformation:
Postgraduate Veteran Students in Higher
Education**

Tuesday, 26 November, 10am- 4pm
The Studio, Flinders University, Bedford Park



About the Symposium

We are excited to announce our upcoming free symposium scheduled for 26 November 2024, at the Bedford Park Campus of Flinders University in Adelaide and online.

This hybrid event will explore the variety of veteran-focused research being conducted by military veterans and family members of veterans.

Featuring keynote speaker Professor Ben Wadham, who will share insights on the transition from military to academic life and the impact of higher education on veteran students.

You are Invited!

We extend an invitation to all military veterans and family members who are actively engaged in veteran-focused research at an Australian higher education institution to participate.

This symposium will provide a valuable platform to share findings, network with peers, and contribute to the evolving field of veteran studies in higher education.

Calling for abstracts!

Abstracts are now open for 20 minute presentations, with question time. Abstracts must be submitted by 21 October 2024.

Submission here:



Register now!

Join us at this free event either in person at Flinders University or online from anywhere.

Register here:



Please direct any general enquiries to andrew.prevett@flinders.edu.au

Open Door Initiative

Improving the wellbeing of veterans and public safety personnel and their families



**Flinders
University**

Institute for Mental Health &
wellbeing

Renewal Announcement

We are thrilled to share the news that the Flinders University Institute for Mental Health and Wellbeing has been granted a renewal for the next three years!

In July, our team submitted a comprehensive renewal proposal which was rigorously assessed by a panel of senior academics from across Flinders, chaired by Professor Vincent Bulone, Pro Vice Chancellor (Research Performance and Impact). The panel's report and recommendations were favourably reviewed by the Deputy Vice-Chancellor (Research), and Flinders Academic Senate officially endorsed the Institute's renewal through to 2027 at its meeting earlier this month.

This achievement is a testament to the collective effort of our Institute members, FIMHWell Executive Committee, RDS team, as well as the College leadership team. We extend our sincere thanks to everyone who contributed to this successful renewal.

We are now working through the panel's recommendations and planning for the next few months and into 2025.

Become involved

For those interested in learning more about FIMHWell or wishing to become involved, please reach out to us at mentalhealthwellbeing.institute@flinders.edu.au. Additionally, we will be holding a Town Hall meeting via Teams this Thursday and encourage all members to attend. For more information, contact Kirsty de Ruyter at kirsty.deruyter@flinders.edu.au.



Deadline extended: 2024 Flinders Foundation Health Seed Grant Round

The closing date for the 2024 Flinders Foundation Health Seed Grant Round has been extended to **Friday 27 September 2024**. This grant round, offered in partnership with Flinders University and the Southern Adelaide Local Health Network (SALHN), supports innovative health and medical research projects aimed at driving significant advancements in health outcomes.

Up to \$750,000 is available thanks to the support from Flinders University and generous Flinders Foundation supporters, corporate partners, and fundraisers in the community. Up to \$500,000 will be allocated to projects that enhance collaboration and capacity building between Flinders University and SALHN, recognising that partnerships are essential to research breakthroughs.

Grant amounts: Up to \$25,000 per award

Streams:

- Partnership projects: Up to \$500,000 for collaborative projects between Flinders University and SALHN
- Non-partnership projects: Up to \$250,000 where no formal collaboration between Flinders University and SALHN is required.

Queries can be directed to the Flinders University RDS team at research.grants@flinders.edu.au (including if you are unable to access documentation on the Flinders University website).

Applications close 5pm Friday 27 September. Find out more and [apply here](#)

Visit the [Flinders Foundation website](#) to be inspired by previous Flinders Foundation Health Seed Grant recipients.



17 September 2024. 6PR Perth Radio. Interview with Professor Shane Pill re The Conversation article.

13 September 2024. Pharmacy Daily. *Autism initiative*, featuring Professor Robyn Young's comments on a new research initiative that aims to serve a global hub, fostering connections between academic, healthcare, industry, and organisations to accelerate research and develop tangible support for 75 million people worldwide who live with autism. The initiative is funded by a \$500,000 anonymous donation.

12 September 2024. The Conversation. Article titled *In sports-mad Australia, new research suggests physical education can be undervalued at school*. Authors include Professor Shane Pill (Mainbridge, C. S., Iannucci, C., Williams, J.).

11 September 2024. Cairns Post, and associated media. *Limit should be set at 16*, featuring Dr Simon Wilksch comments that he knew of no evidence that social media is safe for children under 16. His own research found higher rates of eating disorders in kids aged 11-13 who had social media accounts, and who spent more time on those sites.

10 September 2024. Crickey. *'Didn't care enough': Here's what the Royal Commission into Defence and Veteran Suicide found*. Authored by Professor Ben Wadham and James Connor. First published in [The Conversation](#), 9 September.

10 September 2024. ABC North Queensland. Interview with Professor Ben Wadham commenting on the final report of the Royal Commission into Defence and Veteran Suicide. Further interview on ABC Southern Queensland re Open Door.

10 September 2024. SBS News Podcast. *Tackling mental health and sleep stigma a challenge for current and retired athletes, study finds*, featuring Ashley Montero's (PhD Candidate – Education) research on the intersection of mental health and diagnosed sleep disorders for a broad group of current and retired athletes. Professor Murray Drummond added that he has also seen aspects of the problem from a former athlete and now as an academic in the field.

2 September 2024. The Advertiser. *Father's guilt: Dads reveal the pain of missing key moments in their children's lives* featuring Professor Lydia Woodyatt's comments on father's guilt felt by those whose working hours differ from the norm such as shift or fly-in-fly-out workers.

30 August 2024. ABC Radio National- Podcast This Working Life. Interview with Dr Annabelle Neall on debunking the bad apple myth: what prevents bullying.

29 August 2024. ABC News. Article *Mental health study finds doomscrolling may be giving young people anxiety* featuring Professor Emma Thomas' comments that negative news can be source of vicarious trauma and that media coverage of mass traumatic events can trigger acute stress, PTSD, anxiety and depression.

28 August 2024. ABC Net. Interview with Professor Emma Thomas on the effects of bad news on social media.

26 August 2024. 5AA afternoons with Stacey Lee: Big Talks for Little People Mental Health Education Program. Interview with Professor Shane Pill and John Mannion.

15 August 2024. ABC NSW Drive. Interview with Professor Shane Pill on the value of sport for kids.

Flinders University Library News



Open Access Week

As with previous years, the library will be inviting the university to join us in celebrating international Open Access Week from October 21-25. We will be hosting a panel discussion as our keynote event, in addition to a suite of training workshops for all researchers on how they can share papers, reports, and data open access.

Do you have questions about how open access publishing works? We're seeking feedback on what our research community would like to hear about so that we can best respond to college needs. Email ResearchLibrarians@flinders.edu.au with any ideas.

ResearchNow Activities and Prizes modules

Activities and Prizes provide an excellent opportunity for Flinders researchers to showcase their academic achievements and highlights on ResearchNow. It's also a component of achieving a [Pitch Perfect ResearchNow](#) profile.

Instructions on adding Activities and Prizes can be found [here](#). The Library is running several sessions on creating a Pitch Perfect ResearchNow profile- check [iEnrol](#) for details. Please contact with the Library Research Engagement team via [ServiceOne](#) for any ResearchNow questions.

Read & Publish: Free Open Access publishing update

The library continues to offer free open access publishing (in the form of waived Article Processing Charges) for Flinders authors publishing with several major journal publishers through our [Read & Publish](#) deals. Some of these publishers impose capped limits on the number of articles that can be published in a calendar year, and these caps apply nationally across universities who have collectively entered into the same deal.

Wiley, Springer Nature, and Taylor & Francis have an article cap limit that is expected to be filled during October 2024. Once filled, open access publication fees will no longer be waived for the remainder of the year; but authors can continue to publish in a subscription journal and later upload a manuscript to be made [open access in ResearchNow](#).

Other publishers, including Elsevier, CSIRO, and Oxford University Press, continue to have free publishing availability for the remainder of the year. Authors can use our [journal look-up](#) tool to check if their upcoming publication may be eligible for free or discounted open access publication.



When: Thursdays 10:00am-12:00pm (fortnightly, non-pay week)

Where: Psychology Admin Office, SSN328 & SSN330

What to bring: all your Library research questions!

- How do I access the Data Management Plan tool?
- What tools can I use to help demonstrate my research quality and impact?
- How do I import publications to my ResearchNow profile?
- I want to publish Open Access without paying an APC – what are my options?

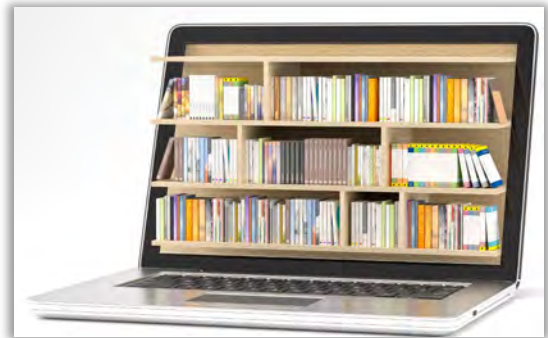
..... + any other curve balls you can throw at us ...

No appointment is necessary—simply stop by with your questions and the Library will be happy to assist you.

If you are unable to attend a drop-in session, please don't hesitate to [contact the team through Service One](#) for any research-related queries.

We look forward to supporting your research endeavours!

Higher Degree by Research News



HDR Events

'On the Couch': **Presenting at Conferences** will be held on Wednesday 18 September with approximately 30 people registered to attend.

HDR Conference 2024: The 2024 HDR Conference will be held on **Monday 28th October 2024** at the Alere Convention Centre at Bedford Park campus.

Registration is essential and all relevant information is found on the registration site.



HDR FLO page

The [HDR Student FLO](#) page contains extensive information for HDRs. You can find details about support services such as Flinders Library, Inspire, and Service One, Funding & Forms (including the College's HDR Awards application forms and guidelines), a section on Milestones and much more.

HDR Student Committee

The HDR Student Committee for 2024 has monthly meetings and comprises of the HDR Coordinators (Dan and Ben) and four HDR students: Emily Haines (Psychology) who is the College's HDR Student Representative, Yeling Shen (Education), Michael Montejo (Psychology) and Sam Arthurson (Social Work).

If you have any questions, concerns or ideas about and for the HDR journey, please feel free to email:

Education: yeling.shen@flinders.edu.au

Psychology: emily.haines@flinders.edu.au;

mont0179@flinders.edu.au

Social Work: arth0092@flinders.edu.au

HDR Coordinators

Associate Professor Dan King: dan.king@flinders.edu.au (Lead)
Dr Ben Lohmeyer: ben.lohmeyer@flinders.edu.au (Deputy Lead)



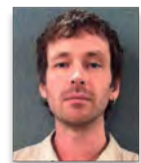
Emily



Yeling



Michael



Sam



Dan



Ben

The Three Minute Thesis (3MT®) Finals Outcome



A message from Dr Ben Lohmeyer (HDR Coordination & Training Deputy Lead)

Massive congratulations Tharin and Leah for your 3MT success! Making it to the final is a big achievement. Two representatives from our college in the final is amazing. And such high quality they are! Runner-up is huge. Congratulations Tharin!

Runner up: Tharin Sayed

Tharin Sayed was this year's Runner Up with the presentation titled *Zapping Tinnitus Away!* Tharin is an audiologist, mid-way through her PhD. Throughout her career, she met many people who are experiencing debilitating tinnitus – i.e. any phantom sound that a person hears, in the absence of any external sound. They have sought help from their GP, gone to the ENT specialist and received no answers because, unfortunately, there is no cure for tinnitus. Tharin's PhD project focuses on a new treatment that involves stimulating specific areas of the brain to reduce tinnitus perception.

(Photo showing Professor Raj Shekhawat (Tharin's Supervisor), Tharin (holding the Runner Up Certificate) and Boaz (who is part of Tharin's research team).



CEPSW Finalist: Leah Smolarek

Leah Smolarek presented as the CEPSW Finalist with the presentation titled *Connecting Compassion: Can Being Nicer to Ourselves Make Us Nicier To Others?* Leah's PhD research explores whether self-compassion can influence how we treat people, and if being nicer to ourselves can help us be nicer to others. She is particularly interested in how self-compassion can help us cope with feelings of discomfort and defensiveness, so we can make kinder choices. Leah loves social psychology because for her developing strong theory is the foundation for everything else that we do in the field, and it informs all the wonderful ways we can build better communities.



Research Domains: Schedule of Events

CB&I = Capacity Building & Impact; IP = Indigenous Partnerships; HC&T = HDR Coordination & Training; I&E = Industry & Enterprise

Date	Domain	Event	Details
25 September	CB&I	Writing Retreat	City Campus
30 October	IP	Workshop : Culturally Responsive Practice-Working with and Engaging First Nations People. Room SSN204	Presented by Kimberley Wanganeen
28 October 8.30-5pm	HC&T	HDR Conference 2024 @ Alere Function Centre	Abstracts due 26 th August 2024
November	I&E	'Bob Paddick' lecture	Tba
26 November	CB&I	Writing Retreat	City Campus
27 November 12-2pm	IP	Workshop : Allyship. Room SSN204	Presented by Kimberley Wanganeen & Arthur Konstad
2-5 December	I&E	Visiting Scholars : Dr Claudio Farias, University of Porto	Tba

Researcher PD & Training

Date	Topic	Date	Topic
Sept 24	ARC DECRA & Future Fellowships: Grantscraft	Sept 25	Mid-career research forum with DVCR
Sept 27	ARC Discovery EOI Pitching for CEPSW	Oct 3	Open Research Practices
Oct 9	Craft a Compelling CV Workshop	Oct 10	Research Ethics & Biosafety Applications – Hands-on Workshop
Oct 16	NHMRC Grants Overview and Other Health Funding Schemes	Oct 17	Regulatory considerations for researchers engaging internationally
Oct 17	Your research and the UN's sustainable development goals	Oct 24	ResearchNow information session (publications, awards and profiles)



[Asia Pacific Autism Conference](#)

Autism Association of Western Australia is hosting the Asia Pacific Autism Conference 2025. Please save the date and keep updated by visiting the website. 13-15 November 2025, Crown, Perth.

[SA Healthy Lifestyle State Research Forum – CALL FOR ABSTRACTS](#)

The Alliance for Research in Exercise Nutrition and Activity (ARENA) at the University of South Australia invites you to apply to present at the *2024 South Australian Healthy Lifestyle State Research Forum*.

The forum aims to bring together South Australian researchers from the South Australian Universities and Research Concentrations to share the latest and best research and expand their collaborative networks. South Australian researchers are invited to submit an abstract for a 5 x 5 oral presentation or poster. Please [submit](#) by Tuesday 1st October 2024.

The forum will be held in Pridham Hall at the UniSA City West Campus, 213-215 Hindley Street, Adelaide on **Tuesday December 10th, 2024**. Forum registration is \$50.00 (\$40.00 for students).

The overarching theme of the day will be *Healthy Lives Through Healthy Living*. Through dynamic and informed discussions, the forum aims to build researchers' capacity to collaborate with stakeholders, industry partners, and colleagues to improve health outcomes for South Australians.

This will be followed by light refreshments and the opportunity to speak with other industry partners and researchers.

For any questions or additional information, please contact us at arena@unisa.edu.au or bethany.wiltonharding@flinders.edu.au.